

# 2013 Courses in Ayurvedic Medicine

Collaborations

The International Society for Ayurveda and Health (ISAH), C.T

U'Conn Health Center

All India Institute of Ayurveda, New Delhi, India & National Institute of Ayurveda, Jaipur India

Please visit websites <http://casc.uchc.edu>; [www.ayurvedahealth.org](http://www.ayurvedahealth.org)

**Amala Guha, PhD, MPH, MA and Faculty**

For more information Please e-mail: Dr. Amala Guha: e-mail: [aguha1@att.net](mailto:aguha1@att.net)

## Courses are Open to All

---

### Introduction to Ayurveda, Yoga, Philosophy & Principles of Ayurvedic Medicine (intensive)

**Dr. Amala Guha | March 15-17 | Fri: 4:30 PM -8 PM, Sat: 10AM-5PM & SUN: 10AM-12PM**

Introduction to Sanskrit vernacular, Ayurvedic terminology, history and evolution of Ayurvedic medicine and Ayurvedic classics, Basic principles of Ayurvedic medicine: the gross elements, subtle energy, application of six major philosophies including Yoga and their scientific application in Ayurvedic Medicine. Daily and seasonal routine, humors and constitution, Ayurvedic concept of health, wellness, disease and understanding Ayurvedic concepts of immunology

---

### Ayurvedic Anatomy & Physiology & Pathogenesis & Principles of Clinical assessment

**Amala Guha & Faculty | April 19-21 | Time TBA**

Ayurvedic anatomy:tissue system, organs and systems and how they influence health and disease and body physiology. Agni (Ayurvedic concept of metabolism), concepts of health, disease, pathogenesis and Immunobiology

---

### Ayurvedic Diagnosis & Clinical Assessment (AC)

**Amala Guha & Faculty | Time TBA**

Ayurvedic approach to diagnostics & Clinical Assessment, Methods of examination (Pulse & tongue), understanding of disease manifestation, differential diagnosis and methods of treatment

---

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

**Dr. Amala Guha/Faculty | May 17-19 | Time TBA**

Concepts of Ayurvedic pharmacology, 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,

---

### Ayurvedic Approach to Aging (AC) and Rasayanas (Rejuvenation)

**Dr. Amala Guha | May 19-20 | Time TBA**

Introduction to Men's and women's health and aging, emotional and physical changes and needs. Rasayana (Rejuvenation & Immunotherapy) and Vajikaran (therapeutic use of aphrodisiacs) and use of Rasayanas as anti-aging therapy. Introduction of herbs used as Rasayanas/rejuvenators / immunomodulators.

---

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

**Drs Amala Guha | June 7-9 | Time TBA**

Introduction to Ayurvedic nervous system, psychology and psycho-neuro-immunology. Ayurvedic approach to neurological and psychological dysfunctions, Select Psychedelic drugs- use abuse and addictions –Diagnosis, treatment, Connecting Body, mind and consciousness. Ayurvedic perspective of mental imbalances: Prevention, treatment and management.

---

### Ayurvedic Life style

**Amala Guha & Faculty | June15-16 | Time TBA**

Ayurvedic approach to healthy life style, importance of daily and seasonal routines in wellness. Seasonal disorders and their management. Interventions like yoga, rasayanas, and nutrition will be discussed in an interactive session.

---

### Introduction to Ayurvedic Nutrition and Diet (AC)

**Dr. Amala Guha | September 20-22 | Fri 1:30 PM-8 PM , Sat 9AM- 8 PM, Sun: 8AM-6PM**

Ayurvedic principles of nutrition and art of selecting healthy diet. Tastes and their role in digestion. Food and its influence on mind & body, food as medicine. Selecting food for your constitution. Introduction to ayurvedic cooking, selected spices and herbs will be discussed. Site visits may apply

---

## **Ayurvedic Spirituality and Ritual Practices (AC) / Beyond Genes**

**Dr Amala Guha & faculty | October 18-20 | Friday: 10 PM-8 PM, Sat: 10AM-8 PM, Sun: 10AM-1PM**

Concept of mind, body, spirit and role of subtle energy: Explore the power of subtle energies and their therapeutic applications (include Yoga, Meditation). Role of rituals and their health benefit.

---

**Unless indicated courses will be held at UCONN Health Center**

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).**

**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:** e-mail [aguha1@att.net](mailto:aguha1@att.net)