

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

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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 modalities 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)

Days	Theory Lectures	Practical	
1 st Day	Introduction, aim & objectives, Definition of Ayurveda	Constitution analysis and Questionnaire and interview training	
	Concept of health in Ayurveda		
	Relevance of Ayurveda in 21 st century		
2 nd Day	Specialty Branches of Ayurveda	Shiro Abhyanga	
	Fundamental Principles of Ayurveda-Theory of Five elements & Tridosha Siddhanta		
	Samanya Vishesh Siddhanta		
3 rd Day	Tridosha Theory Elaboration	Abhyanga & Swedana	
	Vata Physiology		
	Significance of Vata in the body.		
	Vata pacifying Therapies		
4 th Day	Pitta Physiology	Netra Basti & Netra Tarapan	
	Significance of Pitta In the body.		
	Piita pacifying therapeutic modalities.		
5 th Day	Kapha Physiology	Udvartan, Lepa	
	Significance of Kapha in the body		
	Kapha pacifying therapeutic modalities.		
6 th Day	Ayurvedic aspect of Diet, Types of Food components	Kaval , Gandush	
	Influencing factors on digestion		Indian Cooking Principles and Some Recipes.
	Concept of Agni and its various types		

	Meal Management and Diet Planning with dietary counseling	
7 th Day	Sensory and Motor organs and their Physiology.	Karnapuram, Anjan
	Mind and its functions	
8 th Day	Yoga as a science of Spirituality.	Yoga Postures and Pranayam training
	Ashtanga Yoga	
9 th Day	Daily regimen & Seasonal Impact on body functions.	Matra Basti
	Seasonal lifestyle adaptation and modification	
	Impact of age on body functions	
10 th Day	Three pillars of Life (Trayopastambha)	Facial massage and Face pack application, Padabhyanga
	Natural urges and their physiological role	
	Concept of Beauty as per Ayurveda.	
	Discussions	

Ayurveda, Yoga & Panchakarma Training Program
Intermediate Level (Second session of 10 Days)

Days	Theory	Practical
11 th Day	Introduction to ‘Dhatu i.e. Body Tissues	Abhyanga in 2 positions.
	Functions of Dhatu	
	Upadhatus or Supportive body tissues	
12 th Day	Ayurvedic Immunology	Kayaseka
13 th Day	Introduction to Mala i.e. waste products.	Synchronal Massage
	Ayurved aspect of health and disease	
14 th Day	Introduction to Srotas i.e. Body channels	Spinal massage & Kati Basti
15 th Day	Ayurvedic Pharmacology (Basic principles)	Medicated oil preparation.
16 th Day	Ayurvedic Drug formulations –Form of Drugs	Ghee preparation
	Important Medicated oils	
17 th Day	Factors causing Diseases	Nabhi Basti
	(Total 3-hours)	
18 th Day	General features of Dosha, Dhatu and Mala Vitiation	Janu Basti
19 th Day	Introduction to Marma	Manya Basti
20 th Day	Ayurved and Yoga in stress management.	Shirodhara-Medicated Oil Shirodhara-Buttermilk.

Ayurveda ,Yoga & Panchakarma Training Program in India
Advanced Level Session 1 (5days a week)

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

Ayurveda ,Yoga & Panchakarma Training Program
Advanced level , Session 2 (5days a week)

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

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.