

## **Course Name: Understanding wellness and disease in *Ayurveda* and Biology**

Start Date: 01.05.2019

Fees: Rs. 3000/-

### **Learning objectives**

- To introduce the concepts of life, wellness and disease from both Ayurvedic and modern biology perspective.
- To understand the philosophical differences of health and disease in *Ayurveda* and modern biology.
- To understand the whole body make-up, organ systems and their interactions.
- To understand the theories on disease manifestation and identification of stages of a disease in both the systems.
- To understand the concepts of human anatomy in *Ayurveda* and modern biology.
- To understand the theories on disease manifestation and identification of stages of a disease using the concepts of *Tridosha*.

### **Key knowledge activities**

- Students will learn the Ayurvedic principles of health and wellness; disease manifestation, diagnosis and treatment approaches with selected examples.
- Understand the Ayurvedic principles of human physiology and anatomy
- Understand the science of how the whole body make-up and how body works in terms of the interactions of molecules, cells, tissues and organs.
- Learning the fundamental building blocks of life and their role in metabolic pathways.

### **Key practical activities**

- Practical aspects related to the course will be covered in the lab-rotation phase.

### **Assessment guidelines**

- Continuous assessments, Assignments, presentations and end semester examination.