

Swarnim start up and innovation University

**Aarihant Ayurvedic Medical College and Research Institute,
Gandhinagar**

VALUE ADDED COURSE (2019-20)

Rachana sharir department

Course name – Certificate Course in Garbha sharira vigyan

Organizing Department – Rachana sharir

Course code –RSCGV1

Course co-ordinators – Dr. Ekta M. Vyas

Duration – 30 hours

Date – 1st January 2020 to 22nd February 2020

Preamble

"In the study of garbha sharir vigyan, we delve into the intricate development of life from conception to birth, exploring month wise foetus development (mysteries of embryonic growth, cellular differentiation, and the formation of organs and systems within the womb) .This field illuminates the profound journey of human life, blending scientific inquiry with a deep appreciation for the wonders of creation. Along with Ayurveda prospective regarding the regimen follow by pregnant women to enhance the growth of foetus which also involves contraindications of food, regimen to prevent Deventmental disorder in therie child. Garbha sharir vigyan intertwines ancient literature and modern discoveries, offering a profound understanding of the entirety of human existence."

Aim:

The aim is to teach about Garbha sharira so it can help the society to have a better knowledge about month wise development of foetus. It can improve feotal health by aushadhi and garbha sanskara to improve development of fetus i.g. in fifth month brain starts to develop so mother must try to solve Mathematical Puzzles along with maidya dravyas. All of these procedure during pregnancy also help to prevent the developmental Anomalies in children like cerebral palsy, congenital heart disease etc.

Objectives

- To give knowledge about Garbha mansanu masil vikasa by Ayurveda.
- To teach about month wise diet and Ausadhi along with Sanskaras.
- To teach about things that can be prevented by mother during these nine months so it can help in preventing many disease to develop in their child.

Content of the course

Sr.no.	Module	Duration
1.	Introduction of Garbha sharira	1 hour
2.	Reference given in samhita and other Scriptures	1 hours
3.	Definition of Garbha	1 hours
4.	Masanu masik Grabha vikas as per Acharya sushrut	1 hours
5.	Masanu masik Grabha vikas as per Acharya charaka	1 hours
6.	Masanu masik Grabha vikas as per Acharya Vagbhatta, Acharya kashyap, Acharya buavprakash	1 hours
7.	Masanu masik Grabha vikas as per Acharya Harit and Garbhonishad.	16 hours
8.	Garbhini paricharya as per Acharya charaka and Acharya sushrut.	2 Hours
9.	Garbhini parichay as per Acharya Harit and Acharya Vagbhatta.	1 Hours
10.	Acharya Bhavmishra describe Dosha visistha Ahara which leads to anomalies in foetus.	2 Hours
11.	Acharya charaka describe various types of Ahara and vihara which leads to disease in foetus.	2 Hours
12.	Month wise taking Aushadhis for better development of foetus.	2 Hours

Teaching aids

PPTs, literature review, charts and Discussion, PPTs

Teaching Methodology:

How to instruct and guide pregnant women and their families.

Intake capacity- 60

Assessment Criteria:-

Exam will be conducted offline at Swasthavritta and Yoga Department. Assessment will be done with oral examination, assignments, and practical. Online students must activate their video cameras for attendance to be recorded.

Eligibility Criteria:-

Medical Students – UG, PG students / Teachers of BAMS, BHMS, BUMS, BYNS, BPT, MBBS, Nursing



Principal
Aarohant Ayurvedic Medical
College and Research Institute

