ADD ON COURSE IN AYURBIOLOGY
ACTIVITY REPORT 2017 - 2018

FACULTY: SCIENCE

DEPARTMENT/ COMMITTEE BIOCHEMISTRY

IQAC ACTIVITY No: SVC/ ADD-ON COURSE/ AYURBIOLOGY -01

NAME OF THE ACTIVITY: Add on course in AyurBiology.			
DATE	**FACULTY**	**DEPARTMENT/COMMITTEE**	**COORDINATORS NAME**
August 2017 to December 2017	SCIENCE	Biochemistry	Dr. Anju Kaicker Dr. Nandita Narayanasamy
TIME	**VENUE**	**NUMBER OF PARTICIPANTS**	**NATURE: Outdoor/Indoor**
Saturdays 10:00-12:00	SVC	18	Outdoor/indoor
SUPPORT/ASSISTANCE:	Course fees of 3500/- per student.		

BRIEF INFORMATION ABOUT THE ACTIVITY (**CRITERION NO. -I,II,III and V**):

TOPIC/SUBJECT OF THE ACTIVITY	Though *Ayurveda* is an ancient science, its principles and practices are relevant even today; particularly in the health care sector. The need for a modern scientific evaluation of *Ayurveda* has been recognized. Till date research in *Ayurveda* has however focussed on studies on medicinal herbs and their constituent bioactive compounds for herbal drug development and identification of New Chemical entities. However, it is important now to also explore new educational and research programs in *Ayurveda*, that focus on integrating it with the current understanding of Modern Biology that would enable a more rational approach towards harnessing knowledge of Ayurveda for modern day healthcare.
OBJECTIVES	This course of *Ayurveda Biology* intends • To generate a knowledge interface between *Ayurveda* and life sciences for applications in contemporary healthcare Science.

	• To provide a platform to students of Modern Biology an understanding of the systemic theoretical foundations, principles and practices of *Ayurveda.* • To work towards bridging the understanding of traditional Indian health sciences with *modern Life Science.*
METHODOLOGY	The course is conducted with help from Dr Bhavana Parashar, Sr. Scientist at Trisutra Center , IGIB, Delhi Coordinators sit with Dr Bhavana and formulate the course outline and decide on speakers to be contacted. A time table with speakers is tabulated, speaker are contacted and lectures are mostly scheduled on Saturday morning any time between 10:00 am to 1:00 pm 2 Saturdays were allocated for a field visit to IGIB Trisutra Center and to CBPACS. Students are tested through a. Conducting a survey and filling of 10 questionnaires on Prakrati Assessment. b. A paper review on any publication relating to Ayurbiology c. A course end MCQ based test.
OUTCOMES	Students learn the basic principles of Ayurveda like body composition bases on PanchMahabhutas and Doshas. They learn the concept of prakriti and learn how to assess an individuals' Prakriti. The influence of managing diet, lifestyle, breathing and sleep on balancing of Doshas is taught which makes them understand the importance of a wellness schedule in managing ones' health. They understand the relationship of prakriti to modern Physiology. And learn modern techniques that can help in confirming Prakriti analysis by Questionnaire. The understand the shift from Prakriti to Vikriti that defines the imbalance in prakriti that lead to ill health. They are introduces to Management of health through diet and sleep theraphy Panchakarma treatment, leech treatment and ayur pharmacological methods. The field visits to IGIB and an Ayurvedic hospital gives them a practical exposure to the science of Ayurveda.

PROOFS & DOCUMENTS ATTACHED (Tick mark the proofs attached):

Notice & Letters	**Student list of participation**	**Activity report**	**Photos**	Feedback form

	√	√	√	
Feedback analysis	News clip with details	Certificate √	Any other	

IQAC Document No:	Criterion No:	Metric No:
Departmental file no	IQAC file No;	

NAME OF TEACHER & SIGNATURE	NAME OF HEAD/ COMMITTEE INCHARGE & SIGNATURE	IQAC COORDINATOR (SEAL & SIGNATURE)
Dr. Anju Kaicker Dr. Nandita Narayanasamy	Dr. Nandita Narayanasamy	N. Latha Dr. N. Latha Coordinator, IQAC Coordinator, IQAC Sri Venkateswara College (University of Delhi) Dhaula Kuan, New Delhi-110021

For Reference

Criterion I	Curricular Aspects (planning & Implementation)		Criterion V	Student Support & Progression
Criterion II	Teaching Learning & Evaluation		Criterion VI	Governance
Criterion III	Research, Innovations & Extension		Criterion VII	Institutional Values & Best Practices
Criterion IV	Learning Resources and Infrastructure			

Add On Course
2017-18

AyurBiology: Bridging our understanding of Ayurveda and Modern Medicine

Sri Venkateswara college

Course coordinators:
Dr. Anju Kaicker
Dr. Nandita Narayanasamy
Dr. Bhavana Parasher

Ayurveda Vs AyurBiology: An insight.

Ayurveda, meaning ***Ayu*** = Life and ***Veda*** = knowledge; is a 5,000-year-old system of holistic (whole body) and natural healing. It is traces its origins in the Vedic culture of India and is considered to be one of the oldest healing sciences. Ayurvedic medicine is based on the belief that health and well-being depends on the delicate balance between internal and external influences and on the energies that modulate the functioning of both; mind and body.

Ayurveda focusses on health management through holistic principles wherein ill health is viewed as a disruption of energy flow in the entire body and does not specifically target any particular organ or organ system. The premise is that that there are three ***doshas : Vata, Pitta*** and ***Kapha*** and that disease and illness originate from an imbalance in these three energies. Every individual according to Ayurveda has a specific balance of the 3 energies that constitute his/her ***Prakriti***. The ***Prakriti*** of an individual determines their response to stimuli (Internal and External) as well as their susceptibility to disease. The interventions practised in Ayurveda to cure ill-health aim at correcting the specific imbalance in an individual's ***Prakriti*** and hence is highly personalized. The primary goal of Ayurvedic medicine is to help people live long, healthy and balanced lives without the need for invasive therapies.

Aim of the course

Though *Ayurveda* is an ancient science and its principles and practices are relevant even today, particularly in the area of public health and Disease control management; it is not widely accepted as a scientific practise of medical treatment. To change this perception, of late, the need for a scientific evaluation of ***Ayurvedic practices*** has been recognized. Till date however, research in *Ayurveda* has been focussed on studies on medicinal herbs and their constituent bioactive compounds for herbal drug development and identification of New Chemical entities. However, it is now important to explore new educational and research programs in *Ayurveda*, that focus on integrating this holistic science with the current understanding of Modern Biology.

This Add on course is focused on the theme of ***AyurBiology,*** and intends to generate a knowledge interface between *Ayurveda* and Modern Biology for applications in contemporary Healthcare Sciences. The program aims at providing a platform to students of Modern Biology an understanding of the systemic theoretical foundations, principles and practices of *Ayurveda*. Thus, it works towards bridging together the understanding of traditional Indian health sciences with *Modern LifeScience*.

Outline of Course Content:

Unit 1: Introduction-

- History of Ayurveda and Vedic culture:
- Ethics and regulations in Ayurvedic Practices
- Methodology and experimentation used in for validation of an ayurvedic medication or therapy.

Unit 2: Title: Dosha- Prakriti- environment and phenotypes: Principles of Ayurveda.

- Trisutra Ayurveda: Basic tenets of holistic and personalised medicine
- Understanding the concept of Dosha & body constitution.
- The concept of Prakriti
- Phenotypic Assessment methods using modern physiological and anthropometric parameters

Unit 3: Title: Ayurgenomics for exploring concepts of Ayur Biology.

- The need for and methods used to Bridging the gap between Modern Biology, genomics and Ayurveda
- Understanding the molecular basis of Prakriti and Tridosha Biology.
- Research avenues in AyurBiology/ Ayurgenomics

Unit 4: *Title: Anagatbadhapratishedha*: Personalised preventive diet and lifestyle regimen.

- Medicine v/s health supplement; spices v/s medicine
- Diet & nutrition according to your body constitution, place and time as well as Dosha Concept of Agni (digestive fire) & Ama (biological toxins), Ayurvedic dietetics & nutrition.

- Yogic diet-Satavic, Rajasic & tamasic food. Dietary Imbalance and ill health.
- Importance of physical activity and Sleep in health and disease
- Effects of Yoga on physiological parameters such as Autonomic functions
- Understanding of variability in health with respect to ones *Prakriti;* How to make best of their Prakriti and maintain it

Unit 5: Title: *Roga Samprapti- Dosha- Dushya Sammurchhana.*

- Health to disease transitions: Prakriti to Vikriti transitions.
- Concept of Dushyas viz; *Dhatu, srotas, Agni* (digestive fire) mala & *Ama* (biological toxins)

Unit 6: Title: *Roga rogi pariksha:* Diagnosis in Ayurveda.

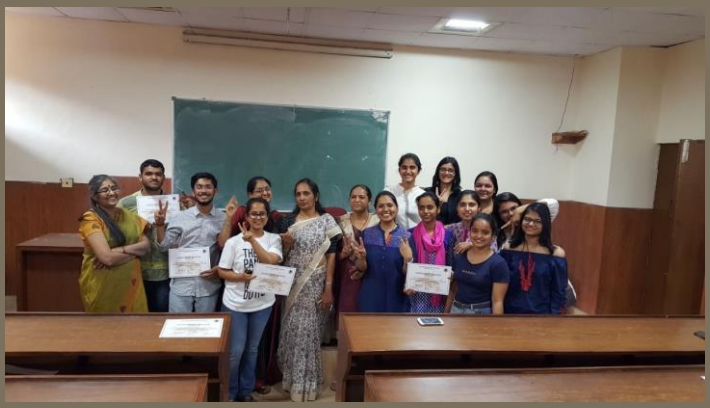
- Clinical examination methods described in Ayurveda for personalised management of health & Disease.
- Relation to modern diagnostic methods.

Unit 7: *Vyadhihara Chikitsa*: Therapeutic treatment modalities described in Ayurveda.

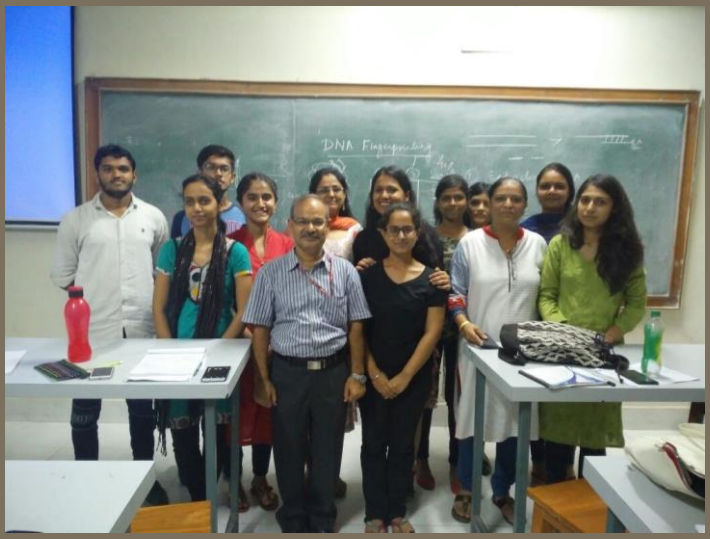
- Internal Medication Stratergies: Shodhana: Detoxification (*panchakarma*) and Shamana: Medication for rejuvenation (*Rasayana*) etc.
- External Medication Stratergies: Massage (*Abhyangam*), *shirodhara* and other local therapied with herbal formulations.
- Ayurvedic Drug formulations and prescriptions according to Prakriti assessments**.**
- Nanoparticle vis- a-vis- Bhasma; Metals in modern medicine

Unit 8: Laboratory Visits: CBPACS, IGIB and AIIA.

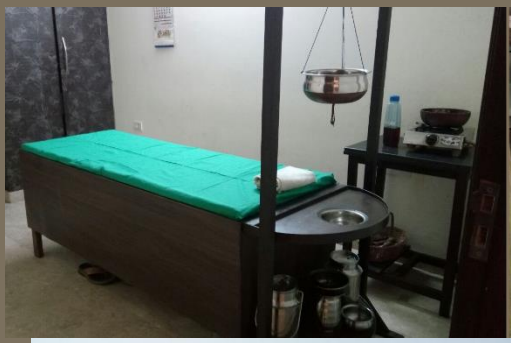
Correlation of Ayurveda and its applicability with Modern Medicine: a paper review.

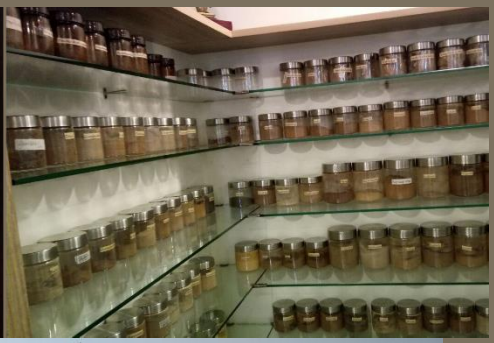


Class of 2017 with Dr P Hemalatha Reddy, Principal, SVC and Course coordinators Dr Nandita Narayanasamy, Dr Anju Kaicker and Dr Bhavana Parasher

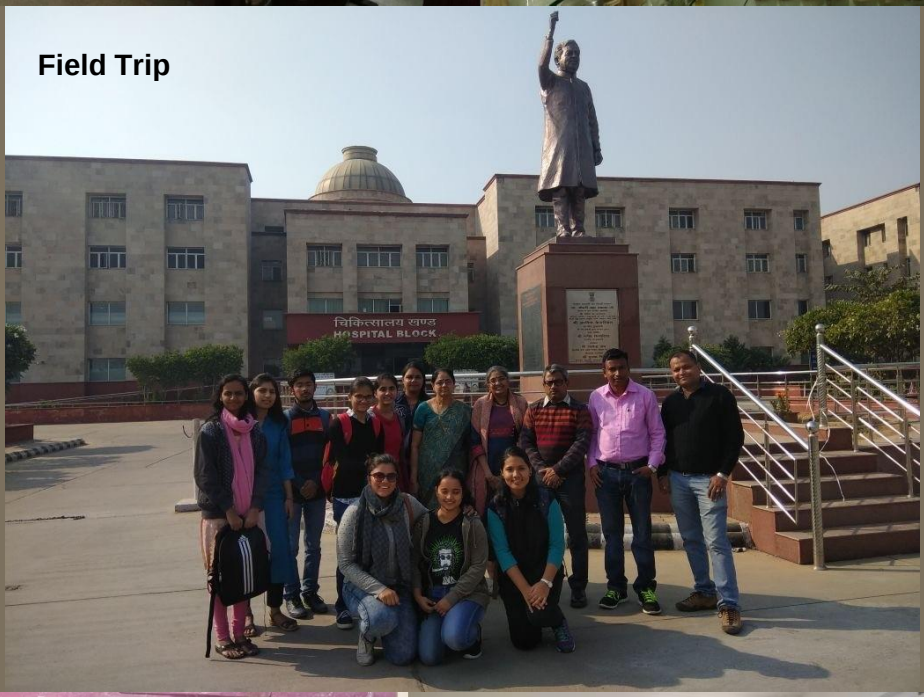


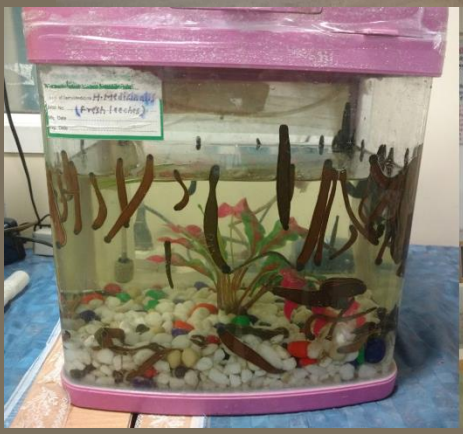
Students with Professors and Resource persons

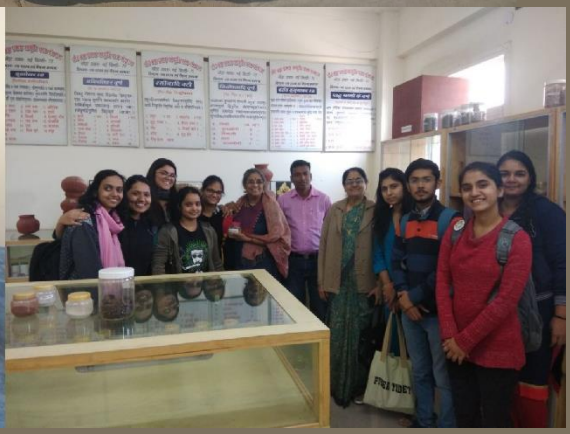


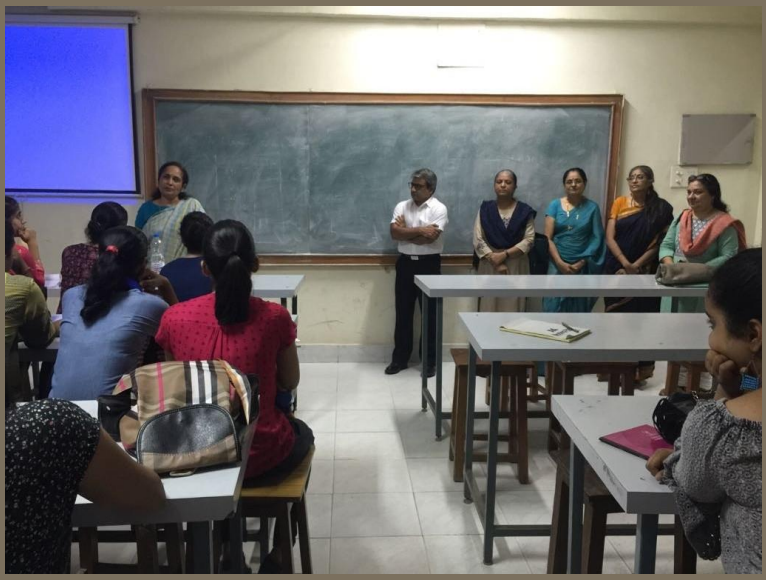


Field Trip









Resource Persons

1. Dr. Bhavana Prasher: CSIR – TRISUTRA AyurGenomics Unit, IGIB, New Delhi
2. Dr. Mitali Mukerji: CSIR – TRISUTRA AyurGenomics Unit, IGIB, New Delhi
3. Dr. Sudhir Kumar: Professor, CBPACS
4. Dr. Bharat Krushna Kuntia: Project Scientist, AIIMS
5. **Dr. Ramnivas Prasher: Consultant Ayurveda and Panchkarma., Vedanta Ayurveda.**
6. **Dr. Anurag Agrawal, CSIR- IGIB**
7. **Dr. K.K. Deepak, Department of Physiology, AIIMS.**

List of Students Registered for the AyurBiology course 2017-2018

1	3979001	Ankit Yadav	ay4016713@gmai.com
2	3979003	Charvy Rana	charvy57@gmail.com
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SRI VENKATESWARA COLLEGE

(UNIVERSITY OF DELHI)

CERTIFICATE OF COMPLETION

This to certify that Mr./ Ms. _____has successfully completed the add on course in Ayur Biology, held from 19th August to 25th November, 2017.

Dr. Nandita Narayansamy (CO-ORDINATOR)	**Dr. Anju Kaicker** (CO-ORDINATOR)	**Dr. P. Hemalatha Reddy** (PRINCIPAL)