

Two-Week Intensive Ayurveda Theory and Therapy Course for International Students

Medicina Alternativa affiliated to The Open International University for Complementary Medicines has been the leader in Complementary Medicines worldwide successfully conducting intensive courses, conferences and events in complementary medicine for the past 55 years..

We would like to invite all participants to join us in our 1st Ayurveda Theory and Therapy course starting this July 2017 to be conducted at our therapeutic Centre, Ceylon Holistic Centre in Colombo. In this two week intensive course you can learn the basic theories of Ayurveda and practice the therapy techniques and enjoy the free therapy including panchakarma throughout the course staying at the University maintained Haus Chandra Hotel at Mt Lavinia.

The course aims and Objectives

- To gain a basic knowledge of the fundamental principles of Ayurveda
- To understand and learn secret Ayurveda massage techniques and strokes
- To learn Ayurveda dietary regimes and cooking methods
- Yoga and Yogic postures
- Meditation and how to meditate

This course will be conducted in English and a working proficiency of English is required

(Interpreters are available with charges added to the course fee)

Eligibility criteria for the Ayurveda Therapy course

- Physicians interested in Ayurveda and complementary medicine
- Nurses, Therapists, Healers, Physiotherapists or those who are interested in these fields
- Chefs, Dieticians, professionals in Hospitality industry
- Physiotherapists

- Meditation, Yoga, Reiki, Thai chi Teachers
- Anyone interested in Ayurveda and Complementary medicine

Intensive Ayurveda Theory and Therapy Course – Next Course dates

Ayurveda Course Type	Date	Room Rates
2 weeks intensive Ayurveda course	01 st July to 15 th July 2017	Summer Rates
2 weeks intensive Ayurveda course	01 st Nov to 15 th JNov 2017	Winter Rates

Venue: Haus Chandra Hotels in Sri Lanka, CHC,OIUCM – for more information please contact coo.medalta@gmail.com or call +94-11-2507383

Course fee:

Single Occupancy: 2865 USD (Course fee of 985USD included)
 Double Occupancy: 1950 USD

- Includes individual Ayurveda treatment for two weeks
- All accommodation cost is extra, room rates vary
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Detailed Information on the Two-Week Intensive Ayurveda Theory and Therapy Course

Background:

Trainees will see how consultations are done, Ayurveda oil is prepared, decoctions are simmered to the correct point, and oil applications are carried out, not just in a classroom environment but also in an environment where Ayurveda is practiced.

Ayurveda Theory

1. Introduction and history of Ayurveda

- Revival of Ayurveda medicine
- Ashtanga Ayurveda - 8 branches of Ayurveda

2. Fundamentals of Ayurveda

- Panchamahabhootha (The theory of the five elements)
- Prakriti (doctrine of the individual constitution)
- Three Dosha (Vata, Pitta, Kapha)
- Dosha, Dhatu & Mala
- Concept of Agni and Ama
- Ayurveda ideas on energy centers (Chakras) and vital points in the Body

3. Ayurveda diagnoses

(Ashtanga Parikshana: The eight ways of examination -pulse, tongue, eyes nails and skin etc)

4. Curing and prevention of disease

- **Shamana Chikitsa** (treating the root cause of the diseases and managing the symptoms of disease)
- **Sodana Chikitsa** (purification treatment to prevent illness from arising and improving the well being) through Trividya Karma (three stages of purification: Purva karma, Pradhana Karma/ Panchakarma and Paschath karma)

Ayurveda Demonstration / Treatment / Practical

1. Identification of body types

2. Ayurveda preparations

- Kashaya (decoctions)
- Swarasa (fresh juice)
- Kalka (herbal pastes)
- Phanta (hot infusion)
- Choorna (powders)
- Vati (pills)
- Asava and Arishta (herbal tonics)
- Medicated Ghee
- Thailya (Medicated oils)

3. **Trivida Karma** (commonly known as Pancha Karma) including oil applications
 - **Purva Karma** (purification therapies including oil and heat therapies)
 - Snehana Karma (oil treatments) and Swedana Karma (heat treatments)
 - External oil applications including all the different oil massage techniques,
 - Herbal fomentation and steam treatments.
 - **Pradhana Karma / Pancha Karma**
Demonstration of the following:
 - Vamana Karma, Veerechena Karma, Nasya Karma, Vasthi Karma, RakthaMokshana Karma
 - **Paschath Karma or rejuvenation**

4. **Ayurveda pharmaceuticals: understanding and identifying Ayurveda herbs**

Get acquainted with the herbs in the pharmacy. Smell, touch and feel the compounds. See them growing, dried and crushed, as it has always been done- since centuries ago.

Practical identification and visit to a herbarium

5. **Ayurveda food and diet regimes and practical cookery**

- The six tastes, diet regimes and guide lines for the different body types.
- Daily and seasonal rules to balance the constitutional types
- The effect of Ayurvedic teas, herbs and spices on health
- Kitchen tools, cooking methods and food stocks
- Practical instruction and counseling on Nutritional value of diverse food
- Practical Ayurveda cooking workshops

6. **Hatha Yoga and Meditation - practical sessions**

- Links between Yoga, Meditation and Ayurveda
- Guided yoga and meditation (optional)

Certification

Successful trainees will be awarded a Certificate of Participation jointly by the Medicina Alternativa _OIUCM and CHC

Lecturers

Pro. Lakshman Madurasinghe (Introduction)

Prof: K.K.D.S.Ranaweera

Dr.H.K.M.Kumara

Dr.Shanika

Dr. Kaushal

Course participants

This course is particularly for physicians interested in alternative medicine systems, non-medical practitioners, dieticians, dietary assistants, physiotherapists and Yoga teachers who are interested in widening their professional and personal competence. Participation in all of the sessions is required to successfully complete the course. Parallel practice sessions may be held in which event participants can select the sessions according to professional priorities.

Reading material

Each participant will be given a manual of course notes at the commencement of the course.