

Ayurved Sadhana Vidyalaya

Course Descriptions 2017

Volume I

July 1, 2017

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Ayurved Sadhana

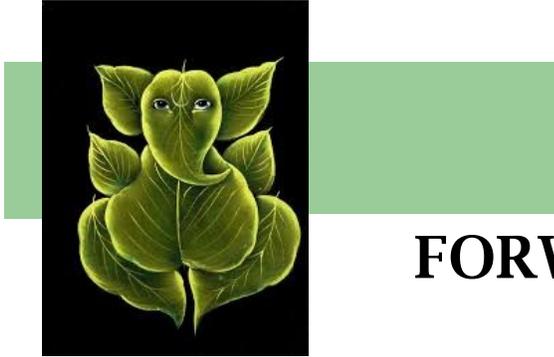
2082 Grayden Court, Superior, Colorado, 80027



This is a Non Placement Program

***Policies in this Handbook may be subject to change.**

Changes will be distributed to students and become effective immediately upon distribution unless otherwise specified.



FORWARD

Welcome to Ayurved Sadhana, which includes Ayurvedic Teaching Institute, Ayurvedic Clinic and upcoming Ayurvedic Panchakarma Center in India.

Ayurved Sadhana comes under the umbrella of Prabhuram Ayurvedic Vidyalaya Trust, Mumbai, India.

The Ayurved Sadhana Vidyalaya

{ Organization & Structure

President	Dr. Bharat Vaidya
Vice President	Mrs. Anupama Vaidya
Treasurer	Mrs. Anupama Vaidya

Core Faculty

Main Lectures and Academics Dr. Bharat Vaidya
School Director

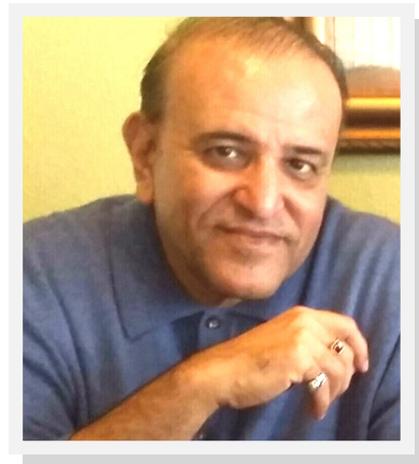
Cooking and Ayurvedic Doula Mrs. Anupama Vaidya
Meditation & Chanting Ms. Susan V. Gordon

The History and Lineage of Ayurved Sadhana Vidyalaya

The Prabhuram Ayurvedic Vidyalaya (College) was founded in 1896 with good intention to establish a Ayurvedic college which will improve the standards for Ayurvedic practitioners in India and inadequate practitioners can be removed from the system. At that time Ayurveda was already in despair and British Government closing Ayurvedic practices and dispensaries in Bombay and other places with the fear of growth of irresponsible and incompetent physician and at the same time to apply their own system of medicine (allopathic) which they brought with them. One of the practitioners who stood up against it was Vaidya Prabhuram Jivanram and later his son Dr. Popat Prabhuram Vaidya. In Bombay, Vaidya Prabhuram Jivanram started an Ayurvedic practice, and saw it continued to grow. During the times, when Allopathic doctors tried to prove that Ayurveda did not work and tried to stop vaidyas from practicing, Vaidya Prabhuram Jivanram proved that Ayurveda works. He impressed with his clinical knowledge and helped curing many people using Ayurvedic herbs and principles. He demonstrated that this several thousands year old science was indeed very valid and useful.



He was very open minded and shared Ayurvedic knowledge by communicating it with European Allopathic doctors, such as Dr. Cook, Dr. Carter, Dr. Mensur, Dr. Arnot, Dr. Bhavdaji, Dr. Kirtikar and Dr. Hedge, Ayurvedic principles.



Dr. Bharat Vaidya is a skilled Advanced Ayurvedic physician who received his Ayurvedic degree (B.A.M.S.) and advanced medical training in Mumbai. Then obtained a medical degree (M.D.) from prestigious Catholic University of Leuven, Belgium, Europe. He comes from an Ayurvedic family who was instrumental in the establishment of modern Ayurvedic universities in India. He has practiced medicine in India, Europe and in United States.

He specializes in history of Ayurveda, pharmacology, gerontology, rejuvenation, vajikarana (Science of Aphrodisiacs) and other branches of Ayurveda. His main focus is History of Ayurveda, Philosophy and Sutras of Ayurveda, Ethno-pharmacology, Madhav Nidhan (Diagnostics Criteria), Dhatu (Ayurvedic Pathologies), Wellness/Disease Cooking, Seasonal and Panchakarma Cooking, Rasayana (Rejuvenation), Gerontology, Panchakarma, Nighantu (Advanced Ayurvedic Herbal Studies) and Pharmacology. Dr. Vaidya is loved by many of his students for his passionate teaching style and deep knowledge about Ayurveda and its practices along with Vedic knowledge.

Currently, Dr. Bharat Vaidya is practicing Ayurveda in Superior, Colorado USA. Also, he conducts consultations online or via telephone. His practice focuses on chronic diseases, women and children's diseases and health which include Ayurvedic lifestyle counseling, herbal medicines, and prevention measures. He was the main faculty member at Rocky Mountain Institute of Yoga and Ayurveda (RMIYA) and Alandi Ashram. Currently, he teaches Ayurved Sadhana Vidyalaya along with consultations and mentoring of students Dr. Vaidya also specializes and offers Ayurvedic Doula classes for certified Doulas covering diet, food, and health and oils.

Anupama Vaidya is a software engineer, skilled Ayurvedic cook, and mother of two growing boys.



She co-teaches with her husband, Dr. Bharat Vaidya, for the herbal preparation and cooking hands on classes. Her cooking classes offer flavorful Indian style, gluten free and most important, Ayurvedic preparations for different doshas, seasons and conditions. Her class notes are detailed and clear with valuable recipes and information. She teaches many delicious recipes for prenatal, postnatal and baby nutrition and health care.

Anupama also co-teaches medicinal preparations for the Aushad Kriya and Rasayana classes, including decoctions, compounding, making infusions, cough syrups, medicated ghees, rasayanas, and family health care recipes.



Susan Gordon became interested in Yoga in 1983, when Swami Vishnu Devananda arrived at Aerolite Aviation, a family owned flying school in the United Kingdom.

- In 2002 She received her 200 Yoga Teacher Training from Jeannine Armstrong at Gentle Strength Yoga.
- Later She went to the Sivananda Ashram, Paradise Island , Nassau, Bahamas and received her 300 hour Yoga Teacher Training Certificate. She continues to visit the Ashram and is a senior staff member and has assisted in the 300 hour Yoga Teacher Training Programs.
- In 2011 She received her Thai yoga Massage Certification at the Sivananda Ashram.
- In 2009–2012 Susan worked as the Executive Director for The Rocky Mountain Institute of Yoga and Ayurveda.

Recently she has joined Ayurved Sadhana as Administrator and faculty member. Susan teaches Meditation, Chanting and some Asana classes for Ayurved Sadhana Vidyalaya.

Susan has recently gained her Gardening Certification from Denver Botanic Gardens and hopes to bring a horticulture presence to the school in the future.

Susan maintains Private yoga Students and Thai Yoga clients at Ancient Harmony Studio.

FACILITIES AND SETTINGS

Here at Ayurveda Sadhana, we teach people in a manner that helps bring out their inner potential.

Not only do we focus on the foundations of Ayurveda, but go further beyond that and build a strong scientific foundation for our students. From other schools you may hear terms and definitions and different words that stem from Ayurveda, but here at Ayurveda Sadhana we actually tell you what they mean. We prove everything we teach in a proper scientific manner and help answer the greatest of questions “Why?” In doing so, we make sure that our students actually have faith in the knowledge they take from us.

Our facilities are located at 2082 Grayden Court, Superior, Colorado 80027. Ayurved Sadhana Vidyalaya offers the latest in technology for on-line attendances for your ease of learning. Providing a clean, safe environment for hands on learning is always a fun and amazing experience.

Ayurved Sadhana provides each student with a Course syllabus prior to class start. Online attendance is provided with an invitation to Anytime Meeting and an electronic version of the Course syllabus.

ADMISSION/ENTRANCE REQUIREMENTS

The admissions policy is listed in detail below. For further questions, please contact Ayurved Sadhana Administration at (303)-530-3730 or 720-382-6488 or emailing at info@ayurvedsadhana.com

Late Enrollment:

Students are currently accepted into the school once a year at the start of spring semester (see school calendar). It is our vision to accept students twice in a year in the future. Late enrollments will be accepted only one week into the course, depending on the length of the course. The school does not discriminate based on race, sex, religion, ethnic origin, or disability.

Prospective students must have a high school diploma or equivalency diploma to be accepted for enrollment. If applicants are beyond the age of compulsory school attendance in Colorado and do not possess a diploma or equivalency diploma, they may complete an ability to benefit test. The school does not administer the test, but will provide information on availability when requested

Materials Due For Admission and Enrollment Procedures

Step 1

- Application Form
- Application fee of \$50.00
- Registration fee of \$100.00
- Two letters of recommendation from a teacher, professor, advisor, or employer.

The above items are due to be considered as a student here at Ayurved Sadhana.

Step 2:

Make an appointment with Ayurved Sadhana Administration 720-382-6488 for an interview. Bring the above materials if not already sent by email. Allow one hour for this interview. After the interview we will make a decision if you are a fit for our school. You will be notified in writing within 24 hours.

Step 3 :

Complete and submit the forms below:

- Enrollment Form with
- Payment Plan and Installment Agreement
- Signed Course Catalogue/Student Handbook

All materials due July 15th or December 15th of the year.

All prospective students who have applied before this date will be considered priority applications. Applications submitted after may get offered a position if space is available. Ayurved Sadhana will not accept any enrollments after the second week of course commencement.

You may schedule an appointment or an interview. To schedule a visit, please contact us at visit [@ayurvedsadhana.com](mailto:info@ayurvedsadhana.com) with the subject line "appointment."

NOTE: Credits from previous training, education or experience evaluated on a case by case basis and Ayurved Sadhana Vidyalaya does not guarantee the transferability of its credits to any other institutions.

2017 SCHOOL CALENDAR

January						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

February						
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26	27	28				

March						
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April						
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30						

May						
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June						
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25	26	27	28	29	30	

2017	
VACATION: June 16-Aug 14 2017 December 16- January 14 2018	
January	
Spring Enrollment Ends	
01: New Year's Day	
14: APP Spring Semester Begins	
February	
14: Valentine's Day no class	
20: Presidents' Day	
March	
April	
14: Good Friday	
16: Easter Sunday no class	
May	
14: Mother's Day no class	
29: Memorial Day no class	
June	
Fall Enrolment Begins	
16: APP Spring Semester Ends	
28: Doula Course Begins (*ends March 2018)	
July	
04: Independence Day	
August	
Fall Enrollment Ends	
14: APP Fall Semester Begins	
September	
04: Labor Day no class	
October	
09: Columbus Day	
November	
11: Spring Enrollment Begins	
23: Thanksgiving Day off till 26th	
December	
15: APP Fall Semester Ends	
25: Christmas Day	

July						
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30	31					

August						
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September						
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October						
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November						
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December						
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24	25	26	27	28	29	30
31						

Ayurveda Sadhana Vidyalaya

offers the following programs

- **3 Years Ayurved Vaidya Bhashagwar (Ayurvedic Practitioner) – 1,361 hours (90 credits)**

The Ayurvedic Practitioner Program is a three year program that consists of six semesters and approximately 225—250 hours both Theory and Hands -On combined (app. 17 credits) per semester. If students cannot meet these commitments, then it will take more than 3 years for a student to complete this program.

This Ayurvedic Practitioner Certification Program will requires an average attendance as follows:

- 2 weekends per month - 15 hours each weekend
- 2 weeknights sessions per week - 15 weeks in a semester
- 2 sessions per month (3 hours each)

- **4 Years Ayurved Parangat (Advanced Ayurvedic Practitioner) – 1,965 hours (130 credits)**

The Advanced Ayurvedic Practitioner Program is a four year program that consists of eight semesters and 1965 hours in total with approximately 250 hours both Theory and Hands-on combined (app. 16.5 credits) per semester. The Attendance requirements is the same as Ayurvedic Practitioner Program.

Advanced Ayurvedic Practitioner Certification Program students will need to complete all of the Ayurvedic Practitioner Certification Program and its related commitments prior to enrolling in this Advanced program. If students cannot meet these commitments, then it will take more than 3 years for a student to complete this program.

- **9 Months Sutika Seviika (Ayurvedic Doula - Nutrition and Support Program) 262 Hours (16 Credits)**

The Ayurvedic Doula Program is a 9 month program; approximately 262 hours. The certificate will be issued only after completing all the courses listed in the program.

Students must attend the entire Ayurvedic Doula - Nutrition and Support Program, individual course attendance is not offered. This insures the highest standards of quality education for every Ayurved Sadhana Student.

Note: 1 CREDIT is Equivalent to approximately 15 HOURS. For each program, certificate will be issued only after completing all the courses listed in the program. Each program is limited to 8-12 students per year.

Ayurvedic Practitioner Program (APP)

\$16,500.00

**Type of Instruction: This Program is both Classroom or
On-line, and Hands On attendance**

Total Hours:1361

Theory: 600

Lab or Hands On: 761

For Program Start Date, click here: <http://ayurvedsadhana.com/events/>

NOTE: 1 Credit is equivalent to approximately 15 HOURS. Panchakarma Practical and Authentic Ayurvedic Hands-on Experience in India are **not included in the above price and are an additional cost to the student.**

TUITION BOOKS, SUPPLIES AND INTERNSHIP/EXTERNSHIP Are not provided by the school BUT, are an additional expense to the student for the program or class they are enrolled in.

Upon Completion of this Program Students can begin to explore their occupation or careers in these areas, and are not limited to these areas

Ayurvedic Counselor/Practitioner

Ayurvedic Lifestyle Coach

Ayurvedic & Sanskrit Mantra, Chant and Meditation Instructor.

Ayurvedic Cooking Coach

THIS IS A NON PLACEMENT PROGRAM

Ayurvedic Practitioner Program

Semester One

Type of Instruction: Classroom and On-Line



History of Ayurveda: Journey of Significance

(1.5 Credits) 3 Days / 8.5 Hours / Includes Break Times

Ayurveda, the “Science of Life”, is the world’s oldest health care system and continues to be practiced worldwide. Its roots lie in ancient times, the earliest of the Vedas, and its journey spans over four thousand years of spoken and recorded history. The course will cover:

- Ayurveda in pre- Vedic era.
- Vedic culture and the development of early Ayurvedic principles.
- First medical texts: contributions, additions, and disparities in thinking between the three main founders - Charak, Shushruta, and Vaghbhat and their students.
- Early CE to Madhav Nidan.
- Medieval Period.
- Ayurveda in British Raj and Ayurveda in modern times.

Assignments/Assessment: Academic paper.



Fundamentals of Ayurveda

(1.5 Credits) 8 Sessions / 3 Hours Each Session

An introduction to the basic concepts, including Vedic Sankhya philosophy, which explains the world view and the workings of Ayurvedic herbs; a general idea of the field including definitions of health, Ayurvedic anatomy and physiology; causes and symptoms of imbalances, and the development of ailments. It teaches practical skills of assessment of prakruti and vikruti science in Ayurveda; and a basic understanding of Ayurvedic principles like lifestyle, diet, therapeutic methods, doshas, sub-doshas, agni, ama, malas, prana, tejas and ojas will be discussed.

Assignments/Assessment: Quizzes and a comprehensive exam at the end of class.



Avurved Sadhana

Ayurvedic Pathology: Dhatu and Shrotansi

(1.5 credits) 3 Days / 8.5 Hours / Includes Break Times

For deeper education or review into the body channels and tissues and their relation to health care, students of Ayurveda are guaranteed to gain new and deeper understanding. The dhatus are the 7 bodily tissues, and the shrotamsi/shrotas/ srotansi are the bodily channels – micro to macroscopic, including the organs. It covers classical approaches from the Ancient masters of Ayurveda, for detection of imbalances and understanding of the ailments process from dosha, malas (waste products), role of dhatu agnis (fire), and ojas (life force), tejas (glow), prana (life) in the dhatu and srotansi – essential for individual care according to Ayurveda.

Assignments/Assessment: Quiz and comprehensive exam at the end of class.



Avurved Sadhana

Swasthavritta: Ayurvedic Approach to Healthy Life

(1 Credit) 2 Days / 8.5 Hours / Includes Break Times

Swasthavritta is a science which prescribes the theory, practice and maintenance of a good lifestyle. Swasthavritta mainly emphasizes on following a proper daily regime as well as seasonal regime. This class will provide students with knowledge about Jala Chikista, Sun Chikista, langhana , exercise regime, preventive measures and curative measures, and pathya-apathya vicharas (healthy living and eating habits), etc.

Assignments/Assessments: Create one personal self-care plan for your family member or friend.



Avurved Sadhana

Ayurvedic Ethnobotany

(1 Credit) 2 Days / 8.5 Hours / Includes Break

This course covers Ethnobotany of Pre-Vedic India, Vedic era, and in British Raj. It discusses how different herbs and plants were used ethno-botanically in these different time spans successfully.

Assignments/Assessment: Poetry on one herb and other assignment.



Avurved Sadhana

Aushadh Kriya: Ayurvedic Herbal Preparations

(3 Credits) 6 Days / 8.5 Hours / Includes Break Times

The traditional methods of collecting, preparing, and purifying common plant and mineral substances.

Understanding of the historical development of Aushadh Kriya through the Samhitas.

Assessing quality of herbs and minerals and determining correct dosage, ancient measures and their modern equivalents. Different types of preparations: Churna, Vati, Kalka, Swaras, and Kashay.

Purification of common minerals.

Assignments/Assessment: Herbal preparation making quiz and one sample of Ayurvedic herbal preparation; researched and presented by the student.



Sanskrit

(2 Credits per Semester)

Each Session 2 Hours x 15 Weeks per semester

Total 2 Semesters - 4 Credits

This course will cover alphabets, vocabulary, sentence structures, grammar, pronunciations, and chanting, in the language of Sanskrit. The students will be able to read and write in Sanskrit by the end of this two year class.

Assignments/Assessments: Weekly quizzes and exams



Meditation and Chanting

(1 Credit Per Semesters)

Each Session 3 Hours x 5 Sessions

Total 6 Semesters - 6 Credits

This course emphasizes on the specific practices designed to enhance meditation skills, and teaches multiple mantras which can help students to connect with their inner soul. We will talk in-depth about Bhagvad Geeta, Mahabharata, Ramayana and other Pauranic stories which inspire the human being to go on the path of righteousness, kindness, and self-realization.

Assignments/Assessments: Meditation practice journal and personal practice.



Students' Enrichment and Mentoring

(1 Credit per Semester)

Each Session is 3 Hours x 5 Sessions

Total 6 Semesters - 6 Credits

The students' enrichment program is important for the individual development of each student in the subject which they are most interested; as well as the students can obtain the answers for any difficult questions they have. In this course, the students will have allocated time to study in a self-directed manner, and to get ready for the exams, quizzes, and research papers with open discussion and group study sessions. The faculty will be available for any mentoring questions in every session.

Assignments/Assessments: Academic research paper presented at end of semester.

Ayurvedic Practitioner Program

Semester Two



Madhav Nidan Basics: Categories of Chikista **(1 Credit) 2 Days / 8.5 Hours / Includes Break Times**

The students will gain the broad understanding of the different categories of chikista (treatments) as per Ayurveda, such as: Ekvidha, Dvididha, Trividha, Caturvidha, Panchavidha, Sadvidha, and Saptavidha. It will also covers other aspects of Chikista: Anubandha Chatushya, Upadrava, Arista, Nidan and Linga, etc. The students will gain basic insight and knowledge of how to analyze the ailments.

Assignments/Assessments: Quizzes.



Western Terminology and Understanding **(1 Credit) 2 Days / 8.5 Hours / Includes Break Times**

After taking this course, the students will be able to interpret basic Western analytical and medical reports, understand the analytical assessments of the practitioner, chiropractor, physical therapist, or other health and medical professionals. They will be able to discuss the nature of the Analytical test and why the test is performed, normal vs. abnormal tests and be able to comprehend the tests brought in by clients to understand various Western medicinal terminologies. Hence, students will learn how to understand and make use of laboratory tests, pathology reports, and medical imaging reports.

Assignments/Assessment: Medical report reading exam



Nighantu: Advanced Ayurvedic Herbal Studies **(7 Credits)**

Each Session 3 Hours for 15 Weeks

Plus 8 Additional Days / 8.5 Hours / Includes Break Times

Topics covered in this class include:

Understand basic principles of pharmacology including: therapeutic index, toxicity, safety, and efficacy.

Understand the concepts of pharmacodynamics and pharmacokinetics.

Mechanisms of herb administration, absorption, transport, metabolism, and excretion

Mechanisms of herb drug interactions.

Nighantu texts and nighantu descriptions of seventy commonly prescribed Ayurvedic herbs such Haritaki,

Bibhitaki, Amlaki, etc.

Understand phytochemical terms such as alkaloid, glycoside, lignan, saponin, tannin, sterol etc., and their therapeutic and toxic implications.

Assignments/Assessments: Herbarium of 25 herbs and a research paper on one herb.



Nadi Pariksha: Pulse Diagnosis

(1 Credit) 2 Days / 8.5 Hours / Includes Break Times

This in depth course develops skills in the ancient Ayurvedic art of pulse findings. This class will include the compassion for pulse diagnosis and will include practice time. The students will have ample opportunity to develop their pulse reading skills during the practice time under faculty's supervision.

The teachings on therapeutic approaches for the various pulse findings serve to make this class uniquely useful.

Assignments/Assessments: Quizzes and Pulse exam at end of class.



Ayurvedic Cooking for Seasons and Doshic Balance

(1 Credit) 2 Days / 8.5 Hours / Includes Break Times

In a kitchen setting, students will learn to cook traditional dishes helpful for daily and seasonal balancing. Prepare and enjoy delicious recipes, with variations to promote well-being for each dosha, the state of our digestive fire, accumulated wastes, and other factors affecting our vitality, immunity, and happiness. Learn how certain foods and seasonings are preferred through the changes of the seasons and their influence on our mind and emotions. Students will also learn recipes for the Ayurvedic cleansing approaches called panchakarma. Traditional Ayurvedic cooking methods and recipes demonstrate how we can care for ourselves, family and clients by choosing wisely from the world food sources. This course includes:

- Theory of seasonal diets.
- Theory of Panchakarama diets.
- Learn to cook several traditional dishes which are helpful to clients undergoing Panchakarama therapy.
- Learn to cook seasonal diets.

Assignments/Assessments: Comprehensive spices and food chart.



Avurved Sadhana

Ayurvedic Cooking for Wellness

(1 Credit) 2 Days / 8.5 Hours / Includes Break Times

This class teaches the classical principles of Ayurvedic nutrition as it relates to the management of specific ailments. The students will experience hands on preparation of specific dishes and recipes which are famous in traditional Ayurveda treatments for specific ailments.

Assignments/Assessments: Quizzes



Avurved Sadhana

Additional Courses for Semester Two:

- Sanskrit - Page 32
- Meditation and Chanting - Page 32
- Student's Enrichment and Mentoring - Page 32

NOTE: Please see the page 32 for the details for above classes.

Ayurvedic Practitioner Program

Semester Three



Avurved Sadhana **Classical Ayurvedic Sutras**

(1 Credit) 2 Days / 8.5 Hours / Includes Break Times

We will engage together in some deep study of key sutras in the Major Triad (Charak, Shushruta, and Vaghbhat) as well as considering to understanding them as per Ayurveda.

Assignments/Assessments: Sutra chanting/practice journal.



Avurved Sadhana **Padartha Vigyana: Metaphysical Aspects of Ayurveda**

(1 Credit) 6 Sessions x 3 Hours Each

The Padartha Vigyana class will cover Ayurveda Shashtra and connection with Vedanta; introduction to Sada Darshana including Sankhya Darshana and effects of philosophy on Ayurveda, utility of knowledge of six padarthas in Ayurveda, dravya and mahabhutas – utility of mahabhutas in Ayurveda, Pancha Kar-mendriya, Pancha Gyanendriya, mahabhutas and its relationship. The class also comprises atman -soul, manas, gunas- attributes and its use in Ayurveda, including trigunas, pramana- epistemology and Ayurveda.

Assignments/Assessment: Academic paper and quizzes.



Avurved Sadhana **Shalaky Tantra I: Ears, Nose, and Throat Ailments**

(1 Credit) 6 Sessions x 3 Hours Each

This course gives the Ayurvedic approach for evaluating and administering treatments for Ear, Nose, and Throat ailments. Every topic in this course is deep, practical, and insightful. The approach we use in our classes support practitioners to “think Ayurvedically” and serve their clients with wisdom and knowledge for their scope of practice.

Assignments/Assessments: Quiz and small comprehensive exam.



Avurved Sadhana

Ayurvedic Cooking for Pregnancy

(1 Credit) 2 Days / 8.5 Hours / Includes Break Times

Nutrition and cooking for Pregnancy provides a better understanding of dietary support for the monthly changes during fetal development, while addressing common concerns with guidelines from the ancient Ayurvedic texts and traditional experienced vaidyas of the 20th century. Learn to profoundly support mother and fetus through the stages of development. Help prevent seeded imbalances called deha prakruti (influences on fetal constitution during pregnancy). Student will learn delicious classical recipes, key foods, and special styles of preparation for the best experience during pregnancy. Herbal food preparations are demonstrated, and enjoyed.

Assignments/Assessments: Comprehensive spices, herbs and food chart.



Avurved Sadhana

Therapeutic Yoga Principles and Basics

(2 Credits) 4 Days / 8.5 Hours / Includes Break Times

In this course, students will gain the knowledge and understanding of Ayurveda and therapeutic yoga connections, and their uses for treating different ailments. Covered topics include:

- What a practitioner of Ayurveda and therapeutic yoga does.
- The scope of practice of Ayurveda and therapeutic yoga.
- How an Ayurveda and therapeutic yoga regimen can complement client care.
- Therapeutic tools utilized by a practitioner of Ayurveda and therapeutic yoga.

Assignments/Assessments: Quizzes and practical.



Avurved Sadhana

Jyotish and Ayurveda

(2 Credits per semester)

Each Session 2 Hours x 15 Weeks per Semester

Total 2 Semesters - 4 Credits

The Jyotish is an integral part of treating clients in Vedic point of view. We will gain an understanding of when to refer clients a Vedic or Medical Jyotiṣi for assessment and gain an education on the general scope and value of Vedic or Medical Jyotiṣi. The course will cover the following topics:

- What is Jyotish and what are the basic principles of Jyotish.
- What a Vedic or Medical Jyotiṣi is.
- What a Vedic or Medical Jyotiṣi does.
- The scope of practice of Vedic or Medical Jyotiṣi.
- How a Vedic or Medical Jyotiṣi can complement client care.

Assignments/Assessments: Weekly quizzes and exams.



Avurved Sadhana

Externship-Internship

(4 Credits per Semesters)

Each Session 4 Hours x 15 Sessions

Total- 4 Semesters—16 Credits

The Mentor Internship is the major class students have to complete before gaining any certification. Only the students, who complete all of the first year course work and also show high aptitude on their quizzes, exams, and research papers, are allowed to start working on their internship. This internship will help students to develop their abilities and skills in diet and lifestyle counseling, client's condition assessment and history, taking vital signs, and client communication and well-being outcome. The students will get one-on-one feedback and mentoring directly from faculty and senior third year students. Second and third year students can be paired in the mentor internship program with any outside Ayurvedic Practitioner that they prefer, and school has approved; to allow for peer mentoring and shadowing. Finally, students are gradually equipped to conduct the entire study of a case by themselves, under supervision and guidance of faculty members or outside Ayurvedic Practitioner.

Assignments/Assessments: Client's medical assessment worksheet and case study chart for every week.



Avurved Sadhana

Additional Courses for Semester Three

- Meditation and Chanting - Page 32
- Student's Enrichment and Mentoring - Page 32

NOTE: Please see the page 32 for the details for above classes.

Ayurvedic Practitioner Program

Semester Four



Avurved Sadhana

Traditional Panchakarma : New Perspectives

(2.5 Credits) 5 Days / 8.5 Hours / Includes Break Times

Panchakarma plays an important role in treating various ailments and restoring the client to perfect well-being. This class focuses on complete 'Panchakarma' as per the classical Ayurvedic text; an in- depth approach to the subject with topics like selection of herbs and oils, indication, contraindication etc. The course addresses concerns about incorrectly administered and taught Panchakarma in the west and discusses theory, in-depth. This course is included in our curriculum for its important role in enhancing fertility and well-being concerns, with the added benefit of improving the quality of Panchakarma practice for many.

Assignments/Assessments: Quizzes and presentation of five Panchakarma cases by each student.



Avurved Sadhana

Western Nighantu: Western Herbal Studies

(1 Credit) 2 Days / 8.5 Hours / Includes Break Times

This class exclusively deals with western plants (Europe and America), its Ayurvedic perspectives and how these plants are studied by our traditional Vaidyas and how they were being used in Ayurvedic practice hundreds of years ago. This class can take Ayurvedic practitioners/students one step further.

Assignments/Assessments: Research paper on one herb.



Avurved Sadhana

Ayurvedic Cooking for Postpartum

(1 Credit) 2 Days / 8.5 Hours / Includes Break Times

This course provides clear instruction on postnatal nutrition; it integrates ancient references from multiple classical texts of Ayurveda, and professional and personal experiences from Anupama and Dr. Bharat Vaidya. It includes discussion of key concerns, conditions of postpartum management, understanding the significant role of nutrition, and cooking in the kayakalpa window; this curriculum supports lactation, regeneration, mood, colic, immunity, strength, and ojas, through mother and baby's first year.

Learn additional reasons why certain herbs, spices, and foods are best used during the postpartum period, and how to appropriately use them. The alchemy of cooking illuminated in this class will teach unusual preparation and cooking techniques; using familiar, as well as new resources from Ayurvedic classical and personal family traditions, to prevent colic, enhance mood, increase immunity, enhance strength, improve sleep, and help with lactation problems, to name a few.

Assignments/Assessments: Comprehensive spices, herbs and food chart.



Marma Points

(2 Credits) 4 Days / 8.5 Hours / Includes Break Times

The ancient has long been considered sacred because of the power they hold; linking body, mind, and consciousness. We will engage the students in an introduction to the vital energy points used in Ayurvedic Marma points and how they are used in treatment.

Assignments/Assessments: Quizzes and practical exam at end of class.



Additional Courses for Semester Four

- Jyotish - Page 37
- Meditation and Chanting - Page 32
- Student's Enrichment and Mentoring - Page 32
- Externship– Internship - Page 38

NOTE: Please see the page 32, page 37 and page 38 for the details for above classes.

Ayurvedic Practitioner Program

Semester Five



Avurved Sadhana

Manas Shashtra: Ayurvedic Psychology

(2 Credits) 10 Sessions / 3 Hours Each

The Manas Shastra class will cover study of Ayurvedic psychology like relationship of body and soul (Sharira and Chetna); Manas Guna –Satwa, Rajas and Tamas; Pargya- Intellect, Psychological ailments in Ayurveda like Bhoot Badha, Unmada, Apasmara and others. It will also include treatment plans, psychological evolution as per Ayurveda and modern psychology.

Assignments/Assessment: Research paper and comprehensive exam at end of semester



Avurved Sadhana

Kaumarabhritya: Ayurveda and Children's Wellness

(2 Credits) 4 Days / 8.5 Hours / Includes Break Times

This class will cover knowledge of which practitioners will be able to offer appropriate recommendations for children's well-being issues. It will include an introduction of Kaumarbhrutya through Kashap Samhita and recommendations, nutritional disorders and food and lifestyle ailments of growth and developments (Poshak Ahara Lopa, Upachaya Awastha Vyadhi).

Assignments/Assessments: Research paper and comprehensive exam at end of semester



Avurved Sadhana

Rasayana: Ayurvedic Rejuvenation Therapy

(2 Credits) 4 Days / 8.5 Hours / Includes Break Times

- Topics covered include:
- Rasayana or Ayurvedic rejuvenation practices.
- Regimens of special diets, seclusion, and mantra, meditation, and other yoga practices.
- Anti-aging and immune-stimulant plants and their effects.
- Types of Rasayana preparations and important Rasayana formulas.
- Lifestyle and diet supportive of rejuvenation.
- Kayakalpa and other seclusion practices.

Assignments/Assessments: Quizzes and one formula of Ayurvedic Rasayana preparation, researched and presented by a student



Avurved Sadhana

Herbal Ghee (Ghrita) Preparations

(1 Credit) 2 Days / 8.5 Hours / Includes Break Times

Processing of Ghrita, or clarified butter, with plant material is renowned for enhancing the therapeutic efficacy of the plant ingredients. This class will discuss the three stages of Ghrita Kalpana or Ghrita preparations: Poorva karma, Pradhana karma and Paschat karma. It will also discuss ghritapakas and its therapeutical uses as an Ayurvedic treatment for various ailments.

Assignments/Assessment: Ghrita making quiz and one sample preparation of an Ayurvedic Ghrita, researched and presented by the student.



Avurved Sadhana

Tinctures, Syrups, and Salves Preparations

(1 Credit) 2 Days / 8.5 Hours / Includes Break Times

Tinctures have gained more popularity due to their stability, reliability, retention of phyto-constituents in its natural form, and, last but not least, easy to carry and administrative properties. This class will cover different types of tinctures, syrups, and salves, and their uses as Ayurvedic treatments.

Assignments/Assessment: Tincture/Syrup/Salve making quiz and one sample of an Ayurvedic Tincture/Syrup/Salve preparation; researched and presented by the student.



Avurved Sadhana

Additional Courses for Semester Five

- Meditation and Chanting - Page 32
- Student's Enrichment and Mentoring - Page 32
- Externship– Internship - Page 38

NOTE: Please see page 32 and page 38 for the above classes

Ayurvedic Practitioner Program

Semester Six



Avurved Sadhana **Authentic Ayurvedic Hands-on Experience in India**

(12 Credits) 18 Days /

This course is offered to fourth semester students in the Ayurvedic Practitioner Program and to second semester students in the Advanced Ayurvedic Practitioner Certification program. This course includes twenty days visit to India for further Ayurvedic studies and especially hands-on-experience for treatment of clients. The visit will include one-on-one Ayurvedic consultations to clients under Ayurvedic Practitioner's guidance, three Ayurvedic medical camps in rural areas of India, visits to various Ayurvedic colleges, educational institutes, pharmaceuticals and to Maha Samadhi of Vaidya Prabhuram Jeevanram in Mumbai. Additional cost will be applied separate from tuition fee for this course.

Assignments/Assessment: Daily Participation, case discussions, client worksheet

Additional Courses for Semester Six

- Meditation and Chanting - Page 32
- Student's Enrichment and Mentoring - Page 32
- Externship– Internship - Page 38

NOTE: Please see page 32 and page 38 for the above classes

Advanced Ayurvedic Practitioner Program (AAPP)

\$23,000

**Type of Instruction: This Program is both Classroom or
On-line, and Hands On attendance**

Total Hours:1965

Theory: 983

Lab or Hands On: 982

For Program Start Date, click here: <http://ayurvedsadhana.com/events/>

NOTE: 1 Credit is equivalent to approximately 15 HOURS. Panchakarma Practical and Authentic Ayurvedic Hands-on Experience in India are **not included in the above price and are an additional cost to the student.**

TUITION BOOKS, SUPPLIES AND INTERNSHIP/EXTERNSHIP Are not provided by the school BUT, are an additional expense to the student for the program or class they are enrolled in.

Upon Completion of this Program Students can begin to explore their occupation or careers in these areas, and are not limited to these areas

Advanced Ayurvedic Counselor

Advanced Ayurvedic Practitioner

Ayurvedic Lifestyle Coach

Ayurvedic & Sanskrit Mantra, Chant and Meditation Instructor

Ayurvedic Cooking Coach

Ayurvedic Instructor

THIS IS A NON PLACEMENT PROGRAM

Advanced Ayurvedic Practitioner Program

Semester One to Semester Five

Note: Student enrolling in Advanced Ayurvedic Practitioner Program must complete all Ayurvedic Practitioner's Course work and earn the credits required.



Semester One to Semester Four:

- Semester One to Semester Four are same as Ayurvedic Practitioner Program's Semester One to Semester Four



Semester Five:

- Semester Five is same as Ayurvedic Practitioner Program's Semester Five with the addition of the following course:



Ayurvedic Care and Treatment for Elders: Gerontology

(2 Credits) 4 Days

This class covers the processes of aging, as understood by Ayurveda and Western Medicine, the broad uses of Rasayana to maintain a sense of well-being, and treatments for specific ailments of aging.

Ayurvedic Care and Treatment for Elders Gerontology

Assignments/Assessment: Research paper and comprehensive exam.

Advanced Ayurvedic Practitioner Program

Semester Six



Avurved Sadhana

Madhav Nidan: Advanced Analytical Criteria for Ailments

(4 Credits – Semester 1)

(4.5 Credits – Semester 2)

Each Session is 4 hours for 15 weeks per Semester

Plus 1 Additional 8.5 Hour Day in 2nd Semester

(Total - 2 Semesters – 8.5 Credits)

An in-depth approach to a major text of Ayurvedic ailments study correspondences between Ayurvedic and modern descriptions of ailments. Ayurvedic Analytical criteria for treatment of ailments is clearly and deeply brought together in the classical texts called Madhav Nidan, which are drawn from the three principle ancient Ayurvedic medical texts by Charak, Vagbhatt, and Sushrut. Vaidya Bharat carefully weaves wisdom from these three texts and other Ayurvedic materials to explain holistic tools and treatment principles of nidana, purvarupa, rupa, upashaya, samprapti and chikitsa for differential analysis within many ailments and conditions. The course compares the classical Ayurvedic approaches to modern medical concerns, providing valuable research and exposure to modern descriptions and treatments, while informing the student of the ancient views.

Assignments/Assessment: Three small exams and one comprehensive exam at the end of each semester.



Avurved Sadhana

Mantra Science

(1 Credit per Semester)

Each Session 2 Hours for 8 weeks per Semester

Total - 2 Semesters - 2 Credits

We will engage together in some deep study of key mantras from the vedic text as well as considering to understand them per the vedic science for healing through universal energies. The fundamental principle which is behind Mantra science is that, this entire durable and material universe which we see around us is made up of different kind of energies and vibrations working at different levels. Vibrations fabricate at the basis of form using word structure in its vast sense. The visible universe is full of an infinite number and variety of forms which helps in cognition with our sense organs, physical or beyond physical. Thus by taking help of universal wise energies cure through 'Mantra Science' was part of treatment during Vedic age. In this class, we will learn various Mantras to cure and create positive energies around us and Universe.

Assignments/Assessments: Mantra chanting/practice journal.



Agada Tantra: Ayurvedic Toxicology

(3 Credits) 6 Days / 8.5 Hours / Includes Breaks

Ayurvedic Toxicology deals with the signs, symptoms, and management of poisoning resulting from the bites of snakes, insects, worms, spiders, rodents, etc. and various other poisons produced by improper combinations of substances or different drugs. It is the science which deals with poisons with references to their sources, properties, mode of action, symptoms which they produce, lethal dose, treatment, methods of detection and estimation.

Assignments/Assessment: Quizzes



Panchakarma Practical

(4 Credits) 8 Days / 8.5 Hours / Includes Breaks

This course will be focused on ancient traditional techniques of Panchakarma which were utilized in the purification process of human body. Students will learn the basic treatments such as Snehan (Oiliation), Abhyangha (Whole body oil massage), Swedan (fomentation), Vamana (medicated emesis), Virechana (medicated purgation), Basti (medicated enemas), Nasya (nasal treatment), Shirodhara (pouring liquids – oil, milk, or yoghurt over the forehead especially on third eye region), Netra Basti (Eye purification), and Nadi Swedana (localized steam), etc.

Assignments/Assessment: Practice at home



Additional Courses for Semester Six

- Meditation and Chanting - Page 32
- Student's Enrichment and Mentoring - Page 32
- Externship– Internship - Page 38

NOTE: Please see page 32 and page 38 for the above classes

Advanced Ayurvedic Practitioner Program

Semester Seven



Shalakya Tantra II : Eye Ailments

(2 Credits) 4 Days / 8 5 Hours / Includes Breaks

We will learn history of Shalakya Tantra and ancient literary references of Shalakya Tantra, availability of Shalakya literature in samhitas and by ancient sages. It will also include Netra Sharira - Anatomy of Eyes, Netra Karya – Physiology of Eyes, Netra Pariksha - Examination of Eyes, Netra Swathaya Raksha - Diet and lifestyle to protect, prevent and cure eye ailments. This class covers Netra Roga Nidanam with hetu, purvarupa, rupa, samprapti , classification of eye ailments according to doshas, sharira (physiology), sadhya-asadhya (Curable and not curable), classification of ailments according to treatment principles, treatments, surgical intervention.

Assignments/Assessment: Quizzes and comprehensive exam at end of semester.



Shalya Tantra

(3 Credits) 6 Days / 8.5 Hours / Includes Breaks

This is a theory only class which will discuss creation of Shalya Tantra, Dhanvantari School, Dhanvantari Time, Shushruta Time, Shushruta Samhita, modern history of surgery and its achievements. It will include the following topics:

- Vrana Vrana Prakara – Ulcer, Sinus, Wound, Burns, and Scalds.
- Vrana Sotha-Inflammation.
- Vidradhi –Abscess.
- Rakta Strava- Hemorrhage
- Stabdhatata-Shock.
- Aghan-Infusion.
- Yantra-Blunt Instruments.
- Bandhan-Bandages.
- Purva Karma- Pre operative, Pradhan Karma- Post Operative and Paschat Karma-Post operative measures.
- Sangyanash- Anesthesia.
- Kshar Karma- Potential Cautery.

- Rakta Mokshna- Bloodletting.
- Sandhan Karma- Plastic Surgery
- Some important operations in modern surgery and students' fact sheet.

Assignments/Assessment: Quizzes and research paper at end of semester



Avurved Sadhana

Vajikaran Therapy

(1 Credit) 2 Days / 8.5 Hours / Includes Breaks

This class will cover management and treatment of Virilification, historical study of Vajikarana, Nirukti, Paribhasha and Bheda of Vajikarana (Etymology), definition and types of Virilification therapy. It will provide the understanding of Vajikarana Sevana Yogya and Ayogya Ayu and Food & lifestyle, age for appropriate and non-appropriate personal treatments. It will go in-depth on ailments of male and female sperm and ovum, impotency, pre-treatment for Virilification, herbs for Virilification therapy and dosages, Vajikarana yoga and aphrodisiac Recipes.

Assignments/Assessment: Research paper.



Avurved Sadhana

Additional Courses for Semester Seven

- Madhav Nidan: Advanced Analytical Criteria for Ailments - Page 46
- Mantra Science - Page 46
- Meditation and Chanting - Page 32
- Student's Enrichment and Mentoring - Page 32
- Externship– Internship - Page 38

NOTE: Please see page 32, page 38 and page 46 for the above classes

Advanced Ayurvedic Practitioner Program

Semester Eight



Madhav Nidan Stri Rog: Advanced Analytical Criteria for Women's Ailments

(2.5 Credits) 5 Days / 8.5 Hours / Includes Breaks

This course provides clear instructions for integrating ancient references from multiple classical texts of Ayurveda and from Dr. Vaidya's professional and personal experiences. The class will cover discussion of key concerns and conditions of women's well-being and various ailments. Stri Rog (Women's Ailments) with Madhav Nidan (Analytical Criteria) will cover Asragdara (Menorrhagia), Yoni Vyapat (Ailments of vagina), Yoni Kanda (Vaginal tumors), Mudh Grabha (Abnormal pregnancy), etc.

Assignments/Assessment: Research paper and comprehensive exam at semester end.



Additional Courses for Semester Eight

- Authentic Ayurvedic Hands-on Experience in India - Page 43
- Meditation and Chanting - Page 32
- Student's Enrichment and Mentoring - Page 32
- Externship– Internship - Page 38

NOTE: Please see page 32, page 38 and page 43 for the above classes

Ayurvedic Doula - Nutrition and Support Program (ADP)

\$5,500

**Type of Instruction: This Program is both Classroom or
On-line, and Hands On attendance**

Total Hours:262

Theory: 91.50

Lab or Hands On: 170.5

For Program Start Date, click here: <http://ayurvedsadhana.com/events/>

NOTE: 1 CREDIT is equivalent to 15 HOURS. Panchakarma Practical and Authentic Ayurvedic Hands-on Experience in India are **not included in the above price and are an additional cost to the student.**

TUITION BOOKS, SUPPLIES AND INTERNSHIP/EXTERNSHIP Are not provided by the school BUT, are an additional expense to the student for the program or class they are enrolled in.

Upon Completion of this Program Students can begin to explore their occupation or careers in these areas, and are not limited to these areas

Ayurvedic Doula

Ayurvedic Maternal Lifestyle Coach

Ayurvedic Cooking Coach

Ayurvedic Instructor for Doula Program

THIS IS A NON PLACEMENT PROGRAM

Ayurvedic Doula - Nutrition and Support Program



Avurved Sadhana

Ayurvedic Doula — Fundamentals of Ayurveda

(1 Credit) 5 Sessions x 3 Hours Each Session

A beginning general idea of the field including definitions of health, Ayurvedic anatomy and physiology; causes and symptoms of imbalances, and the development of disease. Teaching in practical skills of assessment of prakruti and vikruti science of Ayurveda.

- What are Vedas Learn about Rig, Sam, Yajur, Atharva
- Eight Branches of Ayurveda
- The Three Gunas
- Panchamahabootas
- Tridosha Theory and Doshas in Detail
- Upadoshas in Detail
- Twenty gunas as per Ayurveda
- Six tastes as per Ayurveda
- Virya, vipak, and prabhav
- Tejas Ojas
- Prakruti and Vikruti
- Samprapti and Agni

Assignments/Assessments: Exam and self-study



Avurved Sadhana

Ayurvedic Foundations of Women's Health in Pregnancy and Postpartum

(1 Credit) 2 Days / 8.5 Hours each day/Includes Break Times

This course provides clear instructions, integrating ancient references from multiple classical texts of Ayurveda and from Vaidya's professional and personal experiences. The class will cover discussion of key concerns and conditions of women's well-being and various ailments in the postpartum period.

- Women's Vata ailments
- Treatments of Vata ailments as per Ayurveda
- Women's Pitta ailments
- Treatments of Pitta ailments as per Ayurveda
- Women's Kapha ailments
- Treatments of Kapha ailments as per Ayurveda

Assignments/Assessments: Exam and self-study



Avurved Sadhana

Herbs and Spices for Pregnancy and Postpartum

(0.5 Credit) 1 Day/ 8.5 Hours/Includes Break Times

In this theory based course, students will explore common kitchen spices and their beneficial effects throughout the pregnancy and postpartum period. Students will discuss contraindications, foundational formulas, and appropriate applications.

The topics covered in this class are:

- Herbs and Spices for Postpartum
- Herbs and Spices for Pregnancy
- Foundational Formulas
- Contraindications
- Scope of Practice

Assignments/Assessment: Exam and self-study



Avurved Sadhana

Maternal Mental Health and Well-being

(1 Credit) 2 Days/8.5 Hours /Includes Break Time

In this theory based class, students will learn about maternal mental health and wellbeing from both an Ayurvedic and western lens. This course will cover vast array of topics throughout the perinatal and postpartum periods.

At the completion of this course students will be equipped with a vast understanding of perinatal and postpartum psychology. This awareness will prepare students to more fully support their clients, while also informing them when it is appropriate to refer out to a licensed psychologist.

- Prenatal and Postpartum Psychology
- Perinatal Mood Disorder
- Trauma Considerations: Including traumatic birth and when survivors give birth
- Paternal Mental Health
- Bringing Baby Home
- Sex after Baby
- Family/Partner/Relationship Concerns
- Miscarriage
- Termination
- Stillborn
- Newborn Loss
- LGBTQIA Support
- Doula Self Care
- Referrals and Resources

Assignments/Assessment: Exam and write an essay three to five pages on course topic of Students choice.



Calendar of Care

(1 Credit) 2 Days / 8.5 Hours/Includes Break Times

Students will learn what to expect throughout the first 42 days of care with postpartum mamas. Students will learn to support the many layers and transitions that mothers go through during the postpartum period. This class will be taught by a seasoned Ayurvedic Doula so students get an accurate view into the practical applications of their studies.

- First Days Care
- Week by Week Care
- Lactation Cycles
- Daily routine
- Menu Planning
- Postpartum Movement
- C Birth
- Birth Trauma
- Do's and Don'ts
- When to Refer

Assignments/Assessments: Generate a class group list of questions for interview. Interview 3 Mothers



Doula Self Care

(0.5 Credit) 1 Day / 8.5 Hours/Includes Break Times

Students will learn unique self-care practices to add to their personal and professional lives to enhance the sustainability of their careers as Ayurvedic Doulas. At the completion of this course students will be equipped with tangible self-care practices that will support their personal well-being, and aid in preventing burn out. Students will leave with a better understanding of how to support their own needs, so they may show up more fully for their future clients. Topics included are:

- Ayurvedic Foods
- Meditation
- Yoga Asana
- Pranayama
- Energy Work
- The Importance of Community

Assignments/Assessment: Maintain a self-care log during the length of entire course



Avurved Sadhana **Ayurvedic Breast Care**

(1 Credit) 2 Days

In this theory based class, students will learn about common ailments that may arise with postpartum mothers, in relation to breast health. At the completion of this class students will be equipped to support mothers with their breast health through preventative Ayurvedic practices. Students will also be trained on how and when to refer to a physician in the case of complications.

- Common ailments
- Signs of infection
- Cracked Nipples
- Mastitis
- Inflammation
- Herbal Poultices
- Oils and Salves
- Self-Breast Massage Instruction

Assignments/ Assessment: Self breast assessment.



Avurved Sadhana **Ayurvedic Doula Cooking for Pregnancy**

(1 Credit) 2 Days / 8.5 Hours/ Includes Break Times

Nutrition and cooking for Pregnancy provides understanding for dietary support in the month by month changes while carrying a child, while addressing common concerns with guidelines from the ancient Ayurvedic texts and traditional experienced Vaidya of the 20th century. Learn to profoundly support mother and fetus through the stages of development. Help prevent seeded imbalances called deva prakruti (influences on fetal constitution during pregnancy). Delicious classical recipes, key foods, special styles of preparation for best experience in pregnancy. Herbal food preparations are demonstrated, and enjoyed. Topics included are:

- Theory - body changes in pregnancy
- Theory - diet Normal diet and nutrition during pregnancy in each trimester
- Theory - mode of life of pregnant woman
- Theory - avoidable items in diet and life style of the pregnant women
- Discussing several food items, grains, herbs and spices
- Cooking and discussing several recipes pregnancy

Assignments/Assessment: Cook three meals for a Pregnant Mother in her third trimester



Avurved Sadhana

Mother's Ayurvedic Warm Oil Application Instructions

(1.5 Credits) 3 Days/ 8.5 Hours/ Includes Break Times

Students will learn how to perform a warm oil Ayurvedic Massage for the postpartum period. Students will learn general Ayurvedic Mothers Massage, as well as modifications for special cases.

The topics which are covered in the class are:

- Essential Oils
- Carrier Oils
- Set up
- Draping
- Special Cases
- Breast feeding modifications
- Post Massage Care

Assignments/Assessment: Offer three postpartum mothers warm oil application instructions. Must be three months postpartum.



Avurved Sadhana

Infant Ayurvedic Warm Oil Application Instructions

(0.5 Credit) 1 Day / 8.5 Hours / Includes Break Times

Students will be equipped with the skill set to support parents with both the theoretical and practical application of warm oil care for infants, as per Ayurveda. Students will also learn about special cases, preventative care, and when to refer. Students will learn to formulate oils and soaps for general care, as well as how to offer support in special cases.

- Benefits for Baby
- Benefits for Mama (and/or Dad)
- Milk Schedule
- The Importance of Warmth
- Asking Permission
- Infant Soap
- Carrier Oils
- Special Cases
- Preventative Care
- Post Care
- When to Refer to a physician
- Hands-on Application Only by Parents
- Drapery
- Oil Warming
- Hot Water Bottles
- Extra Towels
- Clean up

Assignments/Assessment: Teach parent the Ayurvedic Warm Oil Application Instructions including pre and post care. Students must instruct a minimum of Three Families.



Avurved Sadhana

Mother's Marma for Pregnancy and Postpartum

(1 Credit) 2 Days / 8.5 Hours / Includes Break Times

In this hands-on course, students will be introduced to Marma and its many benefits. Students will learn how to treat common pregnancy and postpartum ailments using Marma and the appropriate corresponding points on the body. This course will also touch on Baby Marma Basics. Contraindications, appropriate applications, and scope of practice will be discussed.

- Introduction to Marma Therapy
- Marma Points for Common Postpartum Ailments
- Marma Points for Common Pregnancy Ailments
- Baby Marma
- Set up
- Post Care
- Contraindications
- Scope of Practice

Assignments/Assessment: Offer three pregnancy or postpartum mothers marma points instructions.



Avurved Sadhana

Ayurvedic Doula Cooking for Postpartum

(1 Credit) 2 Days/ 8.5 Hours / Includes Break Times

The alchemy of cooking illuminated in this class with unusual preparation and cooking techniques, using familiar and a few new resources, from Ayurvedic classical and personal family traditions. Recipes prevent colic, mood, immunity, enhances strength, improves sleep, and lactation problems. It will also cover discussion of key concerns and conditions of postpartum management. Topics included are:

- Theory - body changes in postpartum as per Ayurveda
- Aims of Postnatal care as per Ayurveda
- Theory - Normal diet and nutrition during postpartum for 4 months
- Theory - life style changes and challenges for new mother and baby
- Theory - avoidable items in diet and life style of postpartum women
- Discussing several food items, grains, herbs and spices affecting new mother
- Cooking and discussing several recipes for postpartum mother

Assignments/Assessment: Cook three meals for One Postpartum Mother 3 months or less



Postpartum Oils, Salves and Herbal Ghees

(1 Credit) 2 Days/ 8.5 Hours / Includes Break Times

Students will learn how to make salves, oils, and ghees to aid in the postpartum period. Students will study the properties of each substance, and learn different formulations that aid in sustaining the mother's overall health in the postpartum period.

The topics which will be covered:

- Properties of Oils, Salves, Ghee, and Pantry Herbs
- Traditional Ayurvedic formulations and recipes
- Contraindications
- Special Cases
- When to Refer Out

Assignments/Assessment: Make and bring in two kinds of herbal ghees as per instructor. To be evaluated and assessed by Instructor



Externship

(4 Credits) 60 Hours in 72 Days

The externship allows students to have hands on practice in their field, under the supervision of a Senior Ayurvedic Doula. Students will shadow and assist the Senior Ayurvedic Doula for a minimum of 60 hours. Students will record case study forms for each day of their externship

- Mothers Ayurvedic Warm Oil Application Instruction
- Infant Ayurvedic Warm Oil Application Instruction
- Meal Planning/Preparation
- Breast Health
- Client Assessment
- Self-Care Log
- Essay
- Review and Reflections with Admin

Assignments/Assessment: After completing the required hours, students will write an essay about their experience. The essay should be a minimum of 3 pages, and no more than 5 pages. Students will then meet with an Administrator from Avurved Sadhana, and their Senior Ayurvedic Doula, so the student can receive feedback and reflections about their performance as a whole. The externship must be completed for a student to qualify for certification. This externship complies with the Rules and Regulations for Occupational School by the State of Colorado



Ayurved Sadhana Vidyalaya LLC..

2082 Grayden Court, Superior, Colorado 80027

APPLICATION

Ayurveda Sadhana: Admission Application :

Name: _____

Address _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Cell Phone: _____

Email Address: _____

Facebook Name: _____

Applying To Which Program:

____ 3 – Years Ayurveda Vaidya Bhashagwar (Ayurvedic Practitioner Program)

____ 4 – Years Ayurveda Parangat (Advanced Ayurvedic Practitioner Program)

____ 9 Months Ayurvedic Doula - Nutrition and Support Program

Ayurvedic Practitioner Applications Questions:

1. How did you hear about us?
2. Any Educational or professional background in Ayurveda, Yoga, or any other educational background?
3. Any physical or psychological health conditions?
4. What do you wish to accomplish through this Ayurveda program?
5. How can we help you accomplish your goals?

Advanced Ayurvedic Practitioner Applications Questions:

1. What practitioner program are you transferring from?
2. How was your experience in your practitioner program?