

BSS SYLLABUS

[AYS064] - BSS DIPLOMA IN AYURVEDA SCIENCE - [TWO YEARS]				
1	PAPER 1	AYS064-01	COMMUNICATIVE ENGLISH AND COMPUTER FUNDAMENTALS	I YEAR
2	PAPER 2	AYS064-02	ANATOMY AND PHYSIOLOGY	I YEAR
3	PAPER 3	AYS064-03	AYURVEDIC ITIHAASA	I YEAR
4	PAPER 4	AYS064-04	DRAVYA GUNA AND RASA SHASTRAM	I YEAR
5	PAPER 5	AYS064-05	BASICS OF AYURVEDA	I YEAR
6	PAPER 6	AYS064-06	PRACTICAL - I	I YEAR
7	PAPER 7	AYS064-07	PRACTICAL - II	I YEAR
8	PAPER 8	AYS064-08	PRACTICAL - III	I YEAR
9	PAPER 9	AYS064-09	PRACTICAL - IV	I YEAR
10	PAPER 10	AYS064-10	PRACTICAL - V	I YEAR
11	PAPER 11	AYS064-11	AYURVEDA MEDICINES THEORY	II YEAR
12	PAPER 12	AYS064-12	AYURVEDIC DRUGS	II YEAR
13	PAPER 13	AYS064-13	DIABETIC CARE IN AYURVEDA	II YEAR
14	PAPER 14	AYS064-14	PRACTICAL - VI	II YEAR
15	PAPER 15	AYS064-15	PRACTICAL - VII	II YEAR
16	PAPER 16	AYS064-16	PRACTICAL - VIII	II YEAR

[AYS064] - BSS DIPLOMA IN AYURVEDA SCIENCE - [TWO YEARS]**[AYS064-01] - COMMUNICATIVE ENGLISH AND COMPUTER FUNDAMENTALS**

COMMUNICATIVE ENGLISH

UNIT - I

Communication – communication Process - verbal communication – Non – Verbal Communication – Pros & Cons of Communication – communicative English Exercises.

UNIT - II

Phonetics – Organs of Speech – Vowels – Spelling Areas – Diphthongs – Consonants – Stress – Word Accent – The Parts of Speech in English.

UNIT - III

Communicative grammar – Classification of Nouns and Their functions – Verbs – Symbols – Pronouns – Auxiliary Verbs – Articles – Use of the indefinite article – Use of the definite article – Tenses – Prepositions – Phrasal verbs and adverb particles – Verbs Patterns and structures.

UNIT - IV

Patterns of Sentences – Direct and indirect speech – Degrees of Comparison – Simple, Complex and compound sentences – Basics of Inter – personal skills – Basics of Body language.

COMPUTER FUNDAMENTALS (MS-OFFICE)

UNIT - V

Windows Introduction – Operating System - Desk Top Icons – My Computer, Recycle Bin, Internet Explorer, Network Neighborhood, My documents. Working with Windows – How to create a Folder, Copying and cutting files, Renaming - Start Icon – Programs, Favorites, Documents, Settings, Find, Run, Shutdown - Application Icons.

UNIT - VI

An Introduction to Word – The word workspace, Starting and quitting Word, Creating and Manipulating various documents, Editing of proofing files, merging documents and macros. -How to use Mouse and Menu – Working with dialog box - Primary Commands in File Menu – The Open commands, The File name commands - The New Commands, The Save, Save As, and Save all commands, The Close command, The page setup, The Print commands, The exit commands.

Edit Menu Commands – The Cut, Copy, and Paste commands, The Undo and Repeat Commands, Find and Replace commands- Format Commands – The view menu, the Insert menu, the tool menu, the table menu, the window menu.

UNIT - VII

Building a Simple Worksheet- Entering Text, Entering Values, Entering Dates and Times, Moving Around, Scolding Selecting Ranges, Using Menu, Using Tool Bar, Using Tool Bar, Using Shortcut Menus, Changing Entries, Copying Entries, Moving Entries, Inserting Deleting Cells - Formatting Basics – Changing Character Style, Changing Alignment, Changing Column width, Changing Row Height, Sheet Rename, Conditional Formatting,Auto Formatting.

Working with Multiple Worksheet – copying entries between workbooks, Moving sheets work books, Deleting sheets, Quitting Excel- Opening Existing Workbooks – Simple calculations, Doing arithmetic, Totaling Column of values, Naming cells and Ranges. Formatting Text – Displaying dollars and cents, Formatting decimal places, Formatting dates, Copying style and formats, Formulas that Make Decisions – Using IF function, using the nested IF function, Copying formulas.

Checking spelling, Printing Worksheets, Preview Worksheets, Goal seek, scenarios, Macro, Protection- Sorting data, Keeping leading view, Finding records, Adding and deleting records, Filtering records. Plotting charts, Sizing and moving charts, Updating charts,

Changing the charts Type, Using auto format. Creating Macros, Recording Macros, Running Macros

UNIT - VII

Basics of Ms Office Tools, Ms Office Access, Ms Office Groove, Ms office one note, Ms Office outlook, Ms Office power point.

[AYS064-02] - ANATOMY AND PHYSIOLOGY

UNIT-1

Abbreviation- Meaning of the anatomy and physiology- Level of structural organization of the body- Anatomic terminologies- Body planes and sections- body cavities.

UNIT-2

Cell: plasma membrane,cytoplasm,organelles-Cell inclusion-Cells out of control-Tissue:epithelial tissue,glandular epithelium,connective tissue-Muscle tissue-Nervous tissue.

UNIT-3

The integumentary system-The skeleton system-The muscular system-The nervous system-The endocrine system

UNIT-4

The cardiovascular system-The respiratory system-The digestive system-The urinary system

UNIT-5

Fluid and electrolyte balance-The reproductive system.

[AYS064-03] - AYURVEDIC ITIHAASA

UNIT-1

Ayurveda Nirupana - Lakshana of Ayu- Lakshana of Ayurveda- Lakshana and classification of Siddhanta-Ayurveda Darshana Nirupana - Philosophical background of fundamentals of Ayurveda

UNIT-2

Etymological derivation of the word "Darshana- Ayurveda as unique and independent school of thought (philosophical individuality of Ayurveda- Padartha

UNIT-3

Dravya Vigyaniam - Dravya- Panchabhuta- Kaala- Dik-Atma-Purusha-Manas- Role of Panchamahabhuta - Triguna in Dehaprakriti and Manasaprakriti respectively

UNIT-4

Tamas as the tenth Dravya- Gunavigyaniam - Lakshana and classification of all the 41 gunas- Karma Vigyaniam - Description according to Ayurveda- Samanya Vigyaniam

UNIT-5

Vishesha Vigyaniam - Significance of the statement "Pravrittirubhayasyatu- Samavaya Vigyaniam - Lakshana - Practical study /clinical application in "Ayurveda- Abhava Vigyaniam

[AYS064-04] - DRAVYA GUNA AND RASA SHASTRAM

UNIT-1

Dravyaguna Shastra Paribhasa- Lakshana of Sapta Padartha of Dravyaguna Vijnana viz Dravya Rasa-Guna- Dravya: Etymological derivation, definition, panchbhoutikatwa- Guna: Etymological derivation, definition and Classification of Guna- Rasa

UNIT-2

Vipaka: Etymological derivation and definition- Types of Vipaka, (Dvididha-Trividha,Panchavidha) Guna and karma of Vipaka- Grades of Vipaka (taratamya), Vipakopalabdhi hetu (Factors to determineVipaka)-Veerya: Etymological derivation, definition and Swarupa of Virya, Number of Virya

UNIT-3

Prabhava: Definition, Effects of Prabhava- Interrelation of Rasa-Guna-Virya-Vipaka-Prabhava with respect to their strength (balabal nirupana)-Samanapratyayarabdha and Vichitrapratyayarabdha dravyas- Karma: Lakshana, swaroopa and bheda of karma

UNIT-4

Definition and etymology of Rasa, History of Rasashastra, Importance of Rasaushadhi, Concept of Rasa-Rasayana, Concept of Raseshwar Darshana. Concept of Rasashala and Rasamandap- DravyaVarga-Brief description of Yantras and their application UlukhalaYantra, KhalwaYantra etc

UNIT-5

Musha (Crucible): SamanyaMusha, Gostanimusha, VajraMusha, Mahamusha, Yoga musha, VrintakaMusha, Malla / Pakwamusha- Chullika, -Concept, definition and types of Puta- Parada-Co Concept of Murchhana and Jarana of Parada- Rasa sindur, Pottali rasa - Hemagarbhapottali

[AYS064-05] - BASICS OF AYURVEDA

UNIT-1

Understanding Vata, Pitta & Kapha - The dosha family go shopping - Vata dosha & Vata balancing diet - Pitta dosha & Pitta balancing diet - Kapha dosha & Kapha balancing diet - Recommendations for losing weight

UNIT-2

A balanced diet and the six tastes - Improving digestion & maintaining health - Other nutritional considerations - Adverse effects of microwaved food - Summary of dietary principles - The day starts the day before

UNIT-3

Daily routines, exercise & yoga -Dinacharya - Nature's natural cycles - The ideal daily routine - Oil massage & daily massage plan - So-hum meditation - Pranayama - Exercise & daily exercise plan - Ayurvedic warm-up exercises

UNIT-4

Yoga postures & Sun Salute - Yoga practice guidelines - Yoga Nidra - Summary of lifestyle principles -Ayurveda detox programs - Background to Panchakarma - Stages of panchakarma – shamana & purvakarma

UNIT-5

Stages of panchakarma – basti - Stages of panchakarma – rasayana - Stages of panchakarma – post treatment - Panchakarma detox – foods to favour/avoid - Panchakarma detox – post treatment meal routines - Castor oil & Ghee - Maintaining good health - Ayurvedic therapies - Dhatus - Panchakarma FAQ

[AYS064-06] - PRACTICAL - I

[AYS064-06] - PRACTICAL - I should be conducted based on PAPER 1

BSS RECORD NOTE must be utilized by the student to complete this Practical.

[AYS064-07] - PRACTICAL - II

[AYS064-07] - PRACTICAL - II should be conducted based on PAPER 2

BSS RECORD NOTE must be utilized by the student to complete this Practical.

[AYS064-08] - PRACTICAL - III

[AYS064-08] - PRACTICAL - III should be conducted based on PAPER 3

BSS RECORD NOTE must be utilized by the student to complete this Practical.

[AYS064-09] - PRACTICAL - IV

[AYS064-09] - PRACTICAL - IV should be conducted based on PAPER 4

BSS RECORD NOTE must be utilized by the student to complete this Practical.

[AYS064-10] - PRACTICAL - V

[AYS064-10] - PRACTICAL - V should be conducted based on PAPER 5

BSS RECORD NOTE must be utilized by the student to complete this Practical.

[AYS064-11] - AYURVEDA MEDICINES THEORY**UNIT-1**

Theory and Practice of Ayurveda- Foundation- Theory- Constitution and Consciousness- The Physical Body

UNIT-2

Ayurvedic Living- Pharmacology and Pharmacy-Food and Drink- Pathology and Disease- Clinical Methodology and Case History

UNIT-3

Clinical Examination- Treatment of Disease-AyurvedicMateriamedica-Appendix 1. Dietary and Lifestyle Regimens-Appendix

UNIT-4

2. Ayurvedic Formulations-Appendix 3. Glossary of Ayurvedic Herbs, Minerals and Animal Products

UNIT-5

Appendix 4. Ayurvedic Weights and Measures-Appendix 5. Glossary of Ayurvedic Terms-Appendix 6. Ayurvedic Resources

[AYS064-12] - AYURVEDIC DRUGS**UNIT-1**

Ajeernahara (Digestive/Carminative) :Lashunadivati-Lavanavashkarchurna-Sandipanachurna-Hingavashtakchurna-Shankhabhashma-Chitrakadivati-Aatisaraghn (Antidiarrhoeal) :Bilwadichurna-Dhatakyadichurna-Mahashankhavati

UNIT-2

Bhuwaneshworvati- Siddha praneshworvati-BrihadGangadharchurna-Aanandabhairav rasa -Ramvana rasa -Bhunimadikwath-Jeerakadharishta-Ratovari- Kanaka sundar rasa -Karpura rasa -Apashmaarhara (Antiepileptics):Brahmighrita

UNIT-3

Sarashwatachurna-Brihadkasturibhairav rasa -Kalyanakaghrita-Panchagavyaghrita-Sarashwatarishta-Smritisagar rasa -Agnidaghashamak (Drugs of Burns) :Setomalaham-Jatyaditaila-Jatyadighrita-Amlapittaghna (Antacids):Avipattikarchurna

UNIT-4

Tara mandoor-Kaudibhashma-Phalatrikadikwath-DhatriLauha-MukatashuktiBhashma-Laghushutashekhar rasa -PravalBhashmaAyurvedic- Kama dudha rasa -Pravalpanchamrita-Arshadigudavikarnashaka (Drugs for haemorrhoids and anorectaldisesases) :Pranadagutika

UNIT-5

Arshakuthar rasa -Jatiphaladivati-Arshoghnalaham-Jatiphaladighrita-Arshoghnnavati-Changerighrita-Triphalaguggulu-Abhayasharishta-Kasisaditaila-Kankayangutika

[AYS064-13] - DIABETIC CARE IN AYURVEDA**UNIT-1**

Introduction- Epidemiology, Risks and complications of Diabetes -Preventing Heart Disease in Asian Indians-Renal Diet - East Indian

(Odia and Bengali) Cuisine

UNIT-2

South Indian Cuisine -Maharashtrian Cuisine KeyaDeshpande-Gujarati Cuisine - North Indian Cuisine - Nepali Cuisine
SurajMathema- Low Fat Cooking & How to Modify a recipe

UNIT-3

Choosing Healthy Snacks - Desserts of India-Managing your Menu in an Indian Restaurant -Carbohydrate counting for Indian Foods
KarmeenKulkarni- Healthy Weight: Make it Your Lifestyle!

UNIT-4

Healthy Choices in Nutrition and Physical Activity are Most Effective in Fighting Obesity

UNIT-5

Exchange Lists for Indians with Diabetes -Selecting Foods from Different Food Groups in the Asian Cuisine

[AYS064-14] - PRACTICAL - VI

[AYS064-14] - PRACTICAL - VI should be conducted based on PAPER 6

BSS RECORD NOTE must be utilized by the student to complete this Practical.

[AYS064-15] - PRACTICAL - VII

[AYS064-15] - PRACTICAL - VII should be conducted based on PAPER 7

BSS RECORD NOTE must be utilized by the student to complete this Practical.

[AYS064-16] - PRACTICAL - VIII

[AYS064-16] - PRACTICAL - VIII should be conducted based on PAPER 8

BSS RECORD NOTE must be utilized by the student to complete this Practical.