Ayurvedic Clinical Assessment Programs ~ 2014

UCONN SCHOOL OF MEDICINE

Sponsored by University of Connecticut School of Medicine
Office of Community and Continuing Medical Education & CASC
In Collaboration with:
The International Society for Ayurveda and Health (ISAH) and
National Institute of Ayurveda, Jaipur and All India Institute of Ayurveda, New Delhi
Program Director and Speaker: Amala Guha, PhD, MPH

Ayurvedic Clinical Assessment Program ~ 2014

Program #1	March13-14	Introduction & principles of Ayurvedic Medicine and Yoga
	March15-16	Ayurvedic Anatomy & Physiology
	April 10-11	Ayurvedic Diagnostics and Clinical Assessments
	April 12-13	Herbology & Rasayanas (Immunomodulators)
	May15 -16	Ayurvedic Approach to Mental Health and interventions
	May17-18	Spirituality and Ritual Practices "Beyond genes"
	June12-13	Ayurvedic Diet & Nutrition

Ayurvedic Mental and Spiritual Health Program ~ 2014

Program #2	March13-14	Introduction & principles of Ayurvedic Medicine, Yoga
	March15-16	Ayurvedic Anatomy & Physiology
	April 12-13	Herbology & Rasayanas (Immunomodulators
	April 13-14	Ayurvedic Approach to Aging
	May15 -16	Ayurvedic Approach to Mental Health and interventions
	May 17-18	Spirituality and Ritual Practices "Beyond genes"
	June12-13	Ayurvedic Diet & Nutrition

Ayurvedic Preventative and Nutritional Health ~ 2014

Program #3	March 3-14	Introduction & principles of Ayurvedic Medicine, Yoga
	March15-16	Ayurvedic Anatomy & Physiology
	April12-13	Herbology & Rasayanas (Immunomodulators
	May15-16	Ayurvedic Approach to Mental Health and interventions
	May17-18	Spirituality and Ritual Practices "Beyond genes"
	June12-13	Ayurvedic Diet & Nutrition
	June14-15	Life style and skin care

Time: Thu 3 pm-7 pm; Fri 8:30:-8 pm & Saturday 8:30 pm -8 pm & Sunday 8:30 am-1pm
(I hr lunch & 15 mints Tea break on full days)

Location: UCONN Health Center / Large ARB Conference Room (EG013)

Target Audience: Clinicians training in Ayurvedic medicine, integrated medicine and **all other health care professionals:**

Learning Objectives: Participants will *(be able to)*:

1. Recite critical principles and concepts of Ayurvedic Medicine with an approach to Clinical Assessment in Health and Wellness
2. Identify differences between principles Ayurvedic Medicine and concepts of health in the mainstream U.S. Health Care System
3. Describe what evidence would be necessary for Ayurvedic Medicine principles to become part of the standard of care in the U.S. health care system.

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Date and time	2014 Ayurveda Courses and Course Description Conference room EG-013, UConn Health Center, Farmington, CT
March 13-14 March 13: 3 PM-7 PM March 14: 8:30-12:30 3 PM-7PM **March 14: 3PM-6 PM (3hrs CME)**	**Introduction to Ayurvedic Medicine, Yoga** Principle and practices of Ayurvedic Medicine: Universal elements, seasonal changes, human constitution. Philosophies and their scientific relevance**.** Basic differences between Ayurvedic and Western approach to Health and concepts of personalized medicine. Ayurveda as a way of life **Application of Universal Elements and Philosophies in Medicine:** *Learning Objectives: (based on the information provided previously)participants will develop* *1. Evaluate how Universal elements are integrated in human constitution and concept of personalized medicine* *2. Determine scientific contribution and incorporation of philosophies in wellness* *3. Assess differences between Ayurvedic and Western approach to Health and cultural competencies*
March 15-16 March 15: 8:30AM – 12:30PM 3PM-7PM March 16: 9AM- 1PM **March 16: 9AM- 12PM (3hrs CME)**	**Ayurvedic Anatomy and Physiology** An introduction to Ayurvedic human anatomy and physiology **Role of Agni (GI Metabolism /immunology) in health and disease** Ayurvedic approach to management of Grahni (IBS) and other gut related conditions. Selected relevant herbs in context of health & nutrition will be discussed. **Functional Role of GI Metabolism in Health and Disease** *Learning Objectives: (based on the information provided previously) participants will develop* *1. Evaluate fundaments of ayurvedic anatomy and physiology* *2. Assess the role of Agni (GI metabolism and immunology)* *3. Determine the application of GI Metabolism in health and disease*
April 10-11 April 10: 3 PM- 7 PM April 11: 8:30 AM-12:30 PM 3PM-7PM **April 11; 3PM-6PM (3hrs CME)**	**Ayurvedic Diagnostics and Clinical Assessments** Ayurvedic understanding of optimal health, role of bioenergy (Vat, Pita, Kapha) in human constitution and their role in clinical assessment and personalized medicine. Principles of diagnosis and clinical assessment Rational analysis of how disease is initiated and developed (Ayurvedic approach to pathogenesis). Review the methodology by case presentations **An Approach to Ayurvedic Clinical Assessment:** *Learning Objectives: (based on the information provided previously) participants will develop an understanding:* *1. Identify Ayurvedic approach to pathogenesis* *2. Determine how human constitution is applied to personalize diagnosis and treatment* *3. Assess relevance of Ayurvedic approach to history taking*

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April 12-13 April 12: 8:30-12:30 PM 3 PM-7 PM April 13: 9-1PM **April 13: 9AM -12 PM (3hrs CME)**	**Ayurvedic Herbology & Rasayanas** (Immunomodulators) Understand principles of Ayurvedic pharmacology/ Herbology Develop an understanding of how these principles apply to selected herbs Selected herbs and their medicinal properties Selected herbs and their therapeutic applications and side effects (Side effects will be discussed as apply) **Ayurvedic Herbology and Rasayanas (immuno-modulators)** *Learning Objectives: (based on the information provided previously) participants will develop an understanding:* *1. Evaluate principles of Ayurvedic herbal pharmacology* *2. Assess selected herbs and their medicinal properties* *3. Identify use, abuse and side effects of selected herbs*
April 13-14 April 13: 3 PM- 8: PM April 14: 8:30 AM- 12:30 PM 9AM-1PM **April 14: 9AM-12PM (3hrs CME)**	**Ayurvedic Approach to Aging** Ayurvedic staging of a healthy life span and life style Ayurvedic approach to quality of daily living Develop an understanding of the role of anti-aging herbs. Role of Rasayanas in maintain wellness **Ayurvedic Approach to Aging** ***Learning Objectives:*** *Participants will (*based on the information provided above) *be able to):* *1. Determine Ayurvedic staging of a healthy life* *2. Identify cultural competency by understanding cultural practices* *3. Assess Ayurvedic and Modern medical approach to aging*
May 15-16 May 15 3 PM-7 PM May 16: 8:30 AM- 12:30 PM 3PM-7PM **May 16: 3PM-6PM (3hrs CME)**	**Ayurvedic Approach to Mental Health and Interventions** Ayurvedic perspective of mind and its attributes. Concepts of mind matter and consciousness. Ayurvedic approach to mental health and factors that vitiate the balance of mind. Cultural practices for mental health Mental Health and Interventions: therapeutic modalities **Ayurvedic Approach to Mental Health and Interventions** *Learning Objectives: (based on the information provided previously) participants will develop an understanding of:* *1. Identify Ayurvedic approach to mind and mental health* *2. Assess imbalances of mind and therapeutic approaches* *3. Identify cultural practices and their role in mental health (yoga & meditation)*
For optimal comprehension	**"Spirituality and Ritual Practices" course is highly recommended with mental health**

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May 17-18 May 17: 8:30 AM-12:30 PM 3 PM- 7 PM May 18: 9 AM-1 PM **May 18: 9 AM-12 PM (3hrs CME)**	**<u>Spirituality and Ritual Practices</u>** Universal elements and their application. Mind, matter, consciousness, energetics (sound, light color etc) and their role in Daily life. Spirituality in ritual and cultural practices: Yoga, Meditation, chanting Application in health and wellness **Spirituality and Ritual Practices (applications):** ***Learning Objectives,*** *Participants will* (based on the information provided previously)*be able to:* *1.Identify Ayurvedic concept of Subtle Energies (Sound, light etc) and their role in health and wellness* *2.Assess cultural competency by understanding how spiritual components are incorporated in cultural practices for spiritual health*
June 12-13 June 12: 3 PM-7PM June 13: 8:30 AM-12:30 PM 3PM-7PM **June 13: 3PM-6PM (3hrsCME)**	**<u>Ayurvedic Diet & Nutrition</u>** Understanding principles of Ayurvedic Diet and Nutrition Bioenergy of food and their role in health and wellness. Food combinations, selected spices. medicinal properties and their role in food preparation Nutritional Health and Food culture **Ayurvedic Diet & Nutrition:** ***Learning Objectives*** *(based on the information provided previously)* *Participants will be able to:* *1. Identify principles of Ayurvedic Diet and Nutrition;* *2. Assess selected spices and their role in food preparation/nutrition* *3. Assess use of spices in cosine and their health benefits*
June 14-15 June 14: 8:30 AM-12:30 PM 3PM-7PM June 15: 9AM-1PM **June 15: 9AM-12PM (3hrs CME)**	**<u>Life Style and Skin care</u>** Factors that constitute Life Style Components of Wellness How skin plays a role in health and wellness Life style and use of Herbs **Life style and skin care** ***Learning objectives*** *based on the information provided previously Participants will (be able to):* *1.Determine various factors that constitute Life Style;* *2.Evaluate how skin plays a role in health and wellness;* ***3.****Assess Herbal use in daily life and skin care*

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For registration/ information, please e-mail Dr. Amala Guha e-mail: aguha1@att.net

***Pl visit websites Complementary Alternative Supportive Care (CASC): http://casc.uchc.edu**

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