

2008

2008

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Ayurvedic Courses and Training Program

In collaboration with University of Connecticut School of Medicine, CT and The University of Ayurvedic Medical School, Pune India

<http://casc.uchc.edu>

Amala Guha, PhD, MPH, Frank Ninivaggi, MD, Tanuja Nesari, MD (AYU) PhD and Faculty

For more information Please call: Dr. Amala Guha: 860-561-4857

Introduction to Ayurveda-

Dr. Amala Guha | March 28-30 | Fri:3-8 PM, Sat: 8AM-8PM & SUN:8AM-3PM | \$650

Introduction to Sanskrit vocabulary and Ayurvedic terminology. History and evolution of Ayurvedic medicine and the ancient texts. Laws of nature and Panchamahabhutam (five elements). Concepts of cosmic consciousness, Prakirti, Tridoshas and Guans. Ayurveda in daily life: daily and seasonal routine, behavioral aspects, diet and nutrition. Ayurvedic concept of health and disease. Introduction to Ayurvedic Immunology

Ayurvedic Philosophy and Yoga

Dr. Amala Guha | April 4-6 | Fri:3-8 PM, Sat 8Am-8PM, Sun:8AM-3 PM | \$650

Shad Darshan (Six major philosophies) and their applications in Ayurvedic Medicine and Yoga. Principles and practices of Ayurvedic Medicine and Introduction to Ayurvedic Medicine

Ayurvedic Anatomy (an advanced course)

Amala Guha & Faculty | April 11-13 | Fri 3-6PM, Sat 8AM-8PM, Sun:8AM-1PM | \$600

The course will introduce the theories of *Prakriti / Vikriti, Tridoshas, dhatus, malas*, and biological humors. *Agni, srotas, Tejas, ojas and Prana*. Definition of Health and disease. Introduction to Pulse diagnosis.

Ayurvedic Mental Health

Drs Amala Guha, Frank Ninivaggi & Tanuja Nesari

April 25-27 | Fri: 3-6, Sat & Sun: 8AM-8PM, Mon 8 AM-1 PM | \$750

Introduction to medical neurology, psychiatry, psychology and psycho-neuro-immunology. Principles of perceptions and sympathetic and parasympathetic nervous system. Neurological and psychological Dysfunctions, Interpersonal relationship and social psychology. Psychedelic drugs and addictions – A western perspective

Introduction to Manas: Ayurvedic Psychology & Psychiatry: body, mind and consciousness, Ayurvedic nervous system and Approach to Mental Health: Contemporary Mental Health Care with Ayurvedic approach. Ayurvedic perspective of mental imbalances: Prevention, treatment and management.

Ayurvedic Physiology and Chikitsa

Amala Guha & Tanuja Nesari | May 2-4 | Fri 3-6PM, Sat 8AM-8PM, Sun:8AM-1PM | \$650

Definition of Disease, stages of disease, Nidan, Samprapti (pathogenesis), Diagnostic parameter, (Pariksha) Chikitsa (treatment), Chikitsa Sidhanta (Clinical applications).

Ayurvedic Dravya Guna (Ayurvedic Pharmacology):

Dr. Tanuja Nesari | May 16-18 | Fri 3-6PM, Sat 8AM-8PM, Sun: 8AM-1PM | \$650

Concepts of Ayurvedic pharmacology, herbal delivery, principles of herb selection and herbal formulation

Ayurvedic Ras Shastra (Ayurvedic Pharmacy)& Herbology

Dr. Tanuja Nesari | May 30-June 1 | Fri 3-6PM, Sat 8AM-8PM, Sun: 8AM-1PM | \$650

Characterization of Herbs and their therapeutic use. Rasayanas (Rejuvenation & Immunotherapeutics) and Vajikaran (Virilification and infertility).

Introduction to Ayurvedic Nutrition

Dr. Amala Guha | September 12-14 | Friday 3-8PM, Sat 8AM- 8PM, Sun: 8AM-3PM

\$650

Six Tastes and their role in digestion, food choices and food preparation. Diet and Nutrition

Ayurvedic Spirituality and Ritual Practices

Dr Amala Guha | September 26-28 | Friday: 3-8PM, Sat: 8AM-8PM, Sun: 8AM-3PM

\$550

Concept of mind, body, spirit and the Tanmatras: Light, sound, magnetic energies and their therapeutic applications. The human magnetic field, Ayurvedic Psychotherapy and Ayurvedic guided imagery. Social practice, role of rituals in wellness and health benefits

Fire Ceremony and Meditation: Open to all

Dr. Amala Guha | April 4 and September 26 | Time: 5:30-6:30 PM

Open to all. \$10 donation

For more information and registration:

Please contact Dr. Amala Guha 860-561-4857;

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