

# Mindset for Under Graduate and Post Graduate Students in Ayurveda

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## ABSTRACT

The BAMS course has been designed in such a way so that candidates learn every aspect of Ayurveda. Apart from academic qualification, some skillsets are needed to be recruited by top companies of this field. Candidates should have an interest in plants and herbs. At the same time, they should have decision-making and counselling abilities. First year has subjects like Shareera Rachana and Shareera Kriya also Sanskrit which will help building the foundation of knowledge. Sanskrit is an ancient still most scientific language of India. The ancient literature created About various subjects in this region is in Sanskrit. The richness of Sanskrit language is accepted by Intellectuals across the world. Induction programme is Conducted accordingly to make new batch students familiar with the institute, campus, modus operandi of the college, office, staff members and the basics of the Course.

**KEYWORDS:** BAMS, Dinacharya, Ritucharya, Panchabhuta chikitsa, Nadi Pareeksha

## INTRODUCTION

The course most of students entered because of they didn't get admission in contemporary science. Or are weak in engineering subjects. Or just want to prefix name with Dr. or by parents advice or even by their force. However they have entered, so start loving this divine science. Of course divine, otherwise each and every theories and aspects told centuries back would have not hold good even in this present era of technologies. Most of the students with the dream of becoming a doctor mainly opt for M.B.B.S.

The Glamour and Glittery world in cinemas Showcases doctors with very white high sleeved aprons, a stylish stethoscope and nicely cut open hairs. First Thing to Remember is You Do not Choose Ayurveda. Ayurveda Chooses You. So leave prejudice thoughts about medical profession and enter in the world of Ayurveda First year is really tough. The basic Ayurvedic Studies is not at all familiar to anybody. On times it may feel like an Alien Ship to you. But Hard Work is the key. First year has subjects like Shareera Rachana and Shareera Kriya also

Sanskrit which will help building the foundation of your knowledge.

Padartha Vigyana fulfills the holistic approach of Ayurveda. Though find bit difficult to understand this initially, dedication, involvement, hard work and rational approach will really helps to learn padartha vigyana better which includes the basic principles of Ayurveda. The Bruhat trayi's are distributed in each year. Ashtanga hridaya, one among bruhatraxis is there in first year that is only the sutrashana, which includes all the aspects of Ayurveda.

Constant practice of Sanskrit and then command in reading and understanding will help in analyzing the samhitas, Ayurveda is the traditional medicinal system of India. So it's roots in the ancient classic literature. There are many evidence of Ayurveda in Ramayana, Mahabharatha, Veda and Upanishat. Ayurveda is the Upaveda of Ayurveda. In one incident of Ramayana, Mother Sita while sending message to Lord Rama tells him to come and rescue her as early as possible or else the demons will cut her into pieces

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as a dead foetus is cut into pieces inside the womb in order to remove it from the womb. Acharya Ravana is known for his expertise in preparation of fermented drinks using flowers and fruits. He is also known for his contribution in kaumarabhritya. Muni Kashyapa at the time of King Parikshit was a well-known physician having expertise in Visha Chikitsa. Along with its ancient background various medicinal preparations and explanation of many diseases establishes the scientific base of Ayurveda.

### **Applied Ayurveda:**

To achieve the dharma, artha, kama and moksha the knowledge of Ayurveda is very important<sup>1</sup>. The latest trend of Body Engineering can be easily achieved by following Dinacharya<sup>2</sup>, Rutucharya<sup>3</sup>. Seasonal purificatory measures and by maintaining the circadian rhythm.

### **Strength of Ayurveda:**

In the world of extensive clinical trials going on for ages. Ayurveda is a system of medicine where the action and counter-action are both equally known and stabilised in the formulations. So a well versed Ayurveda Practitioner is like Moon amongst the Stars. Talking about limitations of Ayurveda there are various fields where thorough research is needed Ayurveda needs to be understood and explained. Various researches are going on in Ayurveda to treat chronic fatal illnesses. ayurveda also needs to extend it's hands in emergencies. For all these researches to give fruitful results government support is very much needed. To bring Ayurveda into limelight, now the ministry of AYUSH has been set up in Central which have it's collaboration with different countries and also WHO. Various institutes like CCIM, NCIM, CCRAS, AIIA NIA, GAV, RJAV etc are making considerable efforts in the field of research and development of Ayurveda. So there is a huge scope for all to do research in Ayurveda along with practice or teaching in order to explain it's concepts in the light of recent trends which the world is looking for.

For this, need to study and understand Ayurveda properly. So work hard, hard work never fails, change mindset, start loving Ayurveda. This mindset will really make a huge difference and always remember this quote . . . . . vidyaarthino kutho sukham, sukhaartino kutho vidyam”

Sanskrit is an ancient still most scientific language of India. The ancient literature created about various subjects in this region is in Sanskrit. The richness of Sanskrit language is accepted by Intellectuals across the world. The literature of Ayurveda is also found in Sanskrit, without understanding the language of the science, it is really hard to read and understand the terminologies, theories, principles of the science

given in the Samhitas. Many of the students coming for the course partly introduced or not introduced to the Sanskrit language previously. Hence for understanding Ayurveda in its originality, Sanskrit is one of subject in First year BAMS curriculum. Similar to any language Listening, Reading, Writing and Speaking are the four pillars of a sanskrit. Reading, writing and understanding samhitas will be emphasized and listening and speaking can give confidence to the student and enhance the study. Learning a language just by studying the theory is not enough hence curriculum of Sanskrit is designed by combining traditional Sanskrit teaching with new teaching health science education technologies. This changed curriculum involves many new teaching learning techniques and assessment methods. Based on the course outcomes, curriculum is divided in papers.

Important objectives are appropriately planned as per domains of learning. Supported by interactive methods of teaching and learning by using Audio-visual aids. There will be practicals and demonstrations based on Language Lab Activities for enhancement of practical use of Sanskrit. Practical can give a chance of acquiring skills by Practice of use of Sanskrit in Samhitadhyayana. Application of learned Sanskrit will be practically ensured. By reading newly introduced Ashtang Hrudayam. Students can experience of application of Sanskrit. Grammer in Samhitadhyayana. Introduction to niruktis, dictionaries and Shabdakoshas can motivate students to derive and understand meanings from Sanskrit verses on their own. As this is a language, learning to communicate in this language is very much essential. Addition of Sanskrit communication as a part of curriculum is for overcoming the fear of learning a new language. History of Ayurveda is also added in second part of the Sanskrit. As an ancient science, its gradual development. Important milestones, different Schools of thoughts, important traditions, followers in traditions, their contribution etc will be introduced in History. Contribution of Scholars of modern era, important institutes and globalization are few more points for history. Activity based learning and Objective assessment are the most important changes to change perception towards study of history.

### **Skillsets required for BAMS**

BAMS is 5.5 years bachelor degree course including 4.5 years of academic sessions and one year of internship. The course has been designed in such a way so that candidates learn every aspect of Ayurveda. Apart from academic qualification, some skillsets are needed to be recruited by top companies

of this field. Candidates should have an interest in plants and herbs. At the same time, they should have decision-making and counselling abilities. Some of the skills are as follows:

### Introduction and scope of PG course

Professional graduation courses in India have focussed on skill development and career building in Government sector as well as in corporate sector. BAMS (Ayurvedacharya) is one such course. The Syllabus and curriculum of BAMS Course across India in current scenario are uniform as per the MSR (Minimum standard Regulation) of CCIM New Delhi, the apex body as per IMCC act. In Karnataka State, the teaching and training in BAMS Course is as per the RGUHS Bengaluru, which is the affiliating university to conduct course and examination. The students willing to join BAMS Course are appearing to NEET examination under All India Quota and state quota. Induction programme is conducted accordingly to make new batch students familiar with the institute, campus, modus operandi of the college, office, staff members and the basics of the Course. In a bird's view, precise information is needed to know about the course proper, its future opportunity scope in Global perspective and market values with respect to legal conglomeration.

As per the above body rules there is a provision to the post graduate studies in Ayurveda, once a student completes the BAMS course. Through All India common entrance test, the eligible BAMS graduates will get admission to PG course in Government and Private PG Institutes of Ayurveda. The graduate who gets admission in national Ayurveda Institute and Government Ayurveda Colleges are eligible to receive specified monthly money as stipend during the scheduled period. Stipend is also given in Government Ayurveda colleges to the CRHS Or house surgeons after completing successfully the final year BAMS exams.

Post graduate study is a 3 years course after the completion of BAMS degree course. After the admission to post graduate course, there will be one preliminary exam at the end of first year for two papers viz. Research methodology and biostatistics and concerned subject speciality each will have theory and practical examination as per the schedule. A final examination will be conducted at the end of 3<sup>rd</sup> year of the course, after submitting a dissertation which is compulsory partial fulfilment to get a PG degree.

Post graduate courses are of mainly two types viz. clinical branches and non-clinical fundamental branches. Clinical PG courses are in the subjects kayachikitsa, salyatantra, Bala roga, Salakyatantra,

Panchakarma, Prasooti tantra and streeroga. Fundamental PG departments are Shareera rachana, Shareera kriya, Samhita and Sidhanta, Dravyaguna, Rasashastra evam bhaisajya kalpana, Agadatantra, Swasthavrita.

PG course enhances the clarity of the subject, mandatory for college teacher post, Primary step to enter into research activities, Scope to become specialist, Scope to get abroad jobs, Placement in CCRAS, NIMHANS etc, Starting Industries, Scope in Research and Development sector.

In the past, there was only one option available for freshly Graduated doctors, and that was to start one's own practice. However, today there are many promising opportunities available for BAMS graduates. The areas which are available for a BAMS graduate to build a career successfully can be broadly classified into the following five categories:

- Clinical practice
- Academic
- Research
- Management and administration
- Drug manufacturing

The present article discusses some of these options in detail. While selecting a career, a student should try to match his or her own interest, basic qualities as well as specific qualities, which a specific field may demand, and the resources available to him/her with the requirement of the career option.

### Clinical Practice

A student entering Ayurvedic practice cannot avoid the detailed study of Ayurvedic Samhitas. The student should also be well aware about modern medical science and interpretation of modern diagnostic tests. Practical experience is equally required for becoming a successful practitioner. It is advisable that a student works with senior practitioners for at least 1–2 years before setting up his own practice. Along with regular practice, a student can also opt for specialized practice after acquiring proper knowledge, e. g. , therapy of skin diseases, spinal disorders, ophthalmologic conditions, ano-rectal diseases, etc. , where Ayurveda has a special role to play today. In India, there are various traditions of Ayurvedic practice like Panchabhautika Chikitsa<sup>4</sup>, Nadi Pariksha<sup>5</sup>, Dhatu Chikitsa, etc. Students can learn such traditions and follow them in their practice. Students can add value to their practice by combining various therapies such as Panchakarma, Yoga, Ayurvedic dietetics, Counseling, Physiotherapy, etc. , by doing additional diploma/Certificate courses available.



A postgraduate diploma in Emergency Medicine, which is a short course of 6 months conducted in Modern Tertiary Healthcare Hospitals can help give value addition to the clinical practice of a BAMS student.

### Research

Apart from MD and PhD courses, there are other good courses useful for a career in research such as MSc or PG Diploma in Clinical Research. These courses are available at various Institutions and universities throughout the country. Cranfield University (UK), through its branches in India, also offers a Masters degree in clinical research. The duration of such studies varies from 6 months to 2 years. The course modules are extensive and include various aspects of clinical research with more focus on data analysis and management. After completion of this course, students can get job as Clinical Research Associate in research unit of pharmaceutical companies.

MSc (Biotechnology/Bioinformatics/Health Sciences) is a very challenging course and is also available for BAMS students at some universities. This is a 2-year, full time course. Students who are interested in fieldwork as well as research can go for this course which has promising opportunities in future. Some courses useful for research careers are short course on statistics and epidemiology (Christian Medical College, Vellore), and Clinical Toxicology. In the research field, a student can join as Jr. Research Fellow on research projects which are conducted by various Institutions/colleges/university departments which are financially supported by ICMR, CSIR, CCRAS, DST, etc. on getting experience, they can get Sr. Research Fellowship and this work can lead to a PhD.

### Management

For students who are not interested in clinical practice but want to have a career related to the medical field, there are ample choices. MPH (Masters in Public Health), MHA (Masters in Health Administration) and MBA (Hospital and Healthcare Management) are in great demand. Other than this, courses like Sports Medicine, Disaster Management, Industrial Management, Preventive and Promotive healthcare, Masters in Personnel Management are also good options. UPSC examinations and state level administration examinations are conducted every year. BAMS students are eligible to appear for these examinations and enter in the government services as administrator.

### Drug Manufacturing

In the manufacturing sector, production of Ayurvedic medicines is a booming business. Apart from actual

manufacturing, other allied aspects such as cultivation of medicinal plants, trading Raw materials in the form of powder, extracts, oils, etc. , are also in great demand. Not only medicines, but also Ayurvedic cosmetics and food products have equally big market. It is the need of time that many Ayurvedic graduates should come in this field and use their knowledge and skill.

### Rashtriya Ayurveda Vidyapeet

RAV was established in the year 1988 as a premier Autonomous Institute of Ayurveda, under the Ministry of Ayush. It has been playing an important role in reviving the traditional method of the Gurukul system of education in Ayurveda. Through RAV different courses are being conducted under Guru Shishyaparampara which students can pursue after graduation. Students can learn the skills of Ayurvedic diagnosis and management individually under various Gurus across the country in different specialities.

### CONCLUSION

Ayurveda is one among the seven Ayush systems and is referred to as the science of life. For years, it has been a key part of a comprehensive natural healthcare system in India. With the increase in demand for traditional medicines and healthcare services over the years, a career in Ayurveda has become a much sought after career option. The Ministry of Ayush under its medical education has established many premier institutes in the field of Ayurveda. These institutes play a pivotal role in undertaking teaching, training, research and development in the field. The standard of medical education in Ayurveda is regulated by the Central Council of Indian Medicine (CCIM), which lays down the standards of medical education in Ayurveda, Siddha and Unani through its various regulations.

The PG course in Ayurveda has picked good pace after apex body regulations since last three decades. PG studies has its own scope and importance in current Ayurvedic scenario, however a good undergraduate education cannot be degraded.

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