

## **CERTIFICATE COURSE IN AYURVEDA - BASIC**

### **COURSE CODE: FS / INT 003**

#### **Preamble:**

To accommodate the differences in need to study Ayurveda the Institute offers comprehensive short term Ayurveda training programs. These programs are rigorous enough to meet the needs of professionals wanting to incorporate Ayurveda principles into their health care practice and improve their quality of life.

#### **Aims & objectives:**

- The short term course aims to provide fundamental knowledge of Ayurveda & practical/ clinical training.
- The course will enable the individual to promote the physical and mental health, longevity and help to lead the disease free life.

#### **Admission qualification:**

- The candidate shall have passed 10<sup>th</sup> standard or equivalent examinations by recognized authority.
- Candidate shall have basic knowledge of English.

#### **Minimum age for admission:**

Candidates should attain the age of seventeen years as on day of admission

**Duration of course:** 4 weeks

**Medium of instruction:** English

**Minimum number of candidates:** 05 (Five) in each batch.

#### **Date of commencement of course:**

Batch 1: January

Batch 2: April

Batch 3: October

Batch 4: December

The course will commence on 1<sup>st</sup> working day and ends on last working day of the month.

#### **Course learning schedule:**

Interactive lectures (Theory):	50 hrs
Practical/ Clinical Training:	50 hrs
Observation/ Evaluation:	50 hrs
Seminar/ Group Discussion	
Learning resources:	<u>50 hrs</u>
Total Learning hours:	<u>200 hrs</u>

#### **Admission:**

- The candidate will apply online directly to **Principal, SDM College of Ayurveda & Hospital, Hassan** through email:[sdmcah@gmail.com](mailto:sdmcah@gmail.com) or by post to **Principal, SDM College of Ayurveda & Hospital, Hassan, Karnataka State, India. Pin code: 573201**
- The copy of the application should be forwarded through concerned Embassy of the country.
- The candidate may avail required information's through its websites: [www.sdmcahassan.org](http://www.sdmcahassan.org), and [www.sdmes.net](http://www.sdmes.net)

- The candidate may also avail information's pertaining to Ayurveda through [www.rguhs.ac.in](http://www.rguhs.ac.in) and [www.indianmedicine.nic.in](http://www.indianmedicine.nic.in)
- Application also may be routed through Registrar, Rajiv Gandhi University of Health Sciences, Bangalore or Secretary, Department of AYUSH, Red Cross building, Red Cross road, New Delhi – 1.
- The provisionally selected candidates will be informed by email.
- The candidates should pay the prescribed course fees online within one week of getting the information of the provisional selection.
- The admission of the candidate will be confirmed only on receipt of the fee at least one month prior to the commencement of the course.
- The institution will reserve right to adjust the candidate with subsequent batches if the minimum candidates are not available for a particular batch.
- Acceptance into the program is based upon application review, phone or personal interview or through online examination

**Tuition Fee: Rs. 10,000**

**Minimum Attendance:**

90% attendance of total theory and practical classes is required to appear for examination to be conducted at the end of course.

**Examination & evaluation:**

At the end of the course an examination will be conducted in theory and practical separately. The Candidate securing minimum 50% marks in theory & practical examination will be declared successful.

**Certificate to be awarded:**

“Introductory course in Ayurveda” Certificate will be awarded for successful candidates.

**Course Content:**

**Theory Classes**

**50 hrs (each interactive class of 2 hrs)**

1. Introduction to Ayurveda for better living – Global perspective of Ayurveda, Cosmic and Panchamahabhoota theory, Prakruthi and its impact on healthy living
2. Basic principles of ayurveda.1 – Tridosha theory, five sub types of Dosha and their functional entity.
3. Basic principles of Ayurveda.2 – Saptadhatu, Upadhatu, Mala and Srotosharira (Tissues and end products)
4. Applied anatomy in Ayurveda 1 – Sukshama and SthulaSharira, Shadangasharira, Angapratyangasharira and Marmavijnana (Micro and Macro Anatomy).
5. Applied physiology in Ayurveda – Dsha (bodily humors), Dhushya (tissues), Agni (digestive fire) variations and corrections.
6. Ayurvedic pharmacology – Dravya, Guna, Karma, Veerya, Vipaka and Prabhava (property, active principles and action of drug)
7. Ayurvedic pharmaceuticals – PanchavidhaKashayaKalpana (Five types of pharmaceutical preparations)

8. Preventive &promotive aspects in Ayurveda 1 – Dinacharya (daily routines), Ratricharya (night routines)
9. Preventive &promotive aspects in Ayurveda 2 – Ruthucharya (seasonal routines), Sadvritta (good conducts) and AcharaRasayana (Rejuvenatives)
10. Preventive &promotive aspects in Ayurveda 3 – Patya and Apatya (Ayurvedic Dietetics)
11. Preventive &promotive aspects in Ayurveda 4 – Vihara (Life style)
12. Geriatric care in Ayurveda – Life style modification and Rasayana.
13. Ayurveda for better offspring and sexual health - Vajikarana (aphrodisiacs and concept adopted for healthy conceptions)
14. Diagnostic tool in Ayurveda 1 :RogiPariksha-Trividha – Astavidha - DashavidhaPariksha and PanchaVidhaRogaNidana (Five fold diagnosis of disease)
15. Diagnostic tool in Ayurveda 2 : Concept of Ama in etiology of disease and NadiPariksha (Pulse Diagnosis)
16. Diagnostic tool in Ayurveda 3 : Basic principles of treatment in Ayurveda – Nidana . Parivarjana, Shamana and Shodhana, Surgical and Para-surgical management. (Correction of causative factors, palliative – curative care)
17. Kitchen remedy for management of common disorders
18. Management of common disorders with locally (overseas) available Ayurvedic drugs 1 – GIT, Respiratory disorders.
19. Management of common disorders with locally (overseas) available Ayurvedic drugs 2 – Urinary tract, Genital tract and CNS.
20. Management of common disorders with locally (overseas) available Ayurvedic drugs 3 – Skin and Cosmetics
21. Pregnant care in Ayurveda – Pre- ante- post natal care
22. Baby care in Ayurveda – Physical and Mental Growth and Development
23. Woman care in Ayurveda – Menstrual cycle correction and menopause care
24. Ayurvedic care of Panchendriya – care of sense organs
25. Ayurvedic care for mental health

**Practical/ Clinical classes:**

**50 hrs (practical of 2 hrs duration)**

1. Evaluation of individual Body & Mental Prakruti
2. Evaluation of functions of Dhatus (Tissues), Srotas (Channels) & their Srotodusti (Dysfunction)
3. Practical demonstration of AngaPratyanga&Marma (vital organs/ spot)
4. Practical demonstration of variations of Dosha (VridhiKshayaLaxanas), Dushya& Agni
5. Practical demonstration of 10 dry herbs & their functional entity
6. Herbal garden/ field visit for identification of common herbs

7. Practical demonstration of PanchaVidhaKashaya - Swarasa (Fresh extract), Kalka (Paste), Kashaya(Decoction), Hima (Cold infusion), Phanta (Hot infusion)
8. Practical Demonstration of Abhyanga (Oil Massage), Sweda (Steam bath)
9. Practical Demonstration of Virechana for prevention of Pitta disorder
10. Practical Demonstration of Vamana for prevention of Kapha disorders
11. Practical Demonstration of Basti for prevention of Vata disorders
12. Practical Demonstration of preparation of PathyaKalpana (Dietetics)
13. Practical demonstration ofYogasana&Vyamana for promotion of health
14. Practical demonstration of preparation of Rasayana Yoga - AmalakiRasayana
15. Practical demonstration of preparation of Vajikarana Yoga (Sex promotive recipes)
16. Practical demonstration of RogiPariksha (Ten fold examination of patient)
17. Practical demonstration of pulse diagnosis in healthy & diseased
18. Practical demonstration ofparasurgical procedures – Leech application
19. Practical demonstration of Ksharasutra& its applications
20. Practical demonstration on kitchen remedies - Takra (Buttermilk), PayasaKalpana and Kichdi
21. Practical demonstration on herbal remedies for GIT, Respiratory disorders - ArdrakaSwarasa, JeeraPanaka
22. Practical demonstration on herbal remedies for urinary &Genital disorders - modified trinapanchamoola, Aloe Vera preparations
23. Preparation of skin cosmetics – Sesame preparations, herbal ointments/ skin care
24. Baby massage & care
25. Therapies to vitalize the sense organs - Kavala – Gandusha (oil/kashaya pulling) –KarnaPoorna, Nasya karma.

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