International Ayurveda Training at
Maharashtra Arogya Mandal’s Autonomous R & D Institute PARAS

Overseas Programme Coordinator
Dr Pranita Joshi Deshmukh
Research Coordinator and Asst. Professor
MAM’s Autonomous R & D Institute
Programme for Advanced Research in Ayurveda Sciences (PARAS)
Hadapsar, Pune
Contact:
+91 9822229579
Website: http://mam.org.in
pranitaj@gmail.com

Advisor
Dr Sachin Sarpotdar
BAMS, MSc health science,
UGC NET community health and social medicine
Ayurveda physician and consultant
Sarpotdar.sachin@gmail.com
+91 9822795363
Maharashtra Arogya Mandal is a Non Profit Organization working in the fields of Health, Education and Tribal Development since a half century. Under its main objective Education MAM’s Ayurvedic Academic Institute Sumatibhai Shah Ayurved Mahavidyalaya Pune is conducting International short term courses in various aspects to spread awareness and knowledge of Indian Traditional Medicine Ayurveda along with Yoga and special treatment modalitites like Ayurvedic massages and Panchakarma.

Maharashtra Arogya Mandal runs an Ayurveda Academic Institute with 250 bedded Ayurvedic Hospital namely Sumatibhai Shah Ayurved College and Sane Guruji Arogya Kendra which is one of the best Institution in India with glorious history of 25 years. This centre is providing consultations according to Biotype, Pulse, and Lifestyle management for disease treatments under guidance of Indian Ayurveda doctors. Since last 25 years many graduates and post graduates are serving society with Ayurveda knowledge gained from this institute, with expertise in academic and clinical areas.

Now MAM is starting to spread a word in Ayurveda and Yoga by introducing various Ayurveda, Yoga & Panchakarma Training Programs with its Autonomous R & D platform PARAS (Programme for Advanced Research in Ayurveda Sciences). These are unique, tailor-made courses designed by the experts and experienced Ayurved Professors for the beginners, intermediate and advance learners of Ayurveda and Panchakarma Therapy.

Each course will be of 10 days for each level and will include daily 3 hours of lectures and daily 4 hours of practical training. The theory lectures will be conducted in the morning session from and practical sessions will be organized in the afternoon and evening session.

The Basic level course is made to give basic understanding and knowledge of Ayurveda and Panchakarma.

Intermediate course is made for the Paramedical and health care personnel for effective healing of the health seekers. This course will make them able to serve their knowledge in Ayurvedic clinic or Yoga studio.

The advance level course is made for the Medical professionals/ Doctors and others who offer their expert services for the community as per the rules and regulations of the concerns authorities of their respective country.

Total course is of 70 hours for each level. Tailor made options for various other Ayurvedic training programs are also available.

For enrollments and enquiries kindly contact our overseas Programme Coordinator.
# Ayurveda, Yoga & Panchakarma Training Programme

**Basic Course (First session of 10 Days i.e 2 & half moth – On line Theory & Practical Demonstrations)**

<table>
<thead>
<tr>
<th>Days</th>
<th>Theory Lectures</th>
<th>Practical</th>
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<tbody>
<tr>
<td>1st Day</td>
<td>Introduction, aim &amp; objectives, Definition of Ayurveda</td>
<td>Constitution analysis and Questionnaire and interview training</td>
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<td></td>
<td>Concept of health in Ayurveda</td>
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<td></td>
<td>Relevance of Ayurveda in 21st century</td>
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<tr>
<td>2nd Day</td>
<td>Specialty Branches of Ayurveda</td>
<td>Shiro Abhyanga</td>
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<td></td>
<td>Fundamental Principles of Ayurveda-Theory of Five elements &amp; Tridosha Siddhanta</td>
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<td>Samanya Vishesh Siddhanta</td>
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<tr>
<td>3rd Day</td>
<td>Tridosha Theory Elaboration</td>
<td>Abhyanga &amp; Swedana</td>
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<td>Vata Physiology</td>
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<td></td>
<td>Significance of Vata in the body.</td>
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<td>Vata pacifying Therapies</td>
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<tr>
<td>4th Day</td>
<td>Pitta Physiology</td>
<td>Netra Basti &amp; Netra Tarapan</td>
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<td></td>
<td>Significance of Pitta In the body.</td>
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<td>Pitta pacifying therapeutic modalities.</td>
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<td>5th Day</td>
<td>Kapha Physiology</td>
<td>Udvartan, Lepa</td>
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<td></td>
<td>Significance of Kapha in the body</td>
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<td></td>
<td>Kapha pacifying therapeutic modalities.</td>
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<tr>
<td>6th Day</td>
<td>Ayurvedic aspect of Diet, Types of Food components</td>
<td>Kaval, Gandush</td>
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<td>Influencing factors on digestion</td>
<td>Indian Cooking Principles and Some Recipes.</td>
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<td>Concept of Agni and its various types</td>
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<tr>
<td>Day</td>
<td>Course Details</td>
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<tr>
<td>7th</td>
<td>Meal Management and Diet Planning with dietary counseling</td>
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<td></td>
<td>Sensory and Motor organs and their Physiology.</td>
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<td>Mind and its functions</td>
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<tr>
<td>8th</td>
<td>Yoga as a science of Spirituality.</td>
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<td>Yoga Postures and Pranayam training</td>
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<td></td>
<td>Ashtanga Yoga</td>
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<td>9th</td>
<td>Daily regimen &amp; Seasonal Impact on body functions.</td>
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<td>Seasonal lifestyle adaptation and modification</td>
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<td>Impact of age on body functions</td>
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<tr>
<td>10th</td>
<td>Three pillars of Life (Trayopastambha)</td>
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<td>Natural urges and their physiological role</td>
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<td>Concept of Beauty as per Ayurveda.</td>
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<tr>
<td></td>
<td>Discussions</td>
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</tbody>
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**Discussion**
# Ayurveda, Yoga & Panchakarma Training Program
## Intermediate Level (Second session of 10 Days)

<table>
<thead>
<tr>
<th>Days</th>
<th>Theory</th>
<th>Practical</th>
</tr>
</thead>
<tbody>
<tr>
<td>11th</td>
<td>Introduction to ‘Dhatu i.e. Body Tissues</td>
<td>Abhyanga in 2 positions.</td>
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<tr>
<td></td>
<td>Functions of Dhatu</td>
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<td></td>
<td>Upadhatus or Supportive body tissues</td>
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<tr>
<td>12th</td>
<td>Ayurvedic Immunology</td>
<td>Kayaseka</td>
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<tr>
<td>13th</td>
<td>Introduction to Mala i.e. waste products</td>
<td>Synchronal Massage</td>
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<td></td>
<td>Ayurved aspect of health and disease</td>
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<tr>
<td>14th</td>
<td>Introduction to Srotas i.e. Body channels</td>
<td>Spinal massage &amp; Kati Basti</td>
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<tr>
<td>15th</td>
<td>Ayurvedic Pharmacology (Basic principles)</td>
<td>Medicated oil preparation.</td>
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<tr>
<td>16th</td>
<td>Ayurvedic Drug formulations–Form of Drugs</td>
<td>Ghee preparation</td>
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<td>Important Medicated oils</td>
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<tr>
<td>17th</td>
<td>Factors causing Diseases (Total 3-hours)</td>
<td>Nabhi Basti</td>
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<tr>
<td>18th</td>
<td>General features of Dosha, Dhatu and Mala Vitiation</td>
<td>Janu Basti</td>
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<tr>
<td>19th</td>
<td>Introduction to Marma</td>
<td>Manya Basti</td>
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</tbody>
</table>
## Ayurveda, Yoga & Panchakarma Training Program in India
### Advanced Level Session 1 (5 days a week)

<table>
<thead>
<tr>
<th>Days</th>
<th>Theory Lectures</th>
<th>Practical (Hands on Training)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day 1</td>
<td>Types of diseases, Disease promoting factors, Different methods of examination</td>
<td>Valuka Pottali &amp; Jambir Pinda Sweda, Constitution analysis and Questionnaire and interview training</td>
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<td></td>
<td>Trividh, Ashthavidha &amp; Dashavidh</td>
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<tr>
<td>Day 2</td>
<td>Pathology and Principles of Management of Pranavaha &amp; Annavaha Srotas Problems</td>
<td>Avagaha swed, Samvahan, Shiro Abhyanga</td>
</tr>
<tr>
<td>Day 3</td>
<td>Pathology and Principles of Management of Udakavaha &amp; Rasavaha Srotas Problems</td>
<td>Padaghat, Katiswed, Abhyanga &amp; Swedana</td>
</tr>
<tr>
<td>Day 4</td>
<td>Pathology and Principles of Management of Raktavaha, Mamsavaha srotas Problems</td>
<td>Dhanyamla Dhara and Dughdha dhara. Netra Basti &amp; Netra Tarapan</td>
</tr>
<tr>
<td>Day 5</td>
<td>Pathology and Principles of Management of Medovaha &amp; Asthivaha srotas Problems</td>
<td>Taldharana, Upnaha Swed Udvartan, Lepa</td>
</tr>
<tr>
<td>Day 6</td>
<td>Pathology and Principles of Management of Majja &amp; Shukravaha Srotas Problems</td>
<td>Yonidhavn, Yoni dhupan, Utter basti, Kaval, Gandush Indian Cooking Principles and Some Recipes.</td>
</tr>
<tr>
<td>Day 7</td>
<td>Pathology and Principles of Management of Mutravaha Swedavaha &amp; Purishvah srotas</td>
<td>Mocharas Pichhabasti, Vaitaran Basti Karnapuran, Anjan</td>
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<td></td>
<td>Problems</td>
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<tr>
<td>Day 8</td>
<td>Pathology and Principles of Management of Artav Vaha srotas Problems</td>
<td>Hridbasti and Urobasti Yoga Postures and Pranayam training</td>
</tr>
<tr>
<td>Day 9</td>
<td>Pathology and Principles of Management of Mano Vaha srotas Problems</td>
<td>Dhumpan and preparation of Dhuma varti Matra Basti</td>
</tr>
<tr>
<td>Day 10</td>
<td>Introduction to Kshar sutra management</td>
<td>Therapeutic yoga for Musculoskeletal ailments &amp; Regional massage. Facial massage and Face pack application, Padabhyanga</td>
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</tbody>
</table>
### Ayurveda, Yoga & Panchakarma Training Program
### Advanced level, Session 2 (5 days a week)

<table>
<thead>
<tr>
<th>Days</th>
<th>Theory</th>
<th>Practical (Hands on Training)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day 1</td>
<td>Introduction to Ayurvedic Treatment. i.e. (Shaman &amp; Shodhan)</td>
<td>Shali Shashtik Pindaswedan Abhyanga in 2 positions.</td>
</tr>
<tr>
<td></td>
<td>Panchakarma therapy features</td>
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<td></td>
<td>Panchakarama therapy indications and operational details.</td>
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<tr>
<td>Day 2</td>
<td>Various types of Snehan &amp; Swedan</td>
<td>Patra Pottalli Sweda Kayaseka</td>
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<tr>
<td></td>
<td>Indications and Contraindication</td>
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<tr>
<td>Day 3</td>
<td>Vaman Therapy (Therapeutic emesis) procedure details.</td>
<td>Vaman Procedure Synchronal Massage</td>
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<td>Indication and contra indication</td>
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<tr>
<td>Day 4</td>
<td>Virechan Therapy Details. (Therapeutic purgation)</td>
<td>Virechan procedure operational demo. Spinal massage &amp; Kati Basti</td>
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<tr>
<td></td>
<td>Indication and Contraindications</td>
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<tr>
<td>Day 5</td>
<td>Basti Therapy (Therapeutic enemata) Various types and utility.</td>
<td>Rajayapan Basti Medicated oil preparation.</td>
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<tr>
<td>Day 6</td>
<td>Nasaya Procedure (Nasal Instilation)</td>
<td>Pradhaman Nasya and Guda Shunthi Nasya Nasya Ghee preparation</td>
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<td>Various Types and indications</td>
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<tr>
<td>Day 7</td>
<td>Rakta Mokshan (Blood letting)</td>
<td>Leaches application Nabhi Basti</td>
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<td>Various methods</td>
<td>Venous puncture.</td>
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<td></td>
<td>Indications and Precautions.</td>
<td>Janu Basti</td>
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<tr>
<td>Day 8</td>
<td>Antiageing and Rejuvenation Therapy.</td>
<td>Tikta Ksheer Basti (Basti with medicated milk)</td>
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</table>
### Day 9

| Weight management program in Ayurveda | Lekhan Basti
| Manya Basti |

### Day 10

| Ayurvedic Joint Care
Ayurvedic antenatal care (ANC) | Agnikarma and Marma Massage
Shirodhara-Medicated Oil
Shirodhara-Buttermilk. |