



Catalog

Ayurvedic Training Programs

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Welcome to Shubham Ayurveda Academy

- Ayurveda Education Redefined

Inspired by our Guru Late Vaidya M. V. Kolhatkar Sir we have started our journey of creating more efficient Ayurveda practitioners at Shubham Ayurveda Academy through our extensive training program "Practitioner of Classical Ayurveda".

Prayer to God Ganesha



वक्रतुण्ड महाकाय सूर्यकोटिसमप्रभ
निर्विघ्नं कुरु मे देव सर्वकार्येषु सर्वदा ॥
vakratuṇḍa mahākāya sūryakoṭīsamaprabha .
nirvighnaṁ kuru mē dēva sarvakāryēṣu sarvadā

May God Ganesha who is having a curved trunk, powerful body and aura of million suns, remove all the obstacles from all of our actions that we decide to achieve.

Prayer to God Dhanvantari



शङ्खं चक्रं जलौकां दधत्-अमृतघटं चारुदोर्भिः चतुर्भिः ।
सूक्ष्म-स्वच्छ-अतिहृद्य-अंशुकपरिविलसन् मौलिम्-अम्भोजनेत्रम् ।
काल-अम्भोद-उज्ज्वलाङ्गं कटितट-विलसत्-चारुपीताम्बराढ्यम् ।
वन्दे धन्वन्तरिं तं निखिल-गद-वन प्रौढ-दावाग्नि-लीलम् ।
śaṅkhaṁ cakraṁ jalaukāṁ dadhat-amṛtaghaṭaṁ cārudōrbhiḥ caturbhiḥ
sūkṣma-svaccha-atihṛdya-āṅśukaparivilasan maulim-ambhōjanētram
kāla-ambhōda-ujjvalāṅgaṁ kaṭitaṭa-vilasat-cārupitāmbarāḍhyam
vandē dhanvantarī taṁ nikhila-gada-vana prauḍha-dāvāgni-līlam

I bow to God Dhanvantari, who in his four beautiful hands is holding conch, wheel, leech, and the pot of nectar, who is wearing a clean fine textured and pleasant cloth around his upper body, who is wearing a crown, whose eyes are like lotus, whose color is bright like black clouds filled with water, who is looking bright and rich wearing a yellow clothing on the waste line and who destroys the diseases like a strong forest fire destroying the forest

Prayer for Guru



गुरुर्ब्रह्मा गुरुर्विष्णु गुरुर्देवो महेश्वरः ।
गुरुः साक्षात् परःब्रह्म तस्मै श्रीगुरवे नमः ॥
gururbrahmā gururviṣṇu gururdēvō mahēśvaraḥ
guruḥ sākṣāt paraḥbrahma tasmai śrīguravē namaḥ

The Guru is Brahma(The creator), God Vishnu(The preserver) and God Shiva (The destroyer) I bow to that very Guru for He is the only Supreme Being, right in front my eye.

Mission Statement

The mission of Shubham Ayurveda Academy is, to redefine the education for The Science of Ayurveda and create a strong platform for Classical Ayurveda in USA. Creating safe and competent Ayurveda professionals is the need of the hour.

Purpose

Purpose is two-fold: 1) Spreading Ayurveda by Educating the general public in basic principles of Ayurvedic Science, particularly for maintenance of health and prevention of diseases; and 2) Creating Ayurvedic practitioners trained in classical Ayurveda, to serve as a link between divine knowledge of Ayurveda and the society.

To serve the purpose we offer an in-depth 4000plus hours "**Practitioner of Classical Ayurveda** " training offered at three levels over the course of four plus years. This is an advanced practical training in Ayurveda which is designed to facilitate the evolution of committed students into skilled authentic Ayurvedic practitioners. Studies are rooted in classical Ayurvedic texts, synthesized with contemporary Ayurvedic applications, and are comparable to the best education in India. We want our graduates to learn Classical Ayurveda and convert their passion of Ayurveda into different skills that can be offered to the community for spreading the wisdom of Ayurveda in the society. Offering Ayurvedic cooking classes, health preserving programs for health seekers in the society, public speaking, Ayurvedic consultations, writing articles in health related magazines, participating in different organizations of Ayurveda are some of the skills our students strive to achieve and make a successful career in the field of Ayurveda. Students will take on the Ayurvedic values of humility, personal integrity and service, and will come to embody Ayurveda in their daily lives and practice. Together we will create a community of ongoing support for each other and those with a passion for true and authentic Ayurveda, and work towards the ethical integration of Ayurveda into the West

Commitment

We are committed to

- Creating a pool of Ayurvedically knowledgeable health promoters in the society Conveying the best and authentic knowledge of Ayurveda to our students
- Helping students understand the true potential of Ayurveda and Creating Classically trained Ayurvedic practitioners capable of starting private practice
- Mentoring and supporting these Classically-trained practitioners to serve the society with passion, zeal, ethical approach and competency - the hallmark of a true practitioner of Ayurveda

Introduction

Ayurveda is famous as the medical science from India. But it is an understatement. It is not just medical science; it is the science of life, a way to achieve a long and totally healthy life. Health, according to Ayurveda, includes physical, psychological and emotional health. Ayurveda strives to understand the natural elements and gives us relationship between nature and human beings. This understanding provides us with an utterly new approach to life. Ayurveda does not want to work to conquer nature but to understand it and live in full harmony with it so as to help building a healthy society.

Ayurveda, with a known documented history of minimum 5000 years, has stood up to the toughest of tests, i.e. the test of time. In the world where everything is temporary and hence fragile, it is heartening to have a science which has a solid foundation of proven, time-tested principles.

Ayurveda seeks to understand the root cause of diseases, and to comprehend the disease process that has been identified as it is occurring in each person uniquely. Since, the dietary habits, daily regimen and psychological factors are unique to every individual the effects of all these factors in terms of health or disease are also unique to that person. Therefore, Ayurveda believes in the customized solution to one's health problems within the framework of traditional treatments for restoring health. The classical texts, and thousand years' empirical research based on the texts, guide this understanding.

Shubham Ayurveda is established with a vision to work as a bridge between Ayurveda and the society, understanding the current needs of the society and trying to provide best possible answers to these issues in the light of classical Ayurveda. We believe in serving the mankind through Authentic Ayurveda.

Program Description and Details

"Practitioner of Classical Ayurveda Training"

At Shubham Ayurveda, we believe that only a good clinician can be a complete teacher of Ayurveda for the students. All of our faculty members are teachers at the university level as well as good clinicians who have been in practice at Ayurvedic clinics for 10-plus years. We also stress the importance of ethical values which are essential part of a true practitioner of Ayurveda to ensure that our students are molded into the finest traditions of Ayurveda.

The course is designed to transform the students into dedicated practitioners. Sanskrit terminology makes up a major component of the foundational learning in all three years, and a basic grasp of the extensive number of terms is a requirement for a student's satisfactory undertaking of the program. Introductory Sanskrit lessons are offered as part of the first year's curriculum, and students are encouraged to maintain regular study of Sanskrit terminology as they progress through the program. Reference to the classical texts thus occurs in both Devanagari script and in transliteration.

The intention of the course is to prepare students to teach and/or practice clinical Ayurveda. Students entering this course should have a strong desire to immerse themselves in the traditional study of Ayurveda.

Our "Practitioner of Classical Ayurveda" Training is a 4000 hours program offered at 3 Levels and completed in 4 plus years. This program is equivalent to the Ayurvedic Doctor level developed by National Ayurvedic Medical Association (NAMA). Including internship in US and India, it represents the systematic science of Ayurveda as it is laid out in the classical texts (Charak, Vagbhat, Sushrut) and is synthesized into contemporary application. We stress the importance of ethical values which are essential to a true practitioner & ensure that students are molded into the finest traditions of Ayurveda.

The program is designed using different threads described below which are weaved in together to make a very strong and in-depth understanding of Ayurveda as a complete healing system. Following are the different threads through which learning happens:

First Level - 1100 Hours

- Classroom Hours - 1100 (550+200+200+100+50)
- Theory (10 *modules) - 550 Hours
- Sanskrit Learning - 200 Hours (**)
- Project - 200 Hours
- Correlation with Modern Medicine - 100 Hours
- Exams - 50 Hours

Second Level – 1100 Hours

- Classroom Hours - 1100 (450+200+200+100+100+50)
- Theory (10 *modules) - 450 Hours
- In-house Clinic - 200 Hours
- Online textbook reading - 200 Hours
- Correlation with Modern Medicine - 100 Hours
- Case Presentation - 100 Hours
- Exams - 50 Hours

Third Level – 1100 Hours

- Classroom Hours - 1100 (450+200+200+100+100+50)
- Theory (10 *modules) - 450 Hours
- In-house Clinic - 200 Hours
- Online textbook reading - 200 Hours
- Correlation with Modern Medicine - 100 Hours
- Public Speaking - 100 Hours
- Exams - 50 Hours

Fifty Case Studies with Intial consultation and 2 follow ups - 250 Hours

India Trip - 200 Hours

Study of Complementary /Allied Sciences (Jyotish, Vastu, Yoga) - 100 Hours

Extra Lectures - 100 Hours

Clinical Management - 50 Hours

*A module is a class with visiting faculty in the classroom setting. There are different types of Modules consisting of different number of hours ranging from 30hrs to 55hrs depending on the need of that subject. It is usually held on full days including weekend days (Friday, Saturday, Sunday) from 2 consecutive weeks and some weekdays evening from the same week.

**Sanskrit and online textbook reading is conducted in between two modules either by direct in-class method or by online classroom using live web tools like go to meeting.

Tabular representation of Distribution of the hours

Level Number	level I	Level II	Level III
Ayurveda Module hours	550	450	450
Clinic hours		200	200
Exam	50	50	50
Project, case presentation, public speaking	200	100	100
Sanskrit and online Text reading	200	200	200
Conventional medicine	100	100	100
Total hours per level	1100	1100	1100
Extra lectures			100
Study of Complementary sciences			100
clinical management			50
50 Case studies with 2 follow ups			250
India trip			200
Grand total			4000

Module learning :

A very well thought curriculum is designed by our best vaidyas from the Academic committee. The syllabus is based on the BAMS course offered in India and NAMA guidelines for "Doctor of Ayurveda" program. It is taught through 30 modules. Each level consists 10 modules which are planned with a gap of approximately 4 wks. There are different types of modules based on the number of hours required to teach a particular subject. Generally the Modules are offered on consecutive Friday, Saturday and Sunday as full day classes and evenings of the weekdays in the middle of those 2 weekends. Details will be explained to the students upon enrolling. Most of these modules are taught by our faculty members visiting from India.

10 Modules (55 hrs/module) for level I	10 Modules (45 hrs/module) for level II	10 Modules (45 hrs/module) for level III
Intro to Ayurveda and Padarth Vidyana	Herbs, Vyadhis and Kalpa	Pancha Karma Theory 1
Sharir Kriya 1	Herbs, Vyadhis and Kalpa	Pancha Karma Theory 2
Sharir Kriya 2	Herbs, Vyadhis and Kalpa	Pancha Karma Theory 3
Sharir Rachana and Psychiatry	Herbs, Vyadhis and Kalpa	Streeroga and Garbhini 1
Dravya Guna Vidnyana	Herbs, Vyadhis and Kalpa	Streeroga and Garbhini 2
Bhaishajya Kalpana	Herbs, Vyadhis and Kalpa	Sutika and Bala Roga
Swasthavrutta	Herbs, Vyadhis and Kalpa	Uttara Tantra 1 - Netra Roga
Ahara Shastra	Herbs, Vyadhis and Kalpa	Uttara Tantra 2 - Karna Roga, Nasa Roga
Nidana Chikitsa 1	Herbs, Vyadhis and Kalpa	Uttara Tantra 3 - Mukha Roga, Shiroroga, Kshudra Roga, Anukta Roga
Nidana Chikitsa 2	Herbs, Vyadhis and Kalpa	Uttara Tantra 4 - Vrana, Bhagna, Visha Chikitsa

Sanskrit Learning:

Study of Sanskrit language is very important in order to learn Ayurveda at our school because our studies are deeply rooted in the classical samhitas or texts of Ayurveda which are written in Sanskrit it-self. Knowing the alphabets and reading Devanagari script fluently is a pre requisite of this course as we will majorly focus in understanding grammar so students can efficiently access all the texts of Ayurveda. There are various free tools available for learning alphabets and acquiring the skill of reading Devanagari script. But if any of the students need more support in learning the alphabets we do offer a paid 30 hr "Devanagari alphabets for Sanskrit learning" class online.

These lectures run in parallel to the modules in the first level. They are offered during the gap between 2 modules usually twice a wk in the evening. They are taught through go to meeting or any other similar webinar program and taught by teachers from India.

Ayurvedic Samhita/Classical Text reading:

We believe that it is very important for our students to have a complete grasp of what Ayurveda as a Science is. And there is no other best way than reading the classical texts or samhitas. We aim to read Ashtang Hruday Samhita from beginning to end. Total 450 hours are dedicated for this important learning thread. These lectures are also offered in parallel to the modules but after the study of Sanskrit grammar is finished so usually it begins in the second level and are continued throughout the program the same ways twice a wk on two of the weekdays evening in between the two modules.

Extra Lectures:

These are informal lectures conducted as per need for review of lecture topics or to answer questions from the students or if students need extra attention to have fuller comprehension of a certain subject matter to the students or if school has some interesting and informative topic to present. These sessions can be conducted in person or via webinars.

In house Clinic Experience:

We believe that observing and working in any Ayurvedic clinic and gathering practical experience is the key to learning Ayurveda. At Shubham it is compulsory to spend 400 hrs with the teacher in the clinic, where you learn many things from simple day to day clinic operations to observing different treatment procedures and learning important skills like yukti.

Cases:

Using all the Ayurvedic wisdom / theory and practical learned, in practice is very important part of the program. Our students have to complete 50 case studies containing a thorough Initial intake with complete Ayurvedic analysis and 2 follow ups under the guidance of one of the teachers at Shubham.

Project:

Application of the Science in various ways in life gives all of us the true essence of it. Students get to explore their area of interest in Ayurveda by completing this unique project at the end of level one. With the guidance of the teachers they pick a certain topic and work on it throughout the year to come up with a project which serves as a unique work done in the field of Ayurveda by the students. some of the examples of the projects done by our senior students are "study of seasonal changes in California based on Ayurvedic principles" or "panchabhoutik chikitsa" .

Case presentation:

To make sure that our students are getting well rounded training, we ask our students to prepare a case presentation with a power point slides and present them in front of Ayurvedic community in the school or outside of the school where they get to explain their thought process and the analysis and can answer any questions from the crowd. This can be done any time before completing the program.

Speaking to the community about Ayurveda:

Through this activity, we highlight the importance of public speaking skills of our students in spreading Ayurveda. Students prepare and arrange a free lecture at the school or outside in the community at yoga studios , different Schools, private groups etc. This can be done any time before completing the program.

Exams and study questions:

There are 2 exams conducted for each level. First there is a midterm involving a written exam and second is the final exam involving a written and oral exam. The examinations are truly a tool to help the students study the science in a better way. To help study with the exam every module study questions are provided.

Study of Complementary Sciences:

Ayurveda is called as "sarva darshan sangrah", which means Ayurveda has incorporated principles from all the shad/ six darshanas. Therefore learning about other Complementary modalities like Yoga shastra, Vastu shastra and Jyotish shastra, enhances the healing paradigm for the users of Ayurveda. We invite experts in all three of the above fields to teach our students. Main aim of these modules is understanding the basic principles of these sciences and learning how and where to incorporate their use in the Ayurvedic Chikitsa for the benefit of the client by referring them to the expert in those respective fields.

Understanding Necessary concepts of Conventional Medicine:

Ayurveda is a complete Science in itself but it is very necessary to learn the current mainstream medicine approach so our students stay in safe limits of practice and learn to communicate with the primary care physician effectively to facilitate the hand shake of both the approaches for the user/client to achieve the best of both worlds. And we create a healthy community around us. In this 300 hour training we learn about all the tests performed by the primary care physician and learn important safety indicators for many conditions to seek the help of primary care physician in time to assure safe care for the client.

Clinical Management:

It is one of the last module that is designed to support students in establishing themselves in the field of Ayurveda. Understanding all the necessary business related information and legalities for practicing Ayurveda in United states is a key part of this 50 hr module.

India Trip:

The course culminates in a month long educational trip to India (Arya Ayurveda, India) for clinical training and PanchaKarma practical details. The India course fee is included in the course tuition, but the travel, lodging and food are additional expenses students must anticipate.

The India trip will be solely dedicated towards learning practical Panchakarma and attending clinics, and not tourism. You can definitely add on days prior or after the course to arrange other interests. We will provide all the support by guiding you in appropriate direction in best possible ways.

Free Lifetime Mentorship and guidance:

This is one of the unique feature of our school. Upon successful completion of our program there is a free ongoing mentorship for all our student practitioners always. We also guide and help students find their interests and use the knowledge of Ayurveda efficiently for the benefit of themselves and the community.

As it is said,

क्वचित् धर्मः क्वचित् अर्थः क्वचितन्मैत्री क्वचित् यशः ।

कर्माभ्यासः क्वचिच्चेति चिकित्सा नास्ति निष्फला ॥

kvacit dharmah kvacit arthah kvacitanmaitrī kvacit yaśah

karmābhyaśah kvaciccēti cikitsā nāsti niṣphalā

Sometimes dharma, sometimes artha, sometimes friendship, sometimes success, sometimes practice, so one always achieves something or the other by offering chikitsa/treatment.

Classroom Learning

Gurukula-style teaching environment means that students sit on the floor. The class opens with a chant to harmonize those present in a focused intention of learning together. Students listen attentively to the teacher's lecture or discussion minus other distractions in order to advance through all the material for a given lecture in the time agreed upon.

Students' topic-related questions are taken frequently to ensure student comprehension, but at the discretion of the teacher (it is recommended that students write out their questions and requests for clarification as they occur, to present the teacher during question-collecting moments of class time).

Students are encouraged to audio record lectures (in MP3/ WMA) format so that class information can be fully absorbed rather than an exercise in note-taking.

Audio recorders should have an 8-10 hour capacity. However, note-taking for important points (and questions) is encouraged.

A lap desk, whether for a paper notebook, tablet or laptop computer, is a good idea. Extra battery life on the laptops is advised as there are a limited number of electrical outlets in the classroom. "Backjack" supports are provided for ease in sitting. Students may wish to additionally bring a pillow or two for added comfort.

Course Materials

Official course Notes will be distributed via email prior to each class. There is neither textbook nor reader to purchase – the Sanskrit source text fragments are included in the Notes for First Year. It is suggested that students read and make comments directly onto the Notes on a laptop computer, although students may wish to print out the Notes themselves; Shubham will not provide a printout in the interests of conserving resources. Shubham can suggest and provide an open-source font reader for the Devanagari script and transliteration. Students are advised to use an external hard drive with 1 TB, ideally, for fast and easy access to both their audio and document files.

Classical texts are acquired together as a group after commencement of the school year. Throughout the three years, Shubham will guide students towards purchase of the best possible editions (transliteration and commentary qualities can vary).

Students writing onto printed Notes should come prepared with any other of their own preferred supplies, such as highlighters, post-it tabs, section dividers, pens, white out, staplers, etc.

Lunch and Rest Breaks

Rest breaks of 10-20 minutes are called once or twice during class hours. One hour is allotted for the lunch; it is recommended that students bring food from home, as well as utensils; there is a small kitchen area for students to wash their dishes. There is a café next door for beverages. While there are restaurants nearby, the time will be short, and is best used for mental relaxation following the rigors of classroom focus. There are quiet streets nearby for walking, and a Farmer's Market on Saturday mornings, as well as a walking trail.

Schedule

Course dates and the specific subject schedules will be available to students in the beginning of each year. Since most of our visiting faculty are full time clinicians in India, the possibility exists that a change in the date of a class or even of a module could occur. Students will be notified well in advance if this situation were to arise.

Attendance Policy

Certain commitment from the student regarding studies and homework is needed and will be explained in the incoming personal interview. Students are advised to arrange circumstances of daily living to commit to attending 85% of classes, plus be willing to dedicate time weekly for self-directed study. This study realistically includes: review of course material; time for comprehending, repetition and integration of knowledge; projects; and occasional homework assignments. Responsibility falls to the student for acquiring recordings or notes from fellow students of any missed classes.

Evaluation and Assessments

Every module Study Questions will be given as a supplement to student-directed study. A final written and oral exam at the end of each level, however, will be the main method of assessing students' thorough grasp of the material. There will be a practice test mid level.

Highlights of our program

- Sanskrit study
- Extensive reference to Authentic Ayurvedic Samhitas (Classical Texts)
- Detailed case studies (via Oral Tradition)
- Eminent clinician teachers from India
- Extensive Clinical Internship in USA and in India
- Life-time invitation for clinic opportunities after completion of the course at India Clinics associated with Shubham Ayurveda
- Free Mentorship after setting up of one's own clinic

Tuition and payment plans

Registration Fee	\$100
Tuition for the whole program	\$ 30,000

Travel to and from India, plus food and lodging expenses, for the third level India trip are individual responsibility and **not included in the tuition** above. Shubham Ayurveda will give recommendations for all the arrangements, but students are responsible for booking and financing.

Payment Options

The registration fee is due at the registration and is non refundable.

There are 3 options to choose for paying the tuitions.

Tuition can be paid in **one** installment of **\$30,000** at the beginning of the course

Tuition can be paid in **four** equal installments of **\$7500** at the beginning of each calendar year

Tuition can be paid in **forty five** equal installments of **\$700** at the beginning of each month

Part-time or “Workshop” Option

We do not recommend this option. We have seen it creating difficulty for student's learning, as all the classes are dependent on the previous studies. Still, students who are not able to attend the full curriculum and want to learn specific modules are invited to join on single module basis (2 weekends and 6 week nights). Tuition for one module will be **\$1000** plus **\$100** registration fee. Suggested prerequisites for attending individual workshops/ modules are having a solid base of Ayurvedic terminology and basic knowledge of Sanskrit, both of which are to be determined on an individual basis by Vd. Yashashree Mannur.

There will not be any certificate given for individual modules.

Faculty

All our faculty members are esteemed Vaidya from India having extensive clinical and teaching experience. Vaidya Yashashree also guides the students through weekly meetings, making sure students understood the concepts taught in the weekend classes in a way that they can apply them practically.

Convener

- ◆ Vaidya Yashashree A. Mannur

Advisory Board

- ◆ Vaidya Pradnya M. Kolhatkar
- ◆ Vaidya Dilip P. Gadgil
- ◆ Vaidya Atulchandra S. Thombare
- ◆ Vaidya Vedhas M. Kolhatkar

Academic Council / Academic Committee

- ◆ Vaidya Yashashree A. Mannur
- ◆ Vaidya Rasik S. Pawaskar
- ◆ Vaidya Vedhas M. Kolhatkar

Teaching Faculty

- ◆ Vaidya Yashashree A. Mannur
- ◆ Vaidya Rasik S. Pawaskar
- ◆ Vaidya Vedhas M. Kolhatkar
- ◆ Vaidya Vedant H. Vaidya
- ◆ Vaidya Sameer S. Kulkarni
- ◆ Vaidya Dhananjay V. Kulkarni
- ◆ Vaidya Vishakha Deulgaonkar
- ◆ Vaidya Anagha P. Daflapurkar

Curriculum

First Level

Pre-requisite

1. Genuine interest in Ayurveda and Passion of taking up Ayurveda as profession
2. Ability or interest in language acquisition (Sanskrit in transliteration and Devanagari script)
3. Anatomy and Physiology (college level courses having 6 to 9 credits)

Aims

1. Development of genuine interest in Ayurveda as a profession
2. Laying foundation for deeper studies in Ayurveda
3. Learning Sanskrit Grammar
4. Learning essential basics of conventional medicine

Objectives

1. Fundamental knowledge of various aspects of Ayurveda – viz.
 - a. Importance of Samhita (classical texts) – their structure
 - b. Basic principles of Ayurveda
 - c. Padartha Vidnyana
(Philosophical foundations)
 - d. Sharira Rachana
(Ayurvedic Anatomy and Physiology)
 - e. Dosha Dhatu Mala Vidnyana
(Knowledge of Doshas, Dhatus and Malas)
 - f. Detailed study of Ahar and Swasthavrutta
(Diet, Lifestyle and Health Regimes)
 - g. Basic Principles of Dravyaguna Vidnyana
(Knowledge of Substances and Essential Qualities)
 - h. Introduction To Nidana, Chikitsa, Pancha Karma
(Introduction to Ayurvedic Analysis of Diseases, Treatment, and 5 main cleansing procedures)
2. Evaluation of Ahara, Vihara and Manasa Hetus in a person
(Causes due to Diet, Lifestyle and Psychological Factors)
3. Introduction to Ayurvedic case taking and patient evaluation techniques

Methodology

1. Lecture Method (in person, online, or via phone conference calls)
2. Group Discussion
3. Case Study for Evaluation of Prakruti (Constitution), Dhatu Sarata (Health of Tissues) and finding physical and psychological causative factors of diseases through analysis of diet and life style.

Syllabus Summary

{Detailed syllabus available to students upon submission of application}

1. Introduction To Ayurveda
2. Padartha Vidnyana and Basic Principles
3. Sharira Kriya (Detailed Ayurvedic Physiology)
4. Sharira Rachana
5. Ayurvedic psychiatry
6. Dravyaguna Vidnyana I (Understanding in detail the basic principles like Rasa, Veerya, Vipaka, Guna etc. to study any Dravya)
7. Bhaishajya Kalpana I (Understanding all the necessary knowledge about how to use a dravya in practice by learning basics like different parts of herbs used and different forms of herbs, times of giving herbs and Anupans for the herbs and learning textual formulations like gana sangraha etc)
8. Swasthavrutta and Ahara (learning Principles behind Ayurvedic diet and lifestyle and understanding the concept of health and necessary tools for preserving health and preventing diseases which is the main goal of Ayurveda)
9. Introduction to Nidana and Chikitsa and Case taking and examination of patient
10. Learning different kinds of tests performed in conventional science
11. Introduction to Sanskrit Grammar followed by beginning of Online reading of Ashtanga Hridaya
12. Working on a project related to Ayurveda by discussing with the teacher

Second Level

Pre-requisite

Completion of the First level

Aims

1. Deeper Study of Kayachikitsa Branch of Ayurveda
2. Development of ability to read, understand and finding references directly from the Samhitas
3. Development of Practitioners through extensive clinic hours
4. Development of skill of presenting cases at conferences
5. Understanding disease-specific considerations from conventional medicine

Objectives

1. Deeper knowledge of practical aspects of Ayurveda – Dravyaguna Vidnyana, Bhaishajya Kalpana, Nidana and Chikitsa of different vyadhis in Kayachikitsa Branch of Ayurveda
2. Deeper knowledge about the original texts (Samhitas) of Ayurveda and development of the ability to look-up references directly into them
3. To develop the skills to run an Ayurvedic Practice like observing the patient, case history taking and explanation of treatment to the patient by attending in-house Shubham Clinic
4. The student should be able to do a complete case taking, perform a thorough patient examination and then come up with a detailed analysis of the information received in the form of Hetu, Lakshan, Nidan and Chikitsa and present a proper treatment plan to the patient through Ayurvedic perspective
5. The students should also be able to prepare and explain a case. This should enable them participate in different forums at conferences to showcase the unique classical technique of case analysis

Methodology

1. Lecture Method (in person, online, or via phone conference calls)
2. Detailed Notes
3. Group Discussion - Mainly for Case Analysis. We will provide the students detailed Case-Papers to analyze, derive principles of chikitsa and actual chikitsa as exercise)
4. Case Study - Analysis of cases to understand Hetu, Lakshana, Samprapti, principle of Chikitsa and actual Chikitsa through direct contact with the patient in the in-house clinical set up or externship
5. Hands on clinical experience with Patients through extensive clinical hours

Syllabus Summary

{Detailed syllabus available to students upon submission of application}

1. Dravyaguna Vidnyana II – 60 distinct dravyas (Herbs/Minerals) are taught and notes of 70 more are provided
2. Bhaishajya Kalpana – 35 Kalpas (Formulations) taught in class and detailed notes of 65 are provided
3. Nidana and Chikitsa – 25 Vyadhis (diseases) taught, notes of 10 other vyadhis are provided in detail
4. Online reading of Ashtanga Hridaya Continued
5. Preparation of Case Presentation and analysis with Chikitsa (Treatment)
6. Working on completing 50 cases with initial consultation and 2 follow ups under the supervision of the teacher
7. Attending clinic and completing the clinic observation hours
8. Understanding the conventional approach to certain diseases

Third Level

Pre-requisite

Completion of the First level

Aims

1. Deeper Study of Branches Ayurveda Other Than Kaya Chikitsa by gaining actual clinical experience with Patients
2. Development of ability to read, understand and finding references directly from the Samhitas
3. Development of Practitioners through extensive clinic hours
4. Development of skill of Public Speaking
5. Understanding disease-specific considerations from conventional medicine

Objectives

1. Learning specialized topics like Stree-Roga, Garbhini, Sutika and Bala Roga.
2. Learning Panchakarma in theory to understand its proper application in actual patient
3. Learning specialized topics like Karna Roga, Nasa Roga, Netra Roga, Mukha Roga, Shiroroga, Kshudra Roga, Vrana, Bhagna, Visha chikitsa. The

study of these branches of Ayurveda should help the students to extend the knowledge base so as to be able to address various types of health concerns the patients might have.

4. Learning the process of understanding the Anukta Rogas i.e. the diseases which might not have been directly mentioned or labelled in the Samhitas (Classics)
5. Deeper knowledge about the original texts (Samhitas) of Ayurveda and development of the ability to look-up references directly into them
6. Observing and gaining hands on experience of different Karma procedures including the actual Panchakarma for practical training
7. The student should be able to do a complete case taking, perform a thorough patient examination and then come up with a detailed analysis of the information received in the form of Hetu, Lakshan, Nidan and Chikitsa and present a proper treatment plan to the patient through Ayurvedic perspective
8. The students should be able to talk on various topics of Ayurveda in Public Speech.

Methodology

1. Lecture Method (in person, online, or via phone conference calls)
2. Detailed Notes
3. Group Discussion - Mainly for Case Analysis. We will provide the students detailed Case-Papers to analyze, derive principles of chikitsa and actual chikitsa as exercise)
4. Case Study - Analysis of cases to understand Hetu, Lakshana, Samprapti, principle of Chikitsa and actual Chikitsa through direct contact with the patient in the in-house clinical set up or externship
5. Hands on clinical experience with Patients through extensive clinical hours

Syllabus Summary

{Detailed syllabus available to students upon submission of application}

1. The Pancha Karma Chikitsa – Theory
 - a. Preparatory Procedures – Deepana, Pachana, Snehana, Swedana
 - b. Main Pancha Karma Procedures – Vamana, Virechana, Basti, Nasya, Raktamokshana
2. Karma Chikitsa – Theory

- a. Other Procedures – Lepa, Udvaartana, Shirodhara, Pichu, Hrudbasti, Katibasti etc.
3. Stree Roga
 - a. Yonivyapad, Pradara, Vandhyatwa etc.
4. Garbhini
 - a. Garbhini Paricharya (Pre-natal Care)
 - b. Garbha Roga
5. Sutika
 - a. Prasuti (Delivery Process)
 - b. Sutika Paricharya (Post-natal Care)
 - c. Sutika Roga
6. Balaroga
 - a. Stages of Bala and associated diseases
7. Online reading of Ashtanga Hridaya Continued

Supplementary Training

This is aimed at development of a well-rounded Ayurvedic Practitioner.

1. Attending more clinics with various senior practitioner teachers, in in-house Shubham Ayurveda Clinic and in India at Arya Ayurveda, Pune, India, to strengthen all the skills for becoming a trained practitioner.
2. Completing 50 Case Studies through detailed initial consultations, analysis , treatment planning and 2 follow-ups under the supervision of the teacher
3. Observing and gaining hands on experience of different Karma procedures including the actual Panchakarma for practical training in India at Arya Ayurveda, Pune India.
4. A thorough module consisting of discussions about possible career opportunities in the field of Ayurveda and scope of Ayurvedic practice in the United States and legalities.
5. Arranging lectures and informal discussions with practitioners and scholars in the field of Ayurveda.
6. Learning Complementary sciences like Yoga Shastra, Vastu Shastra and Jyotisha Shastra to help complete the learning of Ayurveda
7. India Trip
 - a. 20 Days India Trip

- b. Training at Arya Ayurveda, Pune India
- c. Practical Training of Actual Pancha Karma and allied procedures
- d. Interaction with practitioners and scholars in the field of Ayurveda in India. This includes faculty members and other scholars.

Admissions and Application process

Each of the students will have a personal interview before admission, mainly to understand the passion about Ayurveda and various ways in which a student can contribute in the field of Ayurveda. This will help Shubham Ayurveda Academy to guide every student individually in appropriate direction so that the student and the society are equally benefited.

Once the decision is made students can fill up the Application and Enrollment Agreement and submit it at the school with registration fee.

Application and Enrollment Agreement

Applicant Information

Full Name _____
Last First M.I.

Current Address: _____

Permanent address: _____

Home no: _____ Cell no: _____

Work no: _____ E-mail: _____

SSN: _____ Date of Birth: _____

Profession: _____

Current Education: _____

Why do you want to study Ayurveda?

Payment Plan: (Please circle)

- A. Payment in Full
- B. Payment in the beginning of each level
- C. Monthly

I hereby certify that I have the ability to finance my education and I have been told about the fees according to the plans chosen above.

My signature below signifies that I have read and understand all aspects of this agreement and recognize my legal responsibilities in regards to this contract.

Signature of Student

Signature of School Official

Date

Date