

Bharati College
(University of Delhi)
Department of Sanskrit
Teaching Plan (July 2021- November 2021)

Course: Fundamentals of Ayurveda

Teachers: Madhav Gopal and Dr. Chandan Kumar Jha

Semester: 5th BA (H) DSE

Meetings: 5 virtual meetings in a week for lectures and three for tutorials.

Āyurveda is the most ancient but alive traditional healthcare system in India. Through the classroom lectures and discussions, this course will introduce students to the theory of Āyurveda. The major objective is to make them understand the basic principles and concepts of preventative and curative medicines, health maintenance, diet and nutrition, usage of commonly used spices and herbs and therapeutic procedures in Āyurveda.

Graduates who read this course should be able to know the ancient tradition of Indian Medicine system, which has focused not only to the physical health but a healthy lifestyle. They will know the history of Āyurveda through original sources of ancient medicine system enshrined in Sanskrit texts like Charaka Saṁhitā, Śuśruta Saṁhitā, Aṣṭāṅga H•daya etc. and they will also get the basic knowledge of eight departments of Āyurveda. Students will get acquainted with the basic concepts of Trigūṇa, Pancamahābhūtas, Tridoṣas, Saptadhātus, Trayodosāgni, Trimalas, SvasthaVṛtta etc. which will help students to develop Āyurvedic understanding of lifestyle and concepts of preventive medicine. Āyurveda prescribes different food habits in different seasons. After reading this section students will be able to understand seasonal regimen & social conduct and its effect on health. It will develop their understanding of Health and Disease as explained in

Āyurveda, and the way of diagnosing the illness. Our Ṛṣis were not only concerned about the physical health of individuals but also about the holistic health i.e. including mental, social and spiritual well being. By reading Taittirīyopaniṣad - Bhṛṅguvalli students would develop a more balanced approach towards life.

Week	Unit	Topics covered	Required Readings
1	1	Introduction to Āyurveda History of Indian Medicine in the pre-caraka period,	Singh R.H., Body, Mind, Spirit – Integrative Medicine in Ayurveda, Yoga and Nature Cure - Chowkhamba Surbharti Pratishthanam, Varanasi, I 2009 V.B. Athavale, Basic Principles of Āyurveda, Chaukhamba Sanskrit Pratishthan New Delhi, 2005.
2	1	The two schools of Āyurveda: Dhanvantari and Punarvasu. Main Ācāryas of Āyurveda – Mādhava, Sārṅgadhara and Bhāvamiśra.	Singh R.H., Body, Mind, Spirit – Integrative Medicine in Ayurveda, Yoga and Nature Cure - Chowkhamba Surbharti Pratishthanam, Varanasi, I 2009 V.B. Athavale, Basic Principles of Āyurveda, Chaukhamba Sanskrit Pratishthan New Delhi, 2005.
3	2	Eight branches of Āyurveda (aṣṭāṅga Āyurveda):	A Beginner's Guide to Ayurveda by Rajesh Kotecha and Mita Kotecha

		6. Kāyçikitsā (General Medicine) 7. Kaumārabhṛtya (Pediatrics) 8. śalyatantra (Surgery) 9. Śālākya-Tantra (Ent. and Ophthalmology)	(2016)
4	2	10. Bhūta Vidyā (Psychiatry Medicine). 9. Viṣa Vijñāna (Toxicology). 10. Rasāyana (Rejuvenates). 11. Vajīkaraṇa (Aphrodisiac).	A Beginner's Guide to Ayurveda by Rajesh Kotecha and Mita Kotecha (2016)
5	3	The Triṇuṇas: Sattva, Rajas and Tamas. The Pañcamahābhūtas: Ākāśa (Space), Vāyu (Air), Teja or Agni (Fire), Jala (Water) and Pṛthivī (Earth). The Tridoṣas: Vāta, Pitta and Kapha.	A Beginner's Guide to Ayurveda by Rajesh Kotecha and Mita Kotecha (2016)
6	3	The Saptadhātus: Rasa (fluid), Rakta (blood), Māmsa, Meda (fat), Asthi, Majjā and Śukra. The Trayodosāgni: Jatharāgni (gastric fire), Saptadhātvāgni and Pañcabhūtāgni. The Trimalas: Purīṣā (faeces), Mūtra (urine) and Sveda (sweat).	A Beginner's Guide to Ayurveda by Rajesh Kotecha and Mita Kotecha (2016)
7	3	Understanding Health and Disease in Āyurveda, Svastha Vṛtta (Preventive Medicine): Seasonal regimen & Social Conduct and its effect on health.	Singh R.H., Body, Mind, Spirit – Integrative Medicine in Ayurveda, Yoga and Nature Cure - Chowkhamba Surbharti Pratishthanam, Varanasi, I 2009 V.B. Athavale, Basic Principles of Āyurveda, Chaukhamba Sanskrit Pratishthan New Delhi, 2005.
8	3	Carakasamhitā – Sūtra-sthānam (Tasyāśītīyādhyāya)	Singh R.H., Body, Mind, Spirit – Integrative Medicine in Ayurveda, Yoga and

		Regimen of Six Seasons (Ṛtucharyā) : Hemanta (Early Winter), Śīśira (Winter), Vasanta (Spring), Grīṣma (Summer), Varṣā (Rainy) and Śarada (Autumn).	Nature Cure - Chowkhamba Surbharti Pratishthanam, Varanasi, I 2009 V.B. Athavale, Basic Principles of Āyurveda, Chaukhamba Sanskrit Pratishthan New Delhi, 2005.
9	4	Diagnosis of illness (Roga-Parīṣaṇa) Eight ways to diagnose illness- Nāḍī (Pulse Examination), Mūtra (Urine Examination), Mala (Stool Examination), Jihvā (Tongue Examination), Śabda (Speech Examination), Sparśa (Touch Examination), Dṛk (Vision Examination), and Ākṣti (Appearance).	A Beginner's Guide to Ayurveda by Rajesh Kotecha and Mita Kotecha (2016) Priya Vrat Sharma, Essentials of Āyurveda: Sodasangahrdayam, Motilal Banarsidass Publishers, 1999
10	5	Pancha kosha – the holistic concept of body in Indian Medicine Based on Taittirīyopaniṣad - Bhṛṅguvalli, Anuvāka- (1- 6)	Singh R.H., Body, Mind, Spirit – Integrative Medicine in Ayurveda, Yoga and Nature Cure - Chowkhamba Surbharti Pratishthanam, Varanasi, I 2009 V.B. Athavale, Basic Principles of Āyurveda, Chaukhamba Sanskrit Pratishthan New Delhi, 2005.
11	6	Pancha kosha – the holistic concept of body in Indian Medicine Based on Taittirīyopaniṣad - Bhṛṅguvalli, Anuvāka- (1- 6)	Singh R.H., Body, Mind, Spirit – Integrative Medicine in Ayurveda, Yoga and Nature Cure - Chowkhamba Surbharti Pratishthanam, Varanasi, I 2009 V.B. Athavale, Basic Principles of Āyurveda,

			ChaukhambaSanskrit Pratishthan New Delhi, 2005.
12	6	Taittirīyopaniṣad: Bhṛguvālī, anuvāk 1- 6	Taittirīyopaniṣad- Jyoti Hindi Teeka by Kanhaiyalal Johi (2009)

Assessments of the Students:

1st Assignment is due in the fourth week (weightage 10 marks)

2nd Assignment is due in the 7th week (weightage 10 marks)

Class presentations are tentatively scheduled in the 10th week (weightage 5 marks)

Total weightage of IA: 25 marks

Internal assessment: Assignments, group discussions, presentations. (25 marks)

(The main exam will be conducted by the University of Delhi by a written test of 75 marks)

Pedagogy/Teaching Methodology/Tools: Lectures, group discussions and mutual interactions of students take place in the classes. Students are encouraged to participate in presentations. Intermittently students are given home work to write on some issue of the syllabus and their write ups are discussed in the tutorial class. Tutorial classes also aim to do develop writing skills of students and improving their linguistic skills.

Bharati College
(University of Delhi)

Department of Sanskrit

Teaching Plan (August 2021- December 2021)

Course: Indian Culture and Social Issues

Teacher(s): Madhav Gopal

Semester: 3rd BA (H) Generic

Meetings: 5 virtual meetings in a week for lectures and three for tutorials.

This is our generic paper that is offered to non-Sanskrit Honors students. It deals with salient elements of Indian culture and certain social issues that have their grounding in the ancient Sanskrit texts and still exist ubiquitously in the Indian society. Keeping in mind the uncomfotability of students in Sanskrit language, this paper is taught in Hindi and English media and reading materials include translated works from Sanskrit.

After completing the course the learners are expected to assimilate the nuances of Indian culture, evolution of different cultural traditions, adaptability with respect to foreign elements and undercurrent of Sanskrit-led culture in vernacular cultural life. They shall feel equipped with the weapons of logics to engage in significant socio-cultural issues.

Week	Unit	Topics covered	Required Readings
1	1	Concept of culture, culture vs. civilization, features of Indian culture	Bharatiy Sanskriti by Kiran Tandon (2012), Chapter 1
2	1	features of Indian culture, culture in a multi-cultural society	Bharatiy Sanskriti by Kiran Tandon (2012), Chapter 9

3	2	Vedic civilization, Sindhu civilization,	Vedic Sahitya and Sanskriti by Baldev Upadhyay (2010), Chapters 12, 13, 14, 15 Pracheen Bharat ka Itihas tatha Sanskriti by KC Shrivastava (2000), Chapter 2,3
4	2	Sanskrit in Indo-Islamic tradition	Islām kā Sanskrit paramparā ko yogadāna (A conference Proceedings)
5	3	Pandavani, Vālmīki's Rāmāyaṇa, Bhāsa's Pratimānāṭakam,	History of Indian Literature by M. Winternitz, pp 481-495
6	3	Bhavabhūti's Uttarāmacaritam, Raghuvaṃśam of Kalidasa, Somadeva's Kathāsaritsāgara, Rāmāyaṇamañjari of Rājaśekhara	Sanskrit Sahitya ka Itihas by Umshankar Sharma Rishi
7	3	Ṛitusamhāra in folk music, Sanskrit themes in traditional dance forms in Kerala Yakṣagan Gītagovinda and Odissi	Website. Ministry of Culture, Government of India
8	3	Major agricultural and seasonal festivals of India and the Indian calendar – Bihu, Holi, Pongal, Makar Saṃkrāntī, Lohari, Onam, Baisakhi, Śrāvaṇī Pūrṇimā	Website, Ministry of Culture, Government of India
9	4	Concept of dharma, its evolving nature, sources for knowing dharma,	Medieval Hindu Law by A.D. Mathur, Chapter 1 and Classical Law of India by Robert Lingat, Chapter 1
10	4	Caste – Voices of challenge Traditional varṇahierarchy Vajrasūcī by Aśvaghoṣa	Vajrasūcī of Aśvaghoṣa by Ramesh Bharadwaj
11	5	Identity of women, questions of Draupadi and responses by various characters in Mahabharat	Original relevant texts from <i>Mahabharata</i> with translations

12	6	Struggle to secure women's rights to property as depicted in smritis and their commentaries	Medieval Hindu Law by A.D. Mathur, Chapter 3 and YājñavalkyaSmṛti, Vyavahārādhyāya: Verse 135 with <i>Mitakshara</i>
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Assessments of the Students:

1st Assignment is due in the fourth week (weightage 10 marks)

2nd Assignment is due in the 7th week (weightage 10 marks)

Class presentations are tentatively scheduled in the 10th week (weightage 5 marks)

Total weightage of IA: 25 marks

Internal assessment: Assignments, group discussions, presentations. (25 marks)

(The main exam will be conducted by the University of Delhi by a written test of 75 marks)

Pedagogy/Teaching Methodology/Tools: Apart from lectures, group discussions and mutual interactions of students are encouraged in the online classes. Students are encouraged to participate in presentations. Intermittently students are given home work to write on some issue of the syllabus and their write ups are discussed in the tutorial class. Tutorial classes also aim to do develop writing skills of students and improving their linguistic skills.

Bharati College
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Department of Sanskrit
Teaching Plan (August 2021- December 2021)

Course: Basic Elements of Ayurveda (SEC)

Teacher(s): Madhav Gopal and Dr. Pratibha Tripathi

Semester: 3rd BA (P) SEC

Meetings: 4 in a week for lectures

This course offers an introduction to Āyurveda system of medicine. This has been designed in a well-rounded, comprehensive and useful manner so that the students could use it in their own day-to-day life. The major objective is to understand the basic principles and concepts of preventative medicine and health maintenance, diet and nutrition, usage of commonly used spices and herbs and outline of Āyurvedic therapeutic procedures in Āyurveda.

This course will enable the students to appreciate the principles of traditional Indian medicine system which has focused not only to physical health but a healthy life style including food habits, diets, preventive medicine, and medicinal plants available in their surroundings. The course will make the learner able to know the history of Ayurveda through original sources of Ancient medicine in Sanskrit texts i.e. Charaksamhita, Sushruta-samhita and Ashtanghridaya. They also get basic knowledge of physiology, health care, the way of diagnosing the illness and preventive medicine.

Week	Unit	Topics covered	Required Readings
1	1	Introduction of Āyurveda, History of Indian Medicine in the pre-caraka period	A Beginner's Guide to Ayurveda by Rajesh Kotecha and Mita Kotecha (2016)
2	1	The two schools of Āyurveda: Dhanvantari and Punarvasu	A Beginner's Guide to Ayurveda by Rajesh Kotecha and Mita Kotecha (2016)
3	2	Caraka, Suśruta, Vāgbhatta,	A Beginner's Guide to Ayurveda by Rajesh Kotecha and Mita Kotecha (2016)
4	2	Mādhava, Sārṅgadhara and Bhāvamiśra	A Beginner's Guide to Ayurveda by Rajesh Kotecha and Mita Kotecha (2016)
5	3	Carakasa Samhitā (Sūtra-sthānam): Division of Time and condition of nature and body in six seasons	A Beginner's Guide to Ayurveda by Rajesh Kotecha and Mita Kotecha (2016)
6	3	Regimen of Fall Winter (Hemanta), Winter (Śīśira) & Spring (Vasanta) seasons.	A Beginner's Guide to Ayurveda by Rajesh Kotecha and Mita Kotecha (2016)
7	3	Regimen of Summer (Grīṣma), Rainy (Varṣā) and Autumn (Śarada) seasons	A Beginner's Guide to Ayurveda by Rajesh Kotecha and Mita Kotecha (2016)
8	4	General introduction to Carakasa Samhitā	A Beginner's Guide to Ayurveda by Rajesh Kotecha and Mita Kotecha (2016)
9	4	General introduction to Ashtanghridaya	A Beginner's Guide to Ayurveda by Rajesh Kotecha and Mita Kotecha (2016)
10	5	Taittirīyopaniṣad: Bhṛguvallī, anuvāk 1- 3	Taittirīyopaniṣad- Jyoti Hindi Teeka by Kanhaiyalal Johi (2009)

11	5	Taittirīyopaniṣad: Bhṛguvallī, anuvāk 4- 6	Taittirīyopaniṣad- Jyoti Hindi Teeka by Kanhaiyalal Johi (2009)
12		Revision of some major topics	

Assessments of the Students:

1st Assignment is due in the fourth week (weightage 10 marks)

2nd Assignment is due in the 7th week (weightage 10 marks)

Class presentations are tentatively scheduled in the 10th week (weightage 5 marks)

Total weightage of IA: 25 marks

Internal assessment: Assignments, group discussions, presentations. (25 marks)

(The main exam will be conducted by the University of Delhi by a written test of 75 marks)

Pedagogy/Teaching Methodology/Tools: Apart from lectures, group discussions and mutual interactions of students is expected to take place in the online classes. Students are encouraged to participate in presentations. Intermittently students are given home work to write on some issue of the syllabus and their write ups are discussed in the class.

Bharati College
(University of Delhi)
Department of Sanskrit
Teaching Plan (November 2021- March 2022)

Course: Niti Literature (AECC)

Teacher(s): Madhav Gopal and Dr. Pratibha Tripathi

Semester: 1st BA (P) (AECC)

Meetings: 4 meetings per week for lectures

This course aims to get the students acquainted with the outline of Sanskrit Nīti literature through texts Pañcatantram and Nītiśatakam with the General Introduction to Sanskrit Literature.

The students will learn the essence of the ways of life depicted and enjoined in the Niti Literature of Sanskrit language. They will also learn various aspects and forms of Sanskrit as one of the modern Indian Languages through the practice of easy and simple Sanskrit texts of Niti Literature. The storylines and the study and verses from the prescribed texts will instill in the students the moral and ethical values that will be an asset in the lived lives. They will be familiar with the general history of Sanskrit Literature and with the style and contents of the works of eminent literary figures like Bhasa, Kalidas, Bhavabhuti and Banabhatta etc.

This course will enhance the skill of chaste Sanskrit pronunciation as well as competence and performance of language. This will help them translate, explain the prescribed Sanskrit texts in their native language.

Week	Unit	Topics covered	Required Readings
1	1	Introduction to the text Panchatantra ksapanakakatha,	Pañcatantra translated by Shrishyamacharan Pandey (2006)
2	1	sinha-karaka-murkhabrahmana katha	Pañcatantra translated by Shrishyamacharan Pandey (2006)
3	2	murkhapandita-katha, vanara-magaramaccha-katha	Pañcatantra translated by Shrishyamacharan Pandey (2006)
4	2	gangadattamanduka katha	Pañcatantra translated by Shrishyamacharan Pandey (2006)
5	3	Introduction to nitishatakam Text reading of nitishatakam from verses: 01-10	Savitri Gupta, Vidyanidhi Prakashan, (2015)
6	4	Text reading of nitishatakam from verses: 11-20	Savitri Gupta, Vidyanidhi Prakashan, (2015)

7	4	Text reading of nitishatakam from verses: 31-30	Savitri Gupta, Vidyanidhi Prakashan, (2015)
8	5	Sanskrit Mahakavya- works of Kalidasa and Bharavi	Sanskrit Sahitya ka Itihas by Umshankar Sharma Rishi
9	5	Sanskrit Prose – works of Banabhatta and Dandin	Sanskrit Sahitya ka Itihas by Umshankar Sharma Rishi
10	6	Sanskrit Drama- plays of Bhasa	Sanskrit Sahitya ka Itihas by Umshankar Sharma Rishi
11	6	Plays of Kalidasa and Bhavabhuti	Sanskrit Sahitya ka Itihas by Umshankar Sharma Rishi
12	6	Revision of some major topics	

Assessments of the Students:

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2nd Assignment is due in the 7th week (weightage 10 marks)

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