

Ayurveda course**Format:** video lessons & online webinars with the lecturer feedback**Start date:** May 24th, 2019**Number of lessons:** 22

It consists of 3 modules:

- Module 1: Sanscrit, Darshana and Siddhanta**

Duration: 1 month

N.	Topic	Format	Date	Duration (hours)
1	Introductory lesson	online (webinar)	May 24, 2019	3
2	Sanskrit Terminologies	Video lessons (independent study)		1
3	Sanskrit Terminologies: part 2			1
4	Sanskrit Basics			1
5	Sanskrit Terminologies. Darśanas			1
6	Darśanas: part 2. Mūlasiddhānta			1
7	Lesson: answering questions	online (webinar)	June 21, 2019	3
Total hours:				11

Additional videos to learn:

N.	Topic	Format
1	Sanskrit - the refined speech	Short video lessons (independent study)
2	The power of Sanskrit	
3	Sanskrit	
4	Mulasiddhanta	
5	Mulasiddhanta: part 2	
6	Mulasiddhanta: part 3	

- Module 2: Maintenance and Promotion of Health**

Duration: 1 month

N.	Topic	Format	Date	Duration (hours)
1	Introductory lesson	online (webinar)	June 28, 2019	3
2	Shareera in Ayurveda	Video lessons (independent study)		1
3	Shareera: part 2. Classical Prakṛtis			1,5
4	Prakṛti			1
5	Prakṛti: part 2. Lifestyle and Gunas. Healthy Life Style			1,5
6	Food and Nutrition in Ayurveda. Classification			1,5
7	Lesson: answering questions	online (webinar)	July 26, 2019	3
Total hours:				12,5

Additional videos to learn:

N.	Topic	Format
1	Marmas. General considerations	Short video lessons (independent study)

2	Marmas of Limbs	Short video lessons (independent study)
3	Marmas of Trunk	
4	Marmas of Head and Neck	
5	Regulated Diet	
6	Food Classification	
7	Classification of Foods: Illustration	
8	Study of Dravyas	
9	Study of Rasas	
10	Natural Urges	

• **Module 3: Management of Diseases**

Duration: 1 month

N.	Topic	Format	Date	Duration (hours)
1	Introductory lesson	online (webinar)	August 2, 2019	3
2	Dosha. Dhatu. Mala	Video lessons (independent study)		1
3	Understanding and Managing Dosha Imbalance			1
4	Doshas Treatment. Ama in Joint Diseases			1,5
5	Ama in management of skin disease. Diabetes Mellitus			1
6	Osteoarthritis. Pain in musculoskeletal diseases			1,5
7	Heart Diseases. Cancer. Hepatocellular Carcinoma. Treatment Protocols for some diseases			1,5
8	Lesson: answering questions	online (webinar)	August 30, 2019	3
Total hours:				13,5

Additional videos to learn:

N.	Topic	Format
1	Snehana Principles	Short video lessons (independent study)
2	Snehana Therapy	
3	Vasti Procedures	
4	Nasya	
5	Svedana	
6	Rasayana	