

NATIONAL INSTITUTE OF AYURVEDA

Deemed-to-be-University(de-novo)
(Ministry of AYUSH, Govt. of India)



Syllabus



Master of Science in Saundarya Ayurveda

(Ayurvedic Cosmetology)

Course Code : NIA/M.Sc./SAYU

Department of Science in Saundarya Ayurveda

National Institute of Ayurveda

Jorawar Singh Gate, Amber Road, Jaipur 302002

Website: nia.nic.in E-mail: nia-rj@nic.in

Phone: 0141-2635816

C O N T E N T S

Sl. No.	Title	Page No.
1.	Preface	1
2.	Names of Members of the Committee	2
3.	Aims and Objectives of the Course	2
4.	Outcomes of the Course	3
5.	Career Opportunities	3
6.	Scheme of Academic Program	3
7.	Course Structure	4
8.	Syllabus	5
9.	Assessment	20
10.	Distribution of Marks	21
11.	Recommended Books	22
12.	Recommendations	22

P R E F A C E

Although it's a famous quote that-

“Beauty lies in the eyes of beholder”

But, today the willingness of people to ‘look and feel good’ is fueling the growth of the Beauty & Wellness industry. India is currently the 10th fastest growing market globally in Beauty & Wellness sector. Beauty consciousness and the knowledge of application of herbs, minerals and animals products are as old phenomena as the human existence. Beauty of person gives perceptual experience of pleasure or satisfaction.

Now a day, a lot of peoples are encashing this demand in beauty industry. At present, the market is flooded with lots of beauty products. Ninety percent of those beauty products claim to be of herbal origin or Ayurveda products. These kinds of products are full of harmful chemicals like mineral oil, parabens, sulphates etc. On the top of it, herbal cosmetic clinics and beauty parlours are developing in the society like mushrooms. The owners of such clinics and parlours are not from Ayurveda. These people are doing Ayurveda procedures unethically. Now, the question is that who is responsible for the undesirable effects of these services? This course aim to prepare authentic practitioners of Ayurveda well trained in the field of beauty and cosmetology.

The concept of beauty in Ayurveda is not only the application of some products locally. Ayurveda never isolate the involvement of manas and atma-adhyatma from the concept of saundarya i.e. beauty. Ayurveda determine beauty by prakriti (Body constitution), sara (structural predominance), sanhanan (compactness of body), twak (skin completion), Praman (measurements) and dirghayulakshana (symptoms of long life). Ayurveda cosmetology starts from mother's womb, dinacharya (Abhyanga, gandhanulepan etc.), ratricharya (Anjan etc.), ritucharya (skincare according to seasons) with the practice of medicinal herbs and minerals. Classics of Ayurveda opine that Aahar (food) is the main factor that imparts glow and improves complexion of the body. This indicates the importance of nutrition in the maintenance of beauty. Ayurveda believes that skin is the reflection of inner health and contrary to this, e.g. at present, more than 50% females in India are anemic, then how is it possible that mere application of cosmetic products can improve the skin conditions?

Also Ayurveda physician believes that toxic materials inside our body make a person ugly and diseased. Sodhana (Purification) and Shamana (palliative therapy) are the therapeutic interventions to eliminate body toxins. Classics of Ayurveda describes about various cosmetics Herbs e.g. Varnya, Kushthagana, Kandugna, vayasthapak, udardaprasamana, etc. and many alepam (poultice).

At present, many institutes are offering degree, diploma and certificate courses in the field of beauty and cosmetology. Many of these courses have mentioned Ayurveda as a part of their curriculum, but there is lack of uniformity and authenticity. One of the main principles of Ayurveda - Principle of personalized treatment is often ignored at these places.

It is the need of hour that the principles of Ayurveda should be applied holistically in field of aesthetic medicine. Keeping in view all the above facts, National Institute of Ayurveda, an apex institute of Ayurveda has decided to start a post-graduation course in the field of aesthetic medicine i.e. M.Sc. Saundarya Ayurveda.

Date:

Place:

Prof. Mita Kotecha
Chairman, Syllabus Drafting Committee
Department of Saundarya Ayurveda
National Institute of Ayurveda, Jaipur

Members of the Course Committee: Saundarya Ayurveda (Ayurvedic Cosmetology)

M.Sc. Degree in Saundarya Ayurveda (Ayurvedic Cosmetology)

Title: Saundarya Ayurveda (Ayurvedic Cosmetology)

Course Code: NIA/M.Sc./SAYU

Names of Members of the Course Drafting Committee

1. Prof. Mita Kotecha	Professor (SAG) and HOD, Deptt. of Dravyaguna, NIA	Chairman
2. Dr. Sumit Nathani	Assistant Professor, Deptt. of Dravyaguna, NIA	Member
3. Dr. Sarvesh Agrawal	Assistant Professor, Deptt. of Swasthvrita and Yoga, NIA	Member
4. Dr. Kshipra Rajoria	Lecturer, Deptt. of Panchkarma, NIA	Member
5. Dr. Kritika Joshi	Lecturer, Deptt. of Dravyagunna, NIA	Member

Internal Draft Reviewing Committee:

1. Prof. A. R. Murthy	Professor, Deptt. of Dravyaguna, NIA
2. Dr. Sunil Yadav	Associate Professor, Deptt. of Rachnasharir, NIA
3. Dr. Sudipt Rath	Associate Professor, Deptt. of Dravyaguna, NIA
4. Dr. Gopesh Mangal	Associate Professor, Deptt. of Panchkarma, NIA
5. Dr. Kashinath Samagandi	Assistant Professor, Deptt. of Swasthvrita and Yoga NIA
6. Mr. Gaurav Bilwal	Pharmacologist, Deptt. of Dravyaguna, NIA

External Reviewers:

1. Dr. Shishir Mandal	Associate Professor, Dept. of Rog Evam Vikriti Vigyan, AIIA, New Delhi
2. Dr. Harish Patenkar	CEO and Chief Physician, 'Kesh Ayurveda', Pune
3. Dr. Ram Gulati	Consultant Dermatologist, SDMH, Jaipur

Aims and Objectives:

- To develop trained human capital for delivering authentic Ayurveda beauty care.
- To integrate traditional knowledge and practices in beauty care with contemporary developments.
- To develop natural beauty care products following the Ayurveda Principles.
- To encourage Ayurveda professional to take up career and initiate start ups in Ayurveda Beauty Care sectors.
- To develop capabilities and knowledge in areas of all segments of beauty care.

Vision & Mission:

- Ayurveda focuses on personalized treatment and scholars will be trained for providing similar personalized approach in field of Ayurvedic Beauty care and cosmetology.
- National Institute of Ayurveda will carve expert physicians in the field of beauty and cosmetology.
- Development of standard treatment protocols for problems related to skin and hairs.
- Translation and publication of various ancient manuscripts related to Saundarya.
- To carry researches in the field of beauty and cosmetology.

Outcomes of the Course:

For the Scholars who wish to pursue M.Sc. (Saundarya Ayurveda) Course following are the Main Outcomes -

- Basic understanding of skin care, hair care and beauty according to *Ayurveda Siddhanta*.
- Recognize and categorize the various body constituents of the health seeker.
- Enable to advice the appropriate beauty care regime according to Ayurveda.
- Enrich the knowledge to tackle the impact of seasonal variations on skins hairs, nails and other aspects of beauty.
- Enable to diagnose and treat various skin and hair problems.
- Enable to prepare various cosmetic products as per Ayurveda
- Enable to understand every facet of health viz. physical, mental, social and emotional domain of the health seeker.

Career Opportunity:

This Degree Course will help one to learn, get practically trained on beauty enhancing techniques according to Ayurveda as well as use of different herbs solutions for skin, hair and other cosmetic ailments. The candidate will become confident in this subject along with a deeper insight into beauty enhancement through Ayurveda and its principles. Following will be available for the candidates-

1. Entrepreneurship and setting up of own Ayurvedic beauty and cosmetic clinics/wellness centers/spas as per their respective basic qualifications.
2. Preparation of different cosmeceuticals from different herbs.
3. To work as professional cosmetic and wellness experts in reputed hospitals, hotels and resorts.
4. To work as researcher in aesthetic medicine in R & D department of various pharmaceutical companies, other organizations.

SCHEME OF ACADEMIC PROGRAMME**Department:**

Department of Saundarya Ayurveda (Ayurvedic Cosmetology)

Course Name:

M.Sc. in Saundarya Ayurveda (Ayurvedic Cosmetology)

Course Code:

NIA/M.Sc./SAYU

Eligibility:

BAMS/BUMS/BHMS/BYN/MBBS/ Or Equivalent Medical degree/ B.Sc. in skin care and Aesthetic medicine or any equivalent degree from recognized university/institution.

Admission Procedure

Admission will be made on the basis of merit secured in the screening test to be conducted by NIA.

Course Duration:

Duration of the course will be of 2 years.

Each year there will be four papers and a practical /Viva-voce examination. External or internal subject experts will cover the topics requiring their expertise. This will help the students understand the subject matter in a better way.

Working Days:

As per UGC guidelines, the effective teaching days in an institution should not be less than 180 days. The syllabus for the present Course of **M.Sc. in Saundarya Ayurveda (Ayurvedic Cosmetology)** has been framed following the assumption that there will be six working days in a week. Total duration of the course will be as follows.

Sl.No.	Subject	Theory	Practical	Total Hrs.
1.	M.Sc. 1 st Year	18 Hrs/Week	18 Hrs/Week	36 Hrs/ Week
		540 Hrs/Year	540 Hrs/Year	1080 Hrs/ Year
2.	M.Sc. 2 nd Year	18 Hrs/Week	18 Hrs/Week	36 Hrs/ Week
		540 Hrs/Year	540 Hrs/Year	1080 Hrs/ Year

COURSE STRUCTURE**1st Year**

Sl.No.	Paper	Course No.	Course	Hours
1	Paper 1		Fundamentals of Ayurveda	135
2	Paper 2		Basic Concepts of Cosmetology in Ayurveda	135
3	Paper 3		Herbs for Beauty	135
4	Paper 4		Basic Procedures of Beauty	135

Practical: 1st Year

1	Paper 1-4		540 Hrs
---	-----------	--	---------

2nd Year

Sl.No.	Paper	Course No.	Course	Hours
1	Paper 1		Skin Care & Diseases	135
2	Paper 2		Hair care & Diseases	135
3	Paper 3		Beauty products and <i>Panchkarma</i>	135
4	Paper 4		Yoga and Entrepreneurship Skills	135

Practical: 2nd Year

1	Paper 1-4		540 Hrs
---	-----------	--	---------

SYLLABUS

PAPER 1 – FUNDAMENTALS OF AYURVEDA

Teaching Hours: 135

Max. Marks- 100

Sl. No.	Basics in Ayurveda	130 Hrs
Unit: 01		
1.	Definition and Components of Ayu, Definition and Aim of Ayurveda, Brief introduction of Ayurveda Samhitas.	2
2.	Definition of Swasthapurush, introduction of parameters of Swasthya and Tray-upastambha.	3
3.	Introduction of concept of Panchmahabhuta theory, Tridosha theory and Lokasamyapurush.	6
4.	Introduction of concept of Saptadhatu, Mala and Ojus	4
5.	Introduction of concept of Srotas	3
6.	Introduction of concept of Prakriti, Mana and Atma	5
7.	Introduction of concept of Raspanchaka	7
8.	Introduction of Panchvidhakshayakalpana	2
9.	The concept of Roga, Main etiological factors, Chikitsa and its types	4
10.	Introduction of various sections/departments of Ayurveda and their specific activities	14
Unit: 02		
11.	Definition of word research and classification of research – (pure/applied; qualitative/quantitative; observational and interventional)	5
12.	Historical Background of Research in Ayurveda	2
13.	Introduction to Classical methods of research-Aptopdesh, PratyakshaAnuman and Yukti	6
14.	Research process- Brief introduction of Selection of topic, Review of literature, Formulation of hypothesis, Aims and objectives, Materials and methods, Observation and Results.	4
15.	Concept of Ethics in Research.	2
16.	Publication of research, Structuring of Article (IMRAD)	4
17.	Brief introduction of Medical Statistics	2
18.	Collection and Presentation of Data	4
19.	Definition of Average, Percentile, Arithmetic Mean, Median, Mode, Range, Standard Deviation and Standard Error	5
20.	Parametric and Non-parametric Tests	6
Unit: 03		
21.	Clinical approach and relevance of Tridosh Siddhant.	5
22.	Clinical approach and relevance of Dhatu.	5
23.	Clinical approach and relevance of Srotas.	3
24.	Clinical approach and relevance of Rog rogipareeksha.	3
25.	Clinical approach and relevance of Rog marg.	2
26.	Clinical approach and relevance of Shadvidha Upkrama.	10
27.	Basic knowledge of diagnostic tools like CBC,LFT,KFT etc.	10
28.	Basic information of Siravedhana,Ksharkarma,Agnikarma,ViddhaChikitsa etc.	2
29.	Basic concept of Lifestyle according to Ayurveda.	5

PAPER 2 - BASIC CONCEPTS OF COSMETOLOGY IN AYURVEDA

Teaching Hours: 135

Max. Marks - 100

Unit-1 Introduction to Beauty (10 Hrs)

Sl. No.	Topic	Duration
1.	Introduction to <i>Saundarya Ayurveda</i> <ul style="list-style-type: none"> Definitions and different interpretations of <i>Saundarya Ayurveda</i> Interrelation between health (<i>swasthya</i>) and beauty. 	1 Hr
2.	Historical aspects of <i>Saundarya Ayurveda</i> <ul style="list-style-type: none"> Evolution of cosmetology in ancient world. Development of beauty care in ancient India. Historical background of beauty care in <i>vedic period, samhita period, modern period</i> Introduction to the important texts related to beauty care. 	1 Hr
3.	Concept of beauty and cosmetology- Ayurveda and Modern aspect <ul style="list-style-type: none"> Extensive study of <i>pancamahabhutasiddhanta</i> and <i>tridoshasiddhanta</i> in relation to <i>saundarya</i>. Theoretical and practical approach to <i>prakruti</i> analysis Study of <i>sarapariksha</i> Internal beauty through <i>acara rasayana</i> Introduction to the modern cosmetology 	4 Hrs
4.	Introduction to beauty care routines <ul style="list-style-type: none"> Dental care routines Importance of <i>dinacarya</i> and <i>ritucarya</i> in beauty care Skin care routines Hair, nail, and lip care routines Eye care 	4 Hrs

Unit-2 Anatomy and Physiology of Skin (50 Hrs.)

Sl.No.	Topic	Duration
1.	<i>TwachaSharira</i> (Skin anatomy)- Ayurveda and Modern aspect <ul style="list-style-type: none"> Detailed anatomy of skin according to Ayurveda and modern Physiological functions related skin according to Ayurveda and modern Recommendations of diet and nutrition for healthy skin 	15 Hrs
2.	Immunology, molecular biology and genetics in relation to the skin. <ul style="list-style-type: none"> Concept of immunology Immunological functions of skin Fundamentals of molecular biology Applied aspect of molecular biology in beauty care Introduction to genetics Mechanisms of gene mutation and its effects on skin Concept of <i>vyadhikshamatva</i> and its role in beauty care 	15 Hrs
3.	<i>SwedavahaSrotas</i> - Anatomy and Physiology <ul style="list-style-type: none"> Detailed anatomy and physiology of <i>swedavahasrotasa</i> Biology of eccrine and apocrine sweat glands Importance of sweat glands in beauty care 	10 Hrs

4.	Assessment of skin type based on <i>AyurvedicPrakriti</i> (Body constitution). <ul style="list-style-type: none"> • Analysis of skin types by <i>pancaindriyapariksha</i> based on <i>prakruti</i> • Modern techniques to use in skin analysis 	10 Hrs
----	--	--------

Unit-3 Anatomy and Physiology of hair, nail, eye etc. beauty segments (35hrs)

Sl.No.	Topic	Duration
1.	Concept of <i>Keshayurveda</i> -Ayurveda and Modern aspect <ul style="list-style-type: none"> • Anatomy and physiology of hair • Hair types • Hair growth • Recommendations of diet and nutrition for healthy hair 	15 Hrs
2.	Biology of hair follicles, sebaceous glands	5 Hrs
3.	Nail and eye –Anatomy and physiology <ul style="list-style-type: none"> • Nail growth • Recommendations of diet and nutrition for healthy nails and eyes. 	15 Hrs

Unit-4 Metabolism & Beauty (40 hrs)

S.No.	Topic	Duration
1.	Role of Metabolism in Beauty <ul style="list-style-type: none"> • Study on <i>agni, ama</i> and <i>koshta</i> • <i>Aharapaka</i> and <i>Poshanasiddhanta</i> 	15 Hrs
2	Principles of nutrition and health	5 Hrs
3	Detailed knowledge of <i>Ahara</i> according to <i>Prakriti</i> . <ul style="list-style-type: none"> • <i>Satmya</i> and <i>asatmya</i> concept 	5 Hrs
4	Metabolism of carbohydrates, proteins, fats and steroids by the skin	5 Hrs
5	Effect of <i>Ahara- Vihara</i> in prevention and maintenance of beauty	5 Hrs
6	<i>Viruddhaahara</i>	5 Hrs

PAPER-3 HERBS FOR BEAUTY

Teaching Hours: 135

Max. Marks- 100

Unit-1 *Aushadha Karma* (15 Hrs)

S.No.	Topic	Duration
1	Knowledge of <i>Karma</i> related to skin and beauty- <i>Varnya, Keshya, Vayahsthapana, Lekhaneeya, Swedapanayana, Vishaghna, Raktaprasadan, Kandughna, Krimighna, Vayahsthan, Rasayana, Balya, Jivaniya</i> etc.	15 Hrs

Unit-2 Herbs (120 Hrs)

Identification, properties and actions of Herbs related to skin and hair like-

Sl. No.	Topic	Duration
1.	Varnya Herbs - (Chandana – Santalum album – Heart wood, Tunga – Calophylluminophyllum – Stem bark/Seeds, Padmaka – Prunuscerasoides – Heart wood, Ushira – Vetiver – Vetiveriazizanioides – Roots, Madhuka – Licorice – Glycyrrhizaglabra – Rhizome, Manjistha – (Rubiocordifolia Linn). – Whole plant, Sariva – Indian Sarsaparilla – Hemidesmusindicus – Roots, Payasya – Ipomoea paniculata – Tubers, Sita -(Shweta durva) – white variety of Cynodondactylon – Whole plant, Lata (black variety of Cynodondactylon Pers.) – Whole plant)etc.	10 Hrs
2.	Keshya Herbs - Vibhitak –Terminaliabellirica Roxb., Yashtinadhu - Glycyrrhizaglabra Linn., Bakuchi -Psoraleacorylifolia Linn., Bhallatak - Semicarpusanacardium, Gambhari - Gmelinaarborea, Nirgundi -Vitexnegundo Linn. Gunja -Abrusprecatorius Linn., Neeli -Indigoferatinctoria, Bhringraaj -Ecliptaalba, Saireyak -Barleriaprionitis, Japapushpa -Hibiscus rosasinensis, Beejak -Pterocarpusmarsupium, Kashisham , Tila - Sesamumindicum, Kadali -Musa sapientum, Avidugdh - Sheep milk etc.	10 Hrs
3.	Vayahsthapana Herbs - Amruta (Tinsporacordifolia) – Stem, Abhaya – Terminaliachebula – Fruit rind, Dhatri (EmbliaofficinalisGaertn.) – Fruits, Mukta (pearl) – Organic ash/Bhasma, Shveta (white variety of Clitoriaternatea Linn.) – Roots, Jivanti – Leptadeniareticulata – Roots, Shatavari – Asparagus root – Asparagus racemosus – Roots, Mandukaparni (Centellaasiatica Urban) – Whole plant, Sthira – Desmodiumgangeticum – Roots, Punarnava (Boerhaaviadiffusa Linn.) – Rootsetc.	10 Hrs
4.	Lekhaneeya Herbs - Musta (Cyperusrotundus Linn.) – Rhizome, Kushta – Saussurealappa – Rhizome, Haridra (turmeric – Curcuma longa) – Rhizome, DaruHaridra – Tree Turmeric (stem) – Berberisaristata – Roots, Vacha (Acoruscalamus Linn.) – Rhizome, Ativisa (Aconitum heterophyllum Wall.) – Roots, Katurohini – Picrorhizakurroa – Rhizome, Chitraka – Leadword – Plumbagozeylanica – Roots, Chirabilva – Holopteliaintegrifolia –Stem bark, Haimavati – Iris versicolor – Rhizome etc.	10 Hrs
5.	Swedapanayana Herbs- Shobhanjanaka - Moringa (Moringaoleifera)-Seeds and leaves, Eranda – Castor (Ricinuscommunis Linn.)-Seeds and roots, Arka – Calotropisgigantia- Leaves and roots, Vrischira (white variety of Boerhaaviadiffusa Linn.)-Roots or whole plant, Punarnava (red variety of Boerhaaviadiffusa Linn.)-Roots or whole plant, Yava – Barley (Hordeumvulgare)-Seeds, Tila – Sesame (Sesamumindicum)-Seeds, Kulattha (Dolichosbiflorus Linn.)- Horse gram Seeds, Masha (Phaseolusmungo Linn.) -Seeds, Badara – Zizyphus jujube-Fruits and seeds.	10 Hrs
6.	Vishaghna Herbs - Haridra (Curcuma longa) Rhizome, Manjishtha (RubiocordifoliaRootLinn), Suvaha Roots (Plunchealanceolataoliver&hiern), Sukshmaela seeds (Elettariacardamomum, Palindi Root(Operculinaturpethum), Chandana (Santalum album), Kataka (StrychnopotatoriumLinn.f), Sirish (Albizzialebeckbenth). Sinduvara (Vitexnergundo), Sleshmataka (Cordiadicotoma) etc.	10 Hrs

7.	Raktaprasadan Herbs- Madhu – Honey, Madhuka – Licorice – Glycyrrhizaglabra – Root, Rudhira (<i>Crocus sativa</i> Linn.) – Gall, Mocharasa (<i>Salmaliamalabarica</i> Schott & Endl.) – Resin/ exudate, Mritkapala – Earthen pot pieces, Lodhra (<i>Symplocos racemosa</i>) – Stem bark, Gairika (<i>Ferrumhaematite</i>) – Red ochre, Priyangu (<i>Callicaramacrophylla</i>) – Seeds, Khanda Sharkara – Organic sugar candy, Laja – fried paddy/ parched rice etc.	10 Hrs
8.	Kandughna Herbs- Chandana – Sandalwood – <i>Santalum album</i> -Heart wood, Nalada (<i>Nardostachys jatamansi</i> DC.)-Root, Kritamala (<i>Cassia fistula</i> Linn.)-Stem bark/Fruits, Naktamala – <i>Karanja</i> (<i>Pongamiapinnata</i> Merr.)- Stem bark, Nimba – <i>Neem</i> (<i>Azadirachta indica</i>)-Stem bark, Kutaja – <i>Connessi</i> (<i>Holarrhena antidysenterica</i> Wall.)-Bark, Sarshapa – <i>Mustard</i> – (<i>Brassica nigra</i> Koch.)-Seeds, Madhuka – Licorice – Glycyrrhizaglabra -Roots, Daru Haridra – <i>Tree Turmeric</i> (stem) – <i>Berberis aristata</i> -Roots, Musta (<i>Cyperus rotundus</i>) –Rhizome etc.	10 Hrs
9.	Krimighna Herbs- Aksheeva (<i>Moringa oleifera</i> Lam.)-Seeds/Stem bark, Maricha – <i>Black pepper</i> fruit – <i>Piper nigrum</i> -Seeds, Gandira (<i>Euphorbia antiquorum</i> Linn.)-Stem bark, Kebuka – <i>Costus speciosus</i> -Roots, Vidanga – <i>False Black Pepper</i> (<i>Embeliaribes</i> Burm. f.)-Seeds, Nirgundi (<i>Vitex negundo</i>) – Leaves/Root, Kinihi – <i>Apamarga</i> (<i>Achyranthes aspera</i> Linn.)-Whole plant, Shwadamstra – <i>Gokshura</i> – (<i>Tribulus terrestris</i>)-Seeds, Vrisaparnika (<i>Ipomoea</i> sp.)- Tubers, Akhuparnika (<i>Ipomoea reniformis</i> Choisy)-Whole plant) etc.	10 Hrs
10.	Vayahsthan Herbs- Amruta (<i>Tinospora cordifolia</i>) – Stem, Abhaya – <i>Terminalia chebula</i> – Fruit rind, Dhatry (<i>Emblia officinalis</i> Gaertn.) – Fruits, Mukta (pearl) – Organic ash/Bhasma, Shveta (white variety of <i>Clitoria ternatea</i> Linn.) – Roots, Jivanti – <i>Leptadenia reticulata</i> – Roots, Shatavari – <i>Asparagus</i> root – <i>Asparagus racemosus</i> – Roots, Mandukaparni (<i>Centella asiatica</i> Urban) – Whole plant, Sthira – <i>Desmodium gangeticum</i> – Roots, Punarnava (<i>Boerhaavia diffusa</i> Linn.) – Roots etc.	10 Hrs
11.	Rasayana Herbs – Balya – <i>Aindri</i> (<i>Citrullus colocynthis</i>) –Root, Rishabhi – <i>Rishabhaka</i> – <i>Manilkara hexandra</i> -Root, Atirasa – <i>Asparagus</i> – <i>Asparagusa racemosus</i> -Root, Rishyaprokta – <i>Teramnus labialis</i> , Payasya – <i>Ipomoea paniculata</i> – Rhizome, Ashwagandha – <i>Winter Cherry</i> / <i>Indian ginseng</i> – <i>Withania somnifera</i> -Root, Sthira – <i>Desmodium gangeticum</i> – Root, Katukarohini – <i>Picrorhiza kurroa</i> -Root, Bala – <i>Country mallow</i> - <i>Sida cordifolia</i> -Root, Atibala – <i>Abutilon indicum</i> –Root etc.	10 Hrs
12.	Jivaniya Herbs- Jeevaka – <i>Malaxis acuminata</i> -Root, Rishabhaka – <i>Manilkara hexandra</i> -Root , Meda – <i>Polygonatum cirrhifolium</i> -Root, Mahameda – <i>Polygonatum verticillatum</i> -Root, Kakoli – <i>Fritillaria roylei</i> -Root, Kshira Kakoli – <i>Roscoeapurpurea</i> / <i>Lilium polyphyllum</i> -Root, Mudgaparni – <i>Phaseolus trilobus</i> -Root and whole plant, Mashaparni – <i>Teramnus labialis</i> -Root and whole plant, Jivanti – <i>Leptadenia reticulata</i> –Root, Madhuka – Licorice – Glycyrrhizaglabra-Root etc.	10 Hrs

PAPER-4 BASIC PROCEDURES OF BEAUTY

Teaching Hours: 135

Max. Marks- 100

Unit-1 Knowledge of Basic Procedures for Beauty (60 hrs)

Sl. No.	Topic	Duration
1.	Skin cleansing, toning, tanning removal, face packs and moisturizing techniques based on Ayurvedicdoshic analysis and prakriti with specific Ayurvedic herbs and preparations.	20 Hrs
2.	Customization of Hair conditioning in daily care according to individual with keshya Herbs and further Ayurvedic herbs and preparations.	15 Hrs
3.	Body massage techniques with specific Ayurvedic herbs and preparations based on different doshic condition and related skin disease.	15 Hrs
4.	Hasta-paadaprasadhana (Ayurveda pedicure and manicure with specific Ayurvedic herbs and preparations with doshic analysis.)	10 Hrs

Unit-2 Aromatherapy (Sugandhachikitsa) (20hrs)

S.No.	Topic	Duration
1.	Basic concept of Sugandhachikitsa	2 Hrs
2.	Types of Sugandhachikitsa	2 Hrs
3.	Herbs of SugandhachikitsalikeAjmoda (<i>Carumroxburghianum</i>), Choraka (<i>Angelica glauca</i>), Brahmi (<i>Bacopamonnieri</i>), BrihatEla (<i>Amomumsubulatum</i>), Twak (<i>Cinnamomunzeylanicum</i>), Kumkum (<i>Crocus sativus</i>), Tagar (<i>Valerianawallichi</i>), AardraDhanyaka (fresh leaves of <i>Coriandrum</i> sativum), Mishreya (<i>Foeniculumvulgare</i>), Nimba (<i>Azadirachta</i> indica), Taruni (<i>Rosa centifolia</i>), Madyantika (<i>Lawsonia</i> inermis), Ketaka (<i>Pandanusodorotissimus</i>)- although it is UshnaVirya but by virtue its rasa and prabhava it is potent Pitta shamak, Ushir (<i>Vetiveriazizanoidis</i>), Shunthi (<i>Zingiberofficinale</i>), Hapusha (<i>Juniperus</i> communis), Karpoor (<i>Cinnamomumcamphora</i>), Tulsi (<i>Ocimum sanctum</i>), Kankola (<i>Piper cubeba</i>), Jatiphala (<i>Myristica</i> fragrans), Sarshapa (<i>Brassica campestris</i>), Vacha (<i>Acorus</i> calamus) etc.	10 Hrs
4.	Aesthetic Uses	3 Hrs
5.	Therapeutic uses	3 Hrs

Unit-3 Introduction of Modern Aesthetic Medicine (30hrs)

Sl. No.	Topic	Duration
1.	Epidemiology of Skin Disease	15 Hrs
2.	General Aspects of Treatment of aesthetic medicine like - Injections of Neurotoxins and Dermal Fillers, Chemical Peels, Cosmetic Dermatologytreatments, Microdermabrasion, Body Contouring and Treatment of Cellulite,Nutrition,HairTransplant,HairReduction,Fat Grafting/Platelet Rich Plasma,Laser and IPL,ScarManagement,Venous Treatment, Cosmetic Gynecology	15 Hrs

Unit-4 Instruments in cosmetology (25 hrs)

S.No.	Topic	Duration
1	Primary information of modern instruments and techniques used in cosmetology like Microdermabrader, Radiofrequency and cautery, Cryotherapy, Mesotherapy, Jet Peel or hydrfacial, Microcurrent, Electroporation, Dermatoscope and photography equipment etc.	25 Hrs

PRACTICAL OF M.Sc. FIRST YEAR**Teaching hours: 540 Hrs****Max. Marks: 100**

- Assessment of Prakriti: 2 Hrs
- Determination of rasa panchaka in some common dravyas 4 Hrs
- Drug identification-
 1. Plant identification 75 hrs
 2. Crude drug identification 75 hrs
- Herbarium preparation 45 hrs
- Beauty procedures-
 1. Techniques of skin assessment on the basic of *Prakriti* (4 Hrs)
 2. Cleansing procedure (5Hrs)
 3. Toning procedure (5Hrs)
 4. Moisturizing procedure (5Hrs)
 5. Tan removal techniques (5Hrs)
 6. Face pack formulation & application techniques (20 Hrs)
 7. Different types of Ayurveda facials (35 Hrs)
 8. Body Massage (15 Hrs)
 9. Hair oil techniques (15 Hrs)
 10. Keshaprakshalan (Hair wash techniques) (10Hrs)
 11. Hair pack formulation & application techniques (20 Hrs)
 12. Different types of Ayurvedic Hair Spa (35 Hrs)
 13. Dhoopan (5Hrs)
 14. Swedan (5Hrs)
 15. Ayurvedic pedicure (15 Hrs)
 16. Ayurvedic manicure (15 Hrs)
 17. Lip scrub & moisturizing techniques (5 Hrs)
 18. Gandusha&Kawal (Oral care) (5Hrs)
 19. Kajal application technique as per Ayurveda (5Hrs)
 20. Aromatherapy techniques (10 hrs)
- Instrument Handling-
Microdermabrader, Radiofrequency and cautery, Flash lamp, Cryotherapy, Mesotherapy, Jet Peel or hydrafacial, Microcurrent, Electroporation, Dermatoscope and photography equipment etc. (80 Hrs)
- Clinical protocol writing exercise on a given problem 15 Hrs
- Scientific article writing 5 Hrs

2nd Year

PAPER-1 SKIN CARE & DISEASES

Teaching Hours: 135

Max. Marks- 100

Unit-1 Diseases related to Skin (30 Hrs)

Diagnosis and treatment of *Kshudraroga*

S.No.	Skin Care & Diseases	Duration
1.	Yuvanpidika - Etiological factors, Predisposing factors, Types, Clinical features, Treatment, Dietary regulations and Lifestyle corrections	2 Hrs
2.	Vyanga -Etiological factors, Predisposing factors, Clinical features, Treatment, Dietary regulations and Lifestyle corrections.	2 Hrs
3.	Nilika - Etiological factors, Predisposing factors, Clinical features, Treatment, Dietary regulations and Lifestyle corrections.	2 Hrs
4.	Nyachh -Etiological factors, Predisposing factors, Clinical features, Treatment, Dietary regulations and Lifestyle corrections.	2 Hrs
5.	Pashaangardabh -Etiological factors, Predisposing factors, Clinical features, Treatment, Dietary regulations and Lifestyle corrections	2 Hrs
6.	Valmika -Etiological factors, Predisposing factors, Clinical features, Treatment, Dietary regulations and Lifestyle corrections.	2 Hrs
7.	Kaksha -Etiological factors, Predisposing factors, Clinical features, Treatment, Dietary regulations and Lifestyle corrections	2 Hrs
8.	Agnirohini -Etiological factors, Predisposing factors, Clinical features, Treatment, Dietary regulations and Lifestyle corrections.	2 Hrs
9.	Chippa -Etiological factors, Predisposing factors, Clinical features, Treatment, Dietary regulations and Lifestyle corrections	2 Hrs
10.	Kunakha -Etiological factors, Predisposing factors, Clinical features, Treatment, Dietary regulations and Lifestyle corrections	2 Hrs
11.	Anushayi -Etiological factors, Predisposing factors, Clinical features, Treatment, Dietary regulations and Lifestyle corrections.	2 Hrs
12.	Vidari -Etiological factors, Predisposing factors, Clinical features, Treatment, Dietary regulations and Lifestyle corrections.	2 Hrs
13.	Padadaari -Etiological factors, Predisposing factors, Clinical features, Treatment, Dietary regulations and Lifestyle corrections	2 Hrs
14.	Kadar -Etiological factors, Predisposing factors, Clinical features, Treatment, Dietary regulations and Lifestyle corrections	2 Hrs
15.	Alasaka -Etiological factors, Predisposing factors, Clinical features, Treatment, Dietary regulations and Lifestyle corrections	2 Hrs

Unit-2 Introduction to Skin Treatments as per Modern (25 Hrs)

S.No.	Topic	Duration
1	Introduction to Lasers and Flash lamps in the Treatment of Skin Disorders <ul style="list-style-type: none"> □ Selective photo thermolysis treatment of <ul style="list-style-type: none"> ▪ Vascular lesions ▪ Pigmented lesions ▪ Tattoos ▪ Port-wine stains ▪ Ulcerated infant hemangiomas ▪ Hair follicles. 	10 Hrs

	<ul style="list-style-type: none"> □ Risks and side effects of any laser or flashlamp (intense pulsed light). 	
	<ul style="list-style-type: none"> ● Introduction to Minimally invasive Treatments and procedures for Ageing Skin. <ul style="list-style-type: none"> □ Development and use of minimally invasive Treatments and procedures incorporated into outpatient dermatology practice with low overhead expenditure. □ Treatments and procedures like <ul style="list-style-type: none"> ▪ Chemical peels ▪ Intra dermal fillers ▪ Botulinum toxin. □ Diagnosis and Treatment of main aspects of facial ageing, namely <ul style="list-style-type: none"> ▪ Photodamage ▪ Volume loss ▪ Dynamic lines ▪ Acne scars ▪ Skin laxity ▪ Hyperkinetic facial wrinkles ▪ Repair of tissue defects after earlobe piercing. □ Minimal invasive treatments- <ul style="list-style-type: none"> ▪ Innovations ▪ Complications and their management 	15 Hrs

Unit-3 Cutaneous Drug Reactions (40 Hrs)

S.No.	Topic	Duration
1	Introduction to Drug Reactions, Cutaneous manifestations of Drug Abuse, Cutaneous reactions to Cytokines and Growth Factors	10 Hrs
2	Drug reaction- Classification, Epidemiology, Causes, Location, Seriousness, Mechanisms and Monitoring Bodies.	10 Hrs
3	Cutaneous manifestations of Drug Abuse <ul style="list-style-type: none"> ● Morphology and Arrangement of skin lesions associated with drug use, ● Its relation to the drug itself, mode of drug delivery, and/or adulterants or infectious agents mixed with the drug, ● Drug addiction-related bacterial infections involving the skin and soft tissue 	20 Hrs

Unit-4 Skin Allergies & Sun Burn (40 Hrs)

S.No.	Topic	Duration
1.	Introduction Sun burn & photodamage	10 Hrs
2.	Eczema - overview, symptoms, risk factors, diagnosis, management and treatment	15 Hrs
3.	Contact dermatitis - overview, symptoms, risk factors, diagnosis, management and treatment.	5 Hrs
4.	Urticaria - overview, symptoms, risk factors, diagnosis, management and treatment.	5 Hrs
5.	Angioedema - overview, symptoms, risk factors, diagnosis, management and treatment.	5 Hrs

PAPER-2 HAIR CARE & DISEASES

Teaching Hours: 135

Max. Marks- 100

Unit- 1 Diseases Related to Hair and Scalp (60 Hrs)Diagnosis and treatment of *Kshudraroga* related to head along with modern aspect

Sl.No.	Hair care & Diseases	Duration
1.	Khalitya - etiological factors, predisposing factors, types, clinical features, treatment, dietary regulations, lifestyle correction	12 Hrs
2.	Palitya - etiological factors, predisposing factors, clinical features, treatment, dietary regulations, lifestyle correction	12 Hrs
3.	Darunaka - etiological factors, predisposing factors, clinical features, treatment, dietary regulations, lifestyle correction	12 Hrs
4.	Arunshika - etiological factors, predisposing factors, clinical features, treatment, dietary regulations, lifestyle correction	12 Hrs
5.	Itchy & painful scalp - etiological factors, predisposing factors, clinical features, treatment, dietary regulations, lifestyle correction	12 Hrs

Unit-2 Hairwash Technique(15 Hrs)

Sl. No.	Topic	Duration
1.	Ayurvedickeshaprakshalanavidhi - Basic concept of <i>keshaprakshalana</i> in Ayurveda, Steps of <i>keshaprakshalana</i> , Agents/ Herbs for <i>keshaprakshalana</i> , precautions during <i>keshaprakshalana</i> .	15 Hrs

Unit-3 Ayurvedic Hair Spa, Ayurvedichairdyes and Hairpacks (35 Hrs)

Sl. No.	Topic	Duration
1.	Ayurvedic Hair Spa - What is Ayurvedic hair spa, steps and techniques of Ayurvedic hair spa, Herbs used in various steps of Ayurvedic hair spa, Instruments used in Ayurvedic hair spa, assessment criteria to choose Herbs in Ayurvedic hair spa , precautions during Ayurvedic hair spa	15 Hrs
2.	Ayurvedic Hair Dyes - Basic concept of hair dying, types of hair dyes, difference between synthetic and natural hair dyes, Hair dyes for different types of hairs according to Ayurveda, Natural dying agents	10 Hrs
3.	Hair Packs - Basic concept of hair packs, types of hair packs, procedure to apply hair pack, Herbs used in various hair packs, How to formulate hair pack for different conditions.	10 Hrs

Unit-4 Hair Care Techniques (25 Hrs)

S.No.	Topic	Duration
1	Shiroabhyanga - Meaning of <i>Shiroabhyanga</i> , Concept of <i>Murdhni Tail</i> , Indications of <i>Shiroabhyanga</i> , therapeutic value of different oils used for <i>Shiroabhyanga</i> , Procedure of <i>Shiroabhyanga</i> , Knowledge of <i>Marmapoints</i> involved in <i>Shiroabhyanga</i> . <i>Paschat karma</i> after <i>Shiroabhyanga</i> , precautions during and after <i>Shiroabhyanga</i> .	10 Hrs
2	Shirah Swedan - Introduction to <i>Swedan</i> , Types of <i>ShirahSwedan</i> , Procedure of <i>ShirahSwedan</i> , <i>Paschat karma</i> after <i>ShirahSwedan</i> , precautions during and	5 Hrs

	after <i>ShirahSwedan</i>	
3	Dhupana - Basic concept of <i>Dhupana</i> , Herbs used in <i>Dhupana</i> , procedure of <i>Dhupana</i> , aesthetic and therapeutic uses of <i>Dhupana</i> , precautions during and after <i>Dhupana</i> .	5 Hrs
4	Other Hair Care Techniques - Knowledge of Basic Concept and Practical Application of <i>ShiroDhara</i> , <i>shirobasti</i> , <i>Pichudharan</i> etc.	5 Hrs

PAPER-3 BEAUTY PRODUCTS AND PANCHKARMA

Teaching Hours: 135

Max. Marks- 100

Unit-1 Lipcare, Nail Care, Eye Care, Dental Care through Ayurveda (20 hrs)

S.No.	Beauty products and Panchkarma	Duration
1	Routine Care related to lips, eyes, nails and teeth etc. including <ul style="list-style-type: none"> ○ Cleansing ○ Scrubbing ○ Moisturizing with <i>prakriti</i> specific ayurvedic herbs and preparations. 	2 hrs
2	Knowledge about Clinical features, Treatment and Lifestyle corrections of various problems of <ul style="list-style-type: none"> ○ Lips- Chapped/ Dry lips and Dark lips ○ Eyes- Tired eyes, Dried eyes and Dark Circles under eyes ○ Nails- Poor nail growth, Pale nails and Brittle nails ○ Teeth- Bad breath, Yellow teeth, Dental decay, Toothache and Bleeding gums etc. 	8 hrs
3	Procedures related to lips, eyes, nails and teeth including <ul style="list-style-type: none"> ○ <i>Akshitarpana</i> ○ <i>Dhantapavan</i> (<i>Dhantuna</i>) ○ <i>Jihwanirlekhana</i> ○ <i>Kavala</i> ○ <i>Gandusha</i>. 	10 Hrs

Unit-2 Panchvidhakashayakalpana for Beauty Care (30 hrs)

Sl. No.	Topic	Duration
1.	Introduction of classical formulations related to cosmetics: Discussion of ingredients and therapeutic uses	10 Hrs
2.	<i>PanchvidhakashayaKalpana</i> of various <i>ayurvedic</i> herbs for beauty care <ul style="list-style-type: none"> ○ <i>Swaras</i> ○ <i>Kalka</i> ○ <i>Kwatha</i> ○ <i>Shita</i> ○ <i>Phanta</i> 	5 Hrs
3.	Preparation of classical and cosmetic formulations for aesthetic purposes based on <i>prakriti</i> specific ayurvedic herbs and preparations including <ul style="list-style-type: none"> ○ <i>Churan</i>/ powder 	15 Hrs

	<ul style="list-style-type: none"> ○ Oil ○ Balm ○ Arka ○ Cream ○ Gel. 	
--	--	--

Unit-3 Ayurveda Procedures for Beauty Care (85 hrs)

S.No.	Topic	Duration
1.	Importance of <i>Panchkarma</i> in <i>KshudraRoga</i> treatment	4 Hrs
2.	<i>Vamana</i> -Types, procedures, uses in management of <i>Kshudraroga</i>	9 Hrs
3.	<i>Virechana</i> - Types, procedures, uses in management of <i>Kshudraroga</i>	9 Hrs
4.	<i>Basti</i> - Types, procedures, uses in management of <i>Kshudraroga</i> .	9 Hrs
5.	<i>Nasya</i> - Types, procedures, uses in management of <i>Kshudraroga</i>	9 Hrs
6.	<i>Shirovirechana</i> - Types, procedures, uses in management of <i>Kshudraroga</i>	9 Hrs
7.	<i>Shirobasti</i> - Types, procedures, uses in management of <i>Kshudraroga</i>	9 Hrs
8.	<i>Raktamokshana</i> - Types, procedures, uses in management of <i>Kshudraroga</i> .	9 Hrs
9.	<i>Snehana</i> of various types using various <i>prakriti</i> specific ayurvedic herbs and preparations	9 Hrs
10.	<i>Swedana</i> of various types using various <i>prakriti</i> specific ayurvedic herbs and preparations.	9 Hrs

PAPER-4 YOGA AND ENTREPRENEURSHIP SKILLS

Teaching Hours: 135

Max. Marks- 100

Unit-1 Yoga in cosmetology (100 hrs)

Sl.No.	Yoga and Entrepreneurship Skills	Duration
1.	Introduction of yoga- Definition and basic knowledge of <i>Ashtanga Yoga</i> , types of <i>Yoga</i> , <i>Yoga</i> therapy	20 Hrs
2.	Yogic techniques of Body cleansing- <i>ShatKriya</i>	5 Hrs
3.	Yoga for beauty in <i>Vata</i> , <i>Pitta</i> , <i>Kapha</i> <i>Dosha</i> .	10 Hrs
4.	Principles of <i>Yoga</i> Practices	5 Hrs
5.	Introduction of <i>Prana</i> , <i>Nadi</i> , <i>Kundlini Chakras</i>	10 Hrs
6.	Theoretical and practical knowledge of various <i>Yogasanas</i> like- <i>Suryanamskar</i> , <i>Adhomukhasvanasana</i> , <i>Vakrasana</i> , <i>Tadaasana</i> , <i>Chakraasan</i> , <i>Trikonasana</i> , <i>Ushtrasana</i> , <i>Bhujangasana</i> , <i>Sarvangasana</i> , <i>Halasana</i> , etc.	20 Hrs
7.	Theoretical and practical knowledge of <i>Pranayama</i> , <i>DhyanMudras</i> , <i>Mantra</i> , <i>YogNindra</i>	10 Hrs
8.	Development of guided <i>Yoga</i> practice sessions	10 Hrs
9.	Professional mentoring	10 Hrs

Unit 2- Skill Development (25 hrs)

Sl. No.	Topic	Duration
1.	Introduction to personality development- Definition and basics of personality, body language, analyzing strengths and weaknesses	2 Hrs
2.	Techniques of personality development- communication skills, confidence building, working on attitudes, leadership quality development, team building	5 Hrs
3.	Relationship and stress management- Analysis of ego states, causes of stress and its management, conflict management	2 Hrs
4.	Time management- Importance and need, steps of time management	2 Hrs
5.	Entrepreneurship skills- Introduction to Entrepreneurship, knowledge of achievement motivation and positive psychology, risk assessments, SWOT analysis etc.	7 Hrs
6.	Finance management- banking and sources of finance, working capital management, costing and pricing, Insurance etc.	7 Hrs

Unit-3 Legal Aspects related to cosmetology (10 hrs)

Sl. No.	Topic	Duration
1.	Drugs & Cosmetic act	1 Hr
2.	Legal terms of cosmetology & cosmetics	1 Hr
3.	Approval of herbs, minerals, preservatives, etc. used in cosmetics	2 Hrs
4.	Cosmetic law and regulations	2.5 Hrs
5.	Cosmetic labelling guidelines	0.5 Hrs
6.	Licenses	1 Hr
7.	IPR & Patents	1 Hr
8.	Pharmacovigilance	1 Hr

PRACTICAL OF M.Sc. SECOND YEAR**Teaching Hours: 540 Hrs****Max. Marks: 100**

- Formulation preparations- 100hrs
 1. Classical formulations- tail paka, Malhar, Churna, Lepa, arka etc.- 50 Hrs
 2. Cosmetic preparations like- gel, ointment, cream, lotion, kajal, lip balm etc.- 50 hrs
- Yoga- 150 Hrs
 1. *Asana- Suryanamskar, Adhomukhasvanasana, Vakrasana, Tadaasana, Chakraasan, Trikonasana, Ushtrasana, Bhujangasana, Sarvangasana, Halasana, , etc (75 Hrs)*
 2. *Pranayam&Dhyana- Anulom- vilom, Bhramrai, Sheetali, Bhastrikaetc. (50 hrs)*
 3. *Mudra-Pran mudra, Kaki mudra, Aadi mudra etc. (25 Hrs)*
- OPD duty (including *Panchkarma*)- 290 hrs
 - Students have to submit a dissertation or case reports of at least 50 patients to fulfill the criteria for degree.

Faculty requirement and Eligibility for M.Sc. in Saundarya Ayurveda (Ayurvedic Cosmetology)

TEACHING FACULTY						
Sl.No.	Name of Post	No. of Posts	Eligibility	Experience	Publications	Remarks
1	Professor & Head of Department	1	MD Ayu. DravyaGuna/ MD Ayu. Kayachikitsa/ MD Ayu. Panchkarma/ M.Sc. Saundarya Ayurveda Desirable: i. Ph.D. Ayu. DravyaGuna/ Ayu. Kayachikitsa/ Ayu. Panchkarma/ Saundarya Ayurveda ii. Practical Experience in Subject, Books Age Limit: 55 yrs	16 years of teaching experience in related branch out of which 5 yrs as Associate Professor	At least 5 articles related to Ayurvedic cosmetology in a reputed Peer reviewed / Indexed Journals	
2	Associate Professor	1	MD Ayu. DravyaGuna/ MD Ayu. Kayachikitsa/ MD Ayu. Panchkarma/ M.Sc. Saundarya Ayurveda Desirable: i. Ph.D. Ayu. DravyaGuna/ Ayu. Kayachikitsa/ Ayu. Panchkarma/ Saundarya Ayurveda ii. Practical Experience in Subject, Books Age Limit: 50 yrs	10 years of teaching experience in related branch	At least 3 articles related to Ayurvedic cosmetology reputed Peer reviewed / Indexed Journals	
3	Assistant Professor	1	MD Ayu. DravyaGuna/ MD Ayu. Kayachikitsa/ MD Ayu. Panchkarma/ M.Sc. Saundarya Ayurveda Desirable: i. Ph.D. Ayu. DravyaGuna/ Ayu. Kayachikitsa/ Ayu. Panchkarma/ Saundarya Ayurveda ii. Practical Experience in Subject, Books Age Limit: 45 yrs	05 years of teaching experience in related branch	At least 2 articles related to Ayurvedic cosmetology reputed Peer reviewed / Indexed Journals	

4.	Lecturer		MD Ayu. DravyaGuna/ MD Ayu. Kayachikitsa/ MD Ayu. Panchkarma/ M.Sc. Saundarya Ayurveda Desirable: i. Ph.D. Ayu. DravyaGuna/ Ayu. Kayachikitsa/ Ayu. Panchkarma/ Saundarya Ayurveda ii. Practical Experience in Subject, Books Age Limit: 40 yrs.			
5.	Data Entry Operator	1.				
6.	MTS	1.	Experience in Beauty related procedures			

Adjunct/Visiting/Contractual faculty:**1. PG Degree in cosmetology/ cosmetology and fitness/ Post graduate degree in Dermatology (MD)/ Post Graduate Diploma in Beauty Technology & Cosmetology (non-medical).**

- Every teacher shall participate in teaching, which may include all of the following: lectures, tutorials, practical sessions, seminars, fieldwork, projects and other such activities.
- Every teacher shall also give general assistance to students in removing their academic difficulties; and participate in the invigilation and evaluation work connected with tests/examinations; and take part in extra-curricular, co-curricular and institutional support activities as required.
- The workload of a teacher shall take into account activities such as teaching, research and extension, preparation of lessons, evaluation of assignments and term papers, supervision of fieldwork as also guidance of project work done by the students. The time spent on extension work, if it forms an integral part of the prescribed course, shall count towards the teaching load. The total workload and the distribution of hours of workload for the various components shall be in accordance with the guidelines issued by the UGC and the other statutory bodies concerned in this regard from time to time.

Syllabus:

1. Annual exams will be conducted at university level. 1st year annual exams will be scheduled at the end of the 1 year. In the same way the 2nd year exams will be conducted.
2. Depending upon its nature and level, a course may be assigned a certain number of credits. The credits assigned to the various courses shall also be indicated in the respective syllabuses. The system of credits shall be in accordance with the guidelines of the UGC and other statutory bodies concerned.
3. The syllabus for each course shall also indicate the scheme of evaluation/ examination.
4. The students shall be given assignments, so as to make use of the library, laboratory, internet and such other faculty.
5. The total workload on a student shall also be adequate so as to provide him/her sufficient academic involvement.

The minimum number of lectures, tutorials, seminars and practical's which a student shall be required to attend for eligibility to appear at the examination shall be not be less than 75% of the total number of lectures, tutorials, seminars, practical's, and any other prescribed requirements

Thesis / Dissertation:

Every Candidates pursuing M.Sc. Degree in *Saundarya Ayurveda* is required to carry out the work on selected dissertation under the guidance of recognized post graduate teacher in their respective subject in final Year. The result of such work should be submitted in the form of a dissertation (not more than 100 Pages).

By carrying out a research project and presenting the work in the form of dissertation, the student shall be able to:

- Identify a relevant research question
- Conduct a critical review of literature
- Formulate a hypothesis
- Determine the most suitable study design
- State the objectives of the study
- Prepare a study protocol
- Undertake a study according to the protocol
- Analyze and interpret research data, and draw conclusions
- Write a research paper

Guidelines:

While selecting the topic, following should be kept in mind:

- The scope of study is limited to enable its conduct within the resources & time available
- The study must be ethically appropriate
- The emphasis should be on the process of research rather than the results
- The protocol, interim progress and final presentation is made formally to the department
- There should be periodic department review of the dissertation work

Assessment (Examination and Evaluation):

1. The university shall adopt the guidelines issued by the UGC and other statutory bodies concerned from time to time in respect of conduct of examinations.
2. The units of evaluation, namely, tests, seminars, presentations, class performance, field work, thesis and the like. The weightage assigned to each of such units in respect of each course shall be determined by the appropriate academic body of the university, and shall be made known to

the students at the beginning of the academic session of the year, the semester or the trimester, as the case may be.

3. The nature of final examination, whether written or oral or both, in respect of each course shall also be made known to the students at the beginning of the academic session.
4. The question papers for the examinations shall be set in such a manner as to ensure that they cover the entire syllabus of the concerned course.
5. The tests and examinations shall aim at evaluating not only the student's ability to recall information, which he/she had memorized, but also his/her understanding of the subject and ability to synthesize scattered bits of information into a meaningful whole. Some of the questions shall be analytical and invite original thinking or application of theory.
6. While the actual process of evaluation shall be confidential, the system of evaluation shall be sufficiently transparent, and a student may be given a photocopy of his/her answer paper, if requested as per procedure laid down in this regard.

Scheme of Examination:

There will be eight papers in the whole duration of the course four in each year. Each Theory paper will be of 100 marks covering the questions from entire syllabus of the corresponding paper. Each paper shall be set from the external experts and will cover very short questions, short essay and long essay questions. Practical examination will be conducted covering patient examination and viva voce on the project and the subject matter.

Distribution of Marks:

Theory – 100 Marks, 3 Hours Each Paper

Model of Questions	Marks Distribution
MCQ/One Word questions/ Fill up the blanks	10 Marks
Very Short answer question	20 Marks
Short essay	30 Marks
Long essay	40 Marks

Practical Examination– 100 Marks, covers all Paper.

1st Year: Covers all Paper

100 Marks

Kind of Work	Marks Distribution
Herbarium	20 Marks
Spotting	10 Marks
Beauty procedure	10 Marks
Viva-voce	20 Marks

2nd Year: Covers all paper

Kind of Work	Marks Distribution
Assignment	20 Marks
Yoga	20 Marks
History Sheet	10 Marks
Thesis Presentation	10 Marks
Viva-Voce	40 Marks

Eligibility for Admission to the Examination

Students with a minimum of 75% attendance are eligible to write the examination.

Question Paper Design

The examination shall be three hours duration to each paper at the end of each year. The candidate failing in any subject(s) will be permitted to appear for each failed subject(s) in the subsequent examination.

Question papers will be designed in two sections (Part A, Part B and Part C) with number of questions and allotment of marks as detailed below:

PART-A (10x 1 = 10 Marks)

MCQ/One Word questions/ Fill up the blanks

PART-A (10 x 2 = 20 Marks)

(Answer all questions)

PART-B (6x 5 = 30Marks)

(Answer all questions)

PART-C (4 x 10 = 40 Marks)

5 (Answer any four out of five questions)

Passing Minimum:

The candidate shall be declared to have passed the examination if the candidate secures not less than 50% marks in each theory and practical paper.

Award of Degrees:

1. No student shall be eligible for the award of the **M.Sc. degree** unless he/she has successfully completed a minimum of two years.
2. The degree to be awarded may be called the **M.Sc. degree** in the **Saundarya Ayurveda**
3. Degree will be conferred to the passing students in the convocation held by the affiliating university.

Recommended Books:

- Vedic Compendia
- Astang Hridya
- Sharangdhar Samhita
- Vrinda Madhav
- Ancient books like *GandhaShashtra, Brihat Samhita* etc. related to beauty and cosmetology
- Relevant books of modern Dermatology.
- Charak Samhita
- Astang Sangrah
- Bhaishajyaratnavali
- Bhavprakash Samhita
- Sushrut Samhita
- Madhav Nidan
- Yogratnakar
- Nighantusof Ayurveda

Recommendation:

In the proposed undergraduate and postgraduate program of M.Sc. in Saundarya Ayurveda considerable time has been allotted to both theory and practical part. The focus is given to provide the opportunity to the student to learn on his/her own or through discussions, presentation, assignment, project work, practical, OPD duties, interaction with subject stalwarts etc. It is strongly recommended that this time should be utilized appropriately to generate a sense of curiosity and creativity among the ever students take part in this course. Further, the students may be encouraged to prepare topics from the textual material and present before their class in the presence of the teacher concerned.

.....