

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 Sāṅkhya Darśanas

- ❖ Preamble to Darśanas.
  - Etymology of Philosophy, Darśana.
  - Necessity to study Philosophy.
  - Branches of Philosophy.
  - What are Pramāṇas , Tripuṭi?
- ❖ Sāṅkhya Darśana
  - Etymology of Sāṅkhya
  - Nature of duality (Puruṣa and Prakṛti)
  - 3 Guṇā's (Satva, Rajas and Tamas)
  - 25 Tatva's (Elements)
  - Pramāṇa in Sāṅkhya Philosophy
  - Kaivalya in Sāṅkhya

### Lesson 2: Yoga Darśana

- Etymology of Yoga
- Patañjali
- Brief on Patañjali Yoga sūtra's
- Aṣṭhāṅga Yoga
- Haṭha Yoga practices: Āsana, Prāṇayāma, Mudra, Bandha, Śaṭkarm
- 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
- Pañcāvayava 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 Saṃbandha (5 pairs of inherent relation)
- Atomic theory
- Abhāva and its types
- Dravya's and their characteristics.
- Pramāṇa's accepted in Vaiśeṣika Darśana
- Pramāṇ vicāra
- Ātmā and Mokṣa

#### Lesson 5: Mīmāṃsā Darśana

- Introduction
- Topics in Mīmāṃsā Sūtra
- Why vedās are Apauruṣeya
- Śabda, Śabdabodh
- Science of interpretation
- Prameya vicāra
- Pramāṇ 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 Madhvācārya
- Theory of difference (pañcabedha)
- Śuddhādvaita of Vallabhācārya
- Pramāṇa's accepted
- Prameya vicāra