



University of Connecticut Health Center

2012 Courses in Ayurvedic Medicine

Sponsored by The University of Connecticut School of Medicine, office of Continuing Education and Complementary Alternative Supportive Care (CASC) In collaboration with The International Society for Ayurveda and Health (ISAH), CT & National Institute of Ayurveda (Medical School), 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 & Principles of Ayurvedic Medicine (intensive)

Dr. Amala Guha | March 22-25 | Thur:1PM-8PM, Fri: & Sat: 9AM-8PM & SUN: 8AM-6PM

Introduction to Sanskrit vernacular, Ayurvedic terminology, history and evolution of Ayurvedic medicine, Ayurvedic classics. Basic principles of Ayurvedic medicine: Pancha-mahabhutam (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. Daily and seasonal routine, Tridosha theory, gunas, Ayurvedic concept of health ,wellness & disease and Ayurvedic immunology.

Ayurvedic Anatomy & Physiology & Pathogenesis (AC)

Amala Guha & Faculty | April 13-15 | Fri 1PM-6PM, Sat 9AM-8PM, Sun:8AM-6PM |

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 Pharmacology (Dravya Guna), Herbology, Pharmacopoeia, & Immunomodulators (AC)

Dr. Amala Guha/Faculty | May 17-20 | Thu1PAM-6PM, Fri & Sat 9AM-8PM, Sun: 9AM-5PM

Concepts of Ayurvedic pharmacology (Ayurvedic pharmacokinetics), mediums for herbal delivery, principles and art of selecting herbs and herbal formulations will be discussed. Principles of drug delivery, properties of selected herbs and their application, drug herb interactions, caution and precautions. and demonstration of select herbs.

Ayurvedic Approach to Mental Health and Interventions (AC) (intensive)

Drs Amala Guha | June 13-17 | Th 1 PM-6, Fri & Sat : 9 AM-6PM, & Sun: 9AM-6PM

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 Approach to Aging (AC) and Rasayanas (Rejuvenation)

Dr. Amala Guha | July 18-19 | Th1 PM-6PM, Fri 9AM-7PM

Introduction to Men's and women's health and aging, emotional and physical changes & concerns. Application of Rasayana (Rejuvenation & Immunotherapy) and Vajikaran (Virilification/infertility and therapeutic use of aphrodisiacs). Definition and uses of Rasayanas. Herbs used as Rasayanas/rejuvenators / immunomodulators.

Ayurvedic Life style

Amala Guha & Faculty | July 19-20 | Fri 1PM-6PM, Sat 9AM-8PM

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, and nutrition will be discussed in an interactive session. Application of interventions like yoga, breathing will be discussed

Ayurvedic Diagnosis & Clinical Assessment (AC)

Amala Guha & Faculty | July 21-22 | Sat 9AM-6PM, Sat Sun: 8AM-6PM |

Ayurvedic approach to diagnostics (Nidan Panchak) & Clinical Assessment . Ayurvedic understanding of the digestive system and physiology, Rasas (six tastes) and their effect on digestion and health. Methods of examination(Pulse & tongue), understanding of disease manifestation, differential diagnosis. Methods of treatment

Introduction to Ayurvedic Nutrition and Dietics (AC)

Dr. Amala Guha | September 20-23- | Th 1PM-8PM, Fri & Sat 9AM- 8PM, Sun: 8AM-6PM

Six Tastes and their role in digestion, food choices and food preparation. Ayurvedic 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 18-20 | 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. Advance courses (AC). Each course is approved for 20 CME credits.

Medium: lecture, discussions, case presentation, paper, herbal samples and other demonstration will be included when 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