



Shri Dhaneshwari Manav Vikas Mandal's

# Sau. Shantadevi Vedprakash Patil Ayurved College & Research Institute

(Recognised by AYUSH Ministry-New Delhi, Govt. of. Maharashtra & Affiliated by Maharashtra University of Health Sciences, Nashik)

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## Sample Course Outcomes

Course outcomes for key subjects in Ayurvedic programs.

### 1. Introduction to Ayurveda:

- Understand the historical development and philosophical foundations of Ayurveda.
- Familiarity with the fundamental principles of Ayurveda, including the concept of doshas, dhatus, and malas.
- Gain insight into the basic principles of diagnosis and treatment in Ayurvedic medicine.

### 2. Anatomy and Physiology in Ayurveda:

- Acquire knowledge of Ayurvedic anatomy and physiology concepts.
- Understand the Ayurvedic perspective on the structure and functions of the human body.
- Explore the correlation between Ayurvedic and modern anatomy and physiology.

### 3. Ayurvedic Pharmacology:

- Study the principles of Ayurvedic pharmacology, including the identification and preparation of herbal medicines.
- Gain practical skills in the preparation of Ayurvedic formulations.
- Understand the therapeutic uses and potential side effects of various Ayurvedic medicines.

### 4. Ayurvedic Diagnostics:

- Learn the art of Ayurvedic diagnosis through observation, questioning, and examination.
- Acquire proficiency in pulse diagnosis (Nadi Pariksha) and tongue diagnosis (Jihva Pariksha).
- Understand the role of tridosha in diagnosing health imbalances.



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## 5. Panchakarma Therapy:

- Gain hands-on experience in Panchakarma therapies, including detoxification and rejuvenation techniques.
- Understand the indications, contraindications, and benefits of various Panchakarma procedures.
- Develop proficiency in administering Panchakarma treatments under supervision.

## 6. Ayurvedic Nutrition and Dietetics:

- Learn the principles of Ayurvedic nutrition and dietary guidelines for different constitutional types.
- Understand the concept of six tastes (Shadrasa) and their impact on health.
- Develop personalized diet plans for individuals based on Ayurvedic principles.

## 7. Ayurvedic Lifestyle Management:

- Acquire knowledge of daily and seasonal routines (Dinacharya and Ritucharya) in Ayurveda.
- Understand the importance of balancing work, sleep, and leisure for maintaining optimal health.
- Implement Ayurvedic lifestyle recommendations for preventive healthcare.

## 8. Yoga and Ayurveda:

- Explore the integration of yoga and Ayurveda for holistic well-being.
- Understand the role of asanas, pranayama, and meditation in Ayurvedic practice.
- Learn to prescribe yoga practices based on an individual's Ayurvedic constitution.

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## 9. Clinical Training and Internship:

- Gain practical experience through clinical training under the supervision of experienced Ayurvedic practitioners.
- Apply theoretical knowledge in real-life scenarios, focusing on patient interaction, diagnosis, and treatment planning.
- Develop effective communication and interpersonal skills in a clinical setting.

## 10. Research Methodology in Ayurveda:

- Understand the basics of research design and methodology in the context of Ayurvedic studies.
- Learn to critically analyze Ayurvedic literature and research papers.
- Develop research skills to contribute to the advancement of Ayurvedic knowledge.



  
**PRINCIPAL**  
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