

Vocational Training Consultant Ayurveda

One Year Study Program

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

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
Pages 10 – 67; 170 – 240; 328 – 345
Introduction in Vedic Science, Narada Kush (Powerpoint Presentation)

Module II History & Development of Ayurveda

Traditional Medicine – Indian Subcontinent – Alternative medicine – Sanskrit – Vedic Period – Sushruta Samhita – Charaka Samhita – Dhanvantari – History & Culture of India

Literature Ayurveda, F. Miller, A.F. Vandome, J. McBrewster
Pages 1 – 65; 83 - 85 (useful parts)
History & Culture of India, Narada Kush (Powerpoint Presentation)

Module III The Foundations of Ayurveda

Introduction – Vedas and Upavedas – Yoga, Ayurveda & Vedic Astrology – Cosmic Roots – Soul, Mind, Senses & Body – The Five Element Theory – Background of Ayurvedic Medicine

Literature Charaka Samhita, P.V. Sharma
Useful Parts
Ayurveda Secrets of Healing, Maya Tiwari
Pages xi – xii
Importance of Diet & Nutrition in Ayurveda, Narada Kush
Pages 4 – 20
A Life of Balance, Maya Tiwari
Pages 8 – 22
Ayurveda & Panchakarma, Sunil V. Joshi M.D.
Pages 1 – 58
The Yoga of Herbs, Dr David Frawley & Dr Vasad Lad
Pages 1 – 22
Introduction in Ayurveda (I), Narada Kush (Powerpoint Presentation)

Module IV Ayurveda Anatomy

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 Charaka Samhita, P.V. Sharma
Useful Parts

Ayurveda Secrets of Healing, Maya Tiwari
Pages 5 - 35
Importance of Diet & Nutrition in Ayurveda, Narada Kush
Pages 21 - 31
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 The Digestive System

Ayurvedic Food Approach – Nature and Tastes of Each Dosha –
Digestion: The Key to Health – Our own Constitution – Ayurvedic
Mother-Baby Health Care

Literature Charaka Samhita, P.V. Sharma
Useful Parts
Importance of Diet & Nutrition in Ayurveda, Narada Kush
Pages 32 - 36
A Life of Balance, Maya Tiwari
Pages 57 - 71
Ayurveda & Panchakarma, Sunil V. Joshi M.D.
Pages 85 – 128
Ayurvedic Mother-Baby Health Care, Narada Kush (Powerpoint Pres.)

Module VI Diet and Nutrition

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

Literature Charaka Samhita, P.V. Sharma
Useful Parts
Importance of Diet & Nutrition in Ayurveda, Narada Kush
Pages 37 - 56
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 – 36
Diet & Nutrition in Ayurveda, Narada Kush (Powerpoint Presentation)

Module VII Healing & Tips for Patients

Tips for Patients – Vegetarism – Fasting – The Healing Diet –
Panchakarma Healing Diet – Sattvic Diets – The Disease Process –
First Aid Treatments

Literature Charaka Samhita, P.V. Sharma
Useful Parts
Importance of Diet & Nutrition in Ayurveda, Narada Kush
Pages 57 - 80
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
Prevention and Selfhealing, Narada Kush (Powerpoint Presentation)

Module VIII Panchakarma

Basic Principles – Preparing for Panchakarma – Ayurvedic Disease Management – Different Therapies – Five Main Procedures – Panchakarma Post Treatment Procedures – Accessories, Equipment & Utensils

Literature Charaka Samhita, P.V. Sharma
Useful Parts
Importance of Diet & Nutrition in Ayurveda, Narada Kush
Pages 81 - 86
Secrets of Healing, Maya Tiwari
Pages 267 – 340; 473 - 486
Ayurveda & Panchakarma, S.V. Joshi
Pages 169 – 270
Panchakarma, Narada Kush (Powerpoint Presentation)

Module IX Rasayanas, Herbs & Gemstones

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
Pages 49 – 93; 97 – 187; 192 - 223
The Healing Power of Gemstones, Narada Kush (Powerpoint Pres.)

Module X The Healing Diet

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

Literature Diet in Diseases, Sunita Pant Bansal
Pages 7 – 112
Causes and Cure of Diabetes, Narada Kush (Powerpoint Presentation)

Module XI Ayurvedic Daily Routine

Spiritual Discipline – Lifestyle & Marriage – Hygiene – World Peace – Daily Routine & Rituals – Meditation, Yoga & Other Practises – Self-Care at Home – Patanjali Yoga Sutras

Literature The Vedas for Everyone, Narada Kush
Pages 309 – 327; 346 - 370
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
Ayurveda, F. Miller, A.F. Vandome, J. McBrewster
Pages 78 – 82
Patanjali Yoga Sutras, Narada Kush (Powerpoint Presentation)

Module XII Other Therapies and Remedies

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 The Vedas for Everyone, Narada Kush
Pages 243 – 308
Importance of Diet & Nutrition in Ayurveda, Narada Kush
Pages 87 - 101
A Life of Balance, Maya Tiwari
Pages 329 – 335
Secrets of Healing, Maya Tiwari
Pages 405 – 425
Astrology of the Seers, Dr David Frawley
Pages 183 – 236
Yoga, Pranayama & Meditation, Narada Kush (Powerpoint Pres.)

Optional Practicum at an Ayurvedic Centre for a minimum period of 1 week.

List of Literature

Charaka Samhita (Sanskrit/English Edition);
Author: P.V. Sharma
Chaukhamba Orientalia, Delhi, 1981

The Vedas For Everyone;
Their Deeper Meaning & Practical Applications
Author: Narada Kush (Kush Visser); 500 pages
Saraswati Art Publishers, Amsterdam, The Netherlands
(The English edition will be officially published in 2013).

The Importance of Diet & Nutrition in Ayurveda;

Prevention is better than Cure

Author: Narada Kush (Kush Visser); 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

Astrology of the Seers;

A Guide to Vedic/Hindu Astrology

Author: Dr. David Frawley; 283 pages

Motilal Banarsidass Publishers, Delhi

ISBN 81-208-1006-6

Powerpoint Presentations

- * Yoga, Pranayama & Meditation
- * Vedic Science & Literature
- * Introduction in Ayurveda (I & II)
- * Diet & Nutrition in Ayurveda
- * Introduction in Vedic Astrology
- * Ayurvedic Mother-Baby Health Care

- * Prevention and Selfhealing
- * Causes and Cure of Diabetes
- * Patanjali Yoga-Sutras
- * Introduction in Vaastu Shastra
- * 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.