

Vocational Training Consultant Ayurveda

Module I	Introduction into Vedic Studies
Module II	History & Development of Ayurveda
Module III	The Foundations of Ayurveda
Module IV	Ayurveda Anatomy
Module V	The Digestive System
Module VI	Diet & Nutrition
Module VII	Healing & Tips For Patients
Module VIII	Panchakarma
Module IX	Rasayana's, Herbs & Gemstones
Module X	The Healing Diet
Module XI	Ayurvedic Daily Routine
Module XII	Other Therapies & Remedies

Study Points Requirements

At the end of each module a test requiring written answers and consisting of 10 questions about the study material is given to the student.

At the end of the study year a written paper thesis (min. 25 pages) is required.

Thesis

Conditions:

A. This thesis must be based on the description and analysis of a theme, chosen by the student.

B. An outline of how the thesis should be written:

- * it should be worked out on an A-4 sheet
- * the space between lines must be 1 ½ cm
- * the front page must contain the title and the name of the university
- * first page: title, name university, tutor and student, place and year
- * preface, introduction
- * table of contents with paging
- * length of the thesis ca. 25 pages
- * conclusion
- * list of literature

Module I	Introduction into Vedic Studies
Study Unit 1	Introduction in Vedic Science – Vedic Cognition – Consciousness, Energy and Matter – The Vedic Scriptures – Veda & Quantum physics - Path and Goal of the Veda – Study of the Veda – The influence of the Veda – Health and Food
Literature	The Vedas For Everyone, Narada Kush Chapters I-IV; IX-XII; XVII <i>Introduction in Vedic Science</i> , Narada Kush (Powerpoint Presentation)
Module II	History & Development of Ayurveda
Study Unit	Cosmic Roots – Our Timeless Nature – Food is Memory – The Five Bodies - Traditional Medicine – Indian Subcontinent – Alternative Medicine – Sanskrit – Vedic Period – Sushruta Samhita – Charaka Samhita – Dhanvantari – History & Culture of India
Literature	A Life of Balance, Maya Tiwari Pages 8 – 22 Ayurveda, F. Miller, A.F. Vandome, J. McBrewster Pages 1 – 65 (useful parts); 83 - 85 Dhanwantari, Harish Johari Foreword, Preface & Introduction <i>History & Culture of India</i> , Narada Kush (Powerpoint Presentation)
Module III	The Foundations of Ayurveda
Study Unit 3	Introduction – Vedas and Upavedas – Yoga, Ayurveda & Vedic Astrology – Cosmic Roots – Soul, Mind, Senses & Body – The Three Guna's - The Five Element Theory – Background of Ayurvedic Medicine
Literature	Ayurveda Secrets of Healing, Maya Tiwari Pages xi – xii Importance of Diet & Nutrition in Ayurveda, Narada Kush Pages 3 – 19 Ayurveda & Panchakarma, Sunil V. Joshi M.D. Pages 1 – 58 Dhanwantari, Harish Johari Pages 3 - 10 The Yoga of Herbs, Dr David Frawley & Dr Vasad Lad Pages 7 – 22 <i>Introduction in Ayurveda (I)</i> , Narada Kush (Powerpoint Presentation)

Module IV

Ayurveda Anatomy

Study Unit 4

The Three Doshas – The Seven Dhatus – The Subtle Body – Malas – Ayurvedic Body Types – Ayurvedic Anatomy – Mental Nature of Body Types – Management of Doshas – Detoxification/Management of Ama

Literature

Ayurveda Secrets of Healing, Maya Tiwari
Pages 5 - 35
Importance of Diet & Nutrition in Ayurveda, Narada Kush
Pages 20 - 30
A Life of Balance, Maya Tiwari
Pages 23 - 56
Ayurveda & Panchakarma, Sunil V. Joshi M.D.
Pages 59 – 84
The Yoga of Herbs, Dr David Frawley & Dr Vasad Lad
Pages 37 – 48
Introduction in Ayurveda (II), Narada Kush (Powerpoint Presentation)

Module V

Digestive System & Ayurvedic Food Approach

Study Unit 5

Ayurvedic Food Approach – Nature and Tastes of Each Dosha – Digestion: The Key to Health – Our own Constitution – A New Understanding to Diet

Literature

Importance of Diet & Nutrition in Ayurveda, Narada Kush
Pages 31 - 35
A Life of Balance, Maya Tiwari
Pages 57 - 71
Ayurveda & Panchakarma, Sunil V. Joshi M.D.
Pages 85 – 128
Dhanwantari, Harish Johari
Pages 74 - 90
Prevention and Selfhealing, Narada Kush (Powerpoint Presentation)

Module VI

Diet and Nutrition

Study Unit 6

Rules for Proper Eating – Effects of Food products – Eating according to Body Type – The Food Charts – Eating with the Cycles of Nature – Seasonal Menus Ahara, Vihara & Aushadhi – Herbal Energetics – Tastes

Literature

Importance of Diet & Nutrition in Ayurveda, Narada Kush
Pages 36 - 55
A Life of Balance, Maya Tiwari
Pages 72 - 148
Ayurveda & Panchakarma, S.V. Joshi
Pages 129 – 144
The Yoga of Herbs, Dr David Frawley & Dr Vasad Lad

Pages 23 – 35

Diet & Nutrition in Ayurveda, Narada Kush (Powerpoint Presentation)

Module VII Healing & Tips for Patients

Study Unit 7 Tips for Patients – Vegetarism – Fasting – The Healing Diet – Panchakarma Healing Diet – Sattvic Diets – Specific Foods – The Disease Process – First Aid Treatments - Ayurvedic Mother-Baby Health Care – Semen, Drugs and Youth

Literature Importance of Diet & Nutrition in Ayurveda, Narada Kush
Pages 56 - 79
Secrets of Healing, Maya Tiwari
Pages 343 - 386
Ayurveda & Panchakarma, S.V. Joshi
Pages 159 – 168
The Yoga of Herbs, Dr David Frawley & Dr Vasad Lad
Pages 224 -227
Dhanwantari, Harish Johari
Pages 91 – 113; 205-212
Ayurvedic Mother-Baby Health Care, Narada Kush (Powerpoint Pres.)

Module VIII Panchakarma

Study Unit 8 Basic Principles – Preparing for Panchakarma – Ayurvedic Disease Management – Different Therapies – Five Main Procedures – Panchakarma Post Treatment Procedures – Accessories, Equipment & Utensils – Energizing the Body through Massage

Literature Importance of Diet & Nutrition in Ayurveda, Narada Kush
Pages 80 - 85
Secrets of Healing, Maya Tiwari
Pages 267 – 272; 473 - 485
Ayurveda & Panchakarma, S.V. Joshi
Pages 169 – 270
Dhanwantari, Harish Johari
Pages 31-38
Panchakarma, Narada Kush (Powerpoint Presentation)

Module IX Rasayanas, Herbs & Gemstones

Study Unit 9 Ayurvedic Pharmacology – Energetics of Ayurvedic Substances – Glossary of Ingredients – Herbal Therapeutics – How to prepare and use Herbs – Lists of Herbs & Herb Chart – The Healing Power of Gemstones

Literature Secrets of Healing, Maya Tiwari

Pages 433 -468
The Yoga of Herbs, Dr David Frawley & Dr Vasad Lad
Preface - Foreword
Pages 1 – 6; 99 – 187 (list of herbs); 237 – 252 (list of herbs)
Dhanwantari, Harish Johari
Pages 198 - 204
The Healing Power of Gemstones, Narada Kush (Powerpoint Pres.)

Module X The Healing Diet & Home Remedies

Study Unit 10 Introduction – How to lose Weight – How to gain Weight – Diets for different Diseases – Helpful Recipes & Hints – Foods for Long Life & Well-Being – Organic Eating – Home Remedies - Causes & Cure of Diabetes

Literature Diet in Diseases, Sunita Pant Bansal
Pages 7 – 112
Dhanwantari, Harish Johari
Pages 149 - 197
Causes and Cure of Diabetes, Narada Kush (Powerpoint Presentation)

Module XI Ayurvedic Daily Routine

Study Unit 11 Spiritual Discipline – Lifestyle & Marriage – Hygiene – World Peace – Daily Routine & Rituals – Meditation, Yoga & Other Practises – Self-Care at Home – The Glory of Waking Up – Bathing: A Way to Vitality – Notes on Sleep - Patanjali Yoga Sutras

Literature The Vedas for Everyone, Narada Kush
Chapters XVI and XVIII
Importance of Diet & Nutrition in Ayurveda, Narada Kush
Pages 102 - 107
Secrets of Healing, Maya Tiwari
Pages 387 – 404
Ayurveda & Panchakarma, S.V. Joshi
Pages 145 – 156; 271 – 281
Dhanwantari, Harish Johari
Pages 19 – 30; 39 - 46; 139 - 148
Patanjali Yoga Sutras, Narada Kush (Powerpoint Presentation)

Module XII Other Therapies and Remedies

Study Unit 12 Goals of Life – Karma & Free Will – Different Therapies – Remedies for Planetary Influences – Spiritual Masters – Kundalini Yoga – Sadhana – Universal Values – The Power of Prayer – Breathing Practices – Sexuality – Astrology, Healing & Transformation

Literature	<p>The Vedas for Everyone, Narada Kush Pages 243 – 308</p> <p>Importance of Diet & Nutrition in Ayurveda, Narada Kush Pages 87 - 101</p> <p>A Life of Balance, Maya Tiwari Pages 329 – 335</p> <p>Secrets of Healing, Maya Tiwari Pages 405 – 425</p> <p>Dhanwantari, Harish Johari Pages 11 – 18;</p> <p><i>Yoga, Pranayama & Meditation</i>, Narada Kush (Powerpoint Pres.)</p>
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Optional Practicum at an Ayurvedic Centre for a minimum period of 1 week.

List of Literature

The Vedas For Everyone;

Their Deeper Meaning & Practical Applications

Author: Narada Kush; 500 pages

Saraswati Art Publishers, Amsterdam, The Netherlands

(The English edition will be officially published in Spring 2014).

The Importance of Diet & Nutrition in Ayurveda;

Prevention is better than Cure

Author: Narada Kush; Syllabus

Narada Kush Publications, Lelystad, The Netherlands

Ayurveda Secrets of Healing;

The complete Ayurvedic guide to healing through Panchakarma, etc.

Author: Maya Tiwari; 515 pages

Lotus Press, Twin Lakes, Wisconsin

ISBN 0-914955-15-2

Ayurveda: A Life of Balance;

Author: Maya Tiwari; 335 pages

Vermont, Healing Arts Press, 1994

ISBN 978-089281490-9

Diet in Diseases;

Therapeutic foods that cure & prevent diseases

Author: Sunita Pant Bansal; 112 pages

Pustak Mahal, Delhi; ISBN 978-81-223-0814-3

Ayurveda;

Authors: F.P. Miller, A.F. Vandome, J. McBrewster

Alphascript Publishing, 2009, ISBN 978-613-0-25635-7

Ayurveda & Panchakarma;

The Science of Healing and Rejuvenation

Author: Sunil V. Joshi, M.D. (Ayu); 295 pages

Motilal Banarsidass Publishers, Delhi

ISBN 81-208-1526-2

The Yoga of Herbs;

An Ayurvedic Guide to Herbal Medicine

Authors: Dr. David Frawley & Dr. Vasant Lad

Lotus Press, Twin Lakes, Wisconsin

ISBN-13 978-0-9415-2424-7

Powerpoint Presentations

- * Yoga, Pranayama & Meditation
- * Introduction in Vedic Science & Literature
- * Introduction in Ayurveda (I & II)
- * Diet & Nutrition in Ayurveda
- * Ayurvedic Mother-Baby Health Care
- * Prevention and Selfhealing
- * Causes and Cure of Diabetes
- * Panchakarma
- * Patanjali Yoga-Sutras
- * The Healing Power of Gemstones
- * Culture & History of India

NOTE:

All Literature is available through bookshop and internet or directly from the tutor. The Power Point Presentations are designed by the tutor and are only available through him.

