



Khaja Bandanawaz University

Subject :- EIKT (5th sem)

Medicine (Ayurveda)

- The word Ayurveda is derived from two words, Ayus and Veda. The word Ayus is generally translated as “life.” The Charaka Samhita defines Ayus as the association of body, senses, mind and atman. Ayus is also called dhari (one which holds), jivita (flow of consciousness), nitya (one with constant movement) and anubandha (one which binds or connects).
- Ancient Indians considered the body to be the first instrument for leading a satisfactory life by performing the right deeds for the attainment of purushartha. Therefore, health was considered an important aspect of life, and according to Charaka, Ayurveda must be studied and practised by every individual in society.

I. Characteristics of Ayurveda

1. The origin of Ayurveda is traced back to the four Vedas.
2. Important treatises: Charaka Samhita, Sushruta and Ashtanga Hridaya.
3. Ayurveda borrows philosophical aspects.
4. Good health is based on equilibrium.
5. Maintaining physical, mental and spiritual wellbeing.
6. WHO: mental wellbeing is part of health.
7. Physical aspect of health.
8. Psychological aspect of health.
9. In Ayurveda, overall health is determined by the physical and psychological environment.

Role of Environmental Factors

1. Daily routine, seasonal changes, lifestyle, diet and regular exercise help maintain health.
2. Modern systems such as allopathy are primarily oriented towards treatment.
3. Ayurveda is oriented towards prevention, health maintenance and treatment.
4. Disease is the product of an imbalance in the body and mental elements, which reduces the body's resistance to diseases.
5. If the imbalance is corrected and the body's defence mechanisms are strengthened by medicine, lifestyle changes and diet, the body will resist a disease and eventually eliminate it.
6. According to Samkhya philosophy, the human mind is a manifestation of Prakriti (nature).
7. Internal enemies of humans include lust, anger, greed, delusion, pride and envy.
8. Modern systems such as allopathy are primarily oriented towards the treatment of disease.
9. One of the cornerstones of health in Ayurveda is a balanced state.
10. Ayurveda scholars have also identified the organs.

Indian Architecture

Model 2: Indian Arts, Culture and Heritage

I. A Historical Perspective

The architectural legacy of India can be understood from archaeological excavations pointing to town planning and a large number of monuments maintained by the Archaeological Survey of India.

1. The extensive archaeological explorations of the Sindhu-Sarasvati civilisation.
2. Analysis of sites such as Dholavira, Lothal, Harappa and Mohenjo-daro points to well-developed town planning.
3. Harappa was a planned city spanning over 25 hectares.
4. Complex structures, such as the Great Bath at Mohenjo-daro.
5. General house plan.
6. Drainage system of the later Ganga civilisation.
7. The drainage system.

8. Public water tanks, granaries and a Great Bath.
9. Town planning and building techniques.
10. Urban planning and architecture.
11. The cities of Ayodhya and Lanka.
12. Vastu Shastra — the science of architecture.
13. Office complexes and locating rooms in appropriate directions.
14. Sculpture, painting and furniture.
15. Vastu Shastra is also known as Vastu Vidya or Shilpa Shastra.
16. Vastu integrates the design and construction of towns, temples and other buildings.
17. Measurements, designs and layout aspects of buildings are also considered.

II. Town Planning

Villages are the basic units of human inhabitation. The other elements are towns, forts, the capital city and military cantonments.

- Civil architecture
- Temple architecture
- Artistic creations
- Other issues

Indian Literature

1. Shatapathas are found in the Vedic literature.
2. Epics, Puranas, Brahmanas, Agamas, Sutras and Shilpa Sutras.
3. Ramayana and Mahabharata.
4. Arthashastra of Kautilya.
5. Arthashastra defines vastu as houses, fields, gardens, bridges and lakes.

III. Alternative Designs for Town Planning

- Military buildings
- Residential buildings
- Royal palaces

- Sabha

IV. Temple Architecture

A temple is an important element of Vastu Shastra, as the building of a temple is considered important by kings and wealthy individuals.

Components of temple architecture:

- Garbhagriha
- Mandapa
- Prakara
- Adhisthana
- Stambha
- Prastara
- Shikhara
- Stupi

Linguistic Traditions

I. Introduction

Language has been the most effective tool for our communications since time immemorial. Though some basic communication can be handled with gestures, language becomes inevitable for communicating elaborate and complex ideas. Scientific discovery, the advancement of knowledge and collaborative working require a common method of communication.

1. Language has been the most effective tool for our communication.
2. Language becomes inevitable for communicating elaborate and complex ideas.
3. Scientific discovery, the advancement of knowledge and collaborative working require a common method of communication.
4. Language plays this role in a civilised society.
5. As technology and computing prowess improve, we are able to develop better applications using artificial intelligence techniques.
6. This requires us to develop efficient natural language processing capabilities.

7. A systematic study of languages and their capabilities for evolving requirements has become important for the science and technology community.

II. Components of a Language

1. The preservation of the Vedas and their meaning was given utmost importance.
2. Linguistics was an important discipline to be studied by everyone.
3. Six Vedangas — Siksha, Nirukta and Vyakarana focused on phonetic and syntactical aspects of language.
4. Several Indian languages have borrowed the syntactical and phonetic structure, language organisation and vocabulary from Panini's work on Sanskrit grammar.
5. Panini's work on Sanskrit grammar, known as Ashtadhyayi, is a process of refinement and syntactical structuring.
6. The language is called Sanskrit and is considered a fine creation of human intelligence.

III. Basic Features — Sanskrit: A Powerful Language

1. The entire vocabulary of the Sanskrit language could be created using the 3,983 rules.
2. Language processing and word generation are strictly rule-based and derivative in nature.
3. The derivation of words using the rules could be done using a step-by-step process.
4. The entire scheme for word generation follows a highly modular approach.
5. The entire language is rule-based; the vocabulary is not fixed or static.
6. Ashtadhyayi deploys several interesting data structures and computational elements that make it unique among linguistic studies.

Indian Tradition and Culture

I. Indian Tradition and Culture

Culture refers to the patterns of thought and behaviour of people. It includes values, beliefs, rules of conduct, and patterns of social, political and economic organisation. These are passed on from one generation to the next by formal as well as informal processes. Culture consists of the way in which we think and act as members of a society.

All the achievements of group life are collectively called culture. Scientific and technological

achievements are seen as distinct from culture, which is associated with the non-material, higher achievements of group life: art, music, literature, philosophy, religion and science.

II. Concept of Culture

The English word culture is derived from the Latin term cult or cultus, meaning tilling, cultivating, refining and worship. In sum, it means cultivating and refining a thing to such an extent that its end product evokes our admiration and respect.

III. Important Characteristics of Indian Culture

1. Unity in diversity.
2. Geography, caste, creed, language and religion in politics.
3. Dr. R. K. Mukerjee: India is a museum of different types of communities, customs, traditions, cultures, beliefs, languages, castes and social systems.
4. According to Pandit Nehru: Those who see India are deeply moved by its unity in diversity. No one can break this unity. This fundamental unity of India is its great fundamental element.
5. According to Sir Herbert Risley: Even after linguistic, social and geographical diversity, a special uniformity is seen from Kanyakumari to the Himalayas.
6. Indian culture is a huge tree, the roots of which have Aryan culture.
7. Culture is the product of such an organisation and expresses itself through language, art, philosophy and religion.
8. It also expresses itself through social habits, customs, economic organisations and political institutions.
9. Culture has two types: (1) material and (2) non-material.

Material Culture

- Technology
- Instruments
- Material goods
- Consumer goods
- Household designs
- Architecture
- Modes of production

- Trade and commerce
- Welfare and social activities

Non-material Culture

Norms, values, beliefs, myths, legends, literature, ritual, art forms and other intellectual-literary activities.

Indian culture stands not only for a traditional social code but also for a spiritual foundation of life.



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