

**SHREE SAPTASHRUNGI AYURVED MAHAVIDYALAYA
AND HOSPITAL, NASHIK**



**JOURNAL FOR THE SYLLABUS OF AYURVEDAACHARYA (B.A.M.S.)
AS PER MSE-UG 2022 & NCISM GUIDELINE
FIRST PROFESSIONAL – B.A.M.S.**

SAMHITA ADHYAYAN - 1
(SUBJECT CODE-AyUG-SA-1)

ACADEMIC YEAR - 20 - 20

Name of the student : _____

Institutional Roll No :

MUHS Examination No. :

**SHREE SAPTASHRUNGI AYURVED MAHAVIDYALAYA
AND HOSPITAL, NASHIK**



CERTIFICATE

This is to certify that following practical journal cum activity book of
Samhita Adhyayan - 1 embodies the outcome of original practical
performed by

Mr. / Miss. / Mrs.
of 1st professional B.A.M.S. student having Institutional Roll No
:..... & Maharashtra University of Health Sciences (MUHS)
Examination No

These Practicals / Non-Lecture Activities have been carried out as a part of
prescribed syllabus of 1st Prof. BAMS course by NCISM. Total _____ No.
of Practical out of _____ practicals were done during the academic year
of _____. All above practicals are done under the supervision of me/us.

Signature
Faculty of Samhita
Adhyayan - 1

Signature of Head of
Dept. of Sanskrit
Samhita & Siddhanta

Signature & Seal of Head
of Institute / Principal

Date of University
Examination

Signature of
University Examiner - 1

Signature of
University Examiner - 2

MAHARASHTRA UNIVERSITY OF HEALTH SCIENCES,
NASHIK



**JOURNAL OF
SAMHITA ADHYAYAN - 1
(STUDY OF AYURVEDA CLASSICAL TEXT)
(SUBJECT CODE-AyUG-SA-1)**

Journal Cum Activity Book

***SHREE SAPTASHRUNGI AYURVED MAHAVIDYALAYA
AND HOSPITAL NASHIK***



**DEPARTMENT OF
SANSKRIT SAMHITA & SIDDHANTA**

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2	Interpretation of Anubandha Chatushtya and Ashta Prashna with examples			
3	AH Su. – 1 Meaning of 30 important terms on the basis of the commentary of Ashtanga Hridaya.			
4	CS. Su. – 1 Meaning of 20 important terms on the basis of the Chakrapani commentary of Charak Samhita.			
5	AH Su. – 2 Dincharya based assessment in healthy volunteers / Patients.			
6	AH Su. – 3 Rutucharya based assessment in healthy volunteers / Patients.			
7	AH Su. – 4 Adharaneyya Vegas assessment on the basis of signs and symptoms seen in the patient.			
8	AH Su. – 5 Justify the practical utility of the Dravadravya Varga Dravyas.			
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2	AH Su. – 7 Discussion on Practical Utility of Present Dietary Habits.			
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4	AH Su. – 8 (B) To determine the type of Ajeerna in the patient suffering from Ajeerna.			
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6	AH Su. – 10 To assess the predominance of Rasa consumption in Patients or healthy volunteers.			
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1	AH Su. – 11 To assess the patient for Vriddhi and Kshaya Lakshanas of Dosha-Dhatu-Mala.			
2	AH Su. – 12 Identify the causative factors responsible for vitiation of Dosha in given problem.			
3	AH Su. – 13 To observe the symptoms of Aama in the patient.			
4	AH Su. – 14 To find out the causative factors of Atisthaulya in the patient in the present era.			
5	AH Su. – 15 To present the practical utility of Aushadha Varga Dravyas.			
6	CS. Su. – 10 Prepare a Proforma for Sadhya Asadhya Vyadhi Lakshanas.			

Signature of Student

**Signature
Faculty / Faculties of
Samhita Adhyayan - 1**

**Signature of Head of Dept.
Sanskrit Samhita & Siddhanta**

INSTRUCTIONS

Non Lecture activities- (Samhita Pathan / In Class Activities & Hospital Based activities)

SR. NO.	NAME OF PRACTICAL	TERM
1	Introduction to Samhita Problem based learning: Application of Tantrayukti for chapter number 1, 2 of Ashtang Hridaya and chapter 1 st of charak Samhita.	I
2	Group Activity: Interpret Anubandha Chatushtya with examples Interpret Ashta Prashna with examples	I
3	AH Su 1. Ayushkamiya Adhyaya- Commentary Based activity - Fetch the meaning of important terms on the basis of commentary. (Any 30 important words). Make your own dictionary.	I
4	CS Su 1. Deerghanjiviteeya Adhyaya - Commentary Based activity - Student has to write 20 terminologies with meanings referring Chakrapani commentary. Then after these terms shall be discussed in class.	I
5	AH Su 2. Dinacharya Adhyaya- Survey Activity: Application of concepts- Dinacharya and its application: Performa based assessment in healthy volunteers/ patients. Daily routine shall be recorded on the basis of predesigned Performa and then shall discuss.	I
6	AH Su 3. Rutucharya Adhyaya- Application of concepts- Ritucharya and application - Performa based assessment in healthy individuals or patients.	I
7	AH Su 4. Roganutpadaniya Adhyaya- Case Based Activity/Learning- Assess the sign and symptoms of given case on the basis of learning of Adharaneeya Vegas and find out the probable causative factors on the basis of principles taught.	I
8	AH Su 5. Dravadravaya Vijnaniya Adhyaya Group Activity- Utility of Dravyas:- Allocate the Drava dravya Vargas among student groups. Every group will Justify (represent) the practical utility of dravyas allotted to them.	I
9	AH Su 6. Annaswaroopa Vijnaneeya Adhyaya- Group presentation- Justify the utility of this chapter in present era- Every group will illustrate the utility of their assigned Aahara Dravya Varga (Discuss practically available dravyas)	II
10	AH Su 7. Annaraksha Adhyaya- Discussion - Explore the present dietary habits- Explore the Various diet combinations used in present society (by four family/ Relatives/ neighbourhood) on the basis of principles learned for viruddhahar.	II
11	AH Su 8. Matrashitiya Adhyaya - Case Based learning- Determine adverse effects of heena matra (inadequate quantity of food) and atimatra (excess quantity of food) ahara.	II
12	AH Su 8. Matrashitiya Adhyaya - Patient suffering from a type of Ajeerna can be shared in class and then group wise discussion on the concept.)	II
13	AH Su 9. Dravyaadi Vijnaniya Adhyaya- Application of concepts- Enlist the dravyas according to Rasa, Veerya, Vipaka, Prabhav. (Can refer chapter 5,6,10 of Ashtang Hriday and Chapter 2, 3, 4 of Charak Samhita).	II

14	AH Su 10. Rasabhedhiya Adhyaya- Case based learning- Prepare performa enlisting the sign and symptoms of excess consumption of six Rasas and regular diet pattern. Asses the predominance of Rasa consumption in patients or healthy volunteers. Then Correlate with the case findings.	II
15	CS Su 6. Tasyashiteeya Adhyaya- Documentation according to Ritu- Documenting the changes in the food habits and lifestyle as per the ritu with the parents and elders	II
16	Short Essay writing /Poster making- Does and don'ts to be followed according to various seasons (Refer both the Samhitas for this activity)	II
17	AH Su 11. Doshadi Vijnaniya Adhyaya- Case Based learning- Assess the patient for Vriddhi and Kshaya Lakshanas of Dosha-Dhatu-Mala, based on predesigned performa. Discuss these case findings later in class.	III
18	AH Su 12. Doshabhedhiya Adhyaya - Give one problem/case based on Samanya Dosha Nidan. Student will identify possible Causative factors responsible for vitiation of Doshas in given problem.	III
19	AH Su 13. Doshopakramaniya Adhyaya - Case Based learning- Group activity- Observe the signs and symptoms of Ama in any five patients (Group wise)	III
20	AH Su 14. Dvividhopakramaniya Adhyaya- Case based learning- Find out the causative factors of Atishualya in present era (On the basis of predesigned performa)	III
21	AH Su 15. Shodhanadigana Sangraha Adhyaya - Group Presentation- Divide the various Aushadha Vargas among students and a group will represent each varga and related practical information.	III
22	CS Su 10. Mahachatushpada Adhyaya- Developing Performa for sadhya asadhya vyadhi lakshanas- Guide students on how to prepare a performa to assess any available parameters.	III

NON LECTURE ACTIVITY NO. 2 (A)
APPLICATION OF TANTRAYUKTI
ASHTANGA HRIDAYA SUTRASTHANA CHAPTER – 1, 2
& CHARAK SAMHITA SUTRASTHANA CHAPTER - 1
PROBLEM BASED LEARNING

ASHTANGA HRIDAYA SUTRASTHANA (TABLE-1)

CHAPTER - 1 AYUSHAKAMEEYA ADHYAYA

SHLOK NAME	TANTRAYUKTI TYPE
रागादिरोगान् सततानुषक्तानशेषकायप्रसृतानशेषान् । औत्सुक्यमोहारतिदाञ्जघान योऽपूर्ववैद्याय नमोऽस्तु तस्मै A.H.S.1 / ॥ १ ॥	
आयुः कामयमानेन धर्मार्थसुखसाधनम् । आयुर्वेदोपदेशेषु विधेयः परमादरः A.H.S.1 / ॥ २ ॥	
ब्रह्मा स्मृत्वाऽऽयुषो वेदं प्रजापतिमजिग्रहत् । सोऽश्विनौ तौ सहस्राक्षं सोऽत्रिपुत्रादिकान्मुनीन् A.H.S.1 / ॥ ३ ॥	
तेऽग्निवेशादिकांस्ते तु पृथक् तन्त्राणि तेनिरे । तेभ्योऽतिविप्रकीर्णैः प्रायः सारतरोच्चयः A.H.S.1 / ॥ ४ ॥	
क्रियतेऽष्टाङ्गहृदयं नातिसंक्षेपविस्तरम् । कायबालग्रहोर्ध्वाङ्गशल्यदंष्ट्राजरावृषान् A.H.S.1 / ॥ ५ ॥	
अष्टावङ्गानि तस्याहुश्चिकित्सा येषु संश्रिता । वायुः पित्तं कफश्चेति त्रयो दोषाः समासतः A.H.S.1 / ॥ ६ ॥	
विकृताविकृता देहं घ्नन्ति ते वर्तयन्ति च । ते व्यापिनोऽपि हृन्नाभ्योरधोमध्योर्ध्वसंश्रयाः A.H.S.1 / ॥ ७ ॥	

वयोऽहोरात्रिभुक्तानां तेऽन्तमध्यादिगाः क्रमात् ।
तैर्भवेद्विषमस्तीक्ष्णो मन्दश्चाग्निः समैः समः A.H.S.1 / ॥ ८ ॥

कोष्ठः क्रूरो मृदुर्मध्यो मध्यः स्यातैः समैरपि ।
शुक्रार्तवस्थैर्जन्मादौ विषेणैव विषकृमेः A.H.S.1 / ॥ ९ ॥

तैश्च तिस्रः प्रकृतयो हीनमध्योत्तमाः पृथक् ।
समधातुः समस्तासु श्रेष्ठा, निन्द्या द्विदोषजाः A.H.S.1 / ॥ १० ॥

तत्र रूक्षो लघुः शीतः खरः सूक्ष्मश्चलोऽनिलः ।
पित्तं सस्नेहतीक्ष्णोष्णं लघु विस्रं सरं द्रवम् A.H.S.1 / ॥ ११ ॥

स्निग्धः शीतो गुरुर्मन्दः श्लक्ष्णो मृत्स्नः स्थिरः कफः ।
संसर्गः सन्निपातश्च तद् द्वित्रिक्षयकोपतः A.H.S.1 / ॥ १२ ॥

रसासृङ्मांसमेदोस्थिमज्जाशुक्राणि धातवः ।
सप्त द्रव्याः मला मूत्रशकृत्स्वेदादयोऽपि च A.H.S.1 / ॥ १३ ॥

वृद्धिः समानैः सर्वेषां विपरीतैर्विपर्ययः ।
रसाः स्वाद्वम्ललवणतिक्तोषणकषायकाः A.H.S.1 / ॥ १४ ॥

षड् द्रव्यमाश्रितास्ते च यथापूर्वं बलावहाः ।
तत्राद्या मारुतं घ्नन्ति, त्रयस्तिकतादयः कफम् A.H.S.1 / ॥ १५ ॥

कषायतिक्तमधुराः पित्तमन्ये तु कुर्वते ।
शमनं कोपनं स्वस्थहितं द्रव्यमिति त्रिधा A.H.S.1 / ॥ १६ ॥

उष्णशीतगुणोत्कर्षात्तत्र वीर्यं द्विधा स्मृतम् ।
त्रिधा विपाको द्रव्यस्य स्वाद्वम्लकटुकात्मकः A.H.S.1 / ॥ १७ ॥

गुरुमन्दहिमस्निग्धश्लक्ष्णसान्द्रमृदुस्थिराः ।
गुणाः ससूक्ष्मविशदा विंशतिः सविपर्ययाः A.H.S.1 / ॥ १८ ॥

कालार्थकर्मणां योगो हीनमिथ्यातिमात्रकः ।
सम्यग्योगश्च विज्ञेयो रोगारोग्यैककारणम् A.H.S.1 / ॥ १९ ॥

रोगस्तु दोषवैषम्यं दोषसाम्यमरोगता ।
निजागन्तुविभागेन तत्र रोगा द्विधा स्मृताः A.H.S.1 / ॥ २० ॥

तेषां कायमनोभेदादधिष्ठानमपि द्विधा ।
रजस्तमश्च मनसो द्वौ च दोषावुदाहृतौ A.H.S.1 / ॥ २१ ॥

दर्शनस्पर्शनप्रश्नैः परीक्षेत च रोगिणम् ।
रोगं निदानप्राग्वूपलक्षणोपशयाप्तिभिः A.H.S.1 / ॥ २२ ॥

भूमिदेहप्रभेदेन देशमाहुरिह द्विधा ।
जाङ्गलं वातभूयिष्ठमानूपं तु कफोल्बणम् ॥ A.H.S.1 / २३ ॥

साधारणं सममलं त्रिधा भूदेशमादिशेत् ।
क्षणादिव्याध्यवस्था च कालो भेषजयोगकृत् ॥ A.H.S.1 / २४ ॥

शोधनं शमनं चेति समासादौषधं द्विधा ।
शरीरजानां दोषाणां क्रमेण परमौषधम् ॥ A.H.S.1 / २५ ॥

वस्तिर्विरेको वमनं तथा तैलं घृतं मधु ।
धीधैर्यात्मादिविज्ञानं मनोदोषौषधं परम् ॥ A.H.S.1 / २६ ॥

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चिकित्सितस्य निर्दिष्टं प्रत्येकं तच्चतुर्गुणम् ॥ A.H.S.1 / २७ ॥

दक्षस्तीर्थातशास्त्रार्थो दृष्टकर्मा शुचिर्भिषक् ।
बहुकल्पं बहुगुणं सम्पन्नं योग्यमौषधम् ॥ A.H.S.1 / २८ ॥

अनुरक्तः शुचिर्दक्षो बुद्धिमान् परिचारकः ।
आढ्यो रोगी भिषग्वश्यो ज्ञापकः सत्त्ववानपि ॥ A.H.S.1 / २९ ॥

<p>सर्वौषधक्षमे देहे यूनः पुंसो जितात्मनः । अमर्मगोऽल्पहेत्वग्रूपरूपोऽनुपद्रवः ॥ A.H.S.1 / ३० ॥</p>	
<p>अतुल्यदूष्यदेशर्तुप्रकृतिः पादसम्पदि । ग्रहेष्वनुगुणेष्वेकदोषमार्गो नवः सुखः ॥ A.H.S.1 / ३१ ॥</p>	
<p>शस्त्रादिसाधनः कृच्छ्रः सङ्करे च ततो गदः । शेषत्वादायुषो याप्यः पथ्याभ्यासाद्विपर्यये ॥ A.H.S.1 / ३२ ॥</p>	
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<p>त्यजेदार्तं भिषग्भूषैर्द्विष्टं तेषां द्विषं द्विषम् । हीनोपकरणं व्यग्रमविधेयं गतायुषम् ॥ A.H.S.1 / ३४ ॥</p>	
<p>चण्डं शोकातुरं भीरुं कृतघ्नं वैद्यमानिनम् । तन्त्रस्यास्य परं चातो वक्ष्यतेऽध्यायसङ्ग्रहः ॥ A.H.S.1 / ३५ ॥</p>	

CHAPTER -2 DINCHARYA ADHYAYA

SHLOK NAME	TANTRAYUKTI TYPE
अर्कन्यग्रोधखदिरकरञ्जककुभादिकम् । कनीन्यग्रसमस्थौल्यं सुकूर्चं द्वादशाङ्गुलम् ॥ A.H.S.2 / २ ॥	
प्रातर्भुक्त्वा च मृद्वग्रं कषायकटुतिक्तकम् । भक्षयेद्दन्तधवनं दन्तमांसान्यबाधयन् ॥ A.H.S.2 / ३ ॥	
नाद्यादजीर्णवमथुश्वासकासज्वराऽर्दिती । तृष्णाऽस्यपाकहन्नेत्रशिरः कर्णामयी च तत् ॥ A.H.S.2 / ४ ॥	
सौवीरमञ्जनं नित्यं हितमक्ष्णोस्ततो भजेत् । लोचने तेन भवतः सुस्निग्धघनपक्ष्मणी ॥ A.H.S.2 / ५ ॥	
सौवीरमञ्जनं नित्यं हितमक्ष्णोस्ततो भजेत् । लोचने तेन भवतः सुस्निग्धघनपक्ष्मणी ॥ A.H.S.2 / ५ ॥	
योजयेत्सप्तरात्रेऽस्मात् स्रावणार्थं रसाञ्जनम् । ततो नावनगण्डूषधूमताम्बूलभागभवेत् ॥ A.H.S.2 / ७ ॥	
ताम्बूलं क्षतपित्तास्ररूक्षोत्कुपितचक्षुषाम् । विषमूर्च्छामदार्तानामपथ्यं शोषिणामपि ॥ A.H.S.2 / ८ ॥	
अभ्यङ्गमाचरेन्नित्यं , स जराश्रमवातहा । दृष्टिप्रसादपुष्ट्यायुः स्वप्नसुत्वक्त्वदार्ढ्यकृत् ॥ A.H.S.2 / ९ ॥	
शिरःश्रवणपादेषु तं विशेषेण शीलयेत् । वर्ज्योऽभ्यङ्गः कफग्रस्तकृतसंशुध्यजीर्णिभिः ॥ A.H.S.2 / १० ॥	

<p>लाघवं कर्मसामर्थ्यं दीप्तोऽग्निर्मदसः क्षयः । विभक्तघनगात्रत्वं व्यायामादुपजायते ॥ A.H.S.2 /११ ॥</p>	
<p>वातपित्तामयी बालो वृद्धोऽजीर्णो च तं त्यजेत् । अर्धशक्त्या निषेव्यस्तु बलिभिः स्निग्धभोजिभिः ॥ A.H.S.2 /१२ ॥</p>	
<p>शीतकाले वसन्ते च , मन्दमेव ततोऽन्यदा । तं कृत्वाऽनुसुखं देहं मर्दयेच्च समन्ततः ॥ A.H.S.2 / १३ ॥</p>	
<p>तृष्णा क्षयः प्रतमको रक्तपित्तं श्रमः क्लमः । अतिव्यायामतः कासो ज्वरश्छर्दिश्च जायते ॥ A.H.S.2 /१४ ॥</p>	
<p>व्यायामजागराध्वस्त्रीहास्यभाष्यादिसाहसम् । गजं सिंहं इवाकर्षन् भजन्नति विनश्यति ॥ A.H.S.2 /१५ ॥</p>	
<p>उद्वर्तनं कफहरं मेदसः प्रविलायनम् । स्थिरीकरणमङ्गानां त्वक्प्रसादकरं परम् ॥ A.H.S.2 /१६ ॥</p>	
<p>स्नानं दीपनमायुष्यं वृष्यमूर्जाबलप्रदम् । कण्डूमलश्रमस्वेदतन्द्रातृडाहपाप्मजित् ॥ A.H.S.2 / १७ ॥</p>	
<p>उष्णाम्बुनाऽधः कायस्य परिषेको बलावहः । तेनैव तूतमाङ्गस्य बलहत् केशचक्षुषाम् ॥ A.H.S.2 / १८ ॥</p>	
<p>स्नानमर्दितनेत्रास्यकर्णरोगातिसारिषु । आध्मानपीनसाजीर्णिभुक्तवत्सु च गर्हितम् ॥ A.H.S.2 / १९ ॥</p>	
<p>जीर्णं हितं मितं चाद्यान्न वेगानीरयेद्बलात् । न वेगितोऽन्यकारी स्यान्नाऽजित्वा साध्यमामयम् ॥A.H.S.2 / २०॥</p>	
<p>सुखार्थाः सर्वभूतानां मताः सर्वाः प्रवृत्तयः । सुखं च न विना धर्मात्तस्माद्धर्मपरो भवेत् ॥ A.H.S.2 /२१ ॥</p>	

<p>भक्त्या कल्याणमित्राणि सेवेतेतरदूरगः । हिंसास्तेयान्यथाकामं पैशून्यं परुषानृते ॥ A.H.S.2 / २२ ॥</p>	
<p>सम्भिन्नालापं व्यापादमभिध्यां दृग्विपर्ययम् । पापं कर्मेति दशधा कायवाङ्मानसैस्त्यजेत् ॥ A.H.S.2 / २३ ॥</p>	
<p>अवृत्तिव्याधि शोकार्ताननुवर्तेतशक्तितः । आत्मवत्सततं पश्येदपि कीटपिपीलिकम् ॥ A.H.S.2 / २४ ॥</p>	
<p>अर्चयेद्देवगोविप्रवैद्यवृद्धनृपाऽतिथीन् । विमुखान्नाथिनः कुर्यान्नाऽवमन्येत नाऽक्षिपेत् ॥ A.H.S.2 / २५ ॥</p>	
<p>उपकारप्रधानः स्यादपकारपरेऽप्यरौ । सम्पद्विपत्स्वेकमना , हेतावीर्येत्फले न तु ॥ A.H.S.2 / २६ ॥</p>	
<p>काले हितं मितं ब्रूयादविसंवादि पेशलम् । पूर्वाभिभाषी सुमुखः सुशीलः करुणामृदुः ॥ A.H.S.2 / २७ ॥</p>	
<p>प्रकाशयेन्नापमानं न च निःस्नेहतां प्रभोः । जनस्याशयमालक्ष्य यो यथा परितुष्यति ॥ A.H.S.2 / २९ ॥</p>	
<p>तं तथैवानुवर्तेत पराराधनपण्डितः । न पीडयेदिन्द्रियाणि न चैतान्यतिलालयेत् ॥ A.H.S.2 / ३० ॥</p>	
<p>त्रिवर्गशून्यं नारंभं भजेत्तं चाविरोधयन् । अनुयायात्प्रतिपदं सर्वधर्मेषु मध्यमाम् ॥ A.H.S.2 / ३१ ॥</p>	
<p>नीचरोमनखश्मश्रुर्निर्मलाङ्घ्रिमलायनः । स्नानशीलः सुसुरभिः सुवेषोऽनुत्बणोज्ज्वलः ॥ A.H.S.2 / ३२ ॥</p>	
<p>धारयेत्सततं रत्नसिद्धमन्त्रमहौषधीः । सातपत्रपदत्राणो विचरेद्युगमात्रदृक् ॥ A.H.S.2 / ३३ ॥</p>	

<p>निशि चात्ययिके कार्ये दण्डी मौली सहायवान् । चैत्यपूज्यध्वजाशस्तच्छायाभस्मतुषाशुचीन् ॥ A.H.S.2 / ३४ ॥</p>	
<p>नाक्रामेच्छर्करालोष्टबलिस्नानभुवोऽपि च । नदीं तरेन्न बाहुभ्यां नाग्निस्कन्धमभिव्रजेत् ॥ A.H.S.2 / ३५ ॥</p>	
<p>सन्दिग्धनावं वृक्षं च नारोहेदुष्टयानवत् । नासंवृतमुखः कुर्यात् क्षुतिहास्यविजृम्भणम् ॥ A.H.S.2 / ३६ ॥</p>	
<p>नासिकां न विकुष्णीयान्नाकस्माद्विलिखेद्भुवम् । नाङ्गैश्चेष्टेत विगुणं नाऽसीतोत्कुटिकश्चिरम् ॥ A.H.S.2 / ३७ ॥</p>	
<p>देहवाक्चेतसां चेष्टाः प्राक्श्रमाद्विनिवर्तयेत् । नोर्ध्वजानुश्चिरं तिष्ठेन्नक्तं सेवेत न द्रुमम् ॥ A.H.S.2 / ३८ ॥</p>	
<p>तथा चत्वरचैत्यान्तश्चतुष्पथसुरालयान् । सूनाटवीशून्यगृहशमशानानि दिवाऽपि न ॥ A.H.S.2 / ३९ ॥</p>	
<p>सर्वथेक्षेत नादित्यं न भारं शिरसा वहेत् । नेक्षेत प्रततं सूक्ष्मं दीप्तामेध्याप्रियाणि च ॥ A.H.S.2 / ४० ॥</p>	
<p>मद्यविक्रयसन्धानदानपानानि नाचरेत् । पुरोवातातपरजस्तुषारपरुषानिलान् ॥ A.H.S.2 / ४१ ॥</p>	
<p>अनृजुः क्षवथूद्गारकासस्वप्नान्नमैथुनम् । कूलच्छायानृपद्विष्टव्यालदंष्ट्रिविषाणिनः ॥ A.H.S.2 / ४२ ॥</p>	
<p>हीनानार्यातिनिपुणसेवां विग्रहमुत्तमैः । सन्ध्यास्वभ्यवहारस्त्रीस्वप्नाध्ययनचिन्तनम् ॥ A.H.S.2 / ४३ ॥</p>	
<p>शत्रुसत्रगणाकीर्णगणिकापणिकाशनम् । गात्रवक्त्रनखैर्वादयं हस्तकेशावधूननम् ॥ A.H.S.2 / ४४ ॥</p>	

<p>तोयाग्निपूज्यमध्येन यानं धूमं शवाश्रयम् । मद्यातिसक्तिं विसंभस्वातन्त्र्ये स्त्रीषु च त्यजेत् ॥ A.H.S.2 / ४५ ॥</p>	
<p>आचार्यः सर्वचेष्टासु लोक एव हि धीमतः । अनुकुर्यात्तमेवातो लौकिकार्थे परीक्षकः ॥ A.H.S.2 / ४६ ॥</p>	
<p>आर्द्रसन्तानता त्यागः कायवाक्चेतसां दमः । स्वार्थबुद्धिः परार्थेषु पर्याप्तमिति सद्व्रतम् ॥ A.H.S.2 / ४७ ॥</p>	
<p>नक्तं दिनानि मे यान्ति कथंभूतस्य सम्प्रति । दुःखभाङ्गं भवत्येवं नित्यं सन्निहितस्मृतिः ॥ A.H.S.2 / ४८ ॥</p>	

CHARAK SAMHITA SUTRASTHANA (TABLE-2)

CHAPTER 1 DEERGHANJIVITEEYA ADHYAYA

SHLOK NAME	TANTRAYUKTI TYPE
<p>सुखोपविष्टास्ते तत्र पुण्यां चक्रुः कथामिमाम् धर्मार्थकाममोक्षाणामारोग्यं मूलमुत्तमम् ॥१५॥</p>	
<p>हेतुलिङ्गौषधज्ञानं स्वस्थातुरपरायणम् त्रिसूत्रं शाश्वतं पुण्यं बुबुधे यं पितामहः ॥२४॥</p>	
<p>महर्षयस्ते ददृशुर्यथावज्ज्ञानचक्षुषा सामान्यं च विशेषं च गुणान् द्रव्याणि कर्म च ॥२८॥ समवायं च तज्ज्ञात्वा तन्त्रोक्तं विधिमास्थिताः लेभिरे परमं शर्म जीवितं चाप्यनित्वरम् ॥२९॥</p>	

अग्निवेशश्च भेल(ड)श्च जतूकर्णः पराशरः।
हारीतः क्षारपाणिश्च जगृहुस्तन्मुनेर्वचः॥३१॥
हिताहितं सुखं दुःखमायुस्तस्य हिताहितम्।
मानं च तच्च यत्रोक्तमायुर्वेदः स उच्यते॥४१॥

शरीरेन्द्रियसत्त्वात्मसंयोगो धारि जीवितम्।
नित्यगश्चानुबन्धश्च पर्यायैरायुरुच्यते॥४२॥

सर्वदा सर्वभावानां सामान्यं वृद्धिकारणम्।
ह्लासहेतुर्विशेषश्च, प्रवृत्तिरुभयस्य तु॥४४॥

सामान्यमेकत्वकरं, विशेषस्तु पृथक्त्वकृत्।
तुल्यार्थता हि सामान्यं, विशेषस्तु विपर्ययः॥४५॥

सत्त्वमात्मा शरीरं च त्रयमेतत्त्रिदण्डवत्।
लोकस्तिष्ठति संयोगात्तत्र सर्वं प्रतिष्ठितम्॥४६॥

स पुमांश्चेतनं तच्च तच्चाधिकरणं स्मृतम्।
वेदस्यास्य, तदर्थं हि वेदोऽयं सम्प्रकाशितः॥४७॥

खादीन्यात्मा मनः कालो दिशश्च द्रव्यसङ्ग्रहः।
सेन्द्रियं चेतनं द्रव्यं, निरिन्द्रियमचेतनम्॥४८॥

सार्था गुर्वादयो बुद्धिः प्रयत्नान्ताः परादयः।
गुणाः प्रोक्ताः . प्रयत्नादि कर्म चेष्टितमुच्यते॥४९॥

समवायोऽपृथग्भावो भूम्यादीनां गुणैर्मतः।
स नित्यो यत्र हि द्रव्यं न तत्रानियतो गुणः॥५०॥

यत्राश्रिताः कर्मगुणाः कारणं समवायि यत्।
समवायी तु निश्चेष्टः कारणं गुणः॥५१॥

संयोगे च विभागे च कारणं द्रव्यमाश्रितम्।
कर्तव्यस्य क्रिया कर्म कर्म नान्यदपेक्षते॥५२॥

इत्युक्तं कारणं कार्यं धातुसाम्यमिहोच्यते।
धातुसाम्यक्रिया चोक्ता तन्त्रस्यास्य प्रयोजनम्॥५३॥

कालबुद्धीन्द्रियार्थानां योगो मिथ्या न चाति च।
द्वयाश्रयाणां व्याधीनां त्रिविधो हेतुसङ्ग्रहः॥५४॥

शरीरं सत्त्वसञ्ज्ञं च व्याधीनामाश्रयो मतः।
तथा सुखानां, योगस्तु सुखानां कारणं समः॥५५॥

निर्विकारः परस्त्वात्मा सत्त्वभूतगुणेन्द्रियैः।
चैतन्ये कारणं नित्यो द्रष्टा पश्यति हि क्रियाः॥५६॥

वायुः पित्तं कफश्चोक्तः शारीरो दोषसङ्ग्रहः।
मानसः पुनरुद्दिष्टो रजश्च तम एव च॥५७॥

प्रशाम्यत्यौषधैः पूर्वं दैवयुक्तिव्यपाश्रयैः।
मानसो ज्ञानविज्ञानधैर्यस्मृतिसमाधिभिः॥५८॥

रूक्षः शीतो लघुः सूक्ष्मश्चलोऽथ विशदः खरः।
विपरीतगुणैर्द्रव्यैर्मारुतः सम्प्रशाम्यति॥५९॥

सस्नेहमुष्णं तीक्ष्णं च द्रवमम्लं सरं कटु।
विपरीतगुणैः पित्तं द्रव्यैराशु प्रशाम्यति॥६०॥

गुरुशीतमृदुस्निग्धमधुरस्थिरपिच्छिलाः।
श्लेष्मणः प्रशमं यान्ति विपरीतगुणैर्गुणाः॥६१॥

विपरीतगुणैर्देशमात्राकालोपपादितैः।
भेषजैर्विनिवर्तन्ते विकाराः साध्यसम्मताः॥६२॥

साधनं न त्वसाध्यानां व्याधीनामुपदिश्यते।
भूयश्चातो यथाद्रव्यं गुणकर्माणि वक्ष्यते॥६३॥

<p>रसनार्थो रसस्तस्य द्रव्यमापः क्षितिस्तथा। निर्वृत्तौ च विशेषे च प्रत्ययाः खादयस्त्रयः॥६४॥</p>	
<p>स्वादुरम्लोऽथ लवणः कटुकस्तिक्त एव च। कषायश्चेति षट्कोऽयं रसानां सङ्ग्रहः स्मृतः॥६५॥</p>	
<p>स्वाद्वम्ललवणा वायुं, कषायस्वादुतिक्तकाः। जयन्ति पित्तं, श्लेष्माणं कषायकटुतिक्तकाः॥६६॥</p>	
<p>किञ्चिद्दोषप्रशमनं किञ्चिद्धातुप्रदूषणम् स्वस्थवृत्तौ मतं किञ्चित्त्रिविधं द्रव्यमुच्यते॥६७॥</p>	
<p>तदेव युक्तं भैषज्यं यदारोग्याय कल्पते। स चैव भिषजां श्रेष्ठो रोगेभ्यो यः प्रमोचयेत्॥१३४॥</p>	
<p>सम्यक्प्रयोगं सर्वेषां सिद्धिराख्याति कर्मणाम्। सिद्धिराख्याति सर्वेश्च गुणैर्युक्तं भिषक्तमम्॥१३५॥</p>	

Signature of student

Signature of teacher

NON LECTURE ACTIVITY NO. 2 (B)
INTERPRETATION OF ANUBANDHA CHATUSHTYA
GROUP ACTIVITY

Signature of student

Signature of teacher

NON LECTURE ACTIVITY NO. 2 (B)
INTERPRETATION OF ASHTA PRASHNA
GROUP ACTIVITY

Signature of student

Signature of teacher

Non Lecture Activity No. 3
Ayushkaamiya Adhyaaya
Commentary Based Activity

Sr. no.	Terminology	Explanation with the name of the commentator
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Signature of student

Signature of teacher

Non Lecture Activity No. 18
Deerghajiviteeya Adhyaaya
Commentary Based Activity

Sr. no.	Terminology	Explanation with the name of the commentator
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Signature of student

Signature of teacher

Non Lecture Activity No. 4
Assessment of concepts of *Dincharya* in
healthy volunteers / Patients
Case Based Learning (1-5)

No.	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age:		OPD no.	
Sex:		IPD no.	
Mo. No.		K/C/O	

PERSONAL HISTORY:	
Utthana Time:	Since
Shauch Vidhi: Reg. / Irreg.	Stool consistency: Hard/Semi solid/Loose
Frequency:	Odour: Colour:
Danta Dhavana:	
Daily – Y / N, Frequency: Material Used: Brush / Twig (.....)	
Toothpaste preferred Since	
Anjana: Daily / Occasional / Never	Material Used: Kajal / Surma / Netraprabha / Other
Since	
Nasya: Daily / Occasional / Never	Material Used: Ghee / Oil / Medicate Oil / Other
Since	
Gandusha: Daily/ Occasional / Never	Material Used: oil/ honey/ water/ other (.....)
Dhumapana : Daily / Occasional / Never	Material Used: Medicate Cigarette / Nirdosh/ Other
Since	
Tambulasevan: Daily / Occasional / Never	Material Used:
Since	
Abhyanga: Daily / Occasional / Never	Body parts: Head/ Ear/ Foot/ whole body
Material Used: Ghee / Oil / Medicate Oil / Other	Since

Vyayama: No / Less / Pro. / Exe. / Irreg. Duration: Since		
Udvardana: Daily / Occasional / Never Material Used: Since		
Snana: Daily / Occasional Water used – Hot / Cold Since		
Vega Vidharana: Daily / Occasional / Never Specify Vega:		
Hair cutting: Nail cutting:		
Ratna / Mani Dharana: Y / N Type of Gem Since		
Ushnish / Shirastrana Dharana: Daily / Occasional / Never Type Since		
Ahara : veg/non-veg/mixed Pramana : Alpa / Sama / Ati Rasa : M/A/L/K/T/K Guna: R/S, U/ S, G/L, S/D Kshudha : Alpa / Sama / Ati Trisha : Alpa / Sama / Ati D. Habit : Samshana/Vishama/Adhya/Anashana/Viruddhashana Diet: BF/ Lunch / Snacks / Dinner		
Work: Man. /Sed. /Lab. /Trav. /Sta. Day/Nig.:Hrs Vishrama: Less / Proper / Excess Hrs:		
Nidra: Reg / Irreg. No. of Hrs:, Time of going to bed:, Time of sleep onset: Dreams: Y / N Type: Disturbed at intervals / Good initial sleep then no sleep / Waking for 2–3 hrs. then good sleep / No sleep whole night / Early waking / Sound sleep whole night / Divaswapa (Day sleep- hours:)		
Vyasana: Cofee / Tea / Bidi / Cig. / Tob. / Alc./None Frequency: Since		
Is the diet & life style changed according to the season? Always / Occasional / Never		

Signature of student

Signature of teacher

Non Lecture Activity No. 4
Assessment of concepts of *Dincharya* in
healthy volunteers / Patients
Case Based Learning (2-5)

No.	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age:		OPD no.	
Sex:		IPD no.	
Mo. No.		K/C/O	

PERSONAL HISTORY:

Utthana Time:..... **Since**.....

Shauch Vidhi: Reg. / Irreg. **Stool consistency:** Hard/Semi solid/Loose

Frequency:..... **Odour:** **Colour:**.....

Danta Dhavana:

Daily – Y / N, Frequency: **Material Used: Brush / Twig** (.....)

Toothpaste preferred.....**Since**.....

Anjana: Daily / Occasional / Never **Material Used:** Kajal / Surma / Netraprabha / Other

Since.....

Nasya: Daily / Occasional / Never **Material Used:** Ghee / Oil / Medicate Oil / Other

Since.....

Gandusha: Daily/ Occasional / Never **Material Used:** oil/ honey/ water/ other (.....)

Dhumapana : Daily / Occasional / Never **Material Used:**Medicate Cigarette / Nirdosh/ Other

Since.....

Tambulasevan: Daily / Occasional / Never **Material Used:**

Since

Abhyanga: Daily / Occasional / Never **Body parts:** Head/ Ear/ Foot/ whole body

Material Used:Ghee / Oil / Medicate Oil / Other **Since**.....

Vyayama: No / Less / Pro. / Exe. / Irreg. Duration: Since		
Udvardana: Daily / Occasional / Never Material Used: Since		
Snana: Daily / Occasional Water used – Hot / Cold Since		
Vega Vidharana: Daily / Occasional / Never Specify Vega:		
Hair cutting: Nail cutting:		
Ratna / Mani Dharana: Y / N Type of Gem Since		
Ushnish / Shirastrana Dharana: Daily / Occasional / Never Type Since		
Ahara : veg/non-veg/mixed Pramana : Alpa / Sama / Ati Rasa : M/A/L/K/T/K Guna: R/S, U/ S, G/L, S/D Kshudha : Alpa / Sama / Ati Trisha : Alpa / Sama / Ati D. Habit : Samshana/Vishama/Adhya/Anashana/Viruddhashana Diet: BF/ Lunch / Snacks / Dinner		
Work: Man. /Sed. /Lab. /Trav. /Sta. Day/Nig.:Hrs Vishrama: Less / Proper / Excess Hrs:		
Nidra: Reg / Irreg. No. of Hrs:, Time of going to bed:, Time of sleep onset: Dreams: Y / N Type: Disturbed at intervals / Good initial sleep then no sleep / Waking for 2–3 hrs. then good sleep / No sleep whole night / Early waking / Sound sleep whole night / Divaswapa (Day sleep- hours:)		
Vyasana: Cofee / Tea / Bidi / Cig. / Tob. / Alc./None Frequency: Since		
Is the diet & life style changed according to the season? Always / Occasional / Never		

Signature of student

Signature of teacher

Non Lecture Activity No. 4
Assessment of concepts of *Dincharya* in
healthy volunteers / Patients
Case Based Learning (3-5)

No.	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age:		OPD no.	
Sex:		IPD no.	
Mo. No.		K/C/O	

PERSONAL HISTORY:

Utthana Time:..... **Since**.....

Shauch Vidhi: Reg. / Irreg. **Stool consistency:** Hard/Semi solid/Loose

Frequency:..... **Odour:** **Colour:**.....

Danta Dhavana:

Daily – Y / N, Frequency: **Material Used: Brush / Twig** (.....)

Toothpaste preferred.....**Since**.....

Anjana: Daily / Occasional / Never **Material Used:** Kajal / Surma / Netraprabha / Other

Since.....

Nasya: Daily / Occasional / Never **Material Used:** Ghee / Oil / Medicate Oil / Other

Since.....

Gandusha: Daily/ Occasional / Never **Material Used:** oil/ honey/ water/ other (.....)

Dhumapana : Daily / Occasional / Never **Material Used:**Medicate Cigarette / Nirdosh/ Other

Since.....

Tambulasevan: Daily / Occasional / Never **Material Used:**

Since

Abhyanga: Daily / Occasional / Never **Body parts:** Head/ Ear/ Foot/ whole body

Material Used:Ghee / Oil / Medicate Oil / Other **Since**.....

Vyayama: No / Less / Pro. / Exe. / Irreg. Duration: Since		
Udvaratana: Daily / Occasional / Never Material Used: Since		
Snana: Daily / Occasional Water used – Hot / Cold Since		
Vega Vidharana: Daily / Occasional / Never Specify Vega:		
Hair cutting: Nail cutting:		
Ratna / Mani Dharana: Y / N Type of Gem Since		
Ushnish / Shirastrana Dharana: Daily / Occasional / Never Type Since		
Ahara : veg/non-veg/mixed Pramana : Alpa / Sama / Ati Rasa : M/A/L/K/T/K Guna: R/S, U/ S, G/L, S/D Kshudha : Alpa / Sama / Ati Trisha : Alpa / Sama / Ati D. Habit : Samshana/Vishama/Adhya/Anashana/Viruddhashana Diet: BF/ Lunch / Snacks / Dinner		
Work: Man. /Sed. /Lab. /Trav. /Sta. Day/Nig.:Hrs Vishrama: Less / Proper / Excess Hrs:		
Nidra: Reg / Irreg. No. of Hrs:, Time of going to bed:, Time of sleep onset: Dreams: Y / N Type: Disturbed at intervals / Good initial sleep then no sleep / Waking for 2–3 hrs. then good sleep / No sleep whole night / Early waking / Sound sleep whole night / Divaswapa (Day sleep- hours:)		
Vyasana: Cofee / Tea / Bidi / Cig. / Tob. / Alc./None Frequency: Since		
Is the diet & life style changed according to the season? Always / Occasional / Never		

Signature of student

Signature of teacher

Non Lecture Activity No. 4
Assessment of concepts of *Dincharya* in
healthy volunteers / Patients
Case Based Learning (4-5)

No.	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age:		OPD no.	
Sex:		IPD no.	
Mo. No.		K/C/O	

PERSONAL HISTORY:	
Utthana Time:	Since
Shauch Vidhi: Reg. / Irreg.	Stool consistency: Hard/Semi solid/Loose
Frequency:	Odour: Colour:
Danta Dhavana:	
Daily – Y / N, Frequency:	Material Used: Brush / Twig (.....)
Toothpaste preferred Since	
Anjana: Daily / Occasional / Never	Material Used: Kajal / Surma / Netraprabha / Other
Since	
Nasya: Daily / Occasional / Never	Material Used: Ghee / Oil / Medicate Oil / Other
Since	
Gandusha: Daily/ Occasional / Never	Material Used: oil/ honey/ water/ other (.....)
Dhumapana : Daily / Occasional / Never	Material Used: Medicate Cigarette / Nirdosh/ Other
Since	
Tambulasevan: Daily / Occasional / Never	Material Used:
Since	
Abhyanga: Daily / Occasional / Never	Body parts: Head/ Ear/ Foot/ whole body
Material Used: Ghee / Oil / Medicate Oil / Other	Since

Vyayama: No / Less / Pro. / Exe. / Irreg. Duration: Since		
Udvaratana: Daily / Occasional / Never Material Used: Since		
Snana: Daily / Occasional Water used – Hot / Cold Since		
Vega Vidharana: Daily / Occasional / Never Specify Vega:		
Hair cutting: Nail cutting:		
Ratna / Mani Dharana: Y / N Type of Gem Since		
Ushnish / Shirastrana Dharana: Daily / Occasional / Never Type Since		
Ahara : veg/non-veg/mixed Pramana : Alpa / Sama / Ati Rasa : M/A/L/K/T/K Guna: R/S, U/ S, G/L, S/D Kshudha : Alpa / Sama / Ati Trisha : Alpa / Sama / Ati D. Habit : Samshana/Vishama/Adhya/Anashana/Viruddhashana Diet: BF/ Lunch / Snacks / Dinner		
Work: Man. /Sed. /Lab. /Trav. /Sta. Day/Nig.:Hrs Vishrama: Less / Proper / Excess Hrs:		
Nidra: Reg / Irreg. No. of Hrs:, Time of going to bed:, Time of sleep onset: Dreams: Y / N Type: Disturbed at intervals / Good initial sleep then no sleep / Waking for 2–3 hrs. then good sleep / No sleep whole night / Early waking / Sound sleep whole night / Divaswapa (Day sleep- hours:)		
Vyasana: Cofee / Tea / Bidi / Cig. / Tob. / Alc./None Frequency: Since		
Is the diet & life style changed according to the season? Always / Occasional / Never		

Signature of student

Signature of teacher

Non Lecture Activity No. 4
Assessment of concepts of *Dincharya* in
healthy volunteers / Patients
Case Based Learning (5-5)

No.	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age:		OPD no.	
Sex:		IPD no.	
Mo. No.		K/C/O	

PERSONAL HISTORY:

Utthana Time:..... **Since**.....

Shauch Vidhi: Reg. / Irreg. **Stool consistency:** Hard/Semi solid/Loose

Frequency:..... **Odour:** **Colour:**.....

Danta Dhavana:

Daily – Y / N, Frequency: **Material Used: Brush / Twig** (.....)

Toothpaste preferred.....**Since**.....

Anjana: Daily / Occasional / Never **Material Used:** Kajal / Surma / Netraprabha / Other

Since.....

Nasya: Daily / Occasional / Never **Material Used:** Ghee / Oil / Medicate Oil / Other

Since.....

Gandusha: Daily/ Occasional / Never **Material Used:** oil/ honey/ water/ other (.....)

Dhumapana : Daily / Occasional / Never **Material Used:**Medicate Cigarette / Nirdosh/ Other

Since.....

Tambulasevan: Daily / Occasional / Never **Material Used:**

Since

Abhyanga: Daily / Occasional / Never **Body parts:** Head/ Ear/ Foot/ whole body

Material Used:Ghee / Oil / Medicate Oil / Other **Since**.....

Vyayama: No / Less / Pro. / Exe. / Irreg. Duration: Since		
Udvaratana: Daily / Occasional / Never Material Used: Since		
Snana: Daily / Occasional Water used – Hot / Cold Since		
Vega Vidharana: Daily / Occasional / Never Specify Vega:		
Hair cutting: Nail cutting:		
Ratna / Mani Dharana: Y / N Type of Gem Since		
Ushnish / Shirastrana Dharana: Daily / Occasional / Never Type Since		
Ahara : veg/non-veg/mixed Pramana : Alpa / Sama / Ati Rasa : M/A/L/K/T/K Guna: R/S, U/ S, G/L, S/D Kshudha : Alpa / Sama / Ati Trisha : Alpa / Sama / Ati D. Habit : Samshana/Vishama/Adhya/Anashana/Viruddhashana Diet: BF/ Lunch / Snacks / Dinner		
Work: Man. /Sed. /Lab. /Trav. /Sta. Day/Nig.:Hrs Vishrama: Less / Proper / Excess Hrs:		
Nidra: Reg / Irreg. No. of Hrs:, Time of going to bed:, Time of sleep onset: Dreams: Y / N Type: Disturbed at intervals / Good initial sleep then no sleep / Waking for 2–3 hrs. then good sleep / No sleep whole night / Early waking / Sound sleep whole night / Divaswapa (Day sleep- hours:)		
Vyasana: Cofee / Tea / Bidi / Cig. / Tob. / Alc./None Frequency: Since		
Is the diet & life style changed according to the season? Always / Occasional / Never		

Signature of student

Signature of teacher

Non Lecture Activity No. 5
Assessment of concepts of *Rutucharya*
in healthy volunteers / Patients
Case Based Learning (1-5)

No.	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age:		OPD no.	
Sex:		IPD no.	
Mo. No.		K/C/O	

Hemanta and Shishira (Margshirsha to Falgun):

Kshudha:

Disease if occurs:

Pathya Ahara:

Rasa Sevana:Madhura/ Amla/Lavana

Guna: Guru/Snigdha/Ushna

Food materials:Wheat / Pishta / Masha/ sugarcane and its products/ milk and its products/ Taila/ Meat

Pathya Vihara:

Abhyanga- Y/ N

Body parts: Head/ Ear/ Foot/ whole body

Material Used: Ghee / Oil / Medicate Oil / Other

Murdha taila- Y/N

Vyayama- Y/ N

Lepa- Y/N

Material Used:.....

Dhupan- Y/N

Material Used:.....

Bathing water: Hot / Cold

AtapaSevan – Y/N

Clothing- warm and light Y/ N

Swedana- Y/N

Nivata Ushnagrauha - Y/N

Vimardna- Y/N

Any activities mentioned other than above:

Vasanta (Chaitra- Vaishakh):**Kshudha:****Disease if occurs:****Karma:** Vamana / Nasya – Y/ N**Pathya Ahara:****Rasa Sevana:**Katu/Tikta/ Kashaya**Guna:** Laghu/Ruksha/ Ushna**Food materials:**Wheat / Barley/ Honey/ Jangal Mamsa/ Sahakara Rasa**Pathya Vihara:****Vyayama-** Y/ N**Udvartana-** Y/ N**Aghata-** Y/ N**Lepa-** Y/ N**Material Used:**.....**Outings -** Y/ N**Specify:**.....**Apathya Ahara:****Guna:** Guru/Shita/ Snigdha**Rasa:** Amla/ Madhura**Apathya Vihara:****Diwaswapna:** Y/ N**Duration:****Any activities mentioned other than above:****Grishma (Jyeshtha-Ashadha):****Kshudha:****Disease if occurs:****Pathya Ahara:****Rasa Sevana:**Madhura**Guna:** Laghu/ Snigdha/ Sheeta/ Drava**Food materials:**Rasala/ Panak/ seasonal fruits/Saktu/ Milk/ Rice**Water:** fridge/ earthen pot/ Ushira siddha**Panaka:** Y/ N**Pathya Vihara:****Snana-** with cold water Y/ N**Room cooling method:** Y/ N**Method:****Lepa:** Y/ N **Material Used:**.....**Clothing-** thin and light Y/ N**Outings:** Y/ N **Specify:**.....**Diwaswapna:** Y/ N **Duration:****Apathya Ahara:****Rasa:** Katu/ Amla/ Lavana**Guna:**Ushna**Apathya Vihara:****Exercise:** Y/ N**Intake of alcohol:**Y/ N **Quantity:****Exposure to sun:** Y/ N**Any activities mentioned other than above:**

Varsha (Shravan-Bhadrapad):**Kshudha:****Disease if occurs:****Karma:** Basti after Shodhan- Y/ N**Pathya Ahara:****Rasa Sevana:** Madhura/ Amla/ Lavana**Guna:** Laghu/ Snigdha/ Ushna/ Shushka**Food materials:**PuranDhanya/ Meat/ Meat soup/ Yusha/ Seasonal fruits**Water:**rain water/ boiled water/ tap water/ RO water**Pathya Vihara:****Snana-** with cold/ hot water**Lepa-** Y/ N Material Used:.....**Vastra/ Gruha Dhupan:** Y/ N**Material Used:**.....**Apathya Vihara:****Exercise:** Y/ N**Exposure to sun:** Y/ N**Diwaswapna:** Y/ N**Duration:**.....**Any activities mentioned other than above:****Sharad (Ashwin-Kartik):****Kshudha:****Disease if occurs:****Karma:** Ghritapana/ Virechan/ Raktamokshana / none**Pathya Ahara:****Rasa Sevana:** Madhura/ Tikta/ Kashaya**Guna:** Laghu/ Sheeta/ Ruksha**Food materials:**Rice/ Mudga/ Sita/ Amala/ Patola/ Madhu/ meat**Pathya Vihara:****Lepa:** Y/ N**Material Used:**.....**Apathya Ahara:****Food:** Dadhi/ Taila**Intake of alcohol:** Y/ N**Qunatity (if yes):****Apathya Vihara:****Diwaswapna:** Y/ N **Duration:****Exposure to sun:** Y/ N**Any activities mentioned other than above:**

Signature of student

Signature of teacher

Non Lecture Activity No. 5
Assessment of concepts of *Rutucharya*
in healthy volunteers / Patients
Case Based Learning (2-5)

No.	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age:		OPD no.	
Sex:		IPD no.	
Mo. No.		K/C/O	

Hemanta and Shishira (Margshirsha to Falgun):

Kshudha:

Disease if occurs:

Pathya Ahara:

Rasa Sevana:Madhura/ Amla/Lavana **Guna:** Guru/Snigdha/Ushna

Food materials:Wheat / Pishta / Masha/ sugarcane and its products/ milk and its products/ Taila/ Meat

Pathya Vihara:

Abhyanga- Y/ N

Body parts: Head/ Ear/ Foot/ whole body

Material Used: Ghee / Oil / Medicate Oil / Other

Murdha taila- Y/N

Vyayama- Y/ N

Lepa- Y/N

Material Used:.....

Dhupan- Y/N

Material Used:.....

Bathing water: Hot / Cold

AtapaSevan – Y/N

Clothing- warm and light Y/ N

Swedana- Y/N

Nivata Ushnagrauha - Y/N

Vimardna- Y/N

Any activities mentioned other than above:

Vasanta (Chaitra- Vaishakh):**Kshudha:****Disease if occurs:****Karma:** Vamana / Nasya – Y/ N**Pathya Ahara:****Rasa Sevana:**Katu/Tikta/ Kashaya**Guna:** Laghu/Ruksha/ Ushna**Food materials:**Wheat / Barley/ Honey/ Jangal Mamsa/ Sahakara Rasa**Pathya Vihara:****Vyayama-** Y/ N**Udvartana-** Y/ N**Aghata-** Y/ N**Lepa-** Y/ N**Material Used:**.....**Outings -** Y/ N**Specify:**.....**Apathya Ahara:****Guna:** Guru/Shita/ Snigdha**Rasa:** Amla/ Madhura**Apathya Vihara:****Diwaswapna:** Y/ N**Duration:****Any activities mentioned other than above:****Grishma (Jyeshtha-Ashadha):****Kshudha:****Disease if occurs:****Pathya Ahara:****Rasa Sevana:**Madhura**Guna:** Laghu/ Snigdha/ Sheeta/ Drava**Food materials:**Rasala/ Panak/ seasonal fruits/Saktu/ Milk/ Rice**Water:** fridge/ earthen pot/ Ushira siddha**Panaka:** Y/ N**Pathya Vihara:****Snana-** with cold water Y/ N**Room cooling method:** Y/ N**Method:****Lepa:** Y/ N **Material Used:**.....**Clothing-** thin and light Y/ N**Outings:** Y/ N **Specify:**.....**Diwaswapna:** Y/ N **Duration:****Apathya Ahara:****Rasa:** Katu/ Amla/ Lavana**Guna:**Ushna**Apathya Vihara:****Exercise:** Y/ N**Intake of alcohol:**Y/ N **Quantity:****Exposure to sun:** Y/ N**Any activities mentioned other than above:**

Varsha (Shravan-Bhadrapad):**Kshudha:****Disease if occurs:****Karma:** Basti after Shodhan- Y/ N**Pathya Ahara:****Rasa Sevana:** Madhura/ Amla/ Lavana**Guna:** Laghu/ Snigdha/ Ushna/ Shushka**Food materials:**PuranDhanya/ Meat/ Meat soup/ Yusha/ Seasonal fruits**Water:**rain water/ boiled water/ tap water/ RO water**Pathya Vihara:****Snana-** with cold/ hot water**Lepa-** Y/ N Material Used:.....**Vastra/ Gruha Dhupan:** Y/ N**Material Used:**.....**Apathya Vihara:****Exercise:** Y/ N**Exposure to sun:** Y/ N**Diwaswapna:** Y/ N**Duration:**.....**Any activities mentioned other than above:****Sharad (Ashwin-Kartik):****Kshudha:****Disease if occurs:****Karma:** Ghritapana/ Virechan/ Raktamokshana / none**Pathya Ahara:****Rasa Sevana:** Madhura/ Tikta/ Kashaya**Guna:** Laghu/ Sheeta/ Ruksha**Food materials:**Rice/ Mudga/ Sita/ Amala/ Patola/ Madhu/ meat**Pathya Vihara:****Lepa:** Y/ N**Material Used:**.....**Apathya Ahara:****Food:** Dadhi/ Taila**Intake of alcohol:** Y/ N**Qunatity (if yes):****Apathya Vihara:****Diwaswapna:** Y/ N **Duration:****Exposure to sun:** Y/ N**Any activities mentioned other than above:**

Signature of student

Signature of teacher

Non Lecture Activity No. 5
Assessment of concepts of *Rutucharya*
in healthy volunteers / Patients
Case Based Learning (3-5)

No.	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age:		OPD no.	
Sex:		IPD no.	
Mo. No.		K/C/O	

Hemanta and Shishira (Margshirsha to Falgun):

Kshudha:

Disease if occurs:

Pathya Ahara:

Rasa Sevana:Madhura/ Amla/Lavana

Guna: Guru/Snigdha/Ushna

Food materials:Wheat / Pishta / Masha/ sugarcane and its products/ milk and its products/ Taila/ Meat

Pathya Vihara:

Abhyanga- Y/ N

Body parts: Head/ Ear/ Foot/ whole body

Material Used: Ghee / Oil / Medicate Oil / Other

Murdha taila- Y/N

Vyayama- Y/ N

Lepa- Y/N

Material Used:.....

Dhupan- Y/N

Material Used:.....

Bathing water: Hot / Cold

AtapaSevan – Y/N

Clothing- warm and light Y/ N

Swedana- Y/N

Nivata Ushnagraha - Y/N

Vimardna- Y/N

Any activities mentioned other than above:

Vasanta (Chaitra- Vaishakh):**Kshudha:****Disease if occurs:****Karma:** Vamana / Nasya – Y/ N**Pathya Ahara:****Rasa Sevana:**Katu/Tikta/ Kashaya**Guna:** Laghu/Ruksha/ Ushna**Food materials:**Wheat / Barley/ Honey/ Jangal Mamsa/ Sahakara Rasa**Pathya Vihara:****Vyayama-** Y/ N**Udvartana-** Y/ N**Aghata-** Y/ N**Lepa-** Y/ N**Material Used:**.....**Outings -** Y/ N**Specify:**.....**Apathya Ahara:****Guna:** Guru/Shita/ Snigdha**Rasa:** Amla/ Madhura**Apathya Vihara:****Diwaswapna:** Y/ N**Duration:****Any activities mentioned other than above:****Grishma (Jyeshtha-Ashadha):****Kshudha:****Disease if occurs:****Pathya Ahara:****Rasa Sevana:**Madhura**Guna:** Laghu/ Snigdha/ Sheeta/ Drava**Food materials:**Rasala/ Panak/ seasonal fruits/Saktu/ Milk/ Rice**Water:** fridge/ earthen pot/ Ushira siddha**Panaka:** Y/ N**Pathya Vihara:****Snana-** with cold water Y/ N**Room cooling method:** Y/ N**Method:****Lepa:** Y/ N **Material Used:**.....**Clothing-** thin and light Y/ N**Outings:** Y/ N **Specify:**.....**Diwaswapna:** Y/ N **Duration:****Apathya Ahara:****Rasa:** Katu/ Amla/ Lavana**Guna:**Ushna**Apathya Vihara:****Exercise:** Y/ N**Intake of alcohol:**Y/ N **Quantity:****Exposure to sun:** Y/ N**Any activities mentioned other than above:**

Varsha (Shravan-Bhadrapad):**Kshudha:****Disease if occurs:****Karma:** Basti after Shodhan- Y/ N**Pathya Ahara:****Rasa Sevana:** Madhura/ Amla/ Lavana**Guna:** Laghu/ Snigdha/ Ushna/ Shushka**Food materials:**PuranDhanya/ Meat/ Meat soup/ Yusha/ Seasonal fruits**Water:**rain water/ boiled water/ tap water/ RO water**Pathya Vihara:****Snana-** with cold/ hot water**Lepa-** Y/ N Material Used:.....**Vastra/ Gruha Dhupan:** Y/ N**Material Used:**.....**Apathya Vihara:****Exercise:** Y/ N**Exposure to sun:** Y/ N**Diwaswapna:** Y/ N**Duration:**.....**Any activities mentioned other than above:****Sharad (Ashwin-Kartik):****Kshudha:****Disease if occurs:****Karma:** Ghritapana/ Virechan/ Raktamokshana / none**Pathya Ahara:****Rasa Sevana:** Madhura/ Tikta/ Kashaya**Guna:** Laghu/ Sheeta/ Ruksha**Food materials:**Rice/ Mudga/ Sita/ Amala/ Patola/ Madhu/ meat**Pathya Vihara:****Lepa:** Y/ N**Material Used:**.....**Apathya Ahara:****Food:** Dadhi/ Taila**Intake of alcohol:** Y/ N**Qunatity (if yes):****Apathya Vihara:****Diwaswapna:** Y/ N **Duration:****Exposure to sun:** Y/ N**Any activities mentioned other than above:**

Signature of student

Signature of teacher

Non Lecture Activity No. 5
Assessment of concepts of *Rutucharya*
in healthy volunteers / Patients
Case Based Learning (4-5)

No.	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age:		OPD no.	
Sex:		IPD no.	
Mo. No.		K/C/O	

Hemanta and Shishira (Margshirsha to Falgun):

Kshudha:

Disease if occurs:

Pathya Ahara:

Rasa Sevana:Madhura/ Amla/Lavana

Guna: Guru/Snigdha/Ushna

Food materials:Wheat / Pishta / Masha/ sugarcane and its products/ milk and its products/ Taila/ Meat

Pathya Vihara:

Abhyanga- Y/ N

Body parts: Head/ Ear/ Foot/ whole body

Material Used: Ghee / Oil / Medicate Oil / Other

Murdha taila- Y/N

Vyayama- Y/ N

Lepa- Y/N

Material Used:.....

Dhupan- Y/N

Material Used:.....

Bathing water: Hot / Cold

AtapaSevan – Y/N

Clothing- warm and light Y/ N

Swedana- Y/N

Nivata Ushnagraha - Y/N

Vimardna- Y/N

Any activities mentioned other than above:

Vasanta (Chaitra- Vaishakh):**Kshudha:****Disease if occurs:****Karma:** Vamana / Nasya – Y/ N**Pathya Ahara:****Rasa Sevana:**Katu/Tikta/ Kashaya**Guna:** Laghu/Ruksha/ Ushna**Food materials:**Wheat / Barley/ Honey/ Jangal Mamsa/ Sahakara Rasa**Pathya Vihara:****Vyayama-** Y/ N**Udvartana-** Y/ N**Aghata-** Y/ N**Lepa-** Y/ N**Material Used:**.....**Outings -** Y/ N**Specify:**.....**Apathya Ahara:****Guna:** Guru/Shita/ Snigdha**Rasa:** Amla/ Madhura**Apathya Vihara:****Diwaswapna:** Y/ N**Duration:****Any activities mentioned other than above:****Grishma (Jyeshtha-Ashadha):****Kshudha:****Disease if occurs:****Pathya Ahara:****Rasa Sevana:**Madhura**Guna:** Laghu/ Snigdha/ Sheeta/ Drava**Food materials:**Rasala/ Panak/ seasonal fruits/Saktu/ Milk/ Rice**Water:** fridge/ earthen pot/ Ushira siddha**Panaka:** Y/ N**Pathya Vihara:****Snana-** with cold water Y/ N**Room cooling method:** Y/ N**Method:****Lepa:** Y/ N **Material Used:**.....**Clothing-** thin and light Y/ N**Outings:** Y/ N **Specify:**.....**Diwaswapna:** Y/ N **Duration:****Apathya Ahara:****Rasa:** Katu/ Amla/ Lavana**Guna:**Ushna**Apathya Vihara:****Exercise:** Y/ N**Intake of alcohol:**Y/ N **Quantity:****Exposure to sun:** Y/ N**Any activities mentioned other than above:**

Varsha (Shravan-Bhadrapad):**Kshudha:****Disease if occurs:****Karma:** Basti after Shodhan- Y/ N**Pathya Ahara:****Rasa Sevana:** Madhura/ Amla/ Lavana**Guna:** Laghu/ Snigdha/ Ushna/ Shushka**Food materials:**PuranDhanya/ Meat/ Meat soup/ Yusha/ Seasonal fruits**Water:**rain water/ boiled water/ tap water/ RO water**Pathya Vihara:****Snana-** with cold/ hot water**Lepa-** Y/ N Material Used:.....**Vastra/ Gruha Dhupan:** Y/ N**Material Used:**.....**Apathya Vihara:****Exercise:** Y/ N**Exposure to sun:** Y/ N**Diwaswapna:** Y/ N**Duration:**.....**Any activities mentioned other than above:****Sharad (Ashwin-Kartik):****Kshudha:****Disease if occurs:****Karma:** Ghritapana/ Virechan/ Raktamokshana / none**Pathya Ahara:****Rasa Sevana:** Madhura/ Tikta/ Kashaya**Guna:** Laghu/ Sheeta/ Ruksha**Food materials:**Rice/ Mudga/ Sita/ Amala/ Patola/ Madhu/ meat**Pathya Vihara:****Lepa:** Y/ N**Material Used:**.....**Apathya Ahara:****Food:** Dadhi/ Taila**Intake of alcohol:** Y/ N**Qunatity (if yes):****Apathya Vihara:****Diwaswapna:** Y/ N **Duration:****Exposure to sun:** Y/ N**Any activities mentioned other than above:**

Signature of student

Signature of teacher

Non Lecture Activity No. 5
Assessment of concepts of *Rutucharya*
in healthy volunteers / Patients
Case Based Learning (5-5)

No.	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age:		OPD no.	
Sex:		IPD no.	
Mo. No.		K/C/O	

Hemanta and Shishira (Margshirsha to Falgun):

Kshudha:

Disease if occurs:

Pathya Ahara:

Rasa Sevana:Madhura/ Amla/Lavana

Guna: Guru/Snigdha/Ushna

Food materials:Wheat / Pishta / Masha/ sugarcane and its products/ milk and its products/ Taila/ Meat

Pathya Vihara:

Abhyanga- Y/ N

Body parts: Head/ Ear/ Foot/ whole body

Material Used: Ghee / Oil / Medicate Oil / Other

Murdha taila- Y/N

Vyayama- Y/ N

Lepa- Y/N

Material Used:.....

Dhupan- Y/N

Material Used:.....

Bathing water: Hot / Cold

AtapaSevan – Y/N

Clothing- warm and light Y/ N

Swedana- Y/N

Nivata Ushnagrauha - Y/N

Vimardna- Y/N

Any activities mentioned other than above:

Vasanta (Chaitra- Vaishakh):**Kshudha:****Disease if occurs:****Karma:** Vamana / Nasya – Y/ N**Pathya Ahara:****Rasa Sevana:**Katu/Tikta/ Kashaya**Guna:** Laghu/Ruksha/ Ushna**Food materials:**Wheat / Barley/ Honey/ Jangal Mamsa/ Sahakara Rasa**Pathya Vihara:****Vyayama-** Y/ N**Udvartana-** Y/ N**Aghata-** Y/ N**Lepa-** Y/ N**Material Used:**.....**Outings -** Y/ N**Specify:**.....**Apathya Ahara:****Guna:** Guru/Shita/ Snigdha**Rasa:** Amla/ Madhura**Apathya Vihara:****Diwaswapna:** Y/ N**Duration:****Any activities mentioned other than above:****Grishma (Jyeshtha-Ashadha):****Kshudha:****Disease if occurs:****Pathya Ahara:****Rasa Sevana:**Madhura**Guna:** Laghu/ Snigdha/ Sheeta/ Drava**Food materials:**Rasala/ Panak/ seasonal fruits/Saktu/ Milk/ Rice**Water:** fridge/ earthen pot/ Ushira siddha**Panaka:** Y/ N**Pathya Vihara:****Snana-** with cold water Y/ N**Room cooling method:** Y/ N**Method:****Lepa:** Y/ N **Material Used:**.....**Clothing-** thin and light Y/ N**Outings:** Y/ N **Specify:**.....**Diwaswapna:** Y/ N **Duration:****Apathya Ahara:****Rasa:** Katu/ Amla/ Lavana **Guna:**Ushna**Apathya Vihara:****Exercise:** Y/ N**Intake of alcohol:**Y/ N **Quantity:****Exposure to sun:** Y/ N**Any activities mentioned other than above:**

Varsha (Shravan-Bhadrapad):**Kshudha:****Disease if occurs:****Karma:** Basti after Shodhan- Y/ N**Pathya Ahara:****Rasa Sevana:** Madhura/ Amla/ Lavana**Guna:** Laghu/ Snigdha/ Ushna/ Shushka**Food materials:**PuranDhanya/ Meat/ Meat soup/ Yusha/ Seasonal fruits**Water:**rain water/ boiled water/ tap water/ RO water**Pathya Vihara:****Snana-** with cold/ hot water**Lepa-** Y/ N Material Used:.....**Vastra/ Gruha Dhupan:** Y/ N**Material Used:**.....**Apathya Vihara:****Exercise:** Y/ N**Exposure to sun:** Y/ N**Diwaswapna:** Y/ N**Duration:**.....**Any activities mentioned other than above:****Sharad (Ashwin-Kartik):****Kshudha:****Disease if occurs:****Karma:** Ghritapana/ Virechan/ Raktamokshana / none**Pathya Ahara:****Rasa Sevana:** Madhura/ Tikta/ Kashaya**Guna:** Laghu/ Sheeta/ Ruksha**Food materials:**Rice/ Mudga/ Sita/ Amala/ Patola/ Madhu/ meat**Pathya Vihara:****Lepa:** Y/ N**Material Used:**.....**Apathya Ahara:****Food:** Dadhi/ Taila**Intake of alcohol:** Y/ N**Qunatity (if yes):****Apathya Vihara:****Diwaswapna:** Y/ N **Duration:****Exposure to sun:** Y/ N**Any activities mentioned other than above:**

Signature of student

Signature of teacher

Non Lecture Activity No. 6
Assessment of signs and symptoms of
***Adharaneeya Vegas* in Patients**
Case Based Learning (1-5)

No.	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age:		OPD no.	
Sex:		IPD no.	
Mo. No.		K/C/O	

Chief complaints:

Associated complaints:

No.	Symptom	Vegavarodha	Yes/ No	Remarks
1	Vibandha	Adhovata		
		Purish		
		Mutra		
2	Agnimandya	Adhovata		
		Purish		
		Mutra		
3	Udara shula	Adhovata		
		Purish		
		Mutra		
		Kshudha		
4	Pratishyaya	Purish		
		Ashru		

5	Angamarda	Kshudha		
		Mutra		
		Nidra		
		Shukra		
6	Ashmari	Mutra		
7	Shirahshula	Purish		
		Nidra		
		Kshavathu		
		Jrumbha		
		Ashru		
8	Shirogaurava	Nidra		
9	Tvak vikara	Chhardi		
10	Bhrama	Kshudha		
		Trushna		
		Ashru		
11	Aruchi	Udgar		
		Kshudha		
		Kasa		
		Ashru		
12	Mutrakruchhra	Mutra		
		Adhovata		
		Shukra		
13	Adhman	Udgar		
14	Kasa	Udgar		
		Chhardi		
15	Shwasa	Kasa		
		Chhardi		
16	Jwara	Chhardi		
		Shukra		
17	Shvayathu	Chhardi		
		Shukra		
18	Shandhata	Shukra		

Signature of student

Signature of teacher

Non Lecture Activity No. 6
Assessment of signs and symptoms of
***Adharaneeya Vegas* in Patients**
Case Based Learning (2-5)

No.	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age:		OPD no.	
Sex:		IPD no.	
Mo. No.		K/C/O	

Chief complaints:

Associated complaints:

No.	Symptom	Vegavarodha	Yes/ No	Remarks
1	Vibandha	Adhovata		
		Purish		
		Mutra		
2	Agnimandya	Adhovata		
		Purish		
		Mutra		
3	Udara shula	Adhovata		
		Purish		
		Mutra		
		Kshudha		
4	Pratishyaya	Purish		
		Ashru		

5	Angamarda	Kshudha		
		Mutra		
		Nidra		
		Shukra		
6	Ashmari	Mutra		
7	Shirahshula	Purish		
		Nidra		
		Kshavathu		
		Jrumbha		
		Ashru		
8	Shirogaurava	Nidra		
9	Tvak vikara	Chhardi		
10	Bhrama	Kshudha		
		Trushna		
		Ashru		
11	Aruchi	Udgar		
		Kshudha		
		Kasa		
		Ashru		
12	Mutrakruchhra	Mutra		
		Adhovata		
		Shukra		
13	Adhman	Udgar		
14	Kasa	Udgar		
		Chhardi		
15	Shwasa	Kasa		
		Chhardi		
16	Jwara	Chhardi		
		Shukra		
17	Shvayathu	Chhardi		
		Shukra		
18	Shandhata	Shukra		

Signature of student

Signature of teacher

Non Lecture Activity No. 6
Assessment of signs and symptoms of
***Adharaneeya Vegas* in Patients**
Case Based Learning (3-5)

No.	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age:		OPD no.	
Sex:		IPD no.	
Mo. No.		K/C/O	

Chief complaints:

Associated complaints:

No.	Symptom	Vegavarodha	Yes/ No	Remarks
1	Vibandha	Adhovata		
		Purish		
		Mutra		
2	Agnimandya	Adhovata		
		Purish		
		Mutra		
3	Udara shula	Adhovata		
		Purish		
		Mutra		
		Kshudha		
4	Pratishyaya	Purish		
		Ashru		

5	Angamarda	Kshudha		
		Mutra		
		Nidra		
		Shukra		
6	Ashmari	Mutra		
7	Shirahshula	Purish		
		Nidra		
		Kshavathu		
		Jrumbha		
		Ashru		
8	Shirogaurava	Nidra		
9	Tvak vikara	Chhardi		
10	Bhrama	Kshudha		
		Trushna		
		Ashru		
11	Aruchi	Udgar		
		Kshudha		
		Kasa		
		Ashru		
12	Mutrakruchhra	Mutra		
		Adhovata		
		Shukra		
13	Adhman	Udgar		
14	Kasa	Udgar		
		Chhardi		
15	Shwasa	Kasa		
		Chhardi		
16	Jwara	Chhardi		
		Shukra		
17	Shvayathu	Chhardi		
		Shukra		
18	Shandhata	Shukra		

Signature of student

Signature of teacher

Non Lecture Activity No. 6
Assessment of signs and symptoms of
***Adharaneeya Vegas* in Patients**
Case Based Learning (4-5)

No.	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age:		OPD no.	
Sex:		IPD no.	
Mo. No.		K/C/O	

Chief complaints:

Associated complaints:

No.	Symptom	Vegavarodha	Yes/ No	Remarks
1	Vibandha	Adhovata		
		Purish		
		Mutra		
2	Agnimandya	Adhovata		
		Purish		
		Mutra		
3	Udara shula	Adhovata		
		Purish		
		Mutra		
		Kshudha		
4	Pratishyaya	Purish		
		Ashru		

5	Angamarda	Kshudha		
		Mutra		
		Nidra		
		Shukra		
6	Ashmari	Mutra		
7	Shirahshula	Purish		
		Nidra		
		Kshavathu		
		Jrumbha		
		Ashru		
8	Shirogaurava	Nidra		
9	Tvak vikara	Chhardi		
10	Bhrama	Kshudha		
		Trushna		
		Ashru		
11	Aruchi	Udgar		
		Kshudha		
		Kasa		
		Ashru		
12	Mutrakruchhra	Mutra		
		Adhovata		
		Shukra		
13	Adhman	Udgar		
14	Kasa	Udgar		
		Chhardi		
15	Shwasa	Kasa		
		Chhardi		
16	Jwara	Chhardi		
		Shukra		
17	Shvayathu	Chhardi		
		Shukra		
18	Shandhata	Shukra		

Signature of student

Signature of teacher

Non Lecture Activity No. 6
Assessment of signs and symptoms of
***Adharaneeya Vegas* in Patients**
Case Based Learning (5-5)

No.	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age:		OPD no.	
Sex:		IPD no.	
Mo. No.		K/C/O	

Chief complaints:

Associated complaints:

No.	Symptom	Vegavarodha	Yes/ No	Remarks
1	Vibandha	Adhovata		
		Purish		
		Mutra		
2	Agnimandya	Adhovata		
		Purish		
		Mutra		
3	Udara shula	Adhovata		
		Purish		
		Mutra		
		Kshudha		
4	Pratishyaya	Purish		
		Ashru		

5	Angamarda	Kshudha		
		Mutra		
		Nidra		
		Shukra		
6	Ashmari	Mutra		
7	Shirahshula	Purish		
		Nidra		
		Kshavathu		
		Jrumbha		
		Ashru		
8	Shirogaurava	Nidra		
9	Tvak vikara	Chhardi		
10	Bhrama	Kshudha		
		Trushna		
		Ashru		
11	Aruchi	Udgar		
		Kshudha		
		Kasa		
		Ashru		
12	Mutrakruchhra	Mutra		
		Adhovata		
		Shukra		
13	Adhman	Udgar		
14	Kasa	Udgar		
		Chhardi		
15	Shwasa	Kasa		
		Chhardi		
16	Jwara	Chhardi		
		Shukra		
17	Shvayathu	Chhardi		
		Shukra		
18	Shandhata	Shukra		

Signature of student

Signature of teacher

NON LECTURE ACTIVITY NO. 7
PRACTICAL UTILITY OF DRAVA DRAVYA VARGA
GROUP ACTIVITY (PRESENTATION) (1-5)

NAME:

LATIN / ENGLISH NAME:

RASA:

GUNA:

VIRYA:

VIPAKA:

DOSHAGHNATA:

ROGAGHNATA:

Signature of student

Signature of teacher

NON LECTURE ACTIVITY NO. 7
PRACTICAL UTILITY OF DRAVA DRAVYA VARGA
GROUP ACTIVITY (PRESENTATION) (2-5)

NAME:

LATIN / ENGLISH NAME:

RASA:

GUNA:

VIRYA:

VIPAKA:

DOSHAGHNATA:

ROGAGHNATA:

Signature of student

Signature of teacher

NON LECTURE ACTIVITY NO. 7
PRACTICAL UTILITY OF DRAVA DRAVYA VARGA
GROUP ACTIVITY (PRESENTATION) (3-5)

NAME:

LATIN / ENGLISH NAME:

RASA:

GUNA:

VIRYA:

VIPAKA:

DOSHAGHNATA:

ROGAGHNATA:

Signature of student

Signature of teacher

NON LECTURE ACTIVITY NO. 7
PRACTICAL UTILITY OF DRAVA DRAVYA VARGA
GROUP ACTIVITY (PRESENTATION) (4-5)

NAME:

LATIN NAME:

RASA:

GUNA:

VIRYA:

VIPAKA:

DOSHAGHNATA:

ROGAGHNATA:

Signature of student

Signature of teacher

NON LECTURE ACTIVITY NO. 7
PRACTICAL UTILITY OF DRAVA DRAVYA VARGA
GROUP ACTIVITY (PRESENTATION) (5-5)

NAME:

LATIN NAME:

RASA:

GUNA:

VIRYA:

VIPAKA:

DOSHAGHNATA:

ROGAGHNATA:

Signature of student

Signature of teacher

NON LECTURE ACTIVITY NO. 8
PRACTICAL UTILITY OF AHARA DRAVYA VARGA
GROUP ACTIVITY (PRESENTATION) (1-5)

NAME:

LATIN / ENGLISH NAME:

RASA:

GUNA:

VIRYA:

VIPAKA:

DOSHAGHNATA:

ROGAGHNATA:

Signature of student

Signature of teacher

NON LECTURE ACTIVITY NO. 8
PRACTICAL UTILITY OF AHARA DRAVYA VARGA
GROUP ACTIVITY (PRESENTATION) (2-5)

NAME:

LATIN / ENGLISH NAME:

RASA:

GUNA:

VIRYA:

VIPAKA:

DOSHAGHNATA:

ROGAGHNATA:

Signature of student

Signature of teacher

NON LECTURE ACTIVITY NO. 8
PRACTICAL UTILITY OF AHARA DRAVYA VARGA
GROUP ACTIVITY (PRESENTATION) (3-5)

NAME:

LATIN / ENGLISH NAME:

RASA:

GUNA:

VIRYA:

VIPAKA:

DOSHAGHNATA:

ROGAGHNATA:

Signature of student

Signature of teacher

NON LECTURE ACTIVITY NO. 8
PRACTICAL UTILITY OF AHARA DRAVYA VARGA
GROUP ACTIVITY (PRESENTATION) (4-5)

NAME:

LATIN / ENGLISH NAME:

RASA:

GUNA:

VIRYA:

VIPAKA:

DOSHAGHNATA:

ROGAGHNATA:

Signature of student

Signature of teacher

NON LECTURE ACTIVITY NO. 8
PRACTICAL UTILITY OF AHARA DRAVYA VARGA
GROUP ACTIVITY (PRESENTATION) (5-5)

NAME:

LATIN / ENGLISH NAME:

RASA:

GUNA:

VIRYA:

VIPAKA:

DOSHAGHNATA:

ROGAGHNATA:

Signature of student

Signature of teacher

NON LECTURE ACTIVITY NO. 9
PRACTICAL UTILITY OF PRESENT DIETARY HABITS
DISCUSSION ACTIVITY (1-5)

No.	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
		Mo. No.	
Age:		Sex:	

Diet History – (Daily life)

Meal	Approx. Time	Common items
Morning Breakfast		
Lunch		
Evening Breakfast		
Dinner		
Before Sleep		
Other		

Drinks-

	How many times?	Quantity per time
Milk		
Tea/Green tea/Herbal tea		
Coffee		
Others (limbupani etc.)		

Discussion:-

Advice to the patient-

Signature of student

Signature of teacher

NON LECTURE ACTIVITY NO. 9
PRACTICAL UTILITY OF PRESENT DIETARY HABITS
DISCUSSION ACTIVITY (2-5)

No.	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
		Mo. No.	
Age:		Sex:	

Diet History – (Daily life)

Meal	Approx. Time	Common items
Morning Breakfast		
Lunch		
Evening Breakfast		
Dinner		
Before Sleep		
Other		

Drinks-

	How many times?	Quantity per time
Milk		
Tea/Green tea/Herbal tea		
Coffee		
Others (limbupani etc.)		

Discussion:-

Advice to the patient-

Signature of student

Signature of teacher

NON LECTURE ACTIVITY NO. 9
PRACTICAL UTILITY OF PRESENT DIETARY HABITS
DISCUSSION ACTIVITY (3-5)

No.	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
		Mo. No.	
Age:		Sex:	

Diet History – (Daily life)

Meal	Approx. Time	Common items
Morning Breakfast		
Lunch		
Evening Breakfast		
Dinner		
Before Sleep		
Other		

Drinks-

	How many times?	Quantity per time
Milk		
Tea/Green tea/Herbal tea		
Coffee		
Others (limbupani etc.)		

Discussion:-

Advice to the patient-

Signature of student

Signature of teacher

NON LECTURE ACTIVITY NO. 9
PRACTICAL UTILITY OF PRESENT DIETARY HABITS
DISCUSSION ACTIVITY (4-5)

No.	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
		Mo. No.	
Age:		Sex:	

Diet History – (Daily life)

Meal	Approx. Time	Common items
Morning Breakfast		
Lunch		
Evening Breakfast		
Dinner		
Before Sleep		
Other		

Drinks-

	How many times?	Quantity per time
Milk		
Tea/Green tea/Herbal tea		
Coffee		
Others (limbupani etc.)		

Discussion:-

Advice to the patient-

Signature of student

Signature of teacher

NON LECTURE ACTIVITY NO. 9
PRACTICAL UTILITY OF PRESENT DIETARY HABITS
DISCUSSION ACTIVITY (5-5)

No.	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
		Mo. No.	
Age:		Sex:	

Diet History – (Daily life)

Meal	Approx. Time	Common items
Morning Breakfast		
Lunch		
Evening Breakfast		
Dinner		
Before Sleep		
Other		

Drinks-

	How many times?	Quantity per time
Milk		
Tea/Green tea/Herbal tea		
Coffee		
Others (limbupani etc.)		

Discussion:-

Advice to the patient-

Signature of student

Signature of teacher

Non Lecture Activity No. 10 (A)
Evaluation of effect of
Hina / Atimaatraa Aahara
Case Based Learning (1-5)

No.	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age:		OPD no.	
Sex:		IPD no.	
Mo. No.		K/C/O	

Diet History – (Daily life)

Meal	Approx. Time	Common items
Morning Breakfast		
Lunch		
Evening Breakfast		
Dinner		
Before Sleep		
Other		

Drinks-

	How many times?	Quantity per time
Milk		
Tea/Green tea/Herbal tea		
Coffee		
Others (limbupani etc.)		

Observation of Symptoms / Lakshanas-

In Empty stomach-	
At the time of meal-	
Immediate after meal-	
In duration of 3 hours after meal-	
Any time in the day-	

Symptoms of *Jirna Ahaara*:

	Time	Consistency	Any abnormality?
Bowel			
Urine			
Sleep History			

Any other diseases-

Conclusion- Hinamaatraa/ Atimaatraa

Explanation-

Advice to the patient-

Signature of student

Signature of teacher

Non Lecture Activity No. 10 (A)
Evaluation of effect of
Hina / Atimaatraa Aahara
Case Based Learning (2-5)

No.	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age:		OPD no.	
Sex:		IPD no.	
Mo. No.		K/C/O	

Diet History – (Daily life)

Meal	Approx. Time	Common items
Morning Breakfast		
Lunch		
Evening Breakfast		
Dinner		
Before Sleep		
Other		

Drinks-

	How many times?	Quantity per time
Milk		
Tea/Green tea/Herbal tea		
Coffee		
Others (limbupani etc.)		

Observation of Symptoms / Lakshanas-

In Empty stomach-	
At the time of meal-	
Immediate after meal-	
In duration of 3 hours after meal-	
Any time in the day-	

Symptoms of *Jirna Ahaara*:

	Time	Consistency	Any abnormality?
Bowel			
Urine			
Sleep History			

Any other diseases-

Conclusion- Hinamaatraa/ Atimaatraa

Explanation-

Advice to the patient-

Signature of student

Signature of teacher

Non Lecture Activity No. 10 (A)
Evaluation of effect of
Hina / Atimaatraa Aahara
Case Based Learning (3-5)

No.	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age:		OPD no.	
Sex:		IPD no.	
Mo. No.		K/C/O	

Diet History – (Daily life)

Meal	Approx. Time	Common items
Morning Breakfast		
Lunch		
Evening Breakfast		
Dinner		
Before Sleep		
Other		

Drinks-

	How many times?	Quantity per time
Milk		
Tea/Green tea/Herbal tea		
Coffee		
Others (limbupani etc.)		

Observation of Symptoms / Lakshanas-

In Empty stomach-	
At the time of meal-	
Immediate after meal-	
In duration of 3 hours after meal-	
Any time in the day-	

Symptoms of *Jirna Ahaara*:

	Time	Consistency	Any abnormality?
Bowel			
Urine			
Sleep History			

Any other diseases-

Conclusion- Hinamaatraa/ Atimaatraa

Explanation-

Advice to the patient-

Signature of student

Signature of teacher

Non Lecture Activity No. 10 (A)
Evaluation of effect of
Hina / Atimaatraa Aahara
Case Based Learning (4-5)

No.	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age:		OPD no.	
Sex:		IPD no.	
Mo. No.		K/C/O	

Diet History – (Daily life)

Meal	Approx. Time	Common items
Morning Breakfast		
Lunch		
Evening Breakfast		
Dinner		
Before Sleep		
Other		

Drinks-

	How many times?	Quantity per time
Milk		
Tea/Green tea/Herbal tea		
Coffee		
Others (limbupani etc.)		

Observation of Symptoms / Lakshanas-

In Empty stomach-	
At the time of meal-	
Immediate after meal-	
In duration of 3 hours after meal-	
Any time in the day-	

Symptoms of *Jirna Ahaara*:

	Time	Consistency	Any abnormality?
Bowel			
Urine			
Sleep History			

Any other diseases-

Conclusion- Hinamaatraa/ Atimaatraa

Explanation-

Advice to the patient-

Signature of student

Signature of teacher

Non Lecture Activity No. 10 (A)
Evaluation of effect of
Hina / Atimaatraa Aahara
Case Based Learning (5-5)

No.	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age:		OPD no.	
Sex:		IPD no.	
Mo. No.		K/C/O	

Diet History – (Daily life)

Meal	Approx. Time	Common items
Morning Breakfast		
Lunch		
Evening Breakfast		
Dinner		
Before Sleep		
Other		

Drinks-

	How many times?	Quantity per time
Milk		
Tea/Green tea/Herbal tea		
Coffee		
Others (limbupani etc.)		

Observation of Symptoms / Lakshanas-

In Empty stomach-	
At the time of meal-	
Immediate after meal-	
In duration of 3 hours after meal-	
Any time in the day-	

Symptoms of *Jirna Ahaara*:

	Time	Consistency	Any abnormality?
Bowel			
Urine			
Sleep History			

Any other diseases-

Conclusion- Hinamaatraa/ Atimaatraa

Explanation-

Advice to the patient-

Signature of student

Signature of teacher

Non Lecture Activity No. 10 (B)
Evaluation of *Ajirna*
Case Based Learning (1-5)

No.	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age:		OPD no.	
Sex:		IPD no.	
Mo. No.		K/C/O	

History of Present Illness-(In patient words)

Any abnormalities of *Ajirna* Observed by examiner-

Diet History – (Daily life)

Meal	Approx. Time	Common items
Morning Breakfast		
Lunch		
Evening Breakfast		
Dinner		
Before Sleep		
Other		

Drinks-

	How many times?	Quantity per time
Milk		
Tea/Green tea/Herbal tea		
Coffee		
Others (limbupani etc.)		

Activities/ Vihaara (which leads to *Ajirna*):

Exercise:

Day sleep (hrs)-

Other activities:

Symptoms of *Jirna Ahaara*:

	Time	Consistency	Any abnormality?
Bowel			
Urine			
Sleep History			

Diagnosis (Type of *Ajirna*)-

Nidaana –

Roopa-(mention the observed *lakshana*)

Advice to the patient-

Signature of student

Signature of teacher

Non Lecture Activity No. 10 (B)
Evaluation of *Ajirna*
Case Based Learning (2-5)

No.	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age:		OPD no.	
Sex:		IPD no.	
Mo. No.		K/C/O	

History of Present Illness-(In patient words)

Any abnormalities of *Ajirna* Observed by examiner-

Diet History – (Daily life)

Meal	Approx. Time	Common items
Morning Breakfast		
Lunch		
Evening Breakfast		
Dinner		
Before Sleep		
Other		

Drinks-

	How many times?	Quantity per time
Milk		
Tea/Green tea/Herbal tea		
Coffee		
Others (limbupani etc.)		

Activities/ Vihaara (which leads to *Ajirna*):

Exercise:

Day sleep (hrs)-

Other activities:

Symptoms of *Jirna Ahaara*:

	Time	Consistency	Any abnormality?
Bowel			
Urine			
Sleep History			

Diagnosis (Type of *Ajirna*)-

Nidaana –

Roopa-(mention the observed *lakshana*)

Advice to the patient-

Signature of student

Signature of teacher

Non Lecture Activity No. 10 (B)
Evaluation of *Ajirna*
Case Based Learning (3-5)

No.	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age:		OPD no.	
Sex:		IPD no.	
Mo. No.		K/C/O	

History of Present Illness-(In patient words)

Any abnormalities of *Ajirna* Observed by examiner-

Diet History – (Daily life)

Meal	Approx. Time	Common items
Morning Breakfast		
Lunch		
Evening Breakfast		
Dinner		
Before Sleep		
Other		

Drinks-

	How many times?	Quantity per time
Milk		
Tea/Green tea/Herbal tea		
Coffee		
Others (limbupani etc.)		

Activities/ Vihaara (which leads to *Ajirna*):

Exercise:

Day sleep (hrs)-

Other activities:

Symptoms of *Jirna Ahaara*:

	Time	Consistency	Any abnormality?
Bowel			
Urine			
Sleep History			

Diagnosis (Type of *Ajirna*)-

Nidaana –

Roopa-(mention the observed *lakshana*)

Advice to the patient-

Signature of student

Signature of teacher

Non Lecture Activity No. 10 (B)
Evaluation of *Ajirna*
Case Based Learning (4-5)

No.	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age:		OPD no.	
Sex:		IPD no.	
Mo. No.		K/C/O	

History of Present Illness-(In patient words)

Any abnormalities of *Ajirna* Observed by examiner-

Diet History – (Daily life)

Meal	Approx. Time	Common items
Morning Breakfast		
Lunch		
Evening Breakfast		
Dinner		
Before Sleep		
Other		

Drinks-

	How many times?	Quantity per time
Milk		
Tea/Green tea/Herbal tea		
Coffee		
Others (limbupani etc.)		

Activities/ Vihaara (which leads to *Ajirna*):

Exercise:

Day sleep (hrs)-

Other activities:

Symptoms of *Jirna Ahaara*:

	Time	Consistency	Any abnormality?
Bowel			
Urine			
Sleep History			

Diagnosis (Type of *Ajirna*)-

Nidaana –

Roopa-(mention the observed *lakshana*)

Advice to the patient-

Signature of student

Signature of teacher

Non Lecture Activity No. 10 (B)
Evaluation of *Ajirna*
Case Based Learning (5-5)

No.	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age:		OPD no.	
Sex:		IPD no.	
Mo. No.		K/C/O	

History of Present Illness-(In patient words)

Any abnormalities of *Ajirna* Observed by examiner-

Diet History – (Daily life)

Meal	Approx. Time	Common items
Morning Breakfast		
Lunch		
Evening Breakfast		
Dinner		
Before Sleep		
Other		

Drinks-

	How many times?	Quantity per time
Milk		
Tea/Green tea/Herbal tea		
Coffee		
Others (limbupani etc.)		

Activities/ Vihaara (which leads to *Ajirna*):

Exercise:

Day sleep (hrs)-

Other activities:

Symptoms of *Jirna Ahaara*:

	Time	Consistency	Any abnormality?
Bowel			
Urine			
Sleep History			

Diagnosis (Type of *Ajirna*)-

Nidaana –

Roopa-(mention the observed *lakshana*)

Advice to the patient-

Signature of student

Signature of teacher

NON LECTURE ACTIVITY NO. 11
PRACTICAL UTILITY OF ACTION OF DRAVYAS
GROUP ACTIVITY (PRESENTATION) (1-5)

NAME:

LATIN / ENGLISH NAME:

RASA:

GUNA:

VIRYA:

VIPAKA:

PRABHAVVA:

DOSHAGHNATA:

ROGAGHNATA:

Signature of student

Signature of teacher

NON LECTURE ACTIVITY NO. 11
PRACTICAL UTILITY OF ACTION OF DRAVYAS
GROUP ACTIVITY (PRESENTATION) (2-5)

NAME:

LATIN / ENGLISH NAME:

RASA:

GUNA:

VIRYA:

VIPAKA:

PRABHAVA:

DOSHAGHNATA:

ROGAGHNATA:

Signature of student

Signature of teacher

NON LECTURE ACTIVITY NO. 11
PRACTICAL UTILITY OF ACTION OF DRAVYAS
GROUP ACTIVITY (PRESENTATION) (3-5)

NAME:

LATIN / ENGLISH NAME:

RASA:

GUNA:

VIRYA:

VIPAKA:

PRABHAVA:

DOSHAGHNATA:

ROGAGHNATA:

Signature of student

Signature of teacher

NON LECTURE ACTIVITY NO. 11
PRACTICAL UTILITY OF ACTION OF DRAVYAS
GROUP ACTIVITY (PRESENTATION) (4-5)

NAME:

LATIN / ENGLISH NAME:

RASA:

GUNA:

VIRYA:

VIPAKA:

PRABHAVA:

DOSHAGHNATA:

ROGAGHNATA:

Signature of student

Signature of teacher

NON LECTURE ACTIVITY NO. 11
PRACTICAL UTILITY OF ACTION OF DRAVYAS
GROUP ACTIVITY (PRESENTATION) (5-5)

NAME:

LATIN / ENGLISH NAME:

RASA:

GUNA:

VIRYA:

VIPAKA:

PRABHAVA:

DOSHAGHNATA:

ROGAGHNATA:

Signature of student

Signature of teacher

Non Lecture Activity No. 12
Evaluation of effect of excessive *Rasa* consumption
Case Based Learning (1-5)

No.	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age:		OPD no.	
Sex:		IPD no.	
Mo. No.		K/C/O	

Diet History –Daily life

Meal	Approx. Time	Common items
Morning Breakfast		
Lunch		
Evening Breakfast		
Dinner		
Before Sleep		
Other		
Do you add extra salt, chillies, achara in food?		

Drinks-

	How many times?	Quantity per time
Milk		
Tea/Green tea/Herbal tea		
Coffee		
Others(limbupani etc.)		

Special recipes-(eaten occasion/festivals/party/gatherings)

Recipes liked by person-(What could you eat even immediate after meal?)

Taste liked by person-

History of present illnesses-(In patient words)

History of past illnesses-(From childhood to till date)

Any other abnormality Observed by examiner-

Conclusion- (Which type of excessive rasa consumption?)

Explanation-

Advice to the patient-

Signature of student

Signature of teacher

Non Lecture Activity No. 12
Evaluation of effect of excessive *Rasa* consumption
Case Based Learning (2-5)

No.	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age:		OPD no.	
Sex:		IPD no.	
Mo. No.		K/C/O	

Diet History –Daily life

Meal	Approx. Time	Common items
Morning Breakfast		
Lunch		
Evening Breakfast		
Dinner		
Before Sleep		
Other		
Do you add extra salt, chillies, achara in food?		

Drinks-

	How many times?	Quantity per time
Milk		
Tea/Green tea/Herbal tea		
Coffee		
Others(limbupani etc.)		

Special recipes-(eaten occasion/festivals/party/gatherings)

Recipes liked by person-(What could you eat even immediate after meal?)

Taste liked by person-

History of present illnesses-(In patient words)

History of past illnesses-(From childhood to till date)

Any other abnormality Observed by examiner-

Conclusion- (Which type of excessive rasa consumption?)

Explanation-

Advice to the patient-

Signature of student

Signature of teacher

Non Lecture Activity No. 12
Evaluation of effect of excessive *Rasa* consumption
Case Based Learning (3-5)

No.	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age:		OPD no.	
Sex:		IPD no.	
Mo. No.		K/C/O	

Diet History –Daily life

Meal	Approx. Time	Common items
Morning Breakfast		
Lunch		
Evening Breakfast		
Dinner		
Before Sleep		
Other		
Do you add extra salt, chillies, achara in food?		

Drinks-

	How many times?	Quantity per time
Milk		
Tea/Green tea/Herbal tea		
Coffee		
Others(limbupani etc.)		

Special recipes-(eaten occasion/festivals/party/gatherings)

Recipes liked by person-(What could you eat even immediate after meal?)

Taste liked by person-

History of present illnesses-(In patient words)

History of past illnesses-(From childhood to till date)

Any other abnormality Observed by examiner-

Conclusion- (Which type of excessive rasa consumption?)

Explanation-

Advice to the patient-

Signature of student

Signature of teacher

Non Lecture Activity No. 12
Evaluation of effect of excessive *Rasa* consumption
Case Based Learning (4-5)

No.	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age:		OPD no.	
Sex:		IPD no.	
Mo. No.		K/C/O	

Diet History –Daily life

Meal	Approx. Time	Common items
Morning Breakfast		
Lunch		
Evening Breakfast		
Dinner		
Before Sleep		
Other		
Do you add extra salt, chillies, achara in food?		

Drinks-

	How many times?	Quantity per time
Milk		
Tea/Green tea/Herbal tea		
Coffee		
Others(limbupani etc.)		

Special recipes-(eaten occasion/festivals/party/gatherings)

Recipes liked by person-(What could you eat even immediate after meal?)

Taste liked by person-

History of present illnesses-(In patient words)

History of past illnesses-(From childhood to till date)

Any other abnormality Observed by examiner-

Conclusion- (Which type of excessive rasa consumption?)

Explanation-

Advice to the patient-

Signature of student

Signature of teacher

Non Lecture Activity No. 12
Evaluation of effect of excessive *Rasa* consumption
Case Based Learning (5-5)

No.	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age:		OPD no.	
Sex:		IPD no.	
Mo. No.		K/C/O	

Diet History –Daily life

Meal	Approx. Time	Common items
Morning Breakfast		
Lunch		
Evening Breakfast		
Dinner		
Before Sleep		
Other		
Do you add extra salt, chillies, achara in food?		

Drinks-

	How many times?	Quantity per time
Milk		
Tea/Green tea/Herbal tea		
Coffee		
Others(limbupani etc.)		

Special recipes-(eaten occasion/festivals/party/gatherings)

Recipes liked by person-(What could you eat even immediate after meal?)

Taste liked by person-

History of present illnesses-(In patient words)

History of past illnesses-(From childhood to till date)

Any other abnormality Observed by examiner-

Conclusion- (Which type of excessive rasa consumption?)

Explanation-

Advice to the patient-

Signature of student

Signature of teacher

NON LECTURE ACTIVITY NO. 23 (A)
CHANGES IN FOOD HABITS AS PER RUTU
DISCUSSION ACTIVITY 9 (1-5)

No.	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
		Mo. No.	
Age:		Sex:	

Name of the Rutu:-

Diet History –

Meal	Previous Rutu Diet	Current Rutu Diet
Morning Breakfast		
Lunch		
Evening Breakfast		
Dinner		
Before Sleep		
Other		

Drinks-

	Previous Rutu Drinks	Current Rutu Drinks
Milk		
Tea/Green tea/Herbal tea		
Coffee		
Others (limbupani etc.)		

Discussion:-

Signature of student

Signature of teacher

NON LECTURE ACTIVITY NO. 23 (A)
CHANGES IN FOOD HABITS AS PER RUTU
DISCUSSION ACTIVITY 9 (2-5)

No.	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
		Mo. No.	
Age:		Sex:	

Name of the Rutu:-

Diet History –

Meal	Previous Rutu Diet	Current Rutu Diet
Morning Breakfast		
Lunch		
Evening Breakfast		
Dinner		
Before Sleep		
Other		

Drinks-

	Previous Rutu Drinks	Current Rutu Drinks
Milk		
Tea/Green tea/Herbal tea		
Coffee		
Others (limbupani etc.)		

Discussion:-

Signature of student

Signature of teacher

NON LECTURE ACTIVITY NO. 23 (A)
CHANGES IN FOOD HABITS AS PER RUTU
DISCUSSION ACTIVITY 9 (3-5)

No.	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
		Mo. No.	
Age:		Sex:	

Name of the Rutu:-

Diet History –

Meal	Previous Rutu Diet	Current Rutu Diet
Morning Breakfast		
Lunch		
Evening Breakfast		
Dinner		
Before Sleep		
Other		

Drinks-

	Previous Rutu Drinks	Current Rutu Drinks
Milk		
Tea/Green tea/Herbal tea		
Coffee		
Others (limbupani etc.)		

Discussion:-

Signature of student

Signature of teacher

NON LECTURE ACTIVITY NO. 23 (A)
CHANGES IN FOOD HABITS AS PER RUTU
DISCUSSION ACTIVITY 9 (4-5)

No.	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
		Mo. No.	
Age:		Sex:	

Name of the Rutu:-

Diet History –

Meal	Previous Rutu Diet	Current Rutu Diet
Morning Breakfast		
Lunch		
Evening Breakfast		
Dinner		
Before Sleep		
Other		

Drinks-

	Previous Rutu Drinks	Current Rutu Drinks
Milk		
Tea/Green tea/Herbal tea		
Coffee		
Others (limbupani etc.)		

Discussion:-

Signature of student

Signature of teacher

NON LECTURE ACTIVITY NO. 23 (A)
CHANGES IN FOOD HABITS AS PER RUTU
DISCUSSION ACTIVITY 9 (5-5)

No.	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
		Mo. No.	
Age:		Sex:	

Name of the Rutu:-

Diet History –

Meal	Previous Rutu Diet	Current Rutu Diet
Morning Breakfast		
Lunch		
Evening Breakfast		
Dinner		
Before Sleep		
Other		

Drinks-

	Previous Rutu Drinks	Current Rutu Drinks
Milk		
Tea/Green tea/Herbal tea		
Coffee		
Others (limbupani etc.)		

Discussion:-

Signature of student

Signature of teacher

NON LECTURE ACTIVITY NO. 23 (B)
DO'S AND DON'TS TO BE FOLLOWED
ACCORDING TO VARIOUS RUTUS
SHORT ESSAY WRITING

Signature of student

Signature of teacher

Non Lecture Activity No. 13
Evaluation of *Vridhhi-Kshaya Lakshanas* of
Dosha-Dhatu-Mala
Case Based Learning (1-5)

No.	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age:		OPD no.	
Sex:		IPD no.	
Mo. No.		K/C/O	

Chief complaints / Lakshanas (with duration):

Observation of Symptoms-

Parameter		Avastha	Lakshanas
Dosha	Vata	Vridhhi / Kshaya	
	Pitta	Vridhhi / Kshaya	
	Kapha	Vridhhi / Kshaya	
Dhatu	Rasa	Vridhhi / Kshaya	
	Rakta	Vridhhi / Kshaya	
	Mamsa	Vridhhi / Kshaya	
	Meda	Vridhhi / Kshaya	
	Asthi	Vridhhi / Kshaya	
	Majja	Vridhhi / Kshaya	
	Shukra	Vridhhi / Kshaya	
Mala	Mutra	Vridhhi / Kshaya	
	Purisha	Vridhhi / Kshaya	
	Sweda	Vridhhi / Kshaya	

Conclusion (corelation of present illness and Dosha, Dhatu, Mala - Vruddhi Kshaya):-

Explanation:-

Advice to the patient:-

Signature of student

Signature of teacher

Non Lecture Activity No. 13
Evaluation of *Vridhhi-Kshaya Lakshanas* of
Dosha-Dhatu-Mala
Case Based Learning (2-5)

No.	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age:		OPD no.	
Sex:		IPD no.	
Mo. No.		K/C/O	

Chief complaints / Lakshanas (with duration):

Observation of Symptoms-

Parameter		Avastha	Lakshanas
Dosha	Vata	Vridhhi / Kshaya	
	Pitta	Vridhhi / Kshaya	
	Kapha	Vridhhi / Kshaya	
Dhatu	Rasa	Vridhhi / Kshaya	
	Rakta	Vridhhi / Kshaya	
	Mamsa	Vridhhi / Kshaya	
	Meda	Vridhhi / Kshaya	
	Asthi	Vridhhi / Kshaya	
	Majja	Vridhhi / Kshaya	
	Shukra	Vridhhi / Kshaya	
Mala	Mutra	Vridhhi / Kshaya	
	Purisha	Vridhhi / Kshaya	
	Sweda	Vridhhi / Kshaya	

Conclusion (corelation of present illness and Dosha, Dhatu, Mala - Vruddhi Kshaya):-

Explanation:-

Advice to the patient:-

Signature of student

Signature of teacher

Non Lecture Activity No. 13
Evaluation of *Vridhhi-Kshaya Lakshanas* of
Dosha-Dhatu-Mala
Case Based Learning (3-5)

No.	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age:		OPD no.	
Sex:		IPD no.	
Mo. No.		K/C/O	

Chief complaints / Lakshanas (with duration):

Observation of Symptoms-

Parameter		Avastha	Lakshanas
Dosha	Vata	Vridhhi / Kshaya	
	Pitta	Vridhhi / Kshaya	
	Kapha	Vridhhi / Kshaya	
Dhatu	Rasa	Vridhhi / Kshaya	
	Rakta	Vridhhi / Kshaya	
	Mamsa	Vridhhi / Kshaya	
	Meda	Vridhhi / Kshaya	
	Asthi	Vridhhi / Kshaya	
	Majja	Vridhhi / Kshaya	
	Shukra	Vridhhi / Kshaya	
Mala	Mutra	Vridhhi / Kshaya	
	Purisha	Vridhhi / Kshaya	
	Sweda	Vridhhi / Kshaya	

Conclusion (corelation of present illness and Dosha, Dhatu, Mala - Vruddhi Kshaya):-

Explanation:-

Advice to the patient:-

Signature of student

Signature of teacher

Non Lecture Activity No. 13
Evaluation of *Vridhhi-Kshaya Lakshanas* of
Dosha-Dhatu-Mala
Case Based Learning (4-5)

No.	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age:		OPD no.	
Sex:		IPD no.	
Mo. No.		K/C/O	

Chief complaints / Lakshanas (with duration):

Observation of Symptoms-

Parameter		Avastha	Lakshanas
Dosha	Vata	Vridhhi / Kshaya	
	Pitta	Vridhhi / Kshaya	
	Kapha	Vridhhi / Kshaya	
Dhatu	Rasa	Vridhhi / Kshaya	
	Rakta	Vridhhi / Kshaya	
	Mamsa	Vridhhi / Kshaya	
	Meda	Vridhhi / Kshaya	
	Asthi	Vridhhi / Kshaya	
	Majja	Vridhhi / Kshaya	
	Shukra	Vridhhi / Kshaya	
Mala	Mutra	Vridhhi / Kshaya	
	Purisha	Vridhhi / Kshaya	
	Sweda	Vridhhi / Kshaya	

Conclusion (corelation of present illness and Dosha, Dhatu, Mala - Vruddhi Kshaya):-

Explanation:-

Advice to the patient:-

Signature of student

Signature of teacher

Non Lecture Activity No. 13
Evaluation of *Vridhhi-Kshaya Lakshanas* of
Dosha-Dhatu-Mala
Case Based Learning (5-5)

No.	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age:		OPD no.	
Sex:		IPD no.	
Mo. No.		K/C/O	

Chief complaints / Lakshanas (with duration):

Observation of Symptoms-

Parameter		Avastha	Lakshanas
Dosha	Vata	Vridhhi / Kshaya	
	Pitta	Vridhhi / Kshaya	
	Kapha	Vridhhi / Kshaya	
Dhatu	Rasa	Vridhhi / Kshaya	
	Rakta	Vridhhi / Kshaya	
	Mamsa	Vridhhi / Kshaya	
	Meda	Vridhhi / Kshaya	
	Asthi	Vridhhi / Kshaya	
	Majja	Vridhhi / Kshaya	
	Shukra	Vridhhi / Kshaya	
Mala	Mutra	Vridhhi / Kshaya	
	Purisha	Vridhhi / Kshaya	
	Sweda	Vridhhi / Kshaya	

Conclusion (corelation of present illness and Dosha, Dhatu, Mala - Vruddhi Kshaya):-

Explanation:-

Advice to the patient:-

Signature of student

Signature of teacher

Non Lecture Activity No. 14
Identify the causative factors
responsible for vitiation of *Dosha*
Problem Based Learning

No.	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age:		OPD no.	
Sex:		IPD no.	
Mo. No.		K/C/O	
Height:		Weight:	

Problem description (Patient complains):-

Identify the Dosha involved:-

Identify the causative factors responsible for the vitiation of the Dosha:-

Conclusion:-

Signature of student

Signature of teacher

Non Lecture Activity No. 15
Evaluation of symptoms of Aama
Case Based Learning (1-5)

No.	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age:		OPD no.	
Sex:		IPD no.	
Mo. No.		K/C/O	

Chief complaints/Lakshanas of Aama (with duration):

Any other Vyadhi (in present /past) :

Dosha	Saama Lakshanas	Niram Lakshanas
Vata Dosha		
Pitta Dosha		
Kapha Dosha		

Explanation (correlation of Aama and illnesses present in patient):

Conclusion:-

Advice to the patient:

Signature of student

Signature of teacher

Non Lecture Activity No. 15
Evaluation of symptoms of Aama
Case Based Learning (2-5)

No.	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age:		OPD no.	
Sex:		IPD no.	
Mo. No.		K/C/O	

Chief complaints/Lakshanas of Aama (with duration):

Any other Vyadhi (in present /past) :

Dosha	Saama Lakshanas	Niram Lakshanas
Vata Dosha		
Pitta Dosha		
Kapha Dosha		

Explanation (correlation of Aama and illnesses present in patient):

Conclusion:-

Advice to the patient:

Signature of student

Signature of teacher

Non Lecture Activity No. 15
Evaluation of symptoms of Aama
Case Based Learning (3-5)

No.	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age:		OPD no.	
Sex:		IPD no.	
Mo. No.		K/C/O	

Chief complaints/Lakshanas of Aama (with duration):

Any other Vyadhi (in present /past) :

Dosha	Saama Lakshanas	Niram Lakshanas
Vata Dosha		
Pitta Dosha		
Kapha Dosha		

Explanation (correlation of Aama and illnesses present in patient):

Conclusion:-

Advice to the patient:

Signature of student

Signature of teacher

Non Lecture Activity No. 15
Evaluation of symptoms of Aama
Case Based Learning (4-5)

No.	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age:		OPD no.	
Sex:		IPD no.	
Mo. No.		K/C/O	

Chief complaints/Lakshanas of Aama (with duration):

Any other Vyadhi (in present /past) :

Dosha	Saama Lakshanas	Niram Lakshanas
Vata Dosha		
Pitta Dosha		
Kapha Dosha		

Explanation (correlation of Aama and illnesses present in patient):

Conclusion:-

Advice to the patient:

Signature of student

Signature of teacher

Non Lecture Activity No. 15
Evaluation of symptoms of Aama
Case Based Learning (5-5)

No.	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age:		OPD no.	
Sex:		IPD no.	
Mo. No.		K/C/O	

Chief complaints/Lakshanas of Aama (with duration):

Any other Vyadhi (in present /past) :

Dosha	Saama Lakshanas	Niram Lakshanas
Vata Dosha		
Pitta Dosha		
Kapha Dosha		

Explanation (correlation of Aama and illnesses present in patient):

Conclusion:-

Advice to the patient:

Signature of student

Signature of teacher

Non Lecture Activity No. 16
Evaluation of causative factors of
***Atisthaulya* in present era**
Case Based Learning (1-5)

No.	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age:		OPD no.	
Sex:		IPD no.	
Mo. No.		K/C/O	
Height:		Weight:	

BMI Formula:- $\frac{\text{Weight (kg)}}{\text{Height}^2 (\text{m}^2)}$

BMI of the patient:-

Overweight – 25-29 Kg/m²

Obese - ≥ 30 Kg/m²

Chief complaints:

No.	Roga	Parameter	Causative Factors
1	Atisthaulya	Aharatmaka Nidana	
		Viharatmaka Nidana	
		Anya Nidana(Aacharatmak)	

Explanation (Sthaulya Smaprapti in the patient):

Conclusion:-

Advice to the patient:

Signature of student

Signature of teacher

Non Lecture Activity No. 16
Evaluation of causative factors of
***Atisthaulya* in present era**
Case Based Learning (2-5)

No.	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age:		OPD no.	
Sex:		IPD no.	
Mo. No.		K/C/O	
Height:		Weight:	

BMI Formula:- $\frac{\text{Weight (kg)}}{\text{Height}^2 (\text{m}^2)}$

BMI of the patient:-

Overweight – 25-29 Kg/m²

Obese - ≥ 30 Kg/m²

Chief complaints:

No.	Roga	Parameter	Causative Factors
1	Atisthaulya	Aharatmaka Nidana	
		Viharatmaka Nidana	
		Anya Nidana(Aacharatmak)	

Explanation (Sthaulya Smaprapti in the patient):

Conclusion:-

Advice to the patient:

Signature of student

Signature of teacher

Non Lecture Activity No. 16
Evaluation of causative factors of
***Atisthaulya* in present era**
Case Based Learning (3-5)

No.	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age:		OPD no.	
Sex:		IPD no.	
Mo. No.		K/C/O	
Height:		Weight:	

BMI Formula:- $\frac{\text{Weight (kg)}}{\text{Height}^2 (\text{m}^2)}$

BMI of the patient:-

Overweight – 25-29 Kg/m²

Obese - ≥ 30 Kg/m²

Chief complaints:

No.	Roga	Parameter	Causative Factors
1	Atisthaulya	Aharatmaka Nidana	
		Viharatmaka Nidana	
		Anya Nidana(Aacharatmak)	

Explanation (Sthaulya Smaprapti in the patient):

Conclusion:-

Advice to the patient:

Signature of student

Signature of teacher

Non Lecture Activity No. 16
Evaluation of causative factors of
***Atisthaulya* in present era**
Case Based Learning (4-5)

No.	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age:		OPD no.	
Sex:		IPD no.	
Mo. No.		K/C/O	
Height:		Weight:	

BMI Formula:- $\frac{\text{Weight (kg)}}{\text{Height}^2 (\text{m}^2)}$

BMI of the patient:-

Overweight – 25-29 Kg/m²

Obese - ≥ 30 Kg/m²

Chief complaints:

No.	Roga	Parameter	Causative Factors
1	Atisthaulya	Aharatmaka Nidana	
		Viharatmaka Nidana	
		Anya Nidana(Aacharatmak)	

Explanation (Sthaulya Smaprapti in the patient):

Conclusion:-

Advice to the patient:

Signature of student

Signature of teacher

Non Lecture Activity No. 16
Evaluation of causative factors of
***Atisthaulya* in present era**
Case Based Learning (5-5)

No.	Date:	Resident:	Rural/ Urban
Name:		So. Eco. Status:	Lower / Middle/ Upper
Address:		Education:	I/ P/ S/ HS/ G/ PG
		Occupation:	
Age:		OPD no.	
Sex:		IPD no.	
Mo. No.		K/C/O	
Height:		Weight:	

BMI Formula:- $\frac{\text{Weight (kg)}}{\text{Height}^2 (\text{m}^2)}$

BMI of the patient:-

Overweight – 25-29 Kg/m²

Obese - ≥ 30 Kg/m²

Chief complaints:

No.	Roga	Parameter	Causative Factors
1	Atisthaulya	Aharatmaka Nidana	
		Viharatmaka Nidana	
		Anya Nidana(Aacharatmak)	

Explanation (Sthaulya Smaprapti in the patient):

Conclusion:-

Advice to the patient:

Signature of student

Signature of teacher

NON LECTURE ACTIVITY NO. 17
PRACTICAL UTILITY OF AUSHADHA VARGA
GROUP ACTIVITY (PRESENTATION) (1-5)

NAME:

LATIN / ENGLISH NAME:

RASA:

GUNA:

VIRYA:

VIPAKA:

DOSHAGHNATA:

ROGAGHNATA:

Signature of student

Signature of teacher

NON LECTURE ACTIVITY NO. 17
PRACTICAL UTILITY OF AUSHADHA VARGA
GROUP ACTIVITY (PRESENTATION) (2-5)

NAME:

LATIN / ENGLISH NAME:

RASA:

GUNA:

VIRYA:

VIPAKA:

DOSHAGHNATA:

ROGAGHNATA:

Signature of student

Signature of teacher

NON LECTURE ACTIVITY NO. 17
PRACTICAL UTILITY OF AUSHADHA VARGA
GROUP ACTIVITY (PRESENTATION) (3-5)

NAME:

LATIN / ENGLISH NAME:

RASA:

GUNA:

VIRYA:

VIPAKA:

DOSHAGHNATA:

ROGAGHNATA:

Signature of student

Signature of teacher

NON LECTURE ACTIVITY NO. 17
PRACTICAL UTILITY OF AUSHADHA VARGA
GROUP ACTIVITY (PRESENTATION) (4-5)

NAME:

LATIN / ENGLISH NAME:

RASA:

GUNA:

VIRYA:

VIPAKA:

DOSHAGHNATA:

ROGAGHNATA:

Signature of student

Signature of teacher

NON LECTURE ACTIVITY NO. 17
PRACTICAL UTILITY OF AUSHADHA VARGA
GROUP ACTIVITY (PRESENTATION) (5-5)

NAME:

LATIN / ENGLISH NAME:

RASA:

GUNA:

VIRYA:

VIPAKA:

DOSHAGHNATA:

ROGAGHNATA:

Signature of student

Signature of teacher

NON LECTURE ACTIVITY NO. 27
PROFORMA FOR SADHYA ASADHYA VYADHI LAKSHANAS
PROFORMA BASED LEARNING

Signature of student

Signature of teacher

OTHER ACTIVITIES

1. Oral presentation

Sr. No	Topic of Oral Presentation	Term	Date of Presentation	Performance Good/ Average/ Poor	Sign of Teacher
1					
2					
3					
4					
5					

2. Ayurveda Quiz

Sr. No	Topic of Quiz	Term	Date of the Quiz	Performance Good/ Average/ Poor	Sign of Teacher
1					
2					
3					
4					
5					

3. Shloka Recitation Competition:

Sr. No	Topic of Competition	Term	Date of the Competition	Performance Good/ Average/ Poor	Sign of Teacher
1					
2					
3					
4					
5					

4. Group Discussions / Presentation on topics of Samhita Adhyayan - I:

Topic no. 1

Date: Sign of Teacher:

Topic no. 2

Date: Sign of Teacher:

Topic no. 3

Date: Sign of Teacher:

Topic no. 4

Date: Sign of Teacher:

Topic no. 5

Date: Sign of Teacher:

Topic no. 6

Date: Sign of Teacher:

5. Practical Demonstration / Other Department Visit :

Topic no. 1

Date: Sign of Teacher:

Topic no. 2

Date: Sign of Teacher:

Topic no. 3

Date: Sign of Teacher:

Topic no. 4

Date: Sign of Teacher:

Topic no. 5

Date: Sign of Teacher:

Topic no. 6

Date: Sign of Teacher:

6. E-charts / Animations / Video clip making etc.

Sr. No	Topic of E-chart /animation / video clip making etc	Term	Date of the Presentation	Performance Good/Average /Poor	Sign of Teacher
1					
2					
3					
4					
5					

7. Poster making / Short Essay writing Competition.

Sr. No	Topic of Poster making / Short Essay writing	Term	Date of the Competition	Performance Good/Average /Poor	Sign of Teacher
1					
2					
3					
4					
5					