

Ayurvedic Courses and Program

ISAH Workshops & Training Program, 2007

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

Introduction to Ayurveda*

Dr. Amala Guha | March 23-25 | Fri: 3-6 PM, Sat & SUN: 8AM-8PM | \$650

Ayurvedic terminology. History and ancient texts, concept of health and disease. Laws of Nature and its application, Consciousness, Prakriti, Panchabhutam (five elements), Tridoshas Gunas. Introduction to Ayurvedic Immunology: Tejas, Ojas and Prana. Ayurveda in daily life: daily and seasonal routine, behavioral aspects, diet and nutrition.

Introduction to Ayurveda/Ayurvedic Philosophy * *

Dr. Amala Guha | March 30-April 1 | Fri:3-6 PM, Sat 8Am-8PM, Sun:8AM-1 PM | \$500

Shad Darshan (six major philosophies) Principles and practices of Ayurvedic medicine, Introduction to Ayurvedic Medicine.

Mental Health*

Drs Amala Guha & Frank Ninivaggi

April 12-16 | Fri: 3-6, Sat & Sun: 8AM-8PM, Mon 8 AM-1 PM | \$750

Introduction to Ayurvedic Psychology & Psychiatry: Health and balance: body, mind and consciousness and Ayurvedic Bhuta Vidya. Psychology: Western and Ayurvedic Perspectives. Nervous System. Role of Emotions and stress in biopsychosocial functioning. Interpersonal relationship and social psychology. Mental Health and Mental Disorders Ayurvedic Approach to Mental Health: Contemporary Mental Health Care with Ayurvedic approach. Ayurvedic perspective of mental imbalances: Prevention, treatment and management.

Ayurvedic Anatomy (an advanced course) *

Amala Guha & Tanuja Nesari | April 27-29 | Fri 3-6PM, Sat 8AM-8PM, Sun:8AM-1PM | \$600

The course will introduce the theories of Prakriti / Vikriti, dhatus, malas, nadis, nervous system and biological humors. Principles of perceptions, sympathetic and parasympathetic nervous system, agni and srotas. Pulse diagnosis.

Ayurvedic Physiology and Chikitsa *

Drs Amala Guha & Tanuja Nesari | May 18-20 | Fri 3-6PM, Sat 8AM-8PM, Sun:8AM-1PM | \$650

The course will provide an understanding of manas, an overview of marma points (tissue/pressure points), an understanding of neuro-immune system), stages of disease, Diagnostic parameter, Nidan, Samprapti (pathogenesis), Chikitsa (treatment), Chikitsa Sidhanta (Clinical applications).

Ayurvedic Ras Shastra (Ayurvedic Pharmacy) & Herbology *

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

Concepts of Ayurvedic pharmacology, characterization of herbs and therapeutic use of Ayurvedic Herbs. Rasayanas (Rejuvenation & Immunotherapeutics) and Vajikaran (Virilification and infertility).

Spirituality in Ayurveda*

Dr. Amala Guha | September 14-16 | Fri 3-6PM, Sat 8AM-8PM, Sun:8AM-1PM | \$450

Concept of mind, body and spirit. Social practices. Spirituality and role of rituals in wellness. Ayurvedic interventions and their health benefits. Introduction to Ayurvedic healing modalities and counseling

Channeling your Energy*

Dr. Amala Guha | October 12-14 | Fri 3-6PM, Sat 8AM-8PM, Sun: 8AM-1PM | \$450

Cosmic energy and role of planets in daily life. Light, sound, magnetic energies and their therapeutic use
The human magnetic field, subtle body and the Pancha-koshas (five energy sheaths) and Ayurvedic
Psychotherapy, Ayurvedic guided imagery.

Course(s) may be taken independently and / or as required for the program accreditation.

CME credits are available. Please call Dr. Amala Guha 860-561-4857

Visit www.ayurvedahealth.org



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* Required for Mental Health Program Certification: open to all

+ Required for Ayurvedic Clinical Assessment Program: for MD/PhD/ PsyD/ health professionals

