

COURSE PROGRAM

«Management of diseases through Ayurveda – Panchkarma and Ayurveda medicines»

28 of January - 11 of February 2019

Date	Ayurveda Lecture 9:30 am to 1:30 pm	Practical Panchkarma 2:30 pm to 5:30 pm
28 January	Basics of Ayurveda I	Introduction of Panchkarma + Shiroabhyanga (Rejuvenating Head & Shoulder Massage)
29 January	Basics of Ayurveda II	Introduction of Panchkarma + Vishesh Abhyanga (whole body relaxation massage)
30 January	Liver health and management of Liver diseases	Shiroabhyanga (Rejuvenating Head & Shoulder Massage) + Vishesh Abhyanga (whole body relaxation massage)
31 January	Management of Diabetes, Obesity and other Life Style disorders	Making of Udvartana + Practical Udvartana (Anti cellulite scrub Massage)
1 February	Management of Urinary system problems including Prostate health	Making of Patra Pottali (Herbal Leaf bag) + Practical Patra Pottali (Herbal Leaf bag Massage)
2 February	Management of Cardiovascular problems	Chakravarti Vasti (Rejuvenative treatment for Navel Chakra) + Hridya Vasti (Rejuvenative treatment for Cardiac region)
3 February	Ayurvedic care of Joint, Muscle & Bone health	Patra Pottali (Herbal Leaf bag Massage) + Kati Vasti (Rejuvenative treatment for lumber)
4 February	Monday Break	
5 February	Management of Digestive problems	Chakravarti Vasti (Rejuvenative treatment for Navel Chakra) + Hridya Vasti (Rejuvenative treatment for Cardiac region)
6 February	Stress management through Ayurveda	Shiroabhyanga (Rejuvenating Head & Shoulder Massage) + Shirodhara (Deep relaxation therapy)
7 February	Management of problems related with Menstruation & Menopause	Vishesh Abhyanga (whole body relaxation massage) + Local Naadi Swedana (Local medicated steam treatment)
8 February	Management of Allergies and Respiratory problems through Ayurveda	Vishesh Nasya (Cleansing and rejuvenating treatment for Nasopharyngeal and supra clavicle area)
9 February	Management of Lymphatic system & concept of Rasayana	Samalaya Abhyanga (whole body synchronized massage with 2 technicians)
10 February	Management of sexual problems & concept of uttam santon – shaping Pregnancy through Ayurveda	Netra Tarpan (Cleansing & nourishing treatment for Eyes) + Face Massage and Face Pack
11 February	Ayurvedic management of Hair problems & Psoriasis	Shiroabhyanga (Rejuvenating Head & Shoulder Massage) + Kati Vasti (Rejuvenative treatment for lumber)

* Two Tea Breaks Morning and Afternoon

* Lunch: 1:30 pm - 2:30 pm