



B. J. VANIJYA MAHAVIDYALAYA

(Autonomous)

(Grant-in-Aid)

(Affiliated to Sardar Patel University)

Vallabh Vidyanagar- 388 120, Dist. Anand, Gujarat, India

Accredited with CGPA of 2.78 on four-point scale at B++ Grade by NAAC

Syllabus as per the NEP 2020 with effect from June – 2024

Bachelor of Commerce (B. Com.)

Semester – I

Course Code	UB01IKCOM07	Title of the Course	Ayurveda
Total Credits of the Course	02	Hours per week	02

Course Objectives:	<ol style="list-style-type: none">1) Explain importance of holistic health care system through Ayurved.2) Derive general contribution of Ayurved in perspectives of health.3) Explain the contribution of charak in an area of health care.4) Differentiate tridosha, kapha, Pitta and vayu.5) Elicit health habits for sound health.
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Course Content		
Unit No.	Description	Weightage (%)
1.	<ul style="list-style-type: none">• Ayurveda as a sub system of Athrvaved and Rugved• Definition and meaning of Ayurveda. charak sahita main points only.• The concept of tridosha and its effect on body. The concept of wholistic health care, Psychosometric aspects and health. Brief on Diagnosis and treatment in Ayurveda.	50%
2.	<ul style="list-style-type: none">• Life style management through Ayurveda.• Water, food, and system of digestion related aspects:• Satva, Rajas, Tamas, and qualities of a person.	50%



	<ul style="list-style-type: none"> • Health care through Ayurveda • Contribution of vaghbhatt and madhav in brief. 	
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Teaching-Learning Methodology	The course would be taught /learnt through ICT (e.g. Power Point Presentation, Audio-Visual Presentation), Lectures, Group Discussions, Quizzes, Assignments, Case Study and Browsing E- Resources.
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Evaluation Pattern		
Sr. No.	Details of the Evaluation	Weightage
1.	Internal Written / MCQ (As per CBCS R.6.8.3)	30%
2.	Internal Continuous Assessment in the form of Practical, Viva-voce, Quiz, Seminars, Assignments, Attendance (As per CBCS R.6.8.3)	20%
3.	Final Examination	50%

Course Outcomes: Having completed this course, the learner will be able to	
1.	Explain the meaning of Ayurveda.
2.	Exemplify tridosh with elaboration.
3.	Derive the importance of health habits.
4.	Discuss the contribution of Ayurveda for holistic health care.
5.	Elaborate the importance of life style management through ayurvedic practices

Suggested References:	
Sr. No.	References:
1.	Charak Sahita, Chaukhambha Prakashak

Sr. No.	On-Line Resources available that can be used as Reference Material
1.	https://archive.org/
2.	https://web.archive.org/web/2/http://ayurved-online.com/

