



**BHARAT ADHYAYAN KENDRA**  
**BANARAS HINDU UNIVERSITY, VARANASI**  
**ORGANIZES A SHORT TERM ONLINE/OFFLINE**  
**SPECIAL COURSES (12-15 HRS)**  
**ON**

**“Ayurveda for Holistic Health (15 lecture)”**

**Date: October 14<sup>th</sup>- 29<sup>nd</sup>, 2024**

**Introduction**

India's traditional medical system, *Ayurveda*, dates back over 5,000 years. The first recorded concepts of *Ayurveda* date back to the Vedic period and were originally passed down orally. *Ayurveda* is regarded as a tried-and-true medical approach that takes practical aspects of daily living into account. In Sanskrit, *Ayurveda* intention is captured in the word Ayurveda, which means “science/knowledge of life.” and is often called the “Mother of All Healing.” It stems from the ancient Vedic culture and was taught for many thousands of years in an oral tradition from accomplished masters to their disciples. The physical, psychological, spiritual, social, and subtle aspects of life are all included in this healthcare system, which also aims to promote wellbeing, avoid sickness, and provide balance to people's lives. The primary goal of this all-inclusive conventional medical system is to provide the best possible quality of life. Building a healthy community, according to *Ayurvedic* medicine, begins with each individual's obligation to actively engage in the process of maintaining and developing their own health through a variety of lifestyle practices. Its medicine makes use of a variety of interventions, including food, yoga/exercise, daily exercises, detoxification therapies, bodywork therapies, rejuvenation therapies, and pharmaceuticals.

The contemporary state of *Ayurveda* outside of India is evident in its growing international recognition. While many Western nations have eagerly embraced these traditional Indian applications in life science, most Westerners are still unaware of the benefits of Ayurveda as a medical system that covers the management, treatment, and prevention of a wide range of illnesses. The World Health Organization has been instrumental in disseminating Ayurvedic knowledge around the globe. The abbreviation AYUSH stands for *Ayurveda*, Yoga, Unani, Siddha, Homeopathy, and other ancient health systems that are officially acknowledged in India. AYUSH systems have been integrated into India's national healthcare delivery system and have had a significant impact on the growth of *Ayurveda* both domestically and globally.

*Ayurveda* places great emphasis on prevention and encourages the maintenance of health through close attention to balance in one's life, right thinking, diet, lifestyle and the use of herbs. Knowledge of *Ayurveda* enables one to understand how to create this balance of body, mind and consciousness according to one's own individual constitution and how to make lifestyle changes to bring about and maintain this balance.

## PRINCIPLES FOR PREVENTION OF DISEASES

*Ayurveda* teachings suggest a lifestyle, which helps to achieve life goals & also prevent from various lifestyle related disorders & diseases. *Ayurveda*, thus, is a science to prevent disease & maintain ongoing positive health. The following are the main rules related to lifestyle that one should follow in order to achieve positive health & a longer & happy life – *Ahara Niyamas* (Dietary Principles), *Nidra* (Sleep), *Brahmacharya* (Regulated sexual(activities)), *Dincharya* (Daily Regimen), *Ritucharya* (Seasonal regimen), *Vyayama* (Exercises), *Sadvritta* (Good conduct / Social behavior).

Free from the disease is 'Svastha' i.e. healthy and the regimens followed to keep one self healthy is 'Swasthvritta'. *Ayurveda* is an absolute science of life-style. An ideal life-style has been described for the health maintenance. This described life-style terminates all the changes which are occurred due to time.

According to *Susuruta*, man is said to be *svastha* whose *dosas*, *agnis*, *dhatus* and *malas* are in the state of equilibrium along with mental, sensory and spiritual pleasantness and happiness.

समदोषः समग्निश्च समधातुमलक्रियः ।  
प्रसन्नात्मेन्द्रियमनाः स्वस्थ इत्यभिधीयते ॥ (सु.सू.15/41)

The condition where all *dosas*, *dhathus*, *malas*, are in their normal site, form, performing normal functions is 'Svastha', 'Vritta' means *Acara*, *charita*, or *bhava* or regimens to be followed to attain health. Daily regimen, night regimen and seasonal regimens should be follows as mentioned to maintain health for the removal of lifestyle diseases.

## THREE WAYS OF PREVENTIVE MEASURES

- Personal Hygiene both Physical and Mental level.
- Invigorating and rejuvenating substances
- Practice of *Yoga*

It will take a multifaceted approach to bring *Ayurvedic* fundamental principles and medicine up to date with modern evidence-based medicine if it is to advance both inside and outside of India. *Ayurveda*, one of the oldest traditional healthcare systems, is expected to play a creative, dynamic, and highly appreciated role in the ongoing development of integrative healthcare. It pioneered a holistic, customized approach to healing that has flourished for thousands of years.

## Objective

To make participants familiar with the *Ayurveda* concepts as propounded by *Maharishi Charak* and *Maharishi Sushruta* and how they are relevant even today and how they can be very well applied in our daily life, universities and in different field professional's. To understand *Ayurveda* aims at the prevention of diseases, promotion of health, and cure of diseases. *Ayurveda* is not just a system of medicine but also deals with all the aspects of life. *Ayurveda*, as a system of healthcare and medicine, reflects time-tested knowledge of health and illness during a human life span for leading a healthy, happy, and peaceful life. It is still widely used in India as a system of primary healthcare and interest in it is growing globally.

## Course Contents

01.	Introduction to Ayurveda- Scholars, Texts and Objectives
02.	Fundamental Principles of Ayurveda
03.	Knowledge of Applied Anatomy
04.	Knowledge of Applied Ayurvedic Physiology (Kriya Sharir)
05.	Ayurvedic Concept of Disease (Vikriti) and Pathology (Roganidana)
06.	Definition of health and its Promotion and Prevention
07.	Healthy lifestyle - Dinacharya, Ratricharya, Ritucharya, Sadvritta & Trayupastambh
08.	Introduction to Materials and Medica- Knowledge about kitchen garden and its use
09.	Introduction to Ayurvedic Pharmacy
10.	Introduction to other branches of Ayurveda- (Prasuti, Kaumarabhritya, Shalya and Shalakya)
11.	Rasayana and Vajikarana
12.	Panchakarma
13.	Agadatantra evam Vishavigyan
14.	Concept of Ayurvedic treatment
	Ayurveda in daily life

**Date & Time: October 14- 29, 2024 (2:00 PM - 4:00 PM, Monday to Saturday)**

### **Registration Link -**

**[https://docs.google.com/forms/d/e/1FAIpQLSdL\\_ckQhgyqeigVnxCsGmfZdfs8-OYaa4-0hVa86hV4suGPWQ/viewform](https://docs.google.com/forms/d/e/1FAIpQLSdL_ckQhgyqeigVnxCsGmfZdfs8-OYaa4-0hVa86hV4suGPWQ/viewform)**

## **For Whom:**

**Working Professionals at various levels / Practising Managers / Executives / Leaders / HODs, Entrepreneurs, Teachers / Researchers / Young Students desirous of learning Yoga for self discipline and self awarenessand those interested.**

## **Registration Fee (Online / Offline):**

<b>For the regular students (UG / PG)</b>	<b>:</b>	<b>Rs.1500/-</b>
<b>Teachers &amp; Researchers</b>	<b>:</b>	<b>Rs. 2000/-</b>
<b>Working Professionals &amp; Others</b>	<b>:</b>	<b>Rs. 2500/-</b>
<b>For Foreign and NRI students</b>	<b>:</b>	<b>\$ 40</b>
<b>Mode of Training</b>	<b>:</b>	<b>On-Line &amp; Off-Line</b>
<b>Last date of Registration</b>	<b>:</b>	<b>10.10.2024</b>

**\*\* Fee not refundable**

**\*\* Certificate of Participation will be awarded to the participants at the end of the course.**

## **Bank details of Payment –**

**NAME: COORDINATOR BHARAT ADHYAYAN KENDRA, BHU**

**BANK ACCOUNT NO. : 37976079331**

**IFSC CODE - SBIN0000211 (INDIAN ACCOUNT)**

**SWIFT CODE: SBININBB125 (FOREIGN ACCOUNT)**

**BRANCH- SBI, BHU**

## Class Schedule

Sr. No.	Course Contents	Date	Name of Resource Person
01.	Introduction to Ayurveda-scholars, texts and Objectives	14.10.2024	<b>Prof C B Jha</b> , Former Dean, Faculty of Ayurveda, Institute of Medical Sciences, Banaras Hindu University
02.	Fundamental principles of Ayurveda	15.10.2024	<b>Prof Chandra Shekhar Pandey</b> , Ex Head and Professor, Department of SiddhantDarshan, Faculty of Ayurveda, Institute of Medical Sciences, Banaras Hindu University
03.	Knowledge of applied Anatomy	16.10.2024	<b>Dr Ashutosh Pathak</b> , Department of RachnaSharir, Faculty of Ayurveda, Institute of Medical Sciences, Banaras Hindu University
04.	Knowledge of applied Ayurvedic Physiology (KriyaSharir)	17.10.2024	<b>Vaidya Sushil Dubey</b> , Department of KriyaSharir, Faculty of Ayurveda, Institute of Medical Sciences, Banaras Hindu University
05.	Ayurvedic concept of disease (Vikriti) and pathology (Roganidana)	18.10.2024	<b>Prof. Parameswarappa S Byadgi</b> , Ex Head and Professor, Department of Vikriti Vigyan, Faculty of Ayurveda, Institute of Medical Sciences, Banaras Hindu University
06.	Definition of health and its Promotion and Prevention	19.10.2024	<b>Prof Neeru Nathani</b> , Ex Head, Department of Swasthavritta and Yoga, Faculty of Ayurveda, Institute of Medical Sciences, Banaras Hindu University
07.	Healthy lifestyle - Dinacharya, Ratricharya, Ritucharya, Sadvritta&Trayupastambh -	21.10.2024	<b>Dr Mangalagowri Rao</b> , Head, Department of Swasthavritta and Yoga, Faculty of Ayurveda, Institute of Medical Sciences, Banaras Hindu University.
08.	Introduction to materials and medica- knowledge about kitchen garden and its use	22.10.2024	<b>Prof. Kamal NayanDwivedi</b> , Former Head and Dean, Department of Dravyaguna, Faculty of Ayurveda, Institute of Medical Sciences, Banaras Hindu University
09.	Introduction to Ayurvedic pharmacy	23.10.2024	<b>Prof. Namarata Joshi</b> , Head, Department of Rasa Shastra, Faculty of Ayurveda, Institute of Medical Sciences, Banaras Hindu University
10.	Introduction to other branches of Ayurveda- Prasuti and Kaumarabhritya Introduction to other branches of Ayurveda - Shalya, Shalakya	24.10.2024	<b>Prof. Sunita Suman</b> , Ex Head, Department of Prasuti Tantra, Faculty of Ayurveda, Institute of Medical Sciences, Banaras Hindu University <b>Dr. A K Dwivedi</b> , Department of Shalya, Faculty of Ayurveda, Institute of Medical Sciences, Banaras Hindu University
11.	Rasayana and Vajikarana	25.10.2024	<b>Prof. Yamini Bhushan Tripathi</b> , Former Head and Dean, Department of Medicinal Chemistry, Faculty of Ayurveda, Institute of Medical Sciences, Banaras Hindu University.
12.	Panchakarma	26.10.2024	<b>Dr Vijay Kumar Srivastava</b> , Department of Panchkarama, Faculty of Ayurveda , Institute of Medical Sciences, Banaras Hindu University
13.	Agadatantra evamVishavigyan	28.10.2024	<b>Dr Manoj Dash</b> , Associate Professor, Department of Rasashastra, Government Ayurvedic College, Raipur, Chhatisgarh
14.	Concept of Ayurvedic treatment  Ayurveda in daily life	29.10.2024	<b>Prof J S Tripathi</b> , Former Head , Department of Kayachikitsa, Faculty of Ayurveda , Institute of Medical Sciences, Banaras Hindu University <b>Prof Muralidhar Paliwal</b> Former Head, Department of Samhita and Sankrit , Faculty of Ayurveda , Institute of Medical Sciences, Banaras Hindu University

## Background of Bharat Adhyayan Kendra, BHU

Bharata's contribution to various fields of studies is often underestimated, unrecognized, and often distorted to such an extent that the western world, and even Indian modern generation, fails to understand that Bharata has contributed in a variety of modern academic fields, not just in literature, metaphysics and mysticism. A great deal of confusion and lack of awareness persists. Studying and perpetuating our country's rich tradition, knowledge, and culture, should be a key goal of our nation, both as a source of stimulation to the generations to come, as well as to assure our place in modern and future global society.

अंगानिवेदाश्चत्वारोमीमांसान्यायविस्तरः ।  
अर्थशास्त्रं पुराणं च विद्याद्वेताश्चतुर्दश ॥

Despite the fact that Bharata had a long and glorified intellectual tradition, the present education system fails to equip the younger generation with the knowledge of our roots, traditions, culture and sciences. Our students are likely to be much more aware of Democritus, Archimedes, Plato and Newton, just to name a few, than Panini, Badarayana, Patanjali, Manu, Baudhayana, Kanada, Shankara, Aryabhata, Bhaskara, Varahamihira, Brahmagupta, Chanakya, Nagarjuna, Dhanavantari, Sushruta, Akalanka and many others. New research on the glorious Indian intellectual tradition is scant. It is because academic texts in Indian education system are mostly eurocentric. Several historians have recognized such omission of intellectual contribution of non-western cultures in various academic fields. It is felt that Bharata gradually lost touch with its ancient literature, and thus lost much of its hold on the precious knowledge. Besides the documented ancient literature, the ancient wisdom and knowledge stored and conserved, more in informal form is also slowly waning. This also needs documentation, preservation and interpretation for the general understanding of all. The wisdom and knowledge generated by the modern Bharata seems incompatible with the achievements and inventions of the ancient Bharata. Perhaps, with the passage of time, under the effect of natural degeneration and external rule, many discrepancies crept into records of our glorious past, and slowly we became unaware and disconnected with our acclaimed traditional knowledge in areas such as art, culture, language, philosophy, religion, polity, science, engineering, and medicine, etc. In modern times, especially with the emergence of a globally connected society, this disconnect with Bharata's foundations is glaringly perceptible. Many persons in the society don't even know what the real Bharata was centuries ago. Consequently, there is a need to investigate the reasons for this disconnect and also to take steps to build upon wisdom and knowledge of ancient Bharata, to bridge the gap between the modern and the ancient Bharata. This could be achieved by undertaking inter-disciplinary study of our ancient literature and thought, in order to rediscover our lost identity, and regain our national pride.

**Objectives:** With the above background, the Bharata Adhyayan Kendra has the following objectives:

- To explore and research the rich indigenous intellectual heritage for holistic understanding of Indian Civilization and to conduct interdisciplinary research in philosophy, language, literature, culture, art, aesthetics, history & science.
- To bring together Sanskrit scholars who evince a great deal of interest into literary cultural heritage of Bhārata, and modern scholars and scientists interested in Vedic knowledge, for coordinated synthesis of modern knowledge with the Vedic knowledge.

- To promote the rational scientific outlook and relevance of Vedic seers and scholars towards various burning issues concerning humanity at large and to resurrect the lost faith in our heritage; one of the aims is to generate appreciation and pride for the nation, particularly among the youth.
- To collect Sanskrit, Pali and Prakrit and other Indian language manuscripts of importance for digitization, documentation and further study, translation, research, edit and publication.
- To look for references in Vedic literature on subjects familiar in Lokavidyā (subjects that pertain to emotions, beliefs, faith practice of art forms and science preserved in oral traditions, etc).
- To project relevance of Indian knowledge and wisdom for the benefit of mankind.

The above course will be conducted under the aegis of the authorities & faculties of Bharat Adhyayan Kendra, BHU by Dr. Geeta Yogesh Bhatt.

Seize this opportunity to deepen your understanding of the relevance of the concepts of Chanakya to the Modern Management.

Looking forward to your active participation.

**Senior Prof. Sadashiv Kr. Dwivedi**

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