

Best Books for BAMS 1st Year (Subject-wise)

1 Padartha Vigyan & Ayurveda Itihas (Ayurvedic Philosophy & History)

Book Name	Author(s)	Language
Padartha Vigyan & Ayurved Ka Itihas	Dr. D.A. Kulkarni	Hindi & English
Ayurvediya Padartha Vigyan	Dr. P. H. Kulkarni	Hindi
Concepts of Ayurveda (Padartha Vigyan)	Dr. R.D. Sharma	English

2 Kriya Sharir (Physiology)

Book Name	Author(s)	Language
Kriya Sharir	Dr. C.K. Kokate	Hindi
Textbook of Kriya Sharir	Dr. S.G. Joshi	Hindi & English
Ayurvedic Kriya Sharir	Dr. Vaibhav Dadu	Hindi & English
Guyton & Hall Physiology	John E. Hall	English (Modern Physiology)
Sembulingam Physiology	K. Sembulingam	English

3 Rachana Sharir (Anatomy)

Book Name	Author(s)	Language
Rachana Sharir	Dr. K.R. Deshpande	Hindi
Ayurvedic Rachana Sharir	Dr. Ramavtar Sharma	Hindi & English
Human Anatomy (Volumes 1, 2, 3)	B.D. Chaurasia	English
Gray's Anatomy	Henry Gray	English (For reference)

4 Sanskrit (Basic Sanskrit & Ayurvedic Terminology)

Book Name	Author(s)	Language
Ayurvediya Sanskrit	Dr. R.K. Sharma	Hindi
Sanskrit Manual for Ayurveda	Dr. Nirmal Saxena	Hindi & English
A Textbook of Sanskrit	Dr. Shukla & Dr. Pandey	English

5Ashtanga Hridaya (Sutrasthana - Basic Principles of Ayurveda)

Book Name	Author(s)	Language
Ashtanga Hridaya Sutrasthana	Dr. K.R. Srikanthamurthy	Hindi & English
Ashtanga Hridaya (With Commentary)	Dr. Kaviraj Atridev Gupta	Hindi
Essence of Ashtanga Hridaya	Dr. Vasant Lad	English

Final Book Selection Guide

- **For Hindi:** Dr. C.K. Kokate, Dr. Ramavtar Sharma, Dr. R.K. Sharma.
- **For English:** Dr. S.G. Joshi, Dr. K.R. Srikanthamurthy, B.D. Chaurasia.
- **For a Mix (Hindi + English):** Dr. Vaibhav Dadu, Dr. R.D. Sharma.