

Proposed Module of Ayurved for Yoga Training course – 60 Lectures

Science of Yoga is based on theories and principles of Ayurved. A student of Yoga should have basic knowledge of Ayurveda to derive full benefits of Yoga. Yoga as a whole is used as a health promotive and disease preventive and some times curative practice by Ayurved practitioners in physical and mental illnesses. The module is meant for giving the student of Yoga an introduction of Ayurved. The module is not aimed at making the Yoga student an expert in Ayurveda.

1. Introduction of Ayurveda, Introduction to terminologies frequently used in Ayurveda : – 2 lectures
2. Evolution of Universe and Concept of Purusha and Prakrti : – 2 lectures
3. Purusha : Introduction to Chaturvinshati Tatvatmaka Purusha, Shadadhatu Purusha, Rashipurusha/ Chikitsapurusha/ Karmapurusha : – 2 lectures
4. Manas : Etymological derivation, definition, synonyms, location, properties, functions and objects of Manas. Physiology of Manovaha Srotas. : – 2 lectures
5. Atma : Etymological derivation, definition, properties of Atma. Difference between Paramatma and Jivatma; Characteristic features of existence of Atma in living body. : – 2 lectures

Jeevanrekha Ayurved Chikitsalaya & Research Center

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6. Conceptual study of fundamental principles of Ayurveda :
Panchamahabhuta, Tridosha, Triguna, Loka-Purusha Samya, Samanya-Vishesha. : – 2 lectures
7. Concept of Dosha, Dhatu, Mala and Agni :- 2 lectures
8. Dosha : General description of Tridosha. Role of Dosha in the formation of Prakriti of an individual and in maintaining of health. Prakrita and Vaikrita Dosha, Characteristic features of Dosha Vruddhi and Kshaya : – 2 lectures
9. Dehaprakriti and Manasaprakriti :
Deha- Prakriti : Vyutpatti, Nirukti, various definitions and synonyms for the term ‘Prakriti’. Factors influencing Deha-Prakriti, classification and characteristic features of each kind of Deha-Prakriti.
Manasa- Prakriti : Introduction and types of Manasa- Prakriti : – 3 lectures
10. Dhatu, Upadhatu and Ojus: formation, function and nourishment, Concept of Sara : – 3 lectures
11. Mala: Purisha, Mutra, Sveda and Dhatumala: formation, function and excretion : – 1 lecture
12. Agni : Definition and importance, synonyms, classification, location, properties and functions of Agni and functions of Jatharagni, Bhutagni, and Dhatvagni. : – 2 lectures

13. Concept of Srotas, Introduction to all Srotasas, characteristic features of Srotodushti : – 2 lectures
14. Panchagyanendriya : Physiological description of Panchagyaanendriya and physiology of perception of Shabda, Sparsha, Rupa, Rasa and Gandha. Physiological description of Karmendriya. : – 2 lectures
15. Introduction to Respiratory System : – 2 lectures
16. Introduction to Circulatory System : – 2 lectures
17. Introduction to Musculo-Skeletal system : – 2 lectures
18. Introduction to Nervous system : – 2 lectures
19. Introduction to Endocrine system : – 2 lectures
20. Introduction to Digestive system : – 2 lectures
21. Introduction to Urinary System : – 2 lectures
22. Definition of Swasthya, WHO definition of health. : – 1 lecture
23. Introduction to Dinacarya and Ritucarya : – 2 lectures
24. Sadvritta Description of Sadvritta and Achara Rasayana their role in Prevention and control of diseases. : – 1 lecture

25. Ahara : Definition, classification and significance of Ahara, Ahara Parinamkar Bhava, Ahara dravya Vargikarana, Ashtaharvidhivisheshayatanani, Pathyahara, Apathyahara, Samashana, Adhyashana, Vishamashana, Santarpanajanya evam Apatarpanajanya vyadhi, Viruddhahara and its effects, Shadrasa bhojanasya mahatwam. : – 4 lectures
26. Roganutpadaniya : Concept of Vega - Adharaniya Vega and Dharaneeya Vega, Diseases due to vegadharana and their chikitsa, sharir shodhan : – 1 lecture
27. Nidra- Nirukti and Utpatti, Types , Nidra : Swasthya sambandha, Properties of Yukta Nidra, Effects of Ratri Jagarana, Diwaswapna, Anidra, Atinidra : – 1 lecture
28. Brahmacharya : Brahmacharya and Abrahmacharya, Importance of Bharmacharya and Abrahmacharya, Vyavaya sambandhi niyama, Effects of Ativyavaya. : – 1 lecture
29. Concept of Rasayana, Ashta nindita purusha : – 1 lecture
30. Janapadodhwamsa : Causes, Manifestations and control measures, Vayu, Jala, Bhumi and nivasa sthana, Prakasha, Dhvani pradooshana (Noise pollution) and Vikirana (Radiation) : – 2 lectures

Practicals :

1. Assessment of Prakriti : – 1 hr
2. Assessment of Dosha (Features of Vriddhi- Kshaya) : – 1 hr
3. Assessment of Dhatu (Features of Vriddhi- Kshaya) : – 1 hr
4. Assessment of Agni : – 1 hr
5. Assessment of Koshtha : – 1 hr
6. Assessment of Sara : – 1 hr
7. Nadi pariksha : – 1 hr

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