

**Az indítandó kurzus neve: Introduction to Ayurveda and Integrative Practice of Clinical Medicine**

**CSAK ANGOL NYELVEN INDUL!**

**A kurzus neve magyarul:** Bevezetés az ájurvédába

**(1)Az indítandó kurzus jellege:** optional, 2 hours / week

**Az indítandó kurzus javasolt ECTS kreditje:** 2 credits

**A tárgyat oktató intézet vagy tanszék:** Ayurveda Chair, Department of Pharmacology and Pharmacotherapy

**(2)A tárgy felvételére ajánlott évfolyam:** 5th grade (Faculties of Pharmacy, Medicine and Dentistry)

**(3)Félév:** First semester

**(4)A tárgyfelvétel előfeltétele(i):**

For pharmacy students: after completion of Pharmacology II. and Clinical Basics

For medical students: after completion of Propaedeutics and Pharmacology II.

For dental students: after completion of Dental Pharmacology II. and Internal Medicine II.

**(5)A kurzus indításának létszámfeltételei:** min. 5 max. 25 students

**A kontakt órák száma:**

Lecture: 20 hours Practical: 6 hours

**(6)Előadó tanár(ok):** Prof. Asmita Wele, Chairman, Ayurveda Chair

**A kurzus koordinátorának neve és e-mail címe:** Prof. Asmita Wele  
[asmita.wele@gmail.com](mailto:asmita.wele@gmail.com)  
[asmitawele.ayurveda@unideb.hu](mailto:asmitawele.ayurveda@unideb.hu)

**(7)A kurzus célkitűzései:** To give an insight for holistic clinical practice of medicine using Ayurveda, the traditional Indian medicine system for future scientists to develop research projects in Ayurveda.

**(8)A kurzus tematikája:**

Serial no.	Content	Lecture	Practical
Week 1.	History of Ayurvedic Medical Science. Present status of Ayurveda in India and in the world. Scope of Ayurveda in plural medical scenario. Basic concepts of Ayurveda. Concept of the five proto-elements ( <i>Panchamahabhuta</i> ), three <i>doshas</i> ( <i>Vata, Pita, Kapha</i> ), seven tissues ( <i>dhatu</i> s), three waste-products ( <i>malas</i> ) and their practical utility. Harmonious functioning of Body-Mind-Soul (BMS) system. Eight branches of Ayurveda.	1	1
Week 2.	The concept of <i>Prakriti</i> . Types and subtypes of physical and psychological <i>Prakriti</i> . Methodology of <i>Prakriti</i> analysis of a person. Definition and concept of health, wellbeing and public health ( <i>Swasthya</i> ). Maintenance of personalised health through lifestyle and diet. Demonstration of assessment of physical <i>Prakriti</i> on self and patients.	1	1
Week 3.	Introduction to Yoga. Relationship between Ayurveda and Yoga. The role of Yoga in health maintenance and therapeutics. Demonstration of various Yoga asanas for self practice.	1	1
Week 4.	The Ayurvedic concept of disease ( <i>Vyadhi</i> ). General principles of diagnosis ( <i>Nidaana</i> ). Etiopathology, signs and symptoms and methods of clinical evaluation. Six stages of disease progression ( <i>Shatkriyakaala</i> ). Guideline of disease management.	2	
Week 5.	Introduction to Ayurvedic pharmacology and toxicology ( <i>Dravyagunavigyan, Rasashastra, Bhaishajyakalpanavigyan and Agadtantra</i> ). Sources of drugs: herbal, metallo-mineral and animal including poisons. Classification of drugs based on various criteria. Basic concept of formulation development of drugs and dosage forms. Information on Ayurvedic pharmaceutical unit: ancient and modern. Introduction of Ayurvedic products available on the Hungarian market.	1	1
Week 6.	Concept of Ayurvedic pharmacology: pharmacokinetics and pharmacodynamics. Concept of pharmacotherapeutics and posology. Basics of ayurvedic toxicology drug toxicity, adverse effects and pharmacovigilance. Challenges for Ayurvedic pharmacology. Regulatory aspect of Ayurvedic products in Hungary and in the European Union. Simple products of kitchen pharmacy.	1	1

Week 7.	Introduction to internal medicine ( <i>Kayachikitsa</i> ). Classification of the treatments ( <i>shaman and shodhan</i> ). Treatment guidelines for management of chronic, incurable, allergic, metabolic disorders and iatrogenic, immunological, neurodegenerative diseases. Introduction to various <i>Panchakarma</i> procedures Demonstration of various <i>Panchakarma</i> procedures through DVD.	1	1
Week 8.	Introduction to Obstetrics and Gynaecology ( <i>Prasuti Tantra and Stree Rogas</i> ). Antetal, natal and post-natal care. Common gynaecological disorders and their non-hormonal Ayurvedic management. Management of perimenopausal syndrome, infertility and Poly Cystic Ovarian Syndrome (PCOS).	2	
Week 9.	Introduction to Paediatrics ( <i>Bala Rogas</i> ). Milestones of growth. Management of common paediatric diseases. Malnutrition in infants and children. Common paediatric diseases and their management including Neuromuscular disorders, Attention Deficit / Hyperactivity Disorder (ADHD).	2	
Week 10.	Overview of Surgical Branch of Ayurveda ( <i>Shalyatantra</i> ). Surgical treatment guidelines. Surgical instruments in <i>Sushrutsamhita</i> . Parasurgical procedures: Blood-letting ( <i>Rakta-Mokshana</i> ), healing of wounds and ulcers ( <i>Vranopachar</i> ), Medicated cauterisation techniques e.g. alkali thread ( <i>Kshaarasootra</i> ). Introduction to orthopaedics and techniques of bone setting. Demonstration of <i>Kshaarasootra</i> , <i>Agnikarma</i> , <i>Raktamokshan</i> through CD.	2	
Week 11.	Introduction to Otorhinolaryngology, Ophthalmology and Dentistry ( <i>Shálakyatantra</i> ). Overview of diseases of ENT and eye including dry eye syndrome and their management by <i>Panchakarma</i> procedures.	2	
Week 12.	Gerontology ( <i>Jarachikitsa</i> ) and it's branches: 1) <i>Vájkarana</i> : medical sexology. Management of impotency and male infertility. Various senile health problems and their management 2) <i>Rasáyana</i> : Concept of rejuvenation and healthy ageing, its application areas and contemporaries in modern life. Health-foods and supporting formulations.	2	

Week 13.	Ayurveda as Evidence based medicine. Integration of various Ayurvedic concepts with modern concepts or branches of knowledge. <i>Prakriti and genetics-epigenetics, genomics. Agni and metabolonomics. Bhasmas and nano-medicine, srotas and systems-biology, rasapanchak and network-pharmacology.</i> Scope and issues for evidence regarding research of Ayurveda using conventional modern technologies. Newer research approaches suitable to Ayurvedic clinical medicine.	2	
Week 14.	Exam		

**Mandatory literature:**

1. *DASH Vaidya Bhagwan: Basic Principles of Ayurveda, published by Concept Publishing Company, New Delhi*
2. *DASH Vaidya Bhagwan: Basic Principles of Ayurveda, published by Concept Publishing Company, New Delhi*
3. *LAD Dattatray Vasant: Ayurveda: The Science of Self-Healing, a Practical Guide (2011)*
4. *KULKARNI P. H.: Ayurveda Nidan (Indian medical science series), Second edition (2000) published by Sri Satguru Publications*
5. *SHARMA Priyavrat Acharya (transl.): Charaka Samhita, published by Oriyavrat Acharya, Chaukhambha Orientalia, Varanasi*
6. *DWARAKANATHA C.: Introduction to Kaya Chikitsa, published by Chaukhambha Orientalia, Varanasi*

**Recommended literature:**

1. *SVOBODA Robert E.: Prakriti: Your Ayurvedic Constitution, published by Motilal Banarsidass, ISBN-13: 9788120818408*
2. *VALIATHAN MS: An Introduction to Ayurveda, published by Univeristy Press, Hyderabad*
3. *DWARKANATH C.: The fundamental Principles of Ayurveda, published by the Hindustan Press, Mysore*
4. *RANADE Sunanda Dr.: Ayurvedic Nutrition and Cooking (2007), ISBN: 978-81-7084-357-1*
5. *RAO Mangla Gowri V.: The Essence of Yoga, published by Chaukhambha Orientalia, Varanasi*
6. *SHARMA P.V.: Introduction to Dravyaguna (Indian Pharmacology), Edition III., (2005), published by Chaukhamba Orientalia, Varanasi*
7. *GOGTE Vaidya V M: Ayurvedic Pharmacology and therapeutics uses of medicinal plants (Dravyaguna Vijnana) – English edition (2012), published by Choukhamba publications, New Delhi*

8. *BHARATI Ashwinkumar S.: A Text Book on Agada Tantra, published by Chaukhambha Orientalia, Varanasi*
9. *CHOUDHARY Anand K.: Advanced Studies in Rasa Shastra (An Updated Critical Review of Herbo-Minerallo-Metallo-Bio Dosage forms of Ayurveda), published by Chaukhambha Orientalia, Varanasi*
10. *ATHAVALE V.B.: Pathogenesis in Ayurveda (Samprapti), published by Chaukhamba Surbharti Prakashan*
11. *LELE Avinash – RANADE Subhas – KUTUB Abbas: Panchakarma and Ayurvedic Massage, published by International Academy of Ayurveda, Pune*
12. *BABU S. Suresh – MADHAVI M.: Geriatrics in Ayurveda, published by Chaukhambha Orientalia, Varanasi*
13. *SRIVASTAVA Mayank: A Hand Book of Pediatric Procedures for Ayurvedic Peditriacians, published by Chaukhambha Orientalia, Varanasi*
14. *KUMAR Abhimanyu: Mother and Childhealth Care in Ayurveda, published by Sadguru Publishers, New Delhi*
15. *PATHAK S.N.: Anal Fistula and Ksar Sutra Treatment, published by Chaukhambha Sansrita Series, Varansi*

<sup>(9)</sup>**A számonkérés módja:** oral exam

<sup>(10)</sup>**A vizsga értékelése:** AW5

**1. Curriculum Vitae of Prof. Asmita Wele****PERSONAL DATAS**

<b>Name:</b>	<b>Prof. Asmita Wele Dr.</b>
<b>Date of Birth</b>	25/03/1967
<b>Academic Qualification</b>	M D (Ayurveda Pharmacology), BAMS (Bachelor of Ayurvedic Medicine and Surgery)
<b>Responsibility at present</b>	Chairperson, Ayurveda Chair, Department of Pharmacology and Pharmacotherapy, University of Debrecen
<b>Contact Details</b>	Mob: +36 70 668 7692 E-mail: <a href="mailto:asmitawele.ayurveda@unideb.hu">asmitawele.ayurveda@unideb.hu</a> <a href="mailto:asmita.wele@gmail.com">asmita.wele@gmail.com</a>

**SHORT CV**

Dr. Asmita Wele was the professor and head of the department of Rasashastra and Bhaishajyakalpanavigyan [Ayurveda pharmacology] at College of Ayurveda Bharati Vidyapeeth Deemed University till November 2016. Her expertise lies in designing and execution of end to end research projects of Ayurvedic formulations. She has been Principle investigator of DST (Department of Science and Technology) project, AYUSH projects, member of AYUSH International Collaboration Committee and currently is member scientific advisory committee of Gujarat Ayurveda University, Jamnagar. She also delivers lectures as a resource person in several interdisciplinary workshops and conferences. She has published over a dozen research papers with h index4, and i-10 index 3. She is a reviewer for some indexed journals. Her areas of special interest are Asthma, Cancer and Neuropsychology apart from her expertise in Rasashastra-Bhaishajyakalpana.

She has developed an expertise to design course structure, syllabi and curriculum for standard and short term programmes in Ayurveda education. She also takes courses on research methodology suitable to Ayurveda for post graduate and PhD students.

In continuation of her family legacy of 'Vaidya' tradition from Goa, Dr. Asmita has earned her B.A.M.S. and M. D. degrees from the University of Pune. She has completed GCP Training by CDSCO and EC-IRB training organized by DAIDS supported by National Institute of Health (NIH). She is an active member of many organizations. She had been invited by the European organization 'Traditions D' Avenir' [Traditions for Future] to contribute and draft the policy regarding education and health care delivery by incorporating traditional medicines. She has travelled to Europe, USA, Africa, Nordic countries and Middle East on professional assignments.

## DETAILED CV

### I. Academic/Teaching Experience

- PhD, Post graduate, Under-Graduate and Diploma level teaching.
- 25 years teaching experience in Bharati Vidyapeeth's College of Ayurved mainly in the Dept. of Rasashastra-Bhaishajyakalpana Vigyan [Ayurved Pharmacology]
- Post graduate** teaching and research in the same subject.(1999)
- Teaching the subject **Research Methodology & Medical Statistics** to post graduate students. [1999-till date]
- Examiner** for UG, PG, PhD and Diploma for subject Rasashastra-Bhaishajyakalpana Vigyan and Research Methodology at BVDU, University of Pune, RGUHS Karnataka, Utkal University Odisha, Shankardeo University Assam, Banaras Hindu University Varanasi, Gujarat Ayurveda University Jamnagar etc.
- Selection committee member for post of professor in MUHS and BHU etc.

### II. Administrative Experience

Development of the Department of Rasashastra and Bhaishajyakalpana vigyan: The course in Ayurvedic pharmacology was taught in the third professional year (V and VI semesters) at undergraduate Ayurvedic medical level. It is a separate branch at post graduate level (MD) and further doctoral (PhD) studies.

Pharmacy: A teaching pharmacy unit is developed where 17 dosage forms and over 160 formulations are manufactured. Knowledge of machines like pulverizes, ball mill, pill making, fermenters, capsule filling etc. Well versed with FDA procedures.

Quality control lab: Established a QC laboratory for analytical testing of raw materials and products. Well aware about basic techniques like calorimetry, refractometry, pH metry and advanced techniques like HPLC, HPTLC, ICP-MS, ICP-AES, AAS, SEM, TEM, Raman Spectra etc.

Animal house: Conducted toxicological experiments as per OECD guidelines at CPCSEA approved animal house for some products. I have Sound knowledge of CPCSEA regulations for maintenance of animal house and worked on development of animal model for asthma. Currently I am working in collaboration with pharmacologists on animal models of cognition and stress.

OPD and IPD set up: Monitored a research project on Diabetes Neuropathy using Yashadbhasma [zinc product]. Bio- availability study of an anti asthmatic drug and five research projects at OPD and IPD level for Asthma, involving advanced spirometry techniques along with clinical examinations were completed. Recently a separate research OPD has been started at Ayurveda hospital for Sthaulya (Obesity), Vishad- Avasad (Depression) and Samdnya- smritivicar (cognition and learning memory).

### III. Research References

- Developed specialization to design the protocols for interdisciplinary research projects, experimental and clinical both.

- Published more than 27 articles in various journals, souvenirs and magazines in the field of Ayurvedic pharmacology and research.
- Original research work on ‘Standardization of KapardikaBhasma’ by manufacturing twelve samples and conducting experimental studies to detect safety.(1995)
- Principle investigator of DST project ‘Database of Metals and Minerals in Traditional System of Medicine’. [2002-2004]
- Collaborator for the ISM&H sponsored research project entitled ‘Experimental and Clinical Evaluation of Jasada Bhasma in Diabetic Neuropathy.’ (2003)
- Principal Investigator of the ISM&H sponsored research project entitled ‘Experimental and Clinical Evaluation of Rasayana Karma of Standardized Krishnavajrabhraka Bhasma in Shwasa [Asthma]’. (2004-08 and 2009-2012)
- Expertise of Formulation Development and conduct of Clinical research.
- Presented original research papers in two International seminars in India and in Europe.
- 8 research papers and 1 review article published in indexed journals. Seven more in pipeline.
- Faculty in over 100 State, National & International level conferences, seminars & symposiums and workshops.
- Guide to PG and PhD students in Pharmacology for preclinical and clinical trials. eight students have completed and presently 6 students are working for post graduate degrees and PhD.
- Completed GCP Training National Workshop approved by CDSCO and WHO India office.
- Resource person in several interdisciplinary workshops and conferences organized by the support of ICMR, AICTE, AYUSH, CCRAS and ADMA etc. [2000 onwards]
- Co- investigator for a project of NIH- CAM on HIV-AIDS titled ‘Examination of the use of Traditional Medicines for HIV/AIDS in Pune, India
- Honored as a reviewer for IJAR, J AIM, AYU, Ancient Science of Life [the international journals].
- Completed EC-IRB training organized by DAIDS supported by NIH
- Completed ‘Training of Trainers Program’ for CME of RSBKV at Jamnagar (January 2011)
- Resource person for ‘trainers training’ of Maharashtra University of Health Sciences
- Member Scientific advisory committee of IPGT & RA, Gujarath Ayurveda University. (August 2014 till July 2017)

*IV. Other Experience*

- Member of DST panel of experts on ‘Bhasma’. [2006]
- Convener of select symposia in World Ayurveda Congress[WAC] 2006
- Member of Board of studies (BOS- BHU), Academic Council (AC-RGUHS), Committee of Ethics (EC) and also professional organization like NIMA. [2002-2012]
- Shouldered major responsibility of designing course structure, syllabus and curriculum of D.Pharm Ayu.

- Conducted demonstration workshops for Indian and foreign students regarding manufacturing of Ayurvedic medicine.
- Organization of 2 National level seminars and symposiums in the capacity of organizing secretary.
- Organization of one international conference Global Ayurveda Conference of Bharati Vidyapeeth [Jan 2009] in the capacity of joint organizing secretary.
- Nominated as a member of Research Committee (RSC) of International Cooperation Committee(IC) of Dept. of AYUSH (2009-11)
- Shouldering the responsibility of International Students Cell at BVDU in the capacity of Joint director since April, 2009 and as Director from Jan 2014
- Represented India and Bharati Vidyapeeth in the meeting of ‘Traditions D’ Avenir’ to decide education policy of traditional medicines for African countries.
- Delivered a lecture on Cancer Treatments Ayurvedic Scientific Perspectives at CME for Doctors in Boston. (2013)
- Areas of Special interest are Asthma, Cancer, Neuropsychology, Immunomodulation (Rasayan), Metabolic diseases and Nutraceuticals (including Diet and Lifestyle)

*V. Awards And Honours*

- Recipient of Gold medal for MD dissertation. [1996]
- Recipient of ‘Best scientist - 2005’ award in the name of late vaidya M. V. Kolhatkar by VPHYV Khadiwale Vaidyak Samshodhan Sanstha

*VI. Extra Curricular Activities*

- Prize holder in many elocution competitions, essay writing competitions and inter-school drama competitions since primary school till the end of professional education.
- Prize holder in the game of Badminton.
- NESPA’s best student award for the year 1981 - 82.
- Professional compere in medical conferences and doctors’ groups as a hobby.
- Travelled to Europe, USA, Africa, Nordic countries, middle east on professional assignments.
- Especially likes to meet people, make friends, visit places & read about science, world history & heritage.

## Kitöltési útmutató

(1) A kurzust **kötelezően választhatónak** vagy **szabadon választhatónak** javasolják? A megszerezhető kredit számának megadásánál kérjük figyelembe venni a jelenlegi gyakorlatot: 15 óra/1 kredit.

(2) Melyik évfolyamon javasolják a kurzus felvételét? Nem szükséges egyetlen évfolyamot megadni, de azt feltétlenül kérjük jelezni, hogy mely évfolyamtól kezdődően vehető fel a tárgy (pl. III-V. év).

(3) Az I. vagy II. félév során kívánják a tárgyat meghirdetni?

(4) Milyen speciális feltételek teljesítése után vehető fel a tárgy? (Pl. előfeltétel tárgy megadása, és/vagy legalább közepes érdemjegy a Biofizika tárgyból.)

(5) Itt kérjük definiálni azt a minimális hallgatói létszámot, amivel a kurzust már elindítják; továbbá a kurzust maximálisan felvehető hallgatók számát (pl. 5-50 fő). Ha nincs felső limit, akkor csak a minimum adandó meg.

(6) Mindazon oktatók nevét kérjük megadni, akik a kurzus lebonyolításában részt fognak venni. Ha az oktatás az egész intézetet érinti, akkor a következő módon kell eljárni: „{A kurzus koordinátorának a neve} és munkatársai”.

(7) Kérjük röviden fejtse ki, hogy mi a kurzus célja! Milyen új képességekre tesznek szert azok, akik azt sikeresen elvégzik?

(8) Kérjük adja meg a kurzus hetekre lebontott tematikáját; az előadások, szemináriumok és/vagy gyakorlatok témáját!

(9) Kérjük a számonkérés módját megadni (pl. szóbeli vizsga, írásbeli vizsga, projektmunka beadása, stb.).

(10) Vizsga típusa: 5 fokozatú gyakorlati jegy / AW5

### Kérelmek beadási határideje:

- I. félévre előző tanév május 31.
- II. félévre adott tanév december 31.

Kitöltés nyelve: magyar nyelven tanuló hallgatók számára a nyomtatványt magyar nyelven, a TOK hallgatók számára meghirdetni kívánt kurzus esetében angol nyelven kérjük kitölteni.