

Course Program

“Preparation and management of pregnancy in Ayurveda”

Module 1: Fundamental principles of Ayurveda

- Introduction to delivery action (srishtiutpatti karma)
- 5 elements (mahabhuta), 3 qualities (guna), 24 aspects of living being (purusha), 3 supportive aspects of life (danda), substances of knowledge (padarthas)
- ‘AYU’- aims and objectives, definition of healthy being (swastha)
- Test questions

Duration: 5 hours

Module 2: Ayurvedic physio-anatomy

- Dosha, dhatu, mala, srotas, upadhatu
- 11 organs of sense and action (indriya), solid organs of the body (ashaya)
- Basic concept of anatomy of connect, channels of various networks in the body, nerves, vessels, essential points (sira, dhamani, nadi, marma)
- Test questions

Duration: 12 hours

Module 3: Ayurvedic physiology

- Digestion (agni, aama, paaka)
- Food, sleep, sexual activity and natural urges (aahara, nidra, brahmacharya, vega)
- Test questions

Duration: 8 hours

Module 4: Ayurvedic pharmaco-bio- chemistry

- Rasa, guna, veerya, vipaka, karma, prabhava
- Test questions

Duration: 8 hours

Module 5: Food & medicines as per Ayurveda

- 8 aspects of importance about food (ayatana), rules of eating (vidhi-vidhaana), Antagonizing food virudhaahaara, natural and habitual acclimatization (satmya and okasatmya)
- Difference between ahara & bhashaja
- Metrics of food (pramaana shastra)
- Food and medicine listings, common recipes
- Test questions

Duration: 10 hours + Practicals

Module 6: Study of female reproductive mechanism (streevijana)

- Detailed anatomy of female reproductive system, related endocrinal mechanism, menstruation – Ayurvedic and modern perspectives
- Test questions

Duration: 8 hours

Module 7: Study of foetus and pregnancy (garbha & garbhinishaareera)

- Pregnancy- signs and symptoms, physiological changes, Placenta
- Month on month foetal development
- Lifestyle and care for pregnant women
- Test questions

Duration: 10 hours

Module 8: Study of pregnancy minor ailments (garbhinivyapad)

- Common minor ailments during pregnancy and their management, risk factors
- Test questions

Duration: 8 hours

Module 9: Partum & post-partum (prasava & sutika)

- Labour & post-partum period - changes in physiology
- Food, lifestyle and care for the woman and her baby, risk factors
- Test questions

Duration: 8 hours

Module 10: Study of breast milk and lactation (stanyavijnana)

- Lactation, normal & abnormal breast milk
- Breast-milk substitutes, condition of its use, risk factors
- Test questions

Duration: 6 hours

Clinicals:

- Assessment of prakruti, 8 aspects of body assessment (ashta vidha pareeksha) and 10 criteria of patient and disease examination
- Case taking, identifying risk factors
- Yoga- during pregnancy and after delivery
- Hands on therapies

Duration: 17 hours + practicals

Assignment: 20 hours

Practicals (Onsite): 20 days

Grand examination