

***Shree Saptashrungi Ayurved
Mahavidyalaya & Hospital,
Nashik.***

Kamal, Nagar, Hirawadi, Panchavati, Nashik – 422003



॥ विद्या जगतः भूषणम् ॥

**Academic Planner
2024**



Academic Planner - 2024

वैद्याधीनेन देहरक्षणस्य फलम्

श्रुतचरितसमृद्धे कर्मदक्षे दयालौ भिषजि निरनुबन्धं देहरक्षां निवेश्य|

भवति विपुलतेजःस्वास्थ्यकीर्तिप्रभावः स्वकुशलफलभोगी भूमिपालश्चिरायुः॥७७॥

॥अष्टाङ्गहृदयम्॥ सूत्रस्थानम् - ७. अन्नरक्षाध्यायः

The king who has implicitly reposed the protection of his body with his physician, who is well conversant with the scriptures and its practices efficient in work and kind, attains great valour, health, fame, influence, capacity to enjoy the fruits of all his actions and a long life.

JANUARY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6 Clinical Meet Kriya Sharir
7	8	9	10	11	12 National Youth Day	13 Clinical Meet Rachana sharir
14	15	16	17	18	19	20 Clinical Meet Agad tantra
21	22 Monthly clinical meeting DravyaGuna	23	24	25	26 Republic Day	27 Clinical Meet Ras shastra
28	29	30	31			

Sr. No.	Name of Event	Code	Dates
1	Clinical Meet Kriya Sharir		6 Jan
2	National Youth Day	—	12 Jan
3	National Youth week		12 – 20 Jan
4	Clinical Meet Rachana sharir		13 Jan
5	Clinical Meet Agad tantra		20 Jan
6	Monthly clinical meeting Dravya Guna		22 Jan
7	Republic Day		26 Jan
8	Clinical Meet Ras shastra		27 Jan
9	First Term Exam BAMS 2022-23 Batch	—	15 to 17 Jan





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सद्वर्तन

पूर्वाभिभाषी, सुमुखः सुशीलः करुणामृदुः॥२६॥

नैकः सुखी, न सर्वत्र विश्रब्धो, न च शङ्कितः।

न कञ्चिदात्मनः शत्रुं नात्मानं कस्यचिद्रिपुम्॥२७॥

प्रकाशयेन्नापमानं न च निःस्नेहतां प्रभोः।

॥अष्टाङ्गहृदयम्॥ सूत्रस्थानम् - २. दिनचर्याध्यायः

Purva abhibhashi _ be the first to greet, to start conversation, **Sumukhaha** – have a smiling face, **Susheelaha** – have good character, **Karuna, Mrudu** – be courteous, be soft in speech and activity. **Na Eka sukhee** – Do not be a person who likes to be alone always. **Na sarvata: vishrabdo** – do not believe everything around you, **Na shankhitaha** – do not suspect everything around. Do not instantly think someone as your foe or that he is a foe of someone else. Do not publicly talk about insults that you underwent. Do not publicly talk about disaffection towards your king (boss/ master / senior, in today's context)

FEBRUARY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 Clinical Meet Swasthavritta
4	5	6	7	8	9	10 Clinical Meet DravyaGuna
11	12	13	14	15	16	17 Clinical Meet Rognidan
18	19 Chatrapati Shivaji Maharaj Jayanti	20	21	22 Monthly clinical meetings Kaychikitsa	23	24 Clinical Meet Streerog- Prasutitantra
25	26	27	28	29		

Sr. No.	Name of Event	Code	Dates
1	Weekly clinical meetings Swasthavritta		03 Feb
2	Weekly clinical meetings Dravyaguna		10 Feb
3	Weekly clinical meetings Rognidan		17 Feb
4	Chatrapati Shivaji Maharaj Jayanti		19 Feb
5	Weekly clinical meetings Streerog-Prasutitantra		24 Feb





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भोजनस्य कालः

प्रसृष्टे विण्मूत्रे हृदि सुविमले दोषे स्वपथगे विशुद्धे चोद्वारे क्षुदुपगमने वातेऽनुसरति।
तथाऽग्नावुद्रिक्ते विशदकरणे देहे च सुलघौ प्रयुञ्जीताहारं विधिनियमितं, कालः स हि मतः॥५५॥

॥अष्टाङ्गहृदयम्॥ सूत्रस्थानम् ८. मात्राशितीयाध्यायोऽष्टमः

The ideal time for taking meals is after the elimination of feaces and urine, when the mind is clean (devoid of emotions), when the Doshas are moving in their natural paths (functioning normally), when belching are pure without and foul smell or taste, when hunger is well manifest, when the flatus is moving downward easily, when the digestive activity is keen, when the sense organs are clear functioning, when the body is light. Food should be consumed observing the rules and procedures of taking food.

MARCH 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 Clinical Meet Samhita & siddhant
3	4	5	6	7	8 Mahashivratri International Women's Day	9 Clinical Meet Rachana Sharir
10	11	12	13	14	15	16 Clinical Meet Swasthavritta
17	18	19	20	21	22 Monthly Clinical Meet Samhita Siddhant	23 Clinical Meet Kriya sharir
24	25 Dhulivandan	26	27	28	29 Good Friday	30
31						

Sr. No.	Name of Event	Code	Dates
1	MD/MS Bach 22-23 First Year University examination	—	01-16 Mar
2	Clinical Meet Samhita & Siddhant		02 Mar
3	Mahashivratri		08 Mar
4	International Women's Day		08 Mar
5	Clinical Meet Rachana Sharir		09 Mar
5	Second Professional BAMS 2021-22 First Internal Assesment	—	11 – 23 Mar
6	Clinical Meet Swasthavrutta		16 Mar
7	Monthly Clinical Meet Samhita Siddhant		22 Mar
8	Clinical Meet Kriya sharir		23 Mar
9	Dhulivandan		25 Mar
10	Good Friday		29 Mar





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दूष्यादिज्ञाने ऽ व्यभिचरि चिकित्सा

दूष्यं देशं बलं कालमनलं प्रकृतिं वयः।

सूक्ष्मसूक्ष्माः समीक्ष्यैषां दोषौषधनिरूपणे।

सत्त्वं सात्म्यं तथाऽऽहारमवस्थाश्च पृथग्विधाः॥६७॥

यो वर्तते चिकित्सायां न स स्वलति जातुचित्॥६८॥

॥अष्टाङ्गहृदयम्॥ सूत्रस्थानम् १२. दोषभेदीयाध्यायः

The physician should minutely examine and determine, **Dushya** – the Dhatus and Malas involved in a diseases. **Desha** – the area of the body where disease is manifested, the living place of the patient. **Bala** – strength of the patient. **Kala** – season, how old is the disease, age of the person etc. **Anala** – digestive power of the patient **Prakriti** – Body constitution, **Vayas** – age of the patient and disease, **Satva** – mind, tolerance capacity of the patient. **Satmya** – The food and activities to which the patient is accustomed to. **Ahara** – food habits and **Avastha** – stages of the diseases The physician should watch for above factors to decide and then only, the physician should decide on the aggravated Dosha and its appropriate treatment. Such a doctor will never commit mistakes in treatment.

APRIL 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Commencement of PG 2 nd year 2022-23 batch	2	3	4	5	6 Clinical Meet Dravyaguna
7 World Health Day	8	9 Gudhipadva	10	11 Ramjan Eid	12	13 Clinical Meet Rasashastra
14	15	16	17 Shriram Navami	18	19	20 Clinical Meet Rognidan
21	22 Monthly Clinical Meet Shalaky tantra	23	24	25	26	27 Clinical Meet Agadtantra
28	29	30				

Sr. No.	Name of Event	Code	Dates
1	Commencement of PG 2 nd year 2022-23 batch		1 Apr
2	Clinical Meet Dravyaguna		6 Apr
3	World Health Day		7 Apr
4	Gudhipadva		9 Apr
5	Ramjan Eid		11 Apr
5	Clinical Meet Rasashastra		13 Apr
6	Shriram Navami		17 Apr
7	1st BAMS 23-24 First Internal Exam	—	15 – 27 Apr
8	Clinical Meet Rognidan		20 Apr
9	Monthly Clinical Meet Shalaky tantra		22 Apr
10	Clinical Meet Agadtantra		27 Apr





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हिताहारविहर सेवनम्

नित्यं हिताहारविहारसेवी

दाता समः सत्यपरः क्षमावा-

समीक्ष्यकारी विषयेष्वसक्तः।

नाप्तोपसेवी च भवत्यरोगः॥३६॥

॥अष्टाङ्गहृदयम्॥ सूत्रस्थानम् ४. रोगानुत्पादनीयाध्यायः

He, who indulges daily in healthy foods and activities, who discriminates the good and bad of everything and then acts wisely, who is not attached too much to the objects of the senses, who develops the habit of charity, of considering all as equal, of truthfulness, of pardoning and keeping company of good persons only, becomes free from all diseases.

MAY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Maharashtra Din	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23 Baudha Purnima	24	25
26	27	28	29	30	31	

Sr. No.	Name of Event	Code	Dates
1	Maharashtra Din		1 May
2	Summer Holidays	—	1 – 31 May
3	Baudha Purnima		23 May





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दोषवैषम्यानुत्पादने यत्नः

य एव देहस्य समा विवृद्ध्यै त एव दोषा विषमा वधाय।
यस्मादतस्ते हितचर्ययैव क्षयाद्विवृद्धेरिव रक्षणीयाः॥४५॥

॥अष्टाङ्गहृदयम्॥ सूत्रस्थानम् ११. दोशाहिविज्ञानीयाध्यायः

The very same Doshas, which when normal, are the causes for growth of the body, become the causes for its destruction when abnormal.

JUNE 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Clinical Meet Shalaky tantra
2	3	4	5 World Environmental Day	6	7	8 Clinical Meet Panchakarma
9	10	11	12	13	14	15 Clinical Meet Samhita & siddhant
16	17 Bakra - Eid	18	19	20	21	22 Clinical Meet Rachana Sharir.
23	24 Monthly clinical meetings Streerog-Prasutitantra	25	26	27	28	29
30						

Sr. No.	Name of Event	Code	Dates
1	Preparatory holidays First Professional BAMS 2022-23 Batch	—	01 – 14 June
2	Clinical Meet Shalaky tantra		01 June
3	World Environmental Day		05 June
4	Clinical Meet Samhita & siddhant		15 June
5	Bakar - Eid		17 June
6	Clinical Meet Rachana Sharir.		22 June
7	University Examination First Professional BAMS 2022-23 Batch	—	18-30 June
8	Monthly clinical meetings Streerog-Prasutitantra		24 June



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मलानां शोधनकालाः

शीतोद्भवं दोषचयं वसन्ते विशोधनं ग्रीष्मजमभ्रकाले।

घनात्यये वार्षिकमाशु सम्यक् प्राप्नोति रोगानृतुजान्न जातु॥३५॥

॥अष्टाङ्गहृदयम्॥ सूत्रस्थानम् ४. रोगानुत्पादनीयाध्यायः

The accumulated Doshas arising from winter should be expelled during Vasanta (spring) That arising from Summer (Greeshma) should be expelled during Abhrakala – Varsha Ritu – rainy season. That arising from rainy season should be expelled during Ghnatyaya (Sharad – Autumn season) By this, people will not become victims of diseases born by the effect of the seasons.

JULY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6 Clinical Meet Stree Rog Prasutitantra.
7	8	9	10	11	12	13 Clinical Meet Kaumarbharitya
14	15	16	17 Ashadhi Ekadashi	18	19	20 Clinical Meet Kayachikitsa
21	22 Monthly clinical meeting Sharir Rachana	23	24	25	26	27 Clinical Meet Shalyatantra
28	29	30	31			

Sr. No.	Name of Event	Code	Dates
1	University Examination First Professional BAMS 2022-23 Batch	—	01 – 14 June
2	Van – Mohotsav Week	—	01 – 07 July
3	Clinical Meet Stree Rog Prasutitantra.		06 July
4	International Literacy week	—	08 – 04 July
5	Clinical Meet Kaumarbharitya		13 July
6	Ashadhi Ekadashi		17 July
7	Clinical Meet Kayachikitsa		20 July
8	Monthly clinical meeting Sharir Rachana		22 July
9	Clinical Meet Shalyatantra		27 July



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लोभदि वेगानां धारणमेव

धारयेत्तु सदा वेगान् हितैषी प्रेत्य चेह च।
लोभेष्यद्विषमात्सर्यरागादीनां जितेन्द्रियः॥२४॥

॥अष्टाङ्गहृदयम्॥ सूत्रस्थानम् ४. रोगानुत्पादनीयाध्यायः

The urges that should be suppressed forcefully are –

Lobha – greed, **Irshya** – envy, **Dvesha** – hatredness, **Matsarya** – jealous, **Raga** – unlawful, excessive attraction

AUGUST 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 Clinical Meet Kaumarbhritya
4	5	6	7	8	9	10 Clinical Meet Kayachikitsa
11	12	13	14	15 Independence day	16	17 Clinical Meet Shalyatantra
18	19 Course Commencement Second Professional BAMS 2022-23 Batch	20	21	22 Monthly clinical meeting Rognidan Vikruti Vigyan	23	24 Clinical Meet Shalakyatantra
25	26	27	28	29	30	31

Sr. No.	Name of Event	Code	Dates
1	Clinical Meet Kaumarbhritya		03 Aug
2	Clinical Meet Kayachikitsa		10 Aug
3	Independence day		15 Aug
4	Clinical Meet Shalyatantra		17 Aug
5	Course Commencement Second Professional BAMS 2022-23 Batch		19 Aug
6	Monthly clinical meeting Rognidan Vikruti Vigyan		22 Aug
7	Clinical Meet Shalakyatantra		24 Aug



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शुद्धाशुद्धप्रयोगयोः लक्षणम्

प्रयोगः शमयेद्व्याधिमेकं योऽन्यमुदीरयेत्।

नाऽसौ विशुद्धः शुद्धस्तु शमयेद्यो न कोपयेत्॥१६॥

॥अष्टाङ्गहृदयम्॥ सूत्रस्थानम् १३. दोषोपक्रमणीयाध्यायः

That treatment which cures one disease and gives rise to another disease- sooner or later, is not Shuddha- pure/ good/appropriate;

A pure treatment is that which cures one – diseases and does not give rise to another

SEPTEMBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5 Teachers Day	6 Clinical Meet Kriya Sharir	7 Shri Ganesh Chaturthi
8 International Literacy Day	9	10	11	12	13	14 Clinical Meet Dravyaguna Vigyan
15	16 Eid - e - Milad	17	18	19	20	21 Clinical Meet Rasa Shastra & BK
22	23 Monthly clinical meetings Kaumar bhritya	24 NSS Day	25	26	27	28 Clinical Meet Rognidan
29	30					

Sr. No.	Name of Event	Code	Dates
1	Teachers Day		05 Sep
2	Clinical Meet Kriya Sharir.		06 Sep
3	Shri Ganesh Chaturthi		07 Sep
4	International Literacy Day		08 Sep
5	Clinical Meet Dravyaguna Vigyan		14 Sep
6	Eid - e - Milad		16 Sep
7	Second Internal Assesment – II professional BAMS 2021-22 Batch		17-28 Sep
8	Clinical Meet Rasa Shastra & BK		21 Sep
9	Monthly clinical meetings Kaumar bhritya		23 Sep
10	NSS Day		24 Sep
11	Clinical Meet Rognidan		28 Sep





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व्यायामादिनामनुत्पत्तिहेतुत्वं सात्मीकरणे क्रमः च

व्यायामस्निग्धदीप्ताग्निवयःस्थबलशालिनाम्
पादेनापथ्यमभ्यस्तं पादपादेन वा त्यजेत्

विरोध्यपि न पीडायै सात्म्यमल्पं च भोजनम्॥४७॥
निषेवेत हितं तद्वदेकद्वित्र्यन्तरीकृतम्॥४८॥

॥अष्टाङ्गहृदयम्॥ सूत्रस्थानम् ७. अन्नरक्षाध्यायः

In those who exercise regularly, who are habituated to oily fatty food, who have good digestion power, in young, and strengthful, the incompatible food will not cause any ill effects. In those, who are habituated (sathmya) to incompatible food and in those who take low quantities of incompatible food for a long period of time, the ill effects will not be seen. Unhealthy things – foods, drinks, activities which have become accustomed by long use should be discontinued by quarter and quarter gradually. Similarly healthy things (foods etc.) should be gradually made use with intervals of 1, 2 and 3 days.

OCTOBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Blood Donation Day	2 World Non violence Day Gandhi Jayanti	3	4	5 Clinical Meet Panchakarma
6	7	8	9	10	11	12 Dashehara
13	14 Clinical Meet Samhita Siddhanta	15	16	17	18	19 Clinical Meet Rachana Sharir
20	21	22 Monthly clinical meetings Shalya Tantra	23	24	25	26 Clinical Meet Swasthavritta
27	28	29	30	31 Rashtriya Ekta Diwas (National Unity Day)		

Sr. No.	Name of Event	Code	Date
1	Blood Donation Day		01 Oct
2	World Non violence Day Gandhi Jayanti		02 Oct
3	Clinical Meet Panchakarma		05 Oct
4	Dashehara		12 Oct
5	Clinical Meet Samhita Siddhanta		14 Oct
6	Second term test – I professional BAMS 2023-24 Batch	—	14-26 Oct
7	Clinical Meet Rachana Sharir		19 Oct
8	Monthly clinical meetings Shalya Tantra		22 Oct
9	Clinical Meet Swasthavritta		26 Oct
10	Rashtriya Ekta Diwas (National Unity Day)		31 Oct





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परोपरकारः निर्विकारत्वं ईर्षानिषेधः भाषणपद्धतीम् च

उपकारप्रधानः स्यादपकारपरेऽप्यरौ। सम्पद्विपत्स्वेकमना, हेतावीर्येत्फले न तु॥२५॥
काले हितं मितं ब्रूयादविसंवादि पेशलम्।

॥अष्टाङ्गहृदयम्॥ सूत्रस्थानम् २. दिनचर्याध्यायः

One should be very helpful even to his foes, even though they are not helpful. Sampat Vipatsu Eka manaaha: One should maintain a balanced mind both during calamity and prosperity. One should not be envious towards wealth and happiness of others. **Kale bruyat** – speak only on the right occasion. **Hitam bruyat** – speak good words, be pleasant. **Mitam bruyat** – speak little, as per necessity. Do not argue, do not say untrue things

NOVEMBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Lakshmipujan	2 Balipratipada
3	4	5	6	7	8	9 Clinical Meet Streerog Prasutitantra
10	11	12	13	14	15 Gurunanak Jayanti	16 Clinical Meet Kayachikitsa
17	18	19 National Integration Day	20	21	22 Monthly clinical meetings Kriya sharir	23 Clinical Meet Shalyatantra
24	25	26	27	28	29	30 Clinical Meet Shalakyatantra

Sr. No.	Name of Event	Code	Date
1	Winter Holidays	—	1-16 Nov
2	Lakshmipujan		1 Nov
3	Balipratipada		2 Nov
4	Clinical Meet Streerog Prasutitantra		9 Nov
5	Gurunanak Jayanti		15 Nov
6	Clinical Meet Kayachikitsa		16 Nov
7	National Integration Day		19 Nov
8	Monthly clinical meetings Kriya sharir		22 Nov
9	Clinical Meet Shalyatantra		23 Nov
10	Clinical Meet Shalakyatantra		30 Nov



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अक्रमेण सात्मीकरणे दोषः – क्रमेण सात्मीकरणे गुणः

अपथ्यमपि हि त्यक्तं शीलितं पथ्यमेव वा। सात्म्यासात्म्यविकाराय जायते सहसाऽन्यथा॥४९॥

क्रमेणापचिता दोषाः क्रमेणोपचिता गुणाः। सन्तो यान्त्यपुनर्भावमप्रकम्प्या भवन्ति च॥५०॥

॥अष्टाङ्गहृदयम्॥ सूत्रस्थानम् ७. अन्नरक्षाध्यायः

Sudden discontinuance of unhealthy things, foods, drinks etc. and indulgence in healthy things, done suddenly and improperly give rise to diseases. The ill effects of incompatible foods that eliminated gradually and good habits developed gradually leads to robust health.

DECEMBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7 Clinical Meet Panchakarma
8	9	10	11	12	13	14 Clinical Meet Samhita Sidhanta
15	16	17	18	19	20	21 Clinical Meet Rachana Sharir
22	23 Monthly Clinical Meet Agadatantra	24	25 Christmas	26	27	28 Clinical Meet Swasthavritta
29	30	31				

Sr. No.	Name of Event	Code	Date
1	Preparatory Holidays Second Professional BAMS 2022-23	—	1 – 14 Dec
2	Clinical Meet Panchakarma		7 Dec
3	Clinical Meet Samhita Sidhanta		14 Dec
4	University Examination Second Professional BAMS 2022-23	—	16 – 31 Dec
5	Clinical Meet Rachana Sharir		21 Dec
6	Monthly Clinical Meet Agadatantra		23 Dec
7	Christmas		25 Dec
8	Clinical Meet Swasthavritta		28 Dec

