



## NATIONAL CONFERENCE ON

### Contemporary Relevance of Medical Principles Described in Ayurvedic Samhitas

26-27 February, 2026

Organized By

Department of Samhita & Sanskrit  
Faculty of Ayurveda  
Institute of Medical Sciences  
Banaras Hindu University, Varanasi,  
Uttar Pradesh, India-221005



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### Venue

Dhanwantari Hall  
Faculty of Ayurveda  
Banaras Hindu University, Varanasi,  
Uttar Pradesh, India-221005

### Abstract Submission form

Registration and Abstract submission are to be done only via the provided Google link:  
<https://forms.gle/4syGC4QsnMYVJsrk8>

### Instructions for Abstract Submission:

Abstract submission are to be done only via the provided Email: [samhitanc2026@gmail.com](mailto:samhitanc2026@gmail.com)

**Abstract submission deadline: 24/02/2026**

### Registration charges:

UG students: Rs 500/-

PG/PhD students: Rs 1000/-

Faculty members/Others: Rs 1500/-

International participants: USD 300

\*Registration charges do not include TA/DA & accommodation. Participants shall arrange their own transport and accommodation.

### Payment details for Registration: -

Account number: 44893021129

Bank name: Samhita National Conference 2026

Bank name: STATE BANK OF INDIA

Branch name: BHU, VARANASI, 221005

IFSC code: SBIN0000211

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## About the Department of Samhita & Sanskrit

- The Department of Samhita & Sanskrit at the Faculty of Ayurveda, IMS-BHU, is a core academic unit dedicated to the study, teaching, and research of Ayurvedic classical texts (Samhītās) and the Sanskrit language in which they are composed. It plays a vital role in Ayurvedic education by providing students with a strong foundation in the basic principles and classical literature of Ayurveda, essential for understanding both traditional clinical concepts and their contemporary applications.

## Aim of Conference

- The aim of the conference is to critically discuss and highlight the contemporary relevance of medical and clinical principles described in the Ayurvedic Samhītās, and to explore their meaningful application in modern healthcare. The conference seeks to bridge classical Ayurvedic wisdom and present-day clinical practice by encouraging scholarly discussion, evidence-based research, and interdisciplinary collaboration. Specifically, the conference aims to Reinterpret fundamental Ayurvedic concepts such as Doṣa, Dhātu, Mala, Agni, and Ojas in the light of modern medical understanding.
- Similarly, it will promote the integration of Samhītā-based diagnostic and therapeutic principles into contemporary clinical settings.
- The Conference will emphasize the importance of preventive, promotive, and holistic healthcare as outlined in classical Ayurvedic texts.



## Sub Theme of Conference

- Ayurvedic Samhītās are the foundational classical texts of Ayurveda, representing a comprehensive and systematic exposition of ancient Indian medical knowledge. The term Samhītā means a well-organized compilation of teachings transmitted through the guru–śiṣya tradition. These texts not only describe disease and treatment but also present a holistic philosophy of life, health, and longevity. The three principal Ayurvedic Samhītās—Caraka Samhītā, Suśruta Samhītā, and Aṣṭāṅga Hṛdaya/Aṣṭāṅga Saṅgraha—form the Bṛhatrayī (Greater Trio).
  - Caraka Samhītā primarily focuses on Kāya-cikitsā (internal medicine) and emphasizes preventive healthcare, ethics of medical practice, and rational clinical Practice.
  - Suśruta Samhītā is renowned for its detailed descriptions of Śalya and Śālākya Tantra, including surgical instruments, operative procedures, anatomy, and trauma management.
  - Aṣṭāṅga Hṛdaya by Vāgbhaṭa presents all eight branches of Ayurveda in a concise and clinically applicable manner. It is written on the base of Caraka Samhītā, Suśruta Samhītā and other available Samhitas.



- Ayurvedic Samhītās define health as a balanced state of Doṣa, Dhātu, Mala, and Agni, along with mental and spiritual well-being. They give prime importance to prevention lifestyle regulation, dietetics, and seasonal regimens, making them highly relevant even in contemporary healthcare.
- Thus, Ayurvedic Samhītās are not merely ancient medical texts but everlasting clinical manuals, offering principles that continue to guide holistic and integrative medical practice today.

## Sub-Themes of Conference

- Fundamental principles mentioned in Caraka Samhita, Suśruta Samhita, and Ashtanga Hridaya.
- Diagnostic tools and patient assessment in Samhita
- Preventive healthcare and public health concepts
- Lifestyle disorders and non-communicable diseases
- Rasāyana, geriatrics, and longevity
- Mental health and psychosomatic disorders
- Medical ethics and physician conduct mentioned in Samhītās
- Janapadodhwansa and epidemic management
- Technology Evidence-based Ayurveda and research methodology
- Integrative medicine and global perspectives
- Ayurveda in other discipline.
- All other Allied subjects are cordially invited.



## About Varanasi

- Oldest Living City on Earth (over 3,000 years old).
- Mentioned in Hindu scriptures like the Rigveda, Mahabharata, and Puranas.
- The holiest city in Hinduism.
- Benarasi Paan (betel leaf) is a cultural icon.
- Isn't just a city; it's an experience of timeless spirituality, halos, and incredible beauty.

## Sites to Visit in Varanasi



Kashi Vishwanath Dham



Sarnath



Assi Ghat



Namoghat



Ganga Arti



Swarved Mahamandir



Rudraksha Convention Centre



Ramnagar Fort



Sankat Mochan Mandir



Durga Mandir



Tulsi Manas Mandir