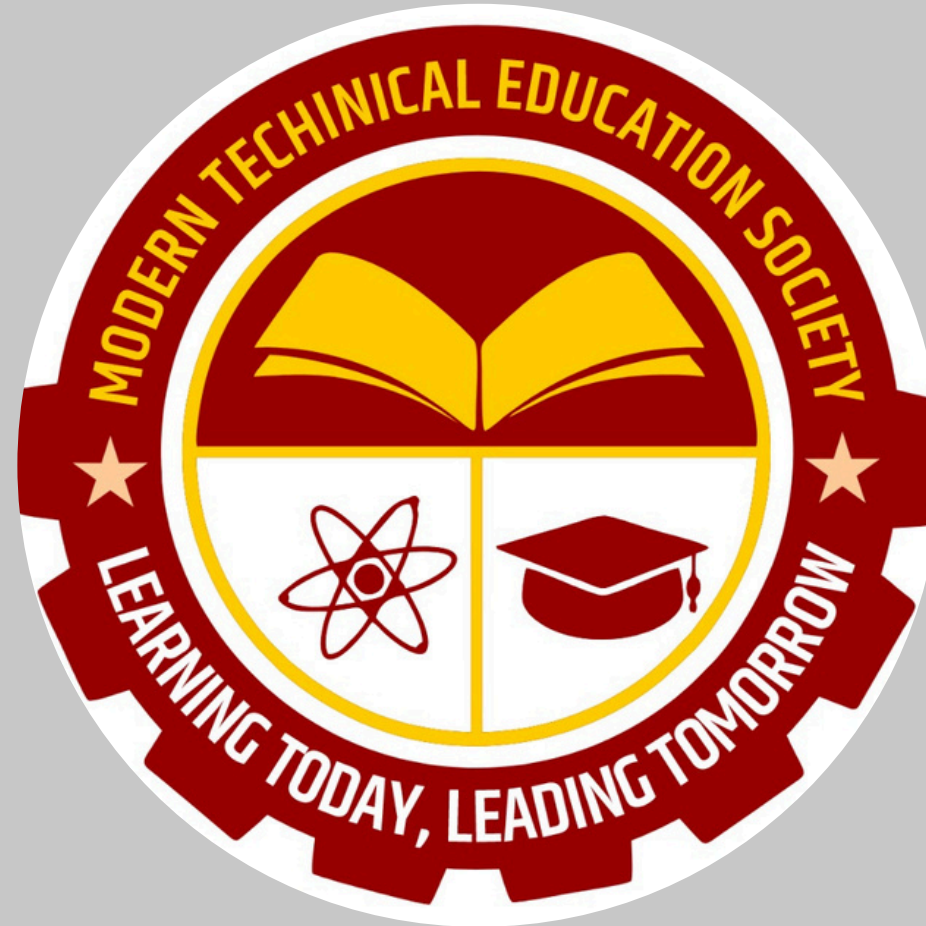


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Page 1 – Introduction to Ayurveda

Ayurveda is one of the oldest traditional systems of medicine originating in India over 5,000 years ago. The word “Ayurveda” comes from two Sanskrit words: *Ayur* (life) and *Veda* (knowledge). Thus, Ayurveda means “the science of life.”

It focuses on maintaining health and preventing disease through balance in body, mind, and spirit. Ayurveda believes that the human body is composed of five elements (*Pancha Mahabhutas*):

1. Prithvi (Earth)
2. Ap (Water)
3. Tejas (Fire)
4. Vayu (Air)
5. Akasha (Ether)

These combine to form the **three doshas** – *Vata*, *Pitta*, and *Kapha*, which govern all biological functions.

Page 2 – Basic Principles of Ayurveda

1. Tridosha Theory

- **Vata Dosha:** Controls movement, respiration, and nervous system.
- **Pitta Dosha:** Governs digestion, metabolism, and body temperature.
- **Kapha Dosha:** Responsible for structure, stability, and lubrication.

2. Dhatus (Body Tissues)

There are seven body tissues: Rasa, Rakta, Mamsa, Meda, Asthi, Majja, and Shukra.

3. Malas (Body Wastes)

Page 3 – History and Importance of Ayurveda

Ayurveda was described in ancient texts like *Charaka Samhita*, *Sushruta Samhita*, and *Ashtanga Hridaya*.

It emphasizes prevention over cure and treats the root cause, not just symptoms. Ayurveda helps maintain health through proper diet, herbal medicines, and lifestyle practices.

Page 4 – Departments of Ayurveda

1. **Kaya Chikitsa** – Internal medicine.
 2. **Shalya Tantra** – Surgery.
 3. **Shalakya Tantra** – ENT and Ophthalmology.
 4. **Kaumarbhritya** – Pediatrics.
 5. **Agada Tantra** – Toxicology.
 6. **Rasayana Tantra** – Rejuvenation therapy.
 7. **Vajikarana Tantra** – Aphrodisiac therapy.
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Page 5 – Ayurvedic Pharmacy (Bhaisajya Kalpana)

Ayurvedic Pharmacy deals with the preparation and preservation of medicines.

Key Preparations:

- **Kashaya:** Decoction
- **Churna:** Powder
- **Vati/Gutika:** Pills or tablets
- **Asava/Arishta:** Fermented liquid
- **Taila:** Medicated oil
- **Ghrta:** Medicated ghee
- **Leha:** Herbal jam

Page 6 – Raw Materials in Ayurvedic Pharmacy

Ayurvedic medicines are made from natural sources:

1. **Plant-based drugs** – roots, leaves, seeds, flowers.
2. **Mineral-based drugs** – metals, salts, and minerals.
3. **Animal-based drugs** – honey, milk, ghee.

Quality control and purity testing are essential in pharmacy practice.

Page 7 – Identification and Collection of Herbs

Correct identification, collection, and preservation of herbs are crucial.

- **Time of collection** affects potency.
- **Drying and storage** prevent decay and loss of properties.
- **Herbarium preparation** helps record plant species.

Page 8 – Ayurvedic Pharmacognosy

Pharmacognosy is the study of drugs derived from natural sources.

In Ayurveda, it focuses on:

- Identifying genuine drugs.
- Studying their morphology, chemical nature, and uses.
- Detecting adulteration and impurities.

Page 9 – Rasashastra (Ayurvedic Chemistry)

Rasashastra deals with preparation of medicines using metals and minerals.

Common materials: Mercury, Sulphur, Gold, Silver, Copper, Iron, etc.

Processes:

1. Shodhana (Purification)
 2. Marana (Calcination)
 3. Amritikarana (Detoxification)
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Page 10 – Quality Control and Standardization

- Proper testing ensures safety, purity, and efficacy of drugs.
- Methods include organoleptic, microscopic, and chemical analysis.
- Standardization follows guidelines from *Ayurvedic Pharmacopoeia of India (API)*.

Page 11 – Ayurvedic Formulations

Important formulations:

1. **Churna** – Triphala Churna, Sitopaladi Churna
2. **Vati** – Chandraprabha Vati, Arogyavardhini Vati
3. **Asava/Arishta** – Dashmoolarishta, Ashokarishta
4. **Taila** – Bala Taila, Dhanwantharam Taila
5. **Ghrta** – Brahmi Ghrta, Panchagavya Ghrta

Page 12 – Basic Anatomy and Physiology (Sharir Rachana & Kriya)

Study of human body structure and function:

- **Skeletal System** – bones and joints
- **Muscular System** – movement
- **Digestive System** – food processing
- **Respiratory System** – breathing
- **Circulatory System** – blood flow
- **Nervous System** – coordination

Ayurveda links these systems with Tridosha and Dhātu theories.

Page 13 – Dravyaguna Vigyan (Pharmacology)

Dravyaguna studies properties, actions, and therapeutic uses of drugs.

**Rasa (Taste): Sweet, Sour, Salty, Bitter,
Pungent, Astringent**

**Virya (Potency): Ushna (Hot) or Shita
(Cold)**

**Vipaka (Post-digestive effect):
Madhura, Amla, or Katu**

Page 14 – Panchakarma (Detoxification Therapy)

Panchakarma means “five purification procedures.”

1. **Vamana** – Therapeutic vomiting
2. **Virechana** – Purgation
3. **Basti** – Enema
4. **Nasya** – Nasal administration
5. **Raktamokshana** – Bloodletting

These remove toxins (*Ama*) and balance doshas.

Page 15 – Ethics, Duties, and Modern Relevance

Ayurvedic pharmacists must follow ethical principles, maintain hygiene, and ensure proper storage of medicines.

Ayurveda is gaining global recognition for its holistic approach.

Integration with modern science is helping to standardize and expand Ayurvedic practices.

Conclusion:

The Diploma in Ayurvedic Pharmacy provides in-depth knowledge of ancient Ayurvedic principles and modern pharmaceutical techniques. It enables students to prepare quality medicines, understand human health holistically, and contribute to traditional healthcare systems.