



## 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 – 2026

Bachelor of Commerce (B. Com.)

Semester – I

|                             |             |                     |          |
|-----------------------------|-------------|---------------------|----------|
| Course Code                 | UBB1VAAYU02 | Title of the Course | Ayurveda |
| Total Credits of the Course | 02          | Hours per week      | 02       |

Course Learning Outcomes: Having completed this course, the students will be able to

|       |                                                                                                                                                                                                                                                                     |
|-------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| CLO 1 | Analyze the foundational principles of Ayurveda, including its Vedic origins, key concepts from the Charaka Samhita, Tridosha theory and its effects on the body, holistic healthcare approach, psychosomatic aspects of health, and basic diagnosis and treatment. |
| CLO 2 | Evaluate the role of Ayurvedic lifestyle management, including water, food and digestion, Sattva–Rajas–Tamas as qualities of a person, healthcare practices, and contributions of Vagbhata and Madhava in promoting health and well-being.                          |

### Course Content

| Unit No. | Description                                                                                                                                                                                                                                                                                                                                                                                        | Weightage (%) | CLO(s) |
|----------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|--------|
| 1.       | Foundations of Ayurveda <ul style="list-style-type: none"><li>Ayurveda as a Subsystem of the Atharvaveda and Rigveda</li><li>Definition and meaning of Ayurveda: Key Points from the Charaka Samhita</li><li>Concept of Tridosha and Its Effects on the Body; Concept of Holistic Healthcare; Psychosomatic Aspects of Health; and Brief Overview of Diagnosis and Treatment in Ayurveda</li></ul> | 50%           | CLO 1  |
| 2.       | Ayurveda for Lifestyle and Health Management <ul style="list-style-type: none"><li>Lifestyle Management through Ayurveda</li><li>Water, Food, and Digestion-Related Aspects</li><li>Sattva, Rajas, and Tamas: Qualities of a Person</li><li>Healthcare through Ayurveda</li><li>Brief Contributions of Vagbhata and Madhava</li></ul>                                                              | 50%           | CLO 2  |

|                               |                                                                                                                                                                                                     |
|-------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 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. |
|-------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|



### Internal and External Examination Evaluation

| Sr. No.            | Details of the Evaluation / Exam Pattern | 50 Marks (%) |
|--------------------|------------------------------------------|--------------|
| 1                  | Class Test (at least one)                | 10 (40%)     |
| 2                  | Quiz (at least one)                      | 05 (20%)     |
| 3                  | Active Learning                          | ---          |
| 4                  | Home Assignment                          | 05 (20%)     |
| 5                  | Class Assignment                         | ---          |
| 6                  | Attendance                               | 05 (20%)     |
| Total Internal (%) |                                          | 25 (100%)    |
| Final Examination  |                                          | 25 (100%)    |

#### Notes:

- ❖ Multiple Choice Questions will be based on Bloom's Taxonomy Level 1 & 2.
- ❖ Class Test and Written Examination questions will be based on various levels of Bloom's Taxonomy.

### CLO-PLO Matrix (Course Learning Outcomes-Programme Learning Outcomes)

| CLO   | PLO   |       |       |       |       |      |      |      |      |       |       |
|-------|-------|-------|-------|-------|-------|------|------|------|------|-------|-------|
|       | PLO 1 | PLO 2 | PLO 3 | PLO 4 | PLO 5 | PLO6 | PLO7 | PLO8 | PLO9 | PLO10 | PLO11 |
| CLO 1 | 2     | 1     | 2     | ---   | 1     | 2    | 3    | 1    | 2    | 2     | 2     |
| CLO 2 | 2     | 2     | 2     | ---   | 1     | 2    | 3    | 2    | 2    | 2     | 3     |

(Scale: 3: Strong, 2: Moderate, 1: Low, ---: No Correlation)

### Suggested Learning Material Books:

| Sr. No. | Title                                           | Author(s)                              | Year / Edition        | Publisher                                |
|---------|-------------------------------------------------|----------------------------------------|-----------------------|------------------------------------------|
| 1       | Charaka Samhita<br>(Translated by P. V. Sharma) | Charaka;<br>Translated by P. V. Sharma | 2017, Revised Edition | Chaukhambha Orientalia                   |
| 2       | Ayurveda: The Science of Self-Healing           | Vasant Lad                             | 1984, 1st Edition     | Motilal Banarsidass Publishers Pvt. Ltd. |
| 3       | Prakriti: Your Ayurvedic Constitution           | Robert E. Svoboda                      | 1998, Revised Edition | Lotus Press                              |
| 4       | Basic Principles of Ayurveda                    | K. R. Srikantha Murthy                 | 2008, 1st Edition     | Chaukhambha Orientalia                   |

### Online Resources (Open Sources)

| Sr. No. | Description of Resource                                                                                                                                                                                                                               | Web Link                                                                                          |
|---------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|
| 1       | Kishore, P. (1981). Clinical Research in Ayurveda: An Overview. Ancient Science of Life. A scholarly article providing an overview of clinical research methodologies, evidence, and applications in Ayurveda. Available through the PubMed database. | <a href="https://pubmed.ncbi.nlm.nih.gov/22556472/">https://pubmed.ncbi.nlm.nih.gov/22556472/</a> |