

Course program  
«Preparation and management of pregnancy in Ayurveda»

### Theoretical part

#### Module 1: Ayurvedic anatomy, physiology and embryology

Duration: **24 hours, 8 webinars**

- Introduction to Ayurveda
- Basic concepts of Ayurveda
- Understanding the dimensions of existence of life
- Evolution of human body and consciousness and its principle components principles
- Enumerating dosha, dhAtu, upadhAtu, mala and srotas, relevant function of particular dhAtu, upadhAtu, and srotas in male and female
- Briefing on relevant sirA, dhamani, nADI and marma
- Ayurvedic perspective of reproductive biology
- Definition of garbha
- Dynamics of conception

#### Module 2: Lifestyle and Nutrition

Duration: **24 hours, 8 webinars**

- Preparation for conception 3 basic functions of life and their health
- Brief on Yoga & Mudra – for fertility, pregnancy and post-partum & for common minor ailments
- samskAra – The ancient, unique practices for overall development
- Basic recipes of food and medicine applicable during conception, pregnancy and after delivery
- Month on month dietary guidance during pregnancy, principles of food before and after pregnancy, including diet for common minor ailments
- Influence of food on breastmilk

#### Module 3: Herbal therapy

Duration: **24 hours, 8 webinars**

- Herbal therapies – preparing for conception and during pregnancy & Postpartum care
- New-born care - therapies (including baby colic, vaccinations etc.)
- Herbal therapies for common minor ailments
- Features of hands-on therapies during pregnancy: abhyanga, selected types of sweda, external and internal basti, pichu, dhara, and varti
- Important herbs and compounds – indication and dosage
- IVF and Ayurveda

## Practical part

### Onsite training in India: 14 days

- Workshop with herbs – identifying and understanding the properties;
- Workshop with food – preparation of 1 example recipe from every major classification discussed in theory class and practical analysis of properties;
- Workshop on therapies;
- Yoga sessions;
- Clinical training – case taking and observing procedures.

### Assessments: 10 hours

- Periodic assessments will be conducted after every module or relevant cluster of modules.
- A full theoretical assessment will be done at the end of the webinars- mandatory to receive partial completion certificate.
- A grand assessment will be done at the end of the practical training- mandatory to receive a full completion certificate.