



2010 Ayurvedic Courses

Sponsored by

The University of Connecticut School of Medicine, office of continuing education and CAS In collaboration with The International Society for Ayurveda and Health (ISAH), CT & National Institute of Ayurveda, Jaipur India.

Please see websites www.ayurvedahealth.org or <http://casc.uchc.edu>

Amala Guha, PhD, MPH, MA and Faculty

For more information Please call: Dr. Amala Guha: 860-561-4857, e-mail: aguha@att.net

Courses are Open to All

Introduction to Ayurveda, Yoga, Philosophy & Medicine

Dr. Amala Guha | March 19-21 | Fri: 1PM-8 PM, Sat: 9AM-8PM & SUN: 8AM-6PM

Introduction to Sanskrit vernacular for understanding Ayurvedic terminology, History and evolution of Ayurvedic medicine and classical texts books. Basic principles of Ayurveda: Panchamahabhutam (the elements) Tanmatras (subtle energy), concepts of cosmic consciousness and theory of creation, Shad - Darshan (Six major philosophies) and Yoga and their scientific application in Ayurvedic Medicine.

Ayurvedic Anatomy & Physiology: an advanced course (AC)

Amala Guha & Faculty | April 9-11 | Fri 1PM-6PM, Sat 9AM-8PM, Sun: 8AM-6PM |

The course will introduce the theories of Prakriti / Vikriti, Prakirti (constitution), Tridoshas (bioenergy) and Guans (Biological attributes). Ayurvedic anatomy including dhatus (tissue system), malas (excretory system) (tissues organs and systems) and how they influence health and disease and body physiology will be covered. Agni (Ayurvedic concept of metabolism), Srotas. Tejas, Ojas and Prana (Ayurvedic immunology). Definition of Health, disease, and indicators of pathogenesis. Ayurvedic Immunology.

Ayurvedic Digestive System & Pathogenesis (AC)

Amala Guha & Faculty | April 23-25 | Fri 1PM-6PM, Sat 9AM-8PM, Sun: 8AM-6PM |

Ayurvedic understanding of the digestive system and physiology, Rasas (six tastes) and their effect on digestion and health. Definition of perfect health. How diseases manifest and the role of digestive system.

Diagnosis and Clinical Assessment; Interventions (AC)

Amala Guha & Faculty | April 30-May 2 | Fri 1PM-6PM, Sat 9AM-8PM, Sun: 8AM-6PM

Ayurvedic approach to diagnostics (Nidan Panchak) & Clinical Assessment. Differences between Ayurvedic approach and conventional medicine will also be discussed. Pulse and tongue diagnosis, how clinical assessments are made, various interventions and their therapeutic applications.

Ayurvedic Approach to Mental Health and Interventions (AC).

Drs Amala Guha | May 14-16 | Fri: 1 PM-6, Sat & Sun: 9AM-8PM, Mon 8 AM-6 PM

Introduction to Ayurvedic nervous system, psychology and psycho-neuro-immunology. Ayurvedic approach to neurological and psychological dysfunctions, Select Psychedelic drugs- use abuse and addictions – Pariksha (Examination & Diagnosis), Chikitsa (treatment), Chikitsa Sidhanta (clinical application). Body, mind and consciousness and Ayurvedic approach to Mental Health. Ayurvedic perspective of mental imbalances: Prevention, treatment and management.

Ayurvedic Life style

Amala Guha & Faculty | May 21-23 | Fri 1PM-6PM, Sat 9AM-8PM, Sun: 8AM-6PM

Ayurvedic approach to health and wellness, circadian cascade (movement of planets) and their influence on health. Seasonal changes, disorders and discipline. Interventions like yoga Rasayanas, nutrition will be discussed in an interactive session.

Ayurvedic Dravya Guna (Ayurvedic Pharmacology) (AC):

Dr. Amala Guha/Faculty | June 4-6 | Fri 1PAM-6PM, Sat 9AM-8PM, Sun: 8AM-6PM

Concepts of Ayurvedic pharmacology (Ayurvedic pharmacokinetics and pharmacodynamics), various mediums of herbal delivery, principles and science of selecting herbs and herbal formulations. Principles of drug delivery, properties of select herbs and their application. Drug herb interactions, caution and precautions. Demonstration of select herbs.

Ayurvedic Approach to Aging (AC)

Dr. Amala Guha | June11-13 | Fri 1 PM-6PM, Sat 9AM-8PM, Sun: 8AM-6PM

Introduction to Men's and women's health and aging, emotional and physical changes & concerns, Application of Rasayana (Rejuvenation & Immunotherapy) and Vajikaran (Virilification and infertility), Definition, effect and uses of Rasayanas. Herbs used as Rasayanas, Select herbs will be discussed. Application of interventions like yoga, breathing etc.

Introduction to Ayurvedic Nutrition and Dietics (AC)

Dr. Amala Guha | September 10-12- | Friday 1PM-8PM, Sat 9AM- 8PM, Sun: 8AM-6PM

Six Tastes and digestion, food choices and food preparation. Principles of Diet and Nutrition Art of selecting diet and introduction to Ayurvedic cooking. Selected spices and herbs will be discussed. Site visits may apply

Ayurvedic Spirituality and Ritual Practices (AC)

Dr Amala Guha & faculty | October 1-3 | Friday:1PM-8PM, Sat: 9AM-8PM, Sun: 8AM-6PM

Concept of mind, body, spirit and the Tanmatras (Subtle energy): Subtle energies and their therapeutic applications such as (include Yoga, Meditation). The human magnetic field, Ayurvedic Psychotherapy and Ayurvedic guided imagery. Social practice, role of rituals in wellness and health benefits (Subtle therapies)

Unless indicated courses will be held at UCONN; Conference room EG-013

Change of site will be announced when applicable/as needed

Courses are designed in sequence/series for effective learning and are recommended be taken in same sequence for better understanding and comprehension.

Medium: lecture, discussions, case presentation, paper, herbal samples and other demonstration will be included where necessary. Site visits may apply.

For Course registration and CME details, please Contact
Program Director and Chair:

Dr. Amala Guha 860-561-4857 or e-mail aguha@att.net