

STUDY PLAN

Professional subjects	Type of examination	Study hours		
		Theory	Practical training	Total
1.	2.	3.	4.	6.
<i>History, philosophy and basic principle of Ayurveda</i>	<i>Test</i>	24hrs	0	24hrs delete
<i>Ayurvedic Physiology, pathology and pharmacology</i>	<i>Test</i>	58 hrs	16hrs	74 hrs
<i>Ayurvedic therapy and clinical practice</i>	<i>Test</i>	10 hrs	51 hrs	61hrs
<i>Final examination</i>	<i>Test</i>	1		1
	<i>Total</i>	93 hrs	67 hrs	160 hrs

The History, Philosophy, and Basics of Ayurveda

Number of hours: 24 hours

Theory: 24 hours

Practical training: 0 hours

Aim: To get comprehensive view of Ayurveda as complete medical system according to time and place with the purpose to integrate this knowledge into daily practice.

Nr.	Main topics	Subtopics	Level of taxonomy	Number of hours			
				Theory	Practical training	Total	
1.	Introduction into Ayurveda	<ul style="list-style-type: none"> - Definition of Ayurveda - Ayurveda as spiritual, philosophical and medical science - The ancient tradition of Ayurveda - Epidemiology, most commonly treated diseases - Ayurveda in modern health care center setup - How to study Ayurveda in a right way? Necessary qualification and difficulties of adaption and perception - Similarities and differences in allopathic and Ayurvedic medicine - Description of the course, discussion on the study plan and the WHO Benchmarks for Training in Ayurveda - First 	U L	2hr	0	2hr	
2	The source of Ayurveda, beginnings, history and present status in the world-	<ul style="list-style-type: none"> - Mythological beginnings of Ayurveda - Oral and written tradition - Main classical texts in Ayurveda - The development of Ayurveda from ancient times till nowadays 	U	4hr	0	4hr	<i>Test</i>

		<ul style="list-style-type: none"> - The present global status of Ayurveda. Countries where Ayurveda is practiced and/or is legally recognized as medical science - Accomplishments in research and clinical practice - Ayurveda in the world (examples from WHO, NIH, etc.) 					
3.	Sanskrit. The role of Sanskrit in Ayurveda. Alphabet. Basics.-	<ul style="list-style-type: none"> - The historical importance of Sanskrit language in medicine, culture and philosophy - Necessity to learn Sanskrit for Ayurvedic medical practitioner - Sanskrit alphabet – writing and spelling (from prepared materials) - Most important Sanskrit terms (<i>Dosha, Dhātu, Mala, Agni, Ojas, Prakriti, Aama, Koshta, Samana, Sodhana, Vaidya, Roga, Aushadha, Dravya, Guna, Veerya, Vipaka etc</i>) 	U	4hr	0	4hr	<i>Test</i>
4.	Philosophical basis of Ayurveda-	<ul style="list-style-type: none"> - Science and spirituality in the context of ancient Indian tradition - The basics of Vedic thought process and philosophy - Vedas and <i>shaddarshanas</i> - The connection between Ayurveda and philosophy - Medicine and philosophy 	U	4hr	0	4hr	<i>Test</i>
5.-ok	Basic principles in Ayurveda-	<ul style="list-style-type: none"> - Universe and human - Five elements - Three <i>Doshas</i> - Seven <i>Dhatus</i> - Three <i>Malas</i> 	U	9hr	0	9hr	<i>Test</i>
6.	<i>Final examinations</i>	TEST 1		1		1	<i>Test</i>
	<i>Total</i>			24hr		24hr	

Level of taxonomy: **C – comprehension**
U - understanding
A – application

List of references

Classical texts:

1.	Ashtangahridaya (Sanskrit text with English translations)
2.	Charakasamhita (Sanskrit text with English translations)
3.	Bhavaprakasha (Sanskrit text with English translations)
4.	Legacy of Vagbhata by Dr. MS Valiathan
5.	Legacy of Charaka by Dr. MS Valiathan
6.	Legacy of Susruta by Dr. MS Valiathan

Contemporary literature,internet sources:

1.	Ancient Science of Life http://www.ancientscienceoflife.org/
2.	C. Dwarakanath, <i>The Fundamental Principles of Ayurveda</i> , 2003, Chowkhamba Krishnadas Academy, ISBN:81-218-004-8
3.	G. J. Meulenbeld, V. Dominick, <i>Studies on Indian Medical History</i> , 2001, Motilal Banarsidass Publishers PVT.Ltd, ISBN: 81-208-1768-0
4.	<i>Origin and history of Ayurveda, National Library of Ayurveda medicine</i> http://nlam.in
5.	B. R. Rao, J. L. N Sastry, <i>Illustrated History of Āyurveda, according to Graduate and Postgraduate Syllabys</i> , 2008, Chaukhambha Orientalia, ISBN: 978-81-7637-066-0
6.	K. Nishteshwar, R. Vidyanath, <i>A Handbook of History of Ayurveda</i> , 2007, Chowka Sanskrit Series Office, ISBN: 81-7080-142-7

Physiology, Pathology and pharmacology in Ayurveda

Number of hours: 74

Theory: 58

Practical training: 16 hours

Aim: To get a comprehension of specific Ayurvedic view on anatomy and physiology, also pathology. To learn about oppprtunities of primary health care which Ayurvedic science can offer. To recieve basic knowledge in pharmacology, to get insight into pharmaceutical sciences about herbal, animal and mineral product use.

Nr. p.k.	Main topics	Subtopics	Level of taxonomy	Number of hours			Type of examination
				Theory	Practical lessons	Total	
1.	Anatomy and physiology in Ayurveda product use.	<ul style="list-style-type: none"> - The teachings of anatamy in Indian history - Bodily concept (“<i>Dosha Dhatu Mala Moolam Sadaa Deham.</i>”) - <i>Dosha</i> – localization, functions, subtypes, pathological conditions - <i>Malas</i> – functions and imbalance-Online - <i>Agni</i> - <i>Ojas</i> - Process of digestion, it’s role in Ayurveda - <i>Prakriti-offlines</i> - <i>Marmas-offline</i> 	U	24	0	24	<i>Test</i>
2.	Ayurvedic view on pathology	<ul style="list-style-type: none"> - Understanding of disease: <i>Nidana, Poorvaroop, Roopa, Upasaya</i> and <i>Samprapti</i> - <i>Shadkriyakala</i> - Three main causes of the disease 	U	12	0	12	<i>Test</i>

		- The ability to interpret diseases which are not mentioned in classical texts					
3.	Primary prophylactics or preventive medicine	<ul style="list-style-type: none"> - Understanding of health in Ayurveda-Online lessons - Definition and symptoms of health - Two main purposes of Ayurveda - The definitions of <i>Swasthavritta</i> - The parts of preventive health care - <i>Dinacharya, Ritucharya, Vegas, Ahara, Nidra</i> and <i>Maithuna</i> - Practicals: therapeutic methods of <i>Dinacharya</i>- 	U	12	4	16	<i>Test</i>
4.	Ayurvedic pharmacology	<ul style="list-style-type: none"> - <i>Dravya, Rasa, Guna, Veerya, Vipaka, Prabhava</i> - Nomenclature of Ayurvedic medicines - Basics on herbal cultivation and collection - Analysis of herbs available in Slovenia/Europe and discussion on their administration <ul style="list-style-type: none"> • Practicals: recognition of herbs, collection, <i>herbarium</i>- • Laboratory work: <ul style="list-style-type: none"> ○ Analytical phytochemistry ○ Experimental and clinical pharmacology 	U	6	6	12	<i>Test</i>
5.	Ayurvedic pharmaceutical sciences	<ul style="list-style-type: none"> - <i>Bhaishajyakalpana</i>: basics - <i>Kashaya, Choorna, Thaila, Ghrita, Asava, Arishta, Gulika</i> - Heavy metals - threats and facts - Practicals: preparation of <i>svarasa, kwatha</i> and <i>lehya</i> 	U	3	6	9	<i>Test</i>
6.	<i>Final examination</i>	TEST 2		1		1	<i>Test</i>
Total				58	16	74	

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1.	K. Nishteswar, <i>Basic concepts of Ayurvedic pharmacology</i> , 2008, Chowkhamba Sanskrit Series Office, ISBN: 978-81-7080-280-6
2.	S. S. Babu, <i>Principles and Practice of Kāya Cikitsa, Āyurvedic Internal Medicine</i> , 2009, ISBN: 978-81-7637-0752
3.	M. R. S. Rao, <i>Salyatantra Vijnanam, Surgery in Ayurveda</i> , 2006
4.	S. M. Jalaludheen, <i>Outline of Salyatantra</i> , vol.2, 2010, Center for Ayurvedic research and Studies, Aluva
5.	P. V. Sharma, <i>Essentials of Ayurveda: Text and Translation of Sodasangahridayam</i> , 1998, Motilal Banarsidas Publishers
6.	M. R. S. Rao, <i>Textbook of Sareera Kriya Vignanam, Physiology of Ayurveda</i> , 2005, N. R. S. Govt. Ayurvedic Collage
7.	U. R. S. Namburi, <i>A Textbook of Agada Tantra</i> , 2007, Chaukhambha Publications, ISBN: 81-86937-78-1
8.	J. L. N. Sastry, <i>Dravyaguna Vijnana, Fundametal Principles of Pharmacotherapeutics in Ayurveda</i> , 2002, Chaukhambha Orientalia, Vol.1
9.	J. L. N. Sastry, <i>Illustrated Dravyaguna Vijnana, Study of Essential Medical Plants in Ayurveda, Chaukhambha Orientalia</i> , 2008, ISBN: 978-81-7637-093-6, vol.2
10.	K. R. S. Murthi, <i>Madhava Nidānam, Roga Vinascaya of Mādhavakara, A Treatise of Ayurveda</i> , 2007, Chaukhambha Orientalia
11.	B. Dash, M. M. Jounious, <i>Handbook of Ayurveda</i> , 2003, Ashok Kumar Mittal
12.	S. D. Seth, B. Sharma, <i>Medicinal plants of India</i> , Indian J. Med. Res., 120, 9–11, 2004

IZGLĪTĪBAS IESTĀDE
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PROGRAMMAS NOSAUKUMS
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Ājurvēdas izglītības pamati
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13.	S. Gerson, <i>The Ayurvedic Guide to Diet and Weight Loss: The Sattva Program</i> , 2001, Lotus Press
14.	H. H. Rhyner, <i>Ayurveda: The Gentle Health System</i> , 1998, Motilal Bnardass, ISBN: 81-208-1501-7,
15.	<i>Ayurvedic Pharmacopoeia of India</i> , Government of India, Ministry of Health and Family Welfare, Department of AYUSH
16.	Journal of Ayurveda and Integrative Medicine
17.	V. J. Thakur, <i>Diagnostic Methods in Ayurveda</i> , J.Ancient Science of Life, Jan, 1982
18.	B. Patwardhan, <i>Ayurvedic genomics: establishing a genetic basis for mind-body typologies</i> , J. Altern Complment Med, 2008 Jun;14 (5):571-6
19.	C. V. Rizzo-Sierra, <i>Ayurvedic Genomics, Constitutional Psychology and Endocrinology: The Missing Connection</i> , <i>The Journal of Alternative and Complementary Medicine</i> , Vol.17: 465-468, 2011
20.	B. Prasher, S. Negi, S. Aggarwal, <i>Whole genome expression and biochemical correlates of extreme constitutional types defined in Ayurveda</i> , J Trasl.Med, 2008 Sep 9;6:48
21.	C. Ahn, M. Tewari, C. S Poon, <i>The Clinical Applications of a Systems Approach</i> , PLoS Med. Jul 2006; 3(7): e209

Ayurvedic therapy and clinical practice

Number of hours: 61 hours

Theory: 10 hours

Practical lessons: 51 hours

Aim: To study the methods of Ayurvedic therapy. To deepen one's knowledge in a particular specialization of an individual interest.

Nr. p.k	Main Topics	Subtopics	Level of taxonomy	Number of hours			Type of examination
				Theory	Practical lessons	Total	
1.	The therapy methods in Ayurveda	<ul style="list-style-type: none"> - Basic principles of therapy in Ayurveda - Classification of the therapy methods - <i>Santarpana</i> and <i>Apatarpana</i>; <i>Samana</i> and <i>Sodhana</i>, <i>Poorvakarma</i> (<i>Snehana</i> and <i>Swedana</i>), <i>Pradhana karma</i> (<i>Vamana</i>, <i>Virechana</i>, <i>Vasti</i>, <i>Raktamoksha</i> and <i>Nasya</i>) and <i>Paschatkarma</i>. - Treatment procedures: <i>Abhyanga</i>, <i>Udvaartana</i>, <i>Sirodhara</i>, <i>Pizhichil</i>, <i>Kizhi</i>, <i>Sirovasti</i>, <i>Nasya</i> (Theory and practice) - <i>Snehapana</i>, <i>Vamana</i>, <i>Vasti</i>, <i>Raktamoksha</i> (Theory and video) 	A	10 hrs	34 hrs	44 hrs	<i>Test</i>
2.	Specialized training-	- <i>Training in one's area of interest (e.g. rheumatology)-</i>	A		16	16	<i>Test</i>
3.		FINAL TEST			1	1	<i>Test</i>
Total :				10	51	61	

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