



(Shri Ramkrishna Seva Mandal's)
ANAND COMMERCE COLLEGE

An Autonomous College (2025-26 to 2034-35)

(Affiliated to Sardar Patel University)

NAAC ACCREDITED 'A' GRADE (3.04 CGPA)

ISO 9001:2015

Syllabus as per NEP 2020 with effect from the Academic Year 2025-26



Bachelor of Commerce
B COM Semester – I

Course Code	UC01IKCOM04	Title of the Course	Ayurveda
Total Credit of Course	02	Hours Per Week	02

Course Objectives	<ol style="list-style-type: none"> 1. To introduce the foundational principles of Ayurveda, including its history, branches, classical texts, and the concept of Tridosha and Prakriti. 2. To provide knowledge on Ayurvedic dietetics and digestion, focusing on food types, tastes, dietary rules from Charak, and the impact of seasons, age, and constitution on health. 3. To promote understanding of Ayurvedic lifestyle and mental well-being, including daily and seasonal routines, mind-body balance (Satva, Rajas, Tamas), immunity, and modern applications.
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Unit	Description	Weightage
1.	Introduction of Ayurveda <ul style="list-style-type: none"> • Introduction of Ayurveda–Definition Branches of Ayurveda, books and pioneers. • Concept of Tri dosh and importance of its balance in the body.- Prakriti – Ayurvedic concept of individual constitution (Vata, Pitta, Kapha-based types) • Indic Medical Science and Achievement: Tools and technology. 	35%
2.	Ayurvedic Diet and Digestion <ul style="list-style-type: none"> • Role of Ahara (diet) in health and disease • Six Rasas (tastes) and their effects on Doshas • Food guidelines by Charak: Ahara Vidhi, Viruddha Ahara, Matra (quantity) • Diet planning according to Prakriti, age, season, and time (Ritucharya, Dinacharya) • Importance of water intake and digestive fire (Agni) • Concept of Ama (toxins) and its impact on health 	35%
3.	Ayurvedic Lifestyle and Mental Health <ul style="list-style-type: none"> • Principles of Dinacharya (daily routine) and Ritucharya (seasonal routine) • Swasthavritta – Preventive healthcare and health maintenance • Satva, Rajas, Tamas – Mental qualities and their effect on personality • Concepts of immunity (Ojas, Vyadhikshamatva) and rejuvenation (Rasayana) 	30%

	<ul style="list-style-type: none"> • Holistic lifestyle management through Ayurveda for physical and mental wellbeing • Relevance of Ayurveda in modern wellness and integrative health systems 	
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Teaching – Learning Methodology	lectures (theoretical), Group discussions, Q&A sessions, and student-led presentations.
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Internal and / or External Examination Evaluation

Evaluation and Exam Pattern			
Sr. No.	Details of Evaluation / Exam Pattern	50 Marks (%)	25 Marks (%)
1.	Class Test	15	10
2.	Quiz	15	5
3.	Active Learning	5	-
4.	Home Assignment	5	5
5.	Class Assignment	5	-
6.	Attendance	5	5
Total Internal (%)		50 (100%)	25 (100%)
Total External (%)		50 (100%)	25 (100%)

Course Outcomes: Having completed this course, the learners will be able to	
1.	Understand the core concepts of Ayurveda and be able to identify body types (Prakriti) and Dosha imbalances. Students will understand the core concepts of Ayurveda and be able to identify body types (Prakriti) and Dosha imbalances
2.	Plan Ayurvedic diets and lifestyle routines according to individual constitution, seasons, and digestive health.
3.	Appreciate the relevance of Ayurveda in modern wellness, including preventive care, mental health, and integration with contemporary health systems

Suggested References:	
Sr. No.	References
1.	Shashirekha, H. K., & Bargale, S. S. (2017). <i>Charaka Samhita (Sanskrit + English Translation, Volume I – Sutra Sthāna)</i> . Chaukhambha Publications.
2.	Sharma, P. V. (2014). <i>Sushruta Samhitā</i> (Vols. 1–3, English translation). Varanasi: Chaukhambha Visvabharati.
3..	Murthy, K. R. S. (1995–1996). <i>Aṣṭāṅga Hṛdaya of Vāgbhaṭa</i> (Vols. 1–2, English translation). Varanasi: Chaukhambha Orientalia.
Digital resources to be used if available as reference material	
Digital Resources	
Internet Archive: Digital Library of Free & Borrowable Texts, Movies, Music & Wayback Machine	


Chairman
 BOS of Commerce
 Anand Commerce College


Academic Coordinator
 Anand Commerce College


Principal
 Anand Commerce College