

AYURVEDIC MANAGEMENT OF NON COMMUNICABLE DISEASES: CLINICAL APPLICATIONS

Day One	Understanding prakrit	How to clinically assess physical and mental constitution. Principles of Person Centred Medicine. Genetic and epigenetic factors in expression of disease.	Lectures and clinical demonstrations. Practical exercises for understanding the clinical application of these concepts.	Schedule of the classes: 9 am to 10.30 am 11 am to 01.00 pm 2 pm to 3.30 pm 4.00 pm to 5.00 pm
Day Two				
Day Three				
Day Four	Understanding vikriti	How to clinically assess Ama and Imbalance of the Dosas. How to derive a treatment plan based on Ayurvedic assessment of a disease. Stages of evolution of a disease and general classification and sub typing of diseases.		
Day Five				
Day Six				
Day Seven				
Day Eight	Lifestyle changes in specific diseases	Specific life style recommendations for selected non communicable diseases. Lifestyle suitable for the individual as well as the disease. This also includes counselling and modulation of psychosocial behaviour.		
Day Nine				
Day Ten				
Day Eleven	Dietary changes in specific diseases	Specific dietary recommendations for selected non communicable diseases. Diet suitable for the individual as well as the disease.		
Day Twelve				
Day Thirteen				
Day Fourteen	Internal medications in specific diseases	Specific regimen of internal medications for selected non communicable diseases. Explanations based on treatment algorithms. How to individualize treatment for the same disease in different patients and how to adjust the treatment dynamically.		
Day Fifteen				
Day Sixteen				
Day Seventeen				
Day Eighteen	Therapies in specific diseases	Specific regimen of external therapies for selected non communicable diseases. How to blend internal medications and external therapies. Individualization and dynamic adjustment of treatment based on evolution of disease.		
Day Nineteen				
Day Twenty				
Day Twenty One				