



CHARAKA SAMHITA PURVARDHA & UTTARARDHA

शास्त्रसहितस्तर्कः साधनानां



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The Charaka Samhita contains the theoretical knowledge as well as practical wisdom derived from centuries of clinical experience providing valuable insights into the science of healing. It remains a valuable and extensive resource for understanding the classical principles of Ayurveda, examination of the patient, treatment methodologies including herbal remedies, dietary and lifestyle recommendations, detoxification therapies and lifestyle interventions. The aim of this course is to emphasize the holistic nature of health, classification, diagnosis and treatment of diseases, ethical guidelines for physicians ensuring its relevance in contemporary health care practices.

Objective

- To explore the foundational principles of Charaka Samhita
- To identify the key principles and concepts outlined in Charaka Samhita
- To evaluate comprehensive treatment plans and lifestyle recommendations described in Charaka Samhita
- To analyze the importance of the principles of Charaka Samhita in the health challenges encountered in the modern era.

Course Curriculum

Core syllabus

The course is designed to provide the knowledge of the key concepts and theories in Charaka Samhita focusing on the practical application in various disorders. It covers the various aspects of Ayurveda comprising of examination, diagnosis, treatment, preventive medicine and ethical considerations.

Part A Charaka Samhita Purvardha

1. Sutrasthana
2. Nidanasthana
3. Vimanasthana
4. Sharirasthana
5. Indriyasthana

Part B Charaka Samhita Uttarardha

1. Chikitsasthana
2. Kalpasthana
3. Siddhithana

You Will Learn

- **Treatment modalities:** The various principles of therapeutic modalities and treatment strategies such as herbal medicine, dietary and lifestyle modifications and Panchakarma.
- **Clinical application:** Develop skills in applying the principles and guidelines from Charaka Samhita to formulate treatment plans and assessment of different diseases.
- **Disease classification:** The classification of diseases according to Ayurveda including their etiology, symptoms and prognosis as described in Charaka Samhita
- **Philosophical understanding:** Deepen your understanding of the concepts such as three Doshas, concept of Agni and the importance of maintaining balance in the body
- **Cultural context:** Learn the techniques of by hearting, memorizing the Sanskrit Shlokas and reciting them in tune.

Outcome

- Evaluate the relevance and applicability of Charaka Samhita in contemporary health care settings
- Apply the principles of Charaka Samhita with proactive strategies for disease prevention and effective treatment interventions.
- Understand and analyse the structure and organization of Charaka Samhita including its classification of diseases, diagnostic methods, & treatment modalities



Duration

- 100+ hours recorded educational sessions to watch and learn (downloadable teaching videos)
- 20 hours self-study / practice per week for 10 months –
 $20 \times 4 \times 10 = 800$ hours



Includes

- 76 recorded teaching sessions
- Access to all recordings and all downloadable study material for 1 year from registration

Eligibility

- Any Medical practitioners (BAMS, MBBS, BHMS)
- Naturopath, Osteopath, Chiropractors, Healthcare, and Wellness practitioners, Heilpraktiker
- Alternative Practitioner
- Any Medical students

Class information

- Class – English
- Study material – English
- Mode of class – Recorded videos – self paced

Evaluation method

After each session, online MCQ type assessment to be attempted within 1 year from registration



After successful completion of all assessments you will be able to download Certificate of Completion accredited by ATAB

To register click on ENROLL NOW on below given link



<https://education.ayushakti.com/course/CharakSamhitaPurvardha-41558>

For any query or required assistance contact details



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