

Name of College with LOGO

AYURVEDACHARYA (B.A.M.S.)

THIRD PROFESSIONAL B.A.M.S.

<< Subject Name >>

(SUBJECT CODE : AyUG-)

JOURNAL /ACTIVITY BOOK

Name of the student :

Institutional Roll No. :

Examination Reg. No. :

Academic Year :

(Name of the College)

(Affiliated to –National Commission for Indian System of Medicines, New Delhi &

Name of the University)

Name of the department

Batch- _____

Certificate

This is to certify that, Mr. / Ms. _____, Enrolment Number-_____ has satisfactorily completed the Practicals in (Subject Name) prescribed by the (Name of University) as a part of the Third Professional B.A.M.S. Course.

Examination Seat No.: _____

Sign. of Teacher

Sign. of H.O.D.

Date of Examination- _____

Sign. Of Internal Examiner-_____

Sign. Of External Examiner-_____

JOURNAL /ACTIVITY BOOK

<< Subject name >>

(SUBJECT CODE : AyUG -)

Journal Cum Activity Book

DEPARTMENT OF

<< Name of Department >>

Name of the College

Distribution of NLHT Hours

Sl. No.	Topic	1st Term	2nd Term	3rd Term	Total
1	Application of fundamental Principle of Samhita	6	6	6	18
2	Sambhasha	1	1	1	3
3	Cross sectional study of Samhita	1	1	1	3
4	Comparative study of Charaka Samhita and Sushruta Samhita	4	4	4	12
5	Samhita based analysis of Diseases	4	4	4	12
6	Review of Published Articles from Samhita	2	2	2	6
7	Concept mapping of Samprapti and Chikitsa	2	2	2	6
8	Comparative study of Chikitsa Siddhanta	2	2	2	6
9	Integrative study of Chikitsa concepts of Samhita	2	2	2	6
10	Evaluation by Tantrayukti	2	2	2	6
11	Interview of senior Ayurveda Vaidya	1	1	1	3
12	Chakrapani Vyakhya	4	4	4	12
13	Recitation and memorization of important Shloka	2	2	2	6
14	Justification of Adhyaya	1	0	0	1
					100

1. APPLICATION OF FUNDAMENTAL PRINCIPLE OF SAMHITA

Aim: To assess significance of Fundamental Principles related to fundamental principles of samhita in diagnosis, interpretation, treatment planning, formulation selection, dosage form, kaala, and anupana

Name						Sl. No.	
Age						UHID	
Sex	M / F/ Tr					OPD/IP No.	
Contact No.						Date	
Address							
Religious affiliation	Hindu	Islam	Christianity	Sikh	Others		
Socio-economic Status	Poor	Lower Middle	Middle	Upper Middle	Rich		
Educational Status	Uneducated	Primary	Middle Class	Higher Secondary	UG	PG and above	
Name of Physician							

Main Complaints and Duration:

History of Present illness:

Family History:

Drug History:

Nidana:

Hetu	Analysis of Guna	Effect on Sharirika Dosha	Effect on Manasika Dosha
Aharaja			
Viharaja			
Manasika			
Agantuja			
Mithya Upachara Janya/Vaidya Janita			

Purvarupa:

Purvaroop	Dosha	Dushya	Adhishtana

Rupa:

Rupa	Dosha	Dushya	Adhishtana

Upashaya:

Factors of Upashaya	Samanya Vishesh Siddhanta

Samprapti:

Details of Key Siddhantas Applied in the Samprapti such as – Samanya-Vishesha Siddhanta, Karya-Karana Siddhanta and Guna Siddhanta

Chikitsa Sutra:

Key Chikitsa Siddhanta Used: Such as – Samanya-Vishesha Siddhanta, Karya-Karana Siddhanta and Guna Siddhanta

Treatment Modalities selected:

Treatment Modalities	Details	Reason
Daivavyapashraya Chikitsa		
Yuktivyapashraya Chikitsa		
Satvavajaya Chikitsa		

Shad Upakramas Selected

Upakrama	Details	Reason
Brimhana		
Langhana		
Swedana		
Stambhana		
Snehan		
Rukshan		

Assessment of Vyadhi and Atura Bala

Vyadhi Bala	Pravara	Madhyam	Avara
Atura Bala	Pravara	Madhyam	Avara

Kalpa-Kalpana Selected:

Kalpana	Name of the Aushadha Yoga
Swarasa	
Kalka/ Churna Kalpana	
Kwatha	
Hima	
Phanta	
Sneha Kalpana	
Asava/Arishta Kalpana	
Vati Kalpana	
Ksheerapaka	
Arka Kalpana	
Avaleha Kalpana	
Other	

Aushadha Kalpana, Matra, Sevan Kaala, Anupana, Duration:

Aushadha Kalpana	Matra	Sevana kaala	Anupana	Duration

Clinical Correlation and Integration of Siddhantas:

Siddhanta used	Possible correlation with contemporary science
Samanya-Vishesha	
Guna Siddhanta	
Modalities of treatment	
Selected Aushadha Kalpana	

Case Analysis and Outcome

Initial Response (within 2 weeks):

Response after 2 Weeks:

2. SAMHASHA VIDHI

Guidelines:

Aim: To conduct Sambhasha (scholarly discussion) on relevant topics from Charaka Samhita, enabling critical analysis, textual understanding, and clinical application.

Following are the guidelines for Sambhasha Vidhi

Number of Groups: Two

Names of Groups: 1. Sthapana 2. Pratishtapana

Number of participants in each group: 5 + 5 / whole class may be divided into two groups.

Number of rounds: Two.

Prathama Vartula Uddeshata (first round briefing) by using Pancahavayava Vakya.

Dwitiya Vartula Nirdeshata (Second round of elaboration) by taking help of classmates, seniors, PGs, Faculties, consultants' researchers etc.

Activity Steps:

1. Select the debatable Topic – Choose a relevant topic (e.g., Basti is Ardha Chikitsa, Tamake tu Virechanam etc)
Sthapana group debate for the support of the topic, Pratishtapana debate against the topic.
2. **Study Primary Texts** – Refer to Charaka Samhita, Chakrapani Teeka, and related commentaries, Sushruta Samhita, Ashtanaga Hrudaya, Ashtanga Sangraha, Contemporary texts.
3. **Review Secondary Literature** – Gather insights from research papers, case studies, and clinical experiences.
4. **Define Key Discussion Areas** – Prepare thought-provoking questions to guide the dialogue.
5. **Set Discussion Rules** – Structure the rounds, time limits for first and second round, and participation format as mentioned above
6. **Invite Participants** – Open participation for students of SA-III. interneers PGs and PhDs Participation may be taken if required.
7. **Introduce the Topic** – Provide a brief overview, contextual background, and clinical relevance.
8. **Facilitate Knowledge Sharing** – Encourage participants to discuss textual interpretations, evidence, and clinical perspectives.

9. **Explore Practical Applications** – Discuss the real-world implications and applicability of concepts.
10. **Summarize and Document Insights** – Conclude with key takeaways and document references from texts and research.

Example: You may refer KLE SAMVADA you tube links for better understanding of Sambhasha Vidhi.

SAMBHASHA VIDHI

Term: I/II/III

Date and Time:

Sr. No.	Contents	
1	Topic for <i>Sambhasha Vidhi</i>	
2	Reference	
3	Key Discussion Areas	
4	Names of Participants – Team Sthapana	1. 2. 3. 4. 5.
5	Names of Participants – Team Pratishtapana	1. 2. 3. 4. 5.
6	Points put forward by Team Sthapana in first round through Panchavayava vakya	1. Prtijna : 2. Hetu : 3. Udaharana : 4. Upanaya : 5. Nigamana :
7	Points put forward by Team Pratishtapana in first round through Panchavayava Vakya	1. Pratijna : 2. Hetu : 3. Udaharana : 4. Uapanaya : 5. Nigaman :
8	Detailed second round by Sthapana with argument and counter arguments by cross referring texts and research articles	Sthapana's discussion:

9	Detailed second round by Pratishapana with argument and counter arguments by cross referring texts and research articles	Pratishapana:

10	Perspectives shared by the other if any	<ul style="list-style-type: none"> • • •
11	Nigrahasthana Decision given by the teacher/Expert	
12	key takeaways by the teacher with its practical applications	

Geo tagged photos

3. CROSS SECTIONAL STUDY OF SAMHITA.

1. Title of the Study:

2. Name of Students participated from each group.

Group I.

Group II

Group III.

3. Theme Allocation:

4. Topic Chosen:

5. Literature Review

a. Introduction about topic:

b: Review/ Insights from Chikitsasthana (disease Management):

c. Review/Insights from Kalpa Sthana (Pharmacological Preparations):

d. Procedural insights from Siddhi Sthana (Panchakarma Procedures):

f. Collection of Information from published research articles/case reports/videos/books:

6. Mode of Presentations: Charts/tables/case studies to demonstrate continuity and progression across Sthanas.

Geotag photo-

7. Discussion:

a. Discussion on Structured knowledge flow from disease management to formulation and procedural expertise.

b. Reflection on Clinical application.

8. Conclusion:

9. Areas Require Further Explorations

10. References

4. COMPARATIVE STUDY OF CHARAKA SAMHITA AND SUSHRUTA SAMHITA

• Title of Topic:

• Name of Group:

Date:

Siddhanta from <i>Charaka Samhita</i>	
Reference	
Similarities with Siddhanta from Sushruta Samhita	
Reference	
Dissimilarities with Siddhanta from Sushruta Samhita	
Reference	
Interpretation	
Visual Concept Map	

5. SAMHITA BASED ANALYSIS OF DISEASES

Name						Sl. No.	
Age						UHID	
Sex	M / F/ Tr					OPD No.	
Contact No.						Date	
Address							
Religious affiliation.	Hindu	Islam	Christianity	Sikh	Others		
Socio-economic Status	Poor	Lower Middle	Middle	Upper Middle	Rich		
Educational Status	Uneducated	Primary	Middle Class	Higher Secondary	UG	PG and above	
Name of Physician							

- Main Complaints and Duration:
- History of Present illness:
- Family History:
- Drug History:
- **Rogi Pariksha:** Dashavidha Pariksha:

Sl.No.	Pariksha Bhavas	
1.	Prakriti	
2.	Vikriti	
3.	Saara	
4.	Samhanana	
5.	Pramana	
6.	Satmya	
7.	Satva	
8.	Ahara Shakti	
	I. Jarana shakti	

	II. Abhyavaharana shakti	
9.	Vyayama Shakti	
10.	Vaya	

- **Agni Pareeksha:** Sama / Vishama / Manda / Teekshna
- **Kosta Pareeksha:** Mridu / Madhyama / Krura

- **Hetu Jnana:** Asatmya Indriyatha Samyoga

Type of Yoga	Chakshurendriya	Shravanendriya	Ghranendriya	Rasanendriya	Sparshanendriya
Atiyoga					
Hinayoga					
Mithyayoga					

- Prajnaparadha

Dhi Vibhrama	Dhriti Vibhrama	Smriti Vibhrama

- Parinama

Type of Yoga	Varsha	Sharada	Hemanta	Shishira	Vasanta	Grishma
Atiyoga						
Hina Yoga						
Mithya Yoga						

- Vegavarodha Janya Nidana

Sl.No.	Vegavarodha	Lakshana

- Purvaroop:

- Rupa:
- Upashaya:
- **Samprapti Jnana:** Dosha Avastha:
-

Vata Vriddhi	Vata Kshaya	Pitta Vriddhi	Pitta Kshaya	Kapha Vriddhi	Kapha Kshaya

- Dosha Gati:

Urdhva	Adhah	Tiryak

- Rogamarga:

Shakhashraya	Madhyamargashrya	Koshtashraya

- Type of Prakopa:

Svatantra	Paratantra

- Sama-Nirama Avastha:

Dosha	Sama	Nirama
Vata		
Pitta		
Kapha		

- Dhatu Vishesha Ashraya:

Rasa	Rakta	Mamsa	Meda	Asthi	Majja	Shukra
------	-------	-------	------	-------	-------	--------

--	--	--	--	--	--	--

- Srotasa Involved and Srotodushti Lakshana Seen:

Srotas	Rasa	Rakta	Mamsa	Meda	Asthi	Majja	Shukra
Lakshana							

- Sroto dusti prakara:
- Samprapti Chart:
- Vyadhi vinischya:
- Sadhyasdhyaata:
- Chikitsa Siddhanta:
- Shodhan :
- Shaman :
- Pathya -Apathya Suggested :

6. REVIEW OF PUBLISHED ARTICLES RELATED TO SAMHITA

Name of Topic	
No. of Articles reviewed	
Article 1	
Title of Article	
Type of Article	
Name of Journal and details	
Summary of article (in 5 sentences)	
Article 2	
Title of Article	
Type of Article	
Name of Journal and details	
Summary of article (in 5 sentences)	

Article 3	
Title of Article	
Type of Article	
Name of Journal and details	
Summary of article (in 5 sentences)	
Article 4	
Title of Article	
Type of Article	
Name of Journal and details	
Summary of article (in 5 sentences)	
Article 5	

Title of Article	
Type of Article	
Name of Journal and details	
Summary of article (in 5 sentences)	
Analysis and Interpretation	
Key Insights from each article.	<ol style="list-style-type: none"> 1. 2. 3. 4. 5.
Compare findings with Ayurvedic Classical text book.	
Identify trends/gap/ areas for further exploration.	
Presentation and Reflection	
Written report/ Presentation.	

7. CONCEPT MAPPING PERFORMA FOR SAMPRAPTI & CHIKITSA

Name of the diseases_

Date:

I. Samprapti (Pathogenesis of Disease)

1. Nidana (Causative Factors) – Identify & List Specific Causes

a. Aharaja (Dietary Causes): _____

b. Viharaja (Lifestyle Factors): _____

c. Manasika (Psychological Factors): _____

d. Agantuja (External/Infectious Causes): _____

e. Beeja Dosha (Genetic Factors): _____

2. Dosha-Dushya Participation

- Primary Doshas Involved: _____
- Dushya (Affected Tissues/Upadhatus): _____
- Srotas (Affected Body Channels): _____
- Agni
- Srotas-
- Srotodushti Prakara (Pathological Channel Disturbance – Check Relevant Boxes)
 - Sanga (Obstruction) Atipravritti (Excess Flow)
 - Sira Granthi (Nodul Formation) Vimarga Gamana (Misrouted Flow)
- Adhisthana-
- Rogamarga-

3. Disease Progression (Vyadhi Vikas – Six Stages)

- i. Sanchaya (Accumulation): _____
- ii. Prakopa (Aggravation): _____
- iii. Prasara (Spread): _____
- iv. Sthana Samshraya (Localization): _____
- v. Vyakti (Manifestation/Symptoms): _____
- vi. Bheda (Complications/Chronicity): _____

4. Purvarupa

5. Rupa-

II. Chikitsa (Treatment Approach Based on Samprapti)

A. Chikitsa Siddhanta (Therapeutic Principles – Select Relevant Ones)

Shamana (Pacification Therapy) Shodhana (Elimination Therapy)

Agni Deepana & Amapachana (Digestive Fire Enhancement & Detox) Vyadhi Pratyanka Chikitsa (Disease-Specific Management)

B. Specific Treatment Approaches

1. Shodhana Chikitsa (Purification Therapy – If required):

Vamana Virechana Basti Nasya Raktamokshana

2. Shamana Chikitsa (Palliative Therapy):

Herbal Formulations: _____

Local Applications (Lepa/Abhyanga): _____

Dietary Modifications (Pathya-Apathya): _____

Lifestyle Changes (Dinacharya, Ritucharya): _____

3. Rasayana & Vajikarana Therapy (If Applicable):

Medhya Rasayana (For Mental Strength): _____

Dhatu Poshaka Rasayana (For Tissue Nourishment): _____

4. Other Therapies (Daivavyapashraya , Yukti Vyapashraya, Sattvavajaya):

Daivavyapashraya (Spiritual Therapies – Mantras, Homa, etc.): _____

Yukti Vyapashraya (Rational Therapies – Herbs, Diet): _____

Sattvavajaya (Mind Therapy – Counselling, Meditation): _____

5. Concept Mapping (Attach a Diagram/Flowchart)

(Students should create a flowchart connecting disease pathogenesis to treatment strategies.)

8. Comparative Analysis of Chikitsa Sidhant of Charaka Samhita and Sushruta Samhita

TOPIC NAME :

Date of activity : _____

Aspect	Charaka Samhita	Shushruta Samhita
Nidan		
Samprapti		
Lakshaan		
Chikitsa sutra		
Shodhan		
Shaman		
Agyra / Rasayan		
Shashtra karma		
Pathya ahara		
Treatment approach comparison		

Key difference		
Reasons for specific management		
Conclusion		

9. COMPARISON OF CHIKITSA CONCEPTS OF SAMHITA WITH CONTEMPORARY MEDICAL SCIENCE

Sr.No		
-------	--	--

1.	Study the disease and principles of management from Charaka Samhita	
2.	Correlation with Modern science	
3.	Compare the aetiopathogenesis, symptomatology from Charaka Samhita view and Modern Science View	
	Ayurvedic Perspective (Charaka Samhita)	Contemporary Medical Science Science
a.		
b.		
c.		
d.		
f.		
4.	Analyse the treatment modalities	
5.	Explore integrative potential	
6.	Identify the strength and limitations of both a. Ayurvedic View b. Modern View	
7.	Other point	
8.	Conclusion	

10. EVALUATION OF TANTRAYUKTI FROM GIVEN CHAPTER OF CHARAKA SAMHITA

- **Name of Chapter:**

Shloka with reference (Adhyaya No. ---/ Verse No. ---)	
Name of Tantrayukti	
Justification of Tantrayuktis in Achieving Deeper Meaning and Logical Structure.	

Shloka with reference (Adhyaya No. ---/ Verse No. ---)	
Name of Tantrayukti	
Justification of Tantrayuktis in Achieving Deeper Meaning and Logical Structure.	

Shloka with reference (Adhyaya No. ---/ Verse No. ---)	
Name of Tantrayukti	
Justification of Tantrayuktis in Achieving Deeper Meaning and Logical Structure.	

Shloka with reference (Adhyaya No. ---/ Verse No. ---)	
Name of Tantrayukti	
Justification of Tantrayuktis in Achieving Deeper	

Meaning and Logical Structure.	
--------------------------------	--

Shloka with reference (Adhyaya No. ---/ Verse No. ---)	
Name of Tantrayukti	
Justification of Tantrayuktis in Achieving Deeper Meaning and Logical Structure.	

Shloka with reference (Adhyaya No. ---/ Verse No. ---)	
Name of Tantrayukti	
Justification of Tantrayuktis in Achieving Deeper Meaning and Logical Structure.	

11. INTERVIEW OF SENIOR AYURVEDA VAIDYA

1. Name of Vaidya:

Date

2. Specialization: _____

3.Years of Experience: _____

4.Location/Institution: _____

5.Mode of discussion (offline /Online/Phone): _____

Section 1: Practitioner's Journey

1.How did you get involved in Ayurveda? What inspired your journey?

Section 2: Philosophy and Principles

2. What is your core philosophy regarding Ayurveda and its fundamental principles?

Section 3: Current Practice

3. Could you briefly describe your current daily practice, treatments offered, and your approach to patient care?

Section 4: Challenges

4. What are the main challenges you face in practice, and how do you address them?

Section 5: Future of Ayurveda

5. What is your vision for the future of Ayurveda in the modern healthcare system?

Additional Notes

(For any special remarks, quotes, or important highlights)

12. INTERPRETATION OF CHAKRAPANI VYAKHYAN

Date of Activity:

Sr. No	Content	Details
1	Shloka	

2	Reference (Chapter, Section)	
3	Identify Key Terms from the Shloka (with English & Hindi Meaning)	
4	Explanation Available in Chakrapani Commentary	
5	Special Definitions in Vyakhyan (If Any)	
6	Bhavartha: Write complete meaning after reading Chakrapani in English or regional language	
7.	Others-	

13. SHLOKA RECITATION ACTIVITY

1. Shloka:

Meaning:

2. Shloka

Meaning

3. Shloka

Meaning

4. Shloka

Meaning

5. Shloka:

Meaning

6. Shloka

Meaning

7. Shloka

Meaning

8. Shloka

Meaning

9. Shloka

Meaning

10. Shloka:

Meaning

**14. JUSTIFICATION OF THE CHRONOLOGICAL ARRANGEMENT OF
ADHYAYAS IN CHIKITSA, KALPA, AND SIDDHI STHANA OF CHARAKA
SAMHITA.**

I. Chikitsasthana

Sr No	Name of Adhyaya	Purpose for the flow of Adhyayas	Rationality for their sequence	Clinical applicability.
1				
2				
3				
4				
5				

II. Kalpasthana.

Sr No	Name of adhyaya	Purpose for the flow of Adhyayas	Rationality for their sequence	Clinical applicability.
1				
2				
3				
4				

III. Siddhisthana

Sr No	Name of adhyaya	Purpose for the flow of Adhyayas	Rationality for their sequence	Clinical applicability.
1				
2				
3				
4				