



GUJARAT TECHNOLOGICAL UNIVERSITY

Program Name: Bachelor of Science

Level: Under Graduate

Branch Name: Honors/ Honors With Research (Biotechnology)

Course / Subject Code: BS03001071

Course / Subject Name: Ayurveda and Traditional Indian Medicine

W.e.f. Academic Year:	2025-26
Semester:	3
Category of the Course:	Indian Knowledge System(IKS)

Prerequisite: Basic Knowledge of Biology

Rationale: This course aims to provide a comprehensive overview of ayurveda and its place within broader context of traditional Indian medical systems integrating historical, theoretical and practical aspects.

Course Scheme:

Teaching Scheme			Total Credits	Assessment Pattern and Marks				Total Marks
L	T	PR	C	Theory		Practical		
				ESE (E)	PA(M)	ESE (V)	PA (I)	
1	0	2	2	0	50	50	0	100

Course Content:

Sr. No.	Course Content	No. of Hours	% of Weightage
1	1. Introduction to basic Ayurveda: Definition and components of Ayu, aim of Ayurveda, Brief history and introduction of Ayurveda Samhitas. Introduction of concept of panchamahabhoot, tridoshas, loksamanya purusa. Historical development of Ayurveda, Key texts and sources: Charaka Samhita, Sushruta Samhita, Ashtanga Hridaya Introduction to other Indian traditional systems of medicine (Unani, Siddha)	4	25
2	Fundamental Principles of Ayurveda The concept of Doshas (Vata, Pitta, Kapha), The three Gunas (Sattva, Rajas, Tamas), The five elements (Pancha Mahabhuta) The concept of Dhatus (tissues) and Malas (wastes)	4	25
3	Ayurvedic Physiology and Pathology The concept of Agni (digestive fire) and its role in health and disease, Understanding Prakriti (body constitution) and Vikriti (imbalance), Pathogenesis in Ayurveda: the concept of Samprapti.	4	30



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4	Herbal Medicine and Remedies Introduction to Ayurvedic herbs and their classifications, Commonly used herbs: Ashwagandha, Turmeric, Triphala, Preparation of herbal remedies: Decoctions, infusions, powders, Safety and efficacy of herbal treatment.	3	20
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Practical List:

1. Identification of Common Ayurvedic Herbs
2. Preparation of Herbal Infusions
3. Preparation of Ayurvedic Oils
4. Herbal Powder Preparation
5. Basic Ayurvedic Cooking Techniques
6. Pulse Diagnosis

Reference Books:

1. *Charaka Samhita* (English translation)
2. *Sushruta Samhita* (English translation)
3. *Ashtanga Hridaya* (English translation)
4. Contemporary research articles and Ayurvedic journals

Course Outcome:

After Completion of the Course, Student will able to:

S. No	Course Outcomes	RBT Level
1	To deeply understand the principles, theories, and practices of Ayurveda and Indian traditional medicine.	UN, AP, RM
2	Students will be aware of ongoing research, emerging trends, and future directions in the field of Ayurveda and traditional medicine, and be equipped for continued learning and professional development.	UN, AP, RM
3	To assess the integration and relevance of traditional medicine in contemporary health care.	RM, AP,

*RM: Remember, UN: Understand, AP: Apply, AN: Analyse, EL: Evaluate, CR: Create
