

**INDIAN SYSTEMS OF MEDICINE  
(MPG 203T)**

**SCOPE**

To make the students understand thoroughly the principles, preparations of medicines of various Indian systems of medicine like Ayurveda, Siddha, Homeopathy and Unani. Also focusing on clinical research of traditional medicines, quality assurance and challenges in monitoring the safety of herbal medicines.

**OBJECTIVES**

After completion of the course, student is able to

- To understand the basic principles of various Indian systems of medicine
- To know the clinical research of traditional medicines, Current Good Manufacturing Practice of Indian systems of medicine and their formulations.

**THEORY**

60 Hrs

- |    |  |           |
|----|--|-----------|
| 1. | Fundamental concepts of Ayurveda, Siddha, Unani and Homoeopathy systems of medicine<br>Different dosage forms of the ISM.<br>Ayurveda: Ayurvedic Pharmacopoeia, Analysis of formulations and bio crude drugs with references to: Identity, purity and quality.<br>Siddha: Gunapadam (Siddha Pharmacology), raw drugs/Dhatu/Jeevam in Siddha system of medicine, Purification process (Suddhi). | 12<br>Hrs |
| 2  | Naturopathy, Yoga and Aromatherapy practices<br>a) Naturopathy – Introduction, basic principles and treatment modalities.<br>b) Yoga – Introduction and Streams of Yoga. Asanas, Pranayama, Meditations and Relaxation techniques.<br>c) Aromatherapy – Introduction, aroma oils for common problems, carrier oils.  | 12<br>Hrs |
| 3  | Formulation development of various systems of medicine<br>Salient features of the techniques of preparation of some of the important class of Formulations as per Ayurveda, Siddha, Homeopathy and Unani Pharmacopoeia and texts.<br>Standardization,<br>Shelf life and Stability studies of ISM formulations.   | 12<br>Hrs |

- |   |   |           |
|---|---|-----------|
| 4 | <p>Schedule T – Good Manufacturing Practice of Indian systems of medicine</p> <p>Components of GMP (Schedule – T) and its objectives, Infrastructural requirements, working space, storage area, machinery and equipments, standard operating procedures, health and hygiene, documentation and records.</p> <p>Quality assurance in ISM formulation industry – GAP, GMP and GLP. Preparation of documents for new drug application and export registration.</p> <p>Challenges in monitoring the safety of herbal medicines: Regulation, quality assurance and control, National/Regional Pharmacopoeias.</p> | 12<br>Hrs |
| 5 | <p>TKDL, Geographical indication Bill, Government bills in AYUSH, ISM, CCRAS, CCRS, CCRH, CCRU</p>  | 12<br>Hrs |

REFERENCES (Latest Editions of )

1. Ayurvedic Pharmacopoeia, The Controller of Publications, Civil Lines, Govt. of India, New Delhi.
2. Hand Book on Ayurvedic Medicines, H. Panda, National Institute of Industrial Research, New Delhi.
3. Ayurvedic System of Medicine, Kaviraj Nagendranath Sengupata, Sri Satguru Publications, New Delhi.
4. Ayurvedic Pharmacopoeia. Formulary of Ayurvedic Medicines, IMCOPS, Chennai.
5. Homeopathic Pharmacopoeia. Formulary of Homeopathic Medicines, IMCOPS, Chennai.
6. Homeopathic Pharmacy : An introduction & Hand book, Steven B. Kayne, Churchill Livingstone, New York.
7. Indian Herbal Pharmacopoeia, IDMA, Mumbai.
8. British Herbal Pharmacopoeia, bRITISH Herbal Medicine Association, UK.
9. GMP for Botanicals – Regulatory and Quality issues on Phytomedicine, Pulok K Mukharjee, Business Horizons, New Delhi.
10. Indian System of Medicine and Homeopathy in India, Planning and Evaluation Cell, Govt. of India, New Delhi.
11. Essential of Food and Nutrition, Swaminathan, Bappco, Bangalore.
12. Clinical Dietitics and Nutrition, F.P. Antia, Oxford University Press, Delhi.
13. Yoga – The Science of Holistic Living by V.K.Yoga, Vivekananda Yoga Prakashna Publishing, Bangalore.