

*Ayurveda* **CARE**  
Institut für ayurvedische Medizin & Forschung



# Detailed curriculum

## First Year

### Module 1 (History and Traditions)

#### Seminar 1:

##### **1.Introduction & Ethics in Ayurveda: -**

- a) Ayurveda as the art of living & the science of healing
- b) Secrets of healthy living - Vedic cosmology
- c) Concept of individual
- d) Life & karma
- e) Chakras & five sheaths of body
- f) Branches of ayurveda

##### **2.History: -**

- a) Prehistoric period- Ayurveda in the *Vedas, Ayurveda as upaveda.*
- b) Ayurvedic Traditions-  
*Atreya* tradition.  
*Dhanwantari* tradition.  
*Vaidika* period (*Brahma, Dakshaparajapati, Ashwinikumaras, Indra*)  
Mythology of the origin of Elixirs (Amrtotpatti), Incarnation of *Dhanwanthari*,  
*Gurukula* system. *Sanskrit* language.
- c) *Samhitha* period- *Atreya* school & *Dhanwantari* school, *Charaka Samhitha & Susrutha Samhitha.*
- d) *Samgraha* period- *Ashtanga samgraha, Ashtanga hrudaya*
- e) Classical literatures- *Brihatrayees, Laghutrayees*
- f) Universities- *Nalanda & Takshashila*, foreign students,  
Greeks physicians and students, Indian physicians travel in foreign countries like Greece,  
Arab etc.
- g) *Buddha & Ayurveda*- Ayurvedic treatments during *Buddha's* period
- h) Foreign Invasion- Invasion & destruction of valuable treatises, universities.
- i) Freedom struggle and Ayurveda-  
Forceful introduction of English medical system, Committees for Ayurveda protection.
- j) Independence and Ayurveda-  
Government comities and other organizations for its uplift,  
New education system, rules and regulations, BAMS, MD, PhD
- k) Present scenario-  
Universities, Colleges, Government hospitals, Private hospitals,  
Pharmaceutical industries, National & International seminars.  
Authentic centers in Ayurveda in India and aboard.

## Module 2 (Basic Principles)

### Seminar 2:

#### 3. Philosophy: -

a) Philosophical background of Ayurveda:-

*Veda, Darsana* and Ayurveda

b) Knowledge of Substance (*Dravya Vijnana*)-

Characteristic of matter, number of matters, Proto elements (*Panchabhootas*), human body-universe & *panchabhootas*.

characteristic of proto elements; and its classification,

Time factor (*kala*) and its importance,

Soul and cosmic soul (*athma & paramathma*),

Derivation and characteristic of Mind (*manas*), action of mind and its location.

c) Knowledge of Properties (*Guna Vijnana*)-

Characters and number of Properties;

Similar and dissimilar Properties, importance of Properties.

d) Knowledge of Actions (*Karma Vijnana*) -

Characters and classification of actions (karma)

e) Tools for understanding a knowledge (Pramana) Perception, Inference, Statements,

Logical thinking, Comparison etc in ayurveda characteristics of sense organs and their classification, Development of knowledge, Sensory and motor organs.

### Seminar 3:

#### 4. Sarira Rachana Vijnana / Anatomy: -

a) Introduction-

Definition of Body (*sarira*),

Anatomical dissection in olden days and its explanation,

*panchabhoutikata of sarira*,

b) Anatomy according to energetic level (*Tantra sarira*)-

*Ida, pingala* and *sushnumna nadi, shat charka*.

c) Anatomy according to vital points. (*Marma sarira*)-

Definition, number, location, classifications,

Importance in *salya tantra*, importance of *trimarma*.

## Seminar 4:

### 5.Kriya sarira / Physiology: -

- a) Patho-physiological factors *VATA, PITTA & KAPHA (doshas)*-,  
Its knowledge, etymology, characteristic, functions, locations and classification. Its role in production of disease, reasons for its increase & decrease.
- b) Digestion (*Aharapachana*)-  
Classification of food articles and method of intake,  
*jatara agni, bhoota & dhatwagni*,  
Digestion and metabolism,  
Different type of gastro intestinal tract - *mrudu-madhya & krura koshta*.
- c) Structure or tissues and its byproducts ( *Dhatus & upadhatus*)-  
Classification, number, production & importance, abnormality.
- d) Waste products (*Mala*)-  
Definition, classification, functions
- e) Mind (*Manas*)-  
Definitions, properties, relation between psyche and bodily *dosha*,

## Seminar 5:

- f) Constitution (*Prakruti*)-  
Definition, classification
- g) Toxins (*Ama*)-  
Definition, properties, condition, disease relation
- h) Birth of disease (*Shatkriyakalas*)-  
Definition, classification, disease production

### Practicals:-

1. Demonstration of normal functions of *dosha-dhatu & mala*.  
Analyzing *vrudhi & kshaya of doshas dhatus & malas*.  
*Analysing prakruti*.

## Module 3 (Dravyaguna )

### Seminar 6:

#### 6.Dravya Guna / Pharmacology: -

- a) Knowledge about Matter (Dravyaguna) –  
General information about *rasa, guna, virya, vipaka, prabhava* and *dosha karma, panchabhautikatva*.
- b) Classification of matter -  
Living –nonliving (*Chethana-achethana*),  
Effect- cause (*karya-karana*), Evolution-source and use
- c) Taste of substances (*Rasa*)-  
Types, *panchabhautikatva*, evolution, *rasa & anurasa*,  
Characteristics function and properties of six *rasa*, effect on *dosha & dushya*.
- d) Properties (*Guna*)-  
Characteristics, types, *gurvadi & paradi gunas*.
- e) Potency (*Veerya*)-  
Definition, types, *bhoota & veerya*, function of *veerya*.
- f) Post digestive effect (*Vipaka*)-  
Definition, types, properties & functions, relation with *rasa & vipaka*.
- g) Special property (Prabhava) - Characteristics and function.
- h) Action (*Karma*)-  
Characteristics, classifications, words denoting karma-  
*deepana, pachana, samshodhana, samshamana, anulomana, bhedana, rechana, lekhana, grahi, stambhana, madakari, pramadi, vyavayi, vikasi*.

### Seminar 7:

#### i) Medicinal plants detailed description -

- Arjuna
- Aswagandha
- Bala
- Bhringaraj
- Bhumiamalaki
- Brahmi
- Chandana
- Chitrak
- Gokshura
- Guduchi
- Guggulu
- Haridra
- Hingu

### **Seminar 8:**

- Jatamansi
- Kapikachhu
- Manjishta
- Musta
- Nimba
- Punarnava
- Shankapushpi
- Shatavari
- Trijatha
- Trikatu
- Triphala
- Tulasi
- Vacha
- Vasaka
- Yastimadhu

j) Method of plant collection

Knowledge about the method of plant collection,

Time of collection, preservation methods, storage and Endangered plants.

k) Usage of drugs-

Parts used for medicine, Purification.

#### Practicals:

1. Identification and understanding of some of the plants.
2. Compilation of a drug

### **Module 4 (Preventive medicine)**

#### **Seminar 9:**

##### **7.Svastha Vrutta: -**

a) Personal Hygiene (*svastha vrutta*):

Definition of swastha.

b) Daily regime (*dinacharya*)

Daily routine, Personal development.

c) Seasonal regime (*rtucharya*)

1. Routine in early winter.
2. Routine in late winter.
3. Routine in spring.
4. Routine in summer.
5. Routine in monsoon.
6. Routine in autumn

d) Three Pillers of life (upastambha)

1. Concept of nutrition-

Rule of food intake (*Ahara vidhi*)

Ayurvedic concept of Pathya-Apathya (Dietary Schedule).

Importance of food containing six *rasas*,

Activities during digestion,

Advantage & disadvantages of vegetarian & non vegetarian food,

Usage of spices in food and their effect on body, bad effect of food,

Diseases caused by over nourishment and mal nourishment (*santarpana & apatarpana.*)

Foods which aggravate different doshas

Properties and actions of water, legumes, cereals, milk products, vegetables, meat products and spices.

Incompatible food combinations.

Rules of perfect eating.

2. Sleep (*Nidra*)-

Proper way of sleep and its relation in health

Types of sleep

Reasons for sleeplessness and its effects.

3. Celibasy (*Brahmacarya*)-

Importance and utility of celibacy in life

Preservation of *veerya* (male power) & and its benefits

Menstrual cycle & its importance in preserving health.

e) Behaviour (*Vihara*)-

Good conduct (*Sadvrutta, acara rasayana*),

Production of disease by wrong behavior(Prajnaaparadha).

f) Natural urges which should be controlled and uncontrolled (*dharaneeya & adharaneeya vegas*).

g) Infectious diseases and epidemics-

Infectious diseases, natural, chemical and physical method of decontamination, infective diseases and its preventive methods,

Communicable diseases,

Natural calamities why and what?

## **Seminar 10: Yoga & Ayurveda**

*h)Yoga*

a) Introduction-

Etymology of yoga & its definitions,

Evolution, eight divisions, definition and objectives of *hatha yoga*

i) Yoga & Ayurveda-

Relationship with yoga & Ayurveda,

Importance of Yoga in preserving health,

Contradictions of *Yogabhyasa*.

1) Asana-  
Utility and its effect in health,  
Important *asanas*

2) Food during yoga-  
*Pathyapathya*,  
Time to consume food

3) Breathing (*Pranayama*)-  
*Mala sodhaka pranayama & bhramari pranayama*,  
Time of *pranayama*  
*avara-pravara-madhya krama*,  
Sudation function of pranayama,  
Food restrictions,  
Characteristics of *sudha nadi*.

4) Yogic purifications (Shatkriyas)  
*Dhauti, Neti, Trataka etc.*

*Practicals:*

1. *Pratimarsha, anjana, dhuma, gandusa and kabala*

2. *Dhauti*

3. Seven Important *yogasanas*

4. Practical knowledge of *puraka, rechaka and kumbhaka*

5. Assessment of individual constitution (*Prakrti*) Selection of specific diet, daily routine according to *prakrti*. . Different recipes for cooking a healthy diet according to individual constitution or disease conditions

# Second Year:

## Module 5(Pharmacology)

### Seminar 11:

#### 8.Bhaishyaja Kalapana

a) Introduction- Definition

b) Preparation and methods of traditional ayurvedic preparations. –  
*Svarasa, kalka, kwatha, phanta, hima, arka, avaleha, churna, vatika, gutika, kshara*

c) Medicated Oils and Ghees (*Sneha*)-  
Types, *Gritha and Taila*,  
Rules of *sneha paka*, mode of usage, dose and time.

### Seminar 12:

d) Fermented herbal preparations (*Sandhana kalpana*)-  
*Asava, arishta*,  
its preparation, usage, properties, dosage and use on patients.

e) Detailed study of 25 Ayurvedic oils, churnas, lehyas, arishtas etc.  
In various disease conditions

#### Practicals:

1. Methode of preparation of Ayurvedic preparations.
2. Introduction to Ayurvedic products manufacturing units and pharmacies.

## Module 6 ( Diagnosis and Master health check up)

### Seminar 13:

#### 9.Roga Vijnana and Vikruti Vijnana: -

a) Patholo-Physiological factors (Dosas)-  
Signs and symptoms of increase and decrease of *doshas, dhatus and malas*.  
Flow of Doshas (Doshagati),  
Formation of diseases (kriyakala),  
Channels of diseases (rogamargas).

b) Description of micro channels (*srotas*)-  
Importance of *srotas* in disease production,  
Causes & signs and symptoms of the vitiation of *srotas*

c) Birth of Disease (*Vyadhi*)-  
Interaction of *Dosha Dhathu* in disease development,  
Types of disease- *agantuja, sarira, manasa*,  
Numerable & innumerable nature of disease,  
*Santarpanotha & Apatarpanotha vyadhi*.

d) Condition of the disease (*Vyadhiavastha*)-  
*Ama & pakva*,  
*Sama & nirama*,  
*Uthana and gambhira*  
*Types of dhatugatavastha*

**Seminar 14:**

e) Etiology (*Nidana- Hetu*),  
Types of *hetu-sannikarsha*, etc,  
*Asatmendriyart samyoga*, etc, ,  
*Nidanapanchaka*

f) Prodromal symptoms (*Purvaroop*a)-  
Definition, types.

g) Symptom complex (*Roopa*)-  
Definition, *vyadhi & lakshana*

h) Therapeutics (*Upashaya*)-  
Definition, classification,  
*Anupashaya*

i) Course of diseases ( *Samprapthi*)-  
Definition, types,  
*Upadrava*, *arishta*,  
*Sadhya & asadhya*

**Seminar 15 : Patient Examination**

j) Examination of the patient ( *Rogi pareeksha*)-  
*Darshana*, *sparshana & prashana*,  
*Anumana*, *aptopadesha*, *yukti*,  
*Ashtavidha pareeksha*,  
*Dashavidha pareeksha*,

**Seminar 16:**

k) Examination of the diseases (*Roga nidana*)-  
Jwara (fever),  
kasa(cough),  
swasa(dyspnoea),  
rajayakshma(tuberculosis-pulmonary),  
arshas(haemorrhoid),  
grahani(malabsorption),  
prameha(diabetes),  
pandu(anaemia),  
vatavyadhi(diseases due to vata),  
vatasonitha(gouty arthritis)  
amlapitta(duodenal ulcer),  
sandhigata vata(osteo arthritis),  
rheumatism (amavata),  
pakshaghata (Paralysis),

kamala(hepatitis),  
visarpa(eczema/ allergies),  
kushta(psoriasis),  
adiraakta chapa (hypertention/hypercholesterol),  
staulya(obesity).

Practicals:

- 1.Pareeksha vidhi/ clinical patient examination & Diagnosis techniques
- 2.Case sheet and case presentation

## Module 7 Kerala Retreat therapies or Purva karma

### Seminar 17:

#### 10. Purvakarma

- a) Introduction-  
Definition, objectives, divisions.
- b) Pre-*panchakarma* therapies (*Poorva karma*)-  
*Snehana* (oleation) and sudation (*swedana*)

## Module 8 (Panchakarma-the core of Ayurveda)

### Seminar 18:

*kativasthy, kizhi, lepa, bashpasweda* and *avagaha sweda*.

### Seminar 19:

#### 11.Panchakarma: -

- a) Five detoxifying treatments (*Panchakarma*)-  
Therapeutical vomiting (*Vamana*)-  
Therapeutical Purgation with different herbs (*Virechana*)-

**Seminar 20:** Medicated oils and decoctions enema, its combinations (*Vasthy*)-  
Nasal, sinus, Head purification with different herbal oils, powders(*Nasya*)-  
Blood letting with leeches and surgical instruments (*Rakthamoksha*)  
Its definition, indication, medicines use, method, precautions pre & post management, etc.  
*Atiyoga, heenayoga* and *samyak yoga of panchakarma* and its management.

- b) Die tics during the time of Panchakarma (*Samsarjana karma*)-  
Definition, indications, method.

Practicals:

- 1.Method of administering panchakarma, and poorva karma & practical training
- 2.Case sheet presentation

# Third Year

## Module 9 (CHIKITSA STHANA )

### Seminar 21: CHIKITSA STHANA

#### 12.Kayachikitsa:(General medicine) -

a) Introduction- Definition, divisions, classification of vyadhi

b) Treatment-

*Dwidopprakama, shadupakrama,*  
principles of *treating amadosha,*  
*daivavyapashraya*  
*yuktivyapashraya*  
*satvavajaya* treatments.

c) *Jwara* as a standard treatment-  
Definition, synonyms and classification,  
*Nija & agantu,*  
Detailed treatment of different *jwara,*  
*Sannipata jwara* and its treatments.

#### (Treatment for specific diseases)

### Seminar 22:

1. Specific diseases and treatment protocol with diet and Ayurvedic preparations which are prevalent in Germany
  - a. Arthritis & Rheumatism,
  - b. Paralysis,
  - c. Hepatitis,
  - d. Respiratory diseases (Asthma, Influenza, Chronic cough, dyspnoea)
  - e. Eczema & Psoriasis, (Neurodermatitis, Psoriatic arthritis)
  - f. Allergies, (Hay fever, Food allergy)
  - g. Insomnia,

#### (Treatment for specific diseases)

### Seminar 23:

- h. Depressions.
- i. Hypertension (atherosclerosis, Hypercholesterol)
- j. Diabetes
- k. Obesity
- l. Osteoporosis
- m. Polyneuropathy

#### Practicals:

- 1.Diagnosis, Clinical Patient examination & treatment schedule of diseases
- 2.Case sheet presentation

### 13.Prasuti tantra & Stree roga: (Gynecology and Obstetrics) -

#### Seminar 24:

a) Menustration (*Rajovijnana*)-

Its concept according to Ayurveda.

*Strisukra, raja, rtukala, rajaswala, rajapravruti.*

b) Development of foetes (*Garbhavijnanam*)-

*Garbha* definition, description of *sukra*,

Factors necessary for *garbha sambhava*,

*Garbhadana*,

Sex determination factors, monthly growth of *garbha*,

Nourishment of *garbha*,

*Garbha vikruti*,

c) Pregnant women and antenatal care –

A natural approach ( *Garbhini vijnanam*)-

Characteristics of *sadhyoghrita garbha*,

*pumsavana vidhi*,

Factors harmful for *garbha*,

Regime for *garbhini*,

Care of pregnant women on monthly basis.

d) Complications in Pregnancy (*Garbha vyapath*)-

Complication & treatment of *garbhasrava, garbha pata, upavistaka, nagodara, lina garbha,*

*mudhagarbha, akala prasava, kalalita prasava,*

*Complication like pandu, kamala, swasa, kasa, yonigulma, garbhini makkala, garbhajanya*

*visamayata (toxemia), mrita garbha*

e) Postnatal period *Sutika vijnana*-

*Sutika kala* (),

Changes during post natal period,

*Sutika rogas, stanya* and its characters,

Vitiation of *stanya*,

Lack of *stanya*, excess *stanya* and its treatments.

#### Practicals:

1.Clinical Patient examination & Diagnosis techniques

2.Case sheet and case presentation

### **Stree Roga:**

Stree Roga

a) description of *Artava* (menstruation) –

Treatment of dysmenorrhoea,

Metrorrhagia,

*Yonikanda,*

*Yonyarsa,*

*Niruddha yoni,*

*Karkatakarbudha*

b) Disease of the breast (*Stana roga*)-

*Stana kilaka, stanarbuda, stana vidradhi,*

*Explanation of treatments like utara vasti, pichu, varti, lepa, dhupana, .*

### Practicals:

1.Clinical Patient examination & Diagnosis techniques

2.Case sheet and case presentation

## **14.Kaumarabhrithya (Pediatrics) -**

### **Seminar 25:**

a) Care of the new born Introduction-

Definition,

The stage of *garbha, balaka, kaumara, yuva,*

care for *navajata, balaka, breast-feeding.*

*Vikara-*

Rooms of child, playground, toys.

b) Vikriti-

Examination of breast milk,

*pathya,*

management and treatment for breast milk disorders.

c) Children disease and its management (*Balaroga*)-

Determination of dose of medicine according to age and condition,

*ksheranna kala, dantha poshana*

d) *Sahaja Vyadhi-*

*Kamala, rakthapitta;*

*Adibala pravruta* (hereditary)-

*Prameha, yakrud dosha,*

*Daivabala pravruta-*

*Jala sirshaka*(hydrocephaly), *pangu, muka, vamana, oshtabheda, taluvikriti*

e) Disease after labour-

*Nabhi roga, akshepaka, stanaroga, vispota, rajika, mugha paka, guda paka, manasika.*

f) *Ksherapa-*

Diseases due to drinking vitiated breast milk, constipation, vomiting, diarrhoea, *jwara*

g) *Kshirannada*-

*Kukunaka, krimi, indigestion, phakka, pangu, gandamala, unmada, apasmara*

Practicals:

1. Clinical Patient examination & Diagnosis techniques
2. Case sheet and case presentation

## 15. Manasika Roga (Psychology) -

### Seminar 26:

a) Psychosomatic diseases Ayurvedic Approach –

Introduction- Definition of *manas* and its properties,  
role of *lobha-moha-krodha-bhaya-dwesa-soka*- in producing *manasa roga*.

b) Treatment- diagnosis and treatment of *manasika rogas* like-

*Unmada, apasmara, atatvabhinivesha, apatantraka, bhrama, daivavyapasraya & satvavajaya*  
treatments.

Practicals:

1. Diagnosis, Clinical Patient examination & treatment schedule of diseases
2. Case sheet presentation

## 16. Salakya chikitsa: (ENT, Dentistry, Ophthalmology)-

### Seminar 27:

a) Introduction-

*Netra sharira,*  
*panchabhoutikata* of eye, *netra mandala, netra patala, etc,*

b) Roga-

*Sandhigata vyadhi-puyalasa, srava, upanaha, krimigrandhi, parvani, alaji,* signs-symptoms  
& treatment

c) *Vartmagata vyadhi-*

*Utsangini, kumbhika, pothaki, vartma sharkara, anjanamika, bahala vartma, visa vartma,*  
*arbuda, kumbhaka, klinnavartma, nimesha, pakshma kopa, arso vartma,* signs-symptoms &  
treatment

d) *Suklamandala Vyadhi-*

*Arma, suktika, pistaka, sirapatala, balasagradhita,* signs-symptoms & treatment

e) *Krishnamandala vyadhi-*

*Savrana sukla, avruna sukla, ajakajata, akshi pakavya,* signs-symptoms & treatment

f) *Sarvanga netra roga-*  
*Abhishyanta, adhimantha, akshipaka, anyato vata, sirotpata, siraharsha, signs-symptoms & treatment*

g) *Drishtimandala roga-*  
*Timira, kacha, linganasa, pittavidaghda drishti, kaphavidaghda drishti, nakulanta, signs-symptoms & treatment*

h) *Siroroga-*  
*Importance of sira, uttamanga, suryavarta, ananta vata, ardhavabhedaka, sankhaka, krimija siroroga, indralupta, khalita, palita, arunsika, shirobhighata, signs-symptoms & treatment.*

i) *Karna roga-*  
*Karna sula, karma nada, karma vidrati, karma paka, puti karma, krimi karma, karnarsha, badhirya, signs-symptoms & treatment*

j) *Nasa roga-*  
*Pratisyaya, pinasa, parisrava, putinasa, dipta, sonita, nasarsa, nasarbudha, signs-symptoms & treatment*

k) *Mugharoga-*  
*signs, symptoms & treatment of diseases of oral cavity, signs, symptoms & treatment of diseases of lips*

l) *Danta roga-*  
*Danta sarkara, krimi danta, danta harsha, kapalika, sitada, danta vesta, danta pupputaka, paridara, upakusha, danta nadi, adhimamsa, signs, symptoms & treatment*

m) *Jihva roga-*  
*Jihvakantaka, alasa, upajihva, jihvarbuda, signs, symptoms & treatment*

n) *Talu roga-*  
*Gala sundi, tundikeri, arbuda, kachapa, talu pupputa, talu paka, talu sosa, signs, symptoms & treatment*

o) *Kantagata roga-*  
*Rohini, atijihva, valaya, gilayu, galavidradi, galaudha, mamsatana, vidari, svaraghna, signs, symptoms & treatment*

*Practicals:*

1. Practical training in *kriyakalpa- Aschyotana, putapaka, tarpana, anjana, svedana, pindi, sirovasthy, karma poorana, kabala, gandusha, dhuma.*

2. Diagnosis, Clinical Patient examination & treatment schedule of diseases

3. Case sheet presentation

## 17.Salya Tantra: (Surgery) -

### Seminar 28:

#### a) Introduction-

Definition, *Dhanwanthari sampradaya*,  
Susruthas contributions

#### b) *Vyadhi- Nija & agantu*,

*vrana* and its management,

seven & sixty modalities,

*nija & agantu vrana, dushta vrana, vrana pareeksha-sthana-akruthi, varna, srava, gandha, vedana*, treatment and management of *nadivruna*,

management of *sadhyovruna*,

signs-symptoms & management of *marmaghata*, types and treatment of *dagdha*, diagnosis &

management of *raktha srava, vrana bandha*.

#### c) *Yantra & Sastra-*

Definition, number, types, shapes,

*poorva-pradhana & paschat karma in salya tantra*,

*ksharakarma, agnikarma, jalukavacharana, rakthamoksha, sandhana karma*.

#### d) *Arbuda-*

Classification and treatment of *grandhi roga*,

classification and treatment of *arbuda*,

treatment of *kshudra rogas*.

#### e) *Bhagna-*

Types of *bhagna*,

general signs and symptoms & management

#### f) *Sandhimoksha-*

Classification, diagnosis and treatment of *sandhimoksha*

#### g) *Asthivyadhi-*

*Asthi vidradi, asthi kshaya, manya sthambha, galaganda, ganda mala, apaci*

#### h) *Vyadhi-*

*Stana roga, stana vidrati, stana granti, stanarbudha, stana vrudhi, udara, badhagudodara,*

*jalodara, hernia, gudha bhramsa, arsha, bhagantara, vrukkashmari, mutraghata,*

*mutrakrichra, ashmari, basti granti & arbuda, sukrashmari, grandhi, nirudha prakasa,*

*upadamsha, puya megha, phiranga*

### **Ksharakarma and raktamoksha**

#### Practicals:

1.Diagnosis, Clinical Patient examination & treatment schedule of diseases

2.Case sheet presentation

3.Demonstaration of *salyachikitsa yantras and shastras*

## 18. Agata Tantra:(Toxicology) -

### Seminar 29:

a) Introduction- Definition, sources of visha and its effects, types and classification.

b) Toxins (*Visha*)-

*Visha in anna, pana, vastra, sankavisha*

c) *Upavisha*-

*Dusheevisha, gara,*

signs and symptoms of poisoning,

*ojas & visa,*

*visha vegas.*

d) Treatment principles-

*Mantra, bandhana, utkarshana, nishpeedana, chushana, agnikarma, parisecana, avagahana, rakthamoksha, vamana, virechana, upadhana, anjana, nasya, dhuma, pradhmana, pratisarana, lepa*

e) *Madatyaya*-

Three stages of *madatyaya* and its signs & symptoms, treatments

f) *Jangama visha*-

snake venom, types of poisonous snakes, sight of snakebite and treatment, scorpion poison, spider poison, rat poison-signs and treatments, *alarka visha* and treatment, *sadyasadyatatwa*.

g) *Upavisha*-

*Kupilu, bhilva, jayapala, dhatura, arka, snuhi, gunja, etc.*

h) *Ahara visha*-

Sign and symptoms, *virudha-guna, kala, matra, swabhava*, principles of food poison treatment.

### Practicals:

1. Clinical Patient examination & Diagnosis techniques

2. Case sheet and case presentation

## Module 10 (Immunology and Sexology )

### Seminar 30

#### 19.Rasayana: (Geriatry)-

a) Rejuvenation in which way ?

Introduction- Definition, objectives, suitable person, classifications

b) Method-

*Vardakya* diseases-

Diagnosis & treatment for geriatric problems,

preparation for *rasayana*,

administration and post management of *rasayana*.

c) Preparations-

Important preparations, its usage and administration method

#### Practicals:

1.Diagnosis, Clinical Patient examination & treatment schedule of diseases

2.Case sheet presentation

#### 20.Vajikarana: (Aphrodisiac) -

a) Introduction-

Definition, objectives, knowledge about suitable person and the time.

b) Medicines-

Importance of *stree*, preparations,

management of Infertility and impotency.

#### Practicals:

1.Diagnosis, Clinical Patient examination & treatment schedule of diseases

2.Case sheet presentation

Discussions and conclusions of Ayurvedic medical system and new research methods in Ayurveda.

#### Materials for study.

- ❖ Photos and films of ayurvedic centers in India.
- ❖ Video films of different ayurvedic treatment.
- ❖ Pictures of plants.
- ❖ Films of ayurvedic factory.
- ❖ Power point presentation of plants, treatment, factory etc.

## Application for Ayurvedic Medicine 2009/ 2011

*Hiermit melde ich mich verbindlich für die Ausbildung in Ayurveda an, welche im Ayurveda care, stattfindet:*

Family Name.....

First Name.....

Date of Birth.....

Street.....

Post code & City.....

Telephone.....

Fax.....

E-mail.....

Speciality in medicine .....

*Hiermit erkläre ich, dass ich mit den Vertragsbedingungen des Veranstalters einverstanden bin und die Anzahlung überwiesen habe:*

Place, Date.....Signature.....

**Termine für die Ayurveda-Ausbildung  
Ayurveda Care Akademie  
2009 - 2011**

Erster Abschnitt: Grundlagen (Sutra)	Monat	Datum	Dozent
	Mai		
	Juni		
	Juli		
	September		
	Oktober		
	November		
	Dezember		
	Januar		
	Februar		
	März		

Zweiter Abschnitt: Diagnose (Nidana)	Monat	Datum	Dozent
	Mai		
	Juni		
	Juli		
	September		
	Oktober		
	November		
	Dezember		
	Januar		
	Februar		
	März		

Dritter Abschnitt: Behandlungen (Chikitsa)	Monat	Datum	Dozent
	Mai		
	Juni		
	Juli		
	September		
	Oktober		
	November		
	Dezember		
	Januar		
	Februar		
	März		

jeweils: Samstag 9.00 Uhr bis 18.00 Uhr + Sonntag 9.00 Uhr bis 13.00 Uhr

Danach wird alle 10 Wochenenden eine Examination stattfinden.

Abschlußprüfung: am 18. März 2010

Kosten: Pro Wochenende 550,- Euro

Manuskript : Pro Wochenende 50,-Euro

Bei Zahlung des Gesamtbetrages beträgt die Gebühr nur 5.000,- Euro

Ort & Kontakt : **Ayurveda Care Akademie**

Sekretär für Ayurveda-Ausbildung

Ayurveda Care

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Ayurveda Care

Raiffeisen Bank Bad Windsheim

BLZ 76069372

Kto-Nr 61409

Stichwort: Ayurveda-Ausbildung Bad Windsheim 2009

Vertragsbedingungen:

Die Ausbildung findet zu den in der Ausbildungsbroschüre genannten Terminen und Uhrzeiten statt.

Die Lehrgangsgebühr beträgt Euro 5000,- (zahlbar in 20 Raten zu je Euro 250,-) oder Euro 4900,- als Einmalzahlung.

Mit der schriftlichen Anmeldung und der Überweisung der Anmeldegebühr ist die Teilnahme rechtskräftig und verbindlich. Es ist eine einmalige Anmeldegebühr (Euro 200) und eine Prüfungsgebühr (Euro 100) fällig.

Die Teilnahme an der Ausbildung kann bis spätestens einen Monat vor Beginn der Ausbildung schriftlich gekündigt werden. Die Anmeldegebühr wird in diesem Fall nicht zurückerstattet. Krankheit oder Verhinderung der Dozenten sind kein Kündigungsgrund. Im diesem Fall wird ein Ersatztermin oder ein Ersatzdozent gestellt.

Verpaßte Seminartermine können nach Absprache in anderen laufenden Ausbildungen nachgeholt werden.

Sollte die Ausbildung wider Erwarten nicht zustande kommen, dann erstattet der Veranstalter die Anmeldegebühr zurück. Der Veranstalter behält sich das Recht vor, in Ausnahmefällen die Seminartermine zu ändern. Das Teilnahmezertifikat wird nach erfolgreich bestandener Prüfung ausgehändigt.