

The course on Āstika Darśanas comprises six lessons. A detailed description of the topics covered in each lesson is provided below.

Lesson 1: Preamble and Sāṅkhyā Darśanas

- ❖ Preamble to Darśanas.
- Etymology of Philosophy, Darśana.
- Necessity to study Philosophy.
- Branches of Philosophy.
- What are Pramāṇas , Tripuṭi?

- ❖ Sāṅkhyā Darśana
- Etymology of Sāṅkhyā
- Nature of duality (Puruṣa and Prakṛti)
- 3 Guṇā's (Satva, Rajas and Tamas)
- 25 Tatva's (Elements)
- Pramāṇa in Sāṅkhyā Philosophy
- Kaivalya in Sāṅkhyā

Lesson 2: Yoga Darśana

- Etymology of Yoga
- Patañjalī
- Brief on Patañjalī Yoga sūtra's
- Aṣṭhāṅga Yoga
- Haṭha Yoga practices: Āsana, Praṇayāma, Mudra, Bandha, Ṣaṭkarm
- Pramāṇa's accepted Yoga darshana
- Kaivalya in Darśana
- Yoga and Neuroscience

Lesson 3: Nyāya Darśana

- Nyāya - Vaiśeṣika as a unified system.
- Pramāṇa's accepted in Nyāya Darśana and their sub division.
- Prameya and pramāṭṛ vicāra
- Pañcāvaya nyāya (5 steps for inference)

- Concept of liberation.
- How Nyāya helps in Śāstrabala.

Lesson 4: Vaiśeṣika Darśana

- Introduction and Etymology.
- 7 padārtha's (Categories of reality)
- Samavāya Sambandha (5 pairs of inherent relation)
- Atomic theory
- Abhāva and its types
- Dravya's and their characteristics.
- Pramāṇa's accepted in Vaiśeṣika Darśana
- Pramāṭṛ vicāra
- Ātmā and Mokṣa

Lesson 5: Mīmāṃsā Darśana

- Introduction
- Topics in Mīmāṃsā Sūtra
- Why vedās are Apauruṣeya
- Śabda, Śabdabodh
- Science of interpretation
- Prameya vicāra
- Pramāṭṛ vicāra
- Pramāṇa's accepted
- Sub schools in Mīmāṃsā Darśana
- Types of Karma's

Lesson 6: Uttara Mīmāṃsa

- Introduction
- Sub schools
- Kevalādvaita
- Viśiṣṭādvaita of Rāmānuja
- Six types of Śaraṇāgati

- Dvaitavedānta of Madhvācary
- Theory of difference (pañcabedha)
- Śuddhādvaita of Vallabhācary
- Pramāṇa's accepted
- Prameya vicāra