



Nature Care College

Introduction to Ayurvedic Medicine

DESCRIPTION	This unit of study introduces students to the philosophy and principles of this fascinating energetic system of healing, first recognised by the rishi (seers) of ancient India. Students will learn about their unique Ayurvedic bodytype and how to balance the bodymind using practical tools such as food, kitchen herbs, daily routines and yogic practises.	
DURATION	24 hours	
LEARNING OUTCOMES	By the conclusion of this course, students should be able to: <ol style="list-style-type: none"> 1. Demonstrate a practical working understanding of the 3 doshas - Vata, Pitta and Kapha in everyday life. 2. Demonstrate an understanding of the relevance of “agni” to health & disease. 3. Establish in their own minds their own unique constitution or prakriti. 4. Demonstrate an understanding of how to use food, tools for self-healing in the Ayurvedic approach. 5. Demonstrate familiarity of the principles of the 5 Panchakarma-Ayurvedic cleansing practices. 	
TEACHING METHOD	Modified lectures, class discussion, video, meditation.	
ASSESSMENT	Participation in discussions and small group exercises.	30%
	Assignment and oral presentation.	70%
	Pass mark	60%
	Both components must be passed at 60% in order to pass this subject satisfactorily.	
ATTENDANCE	80% minimum.	
PRE-REQUISITES	Nil.	
CO-REQUISITES	Nil.	
COMPETENCIES PARTIAL COMPLETION	Successful completion of this unit of study is in partial completion of the Health Training Package HLT07 Units of Competency HLTAYV414B Work with Ayurvedic framework for lifestyle consultation HLTAYV404B Provide Ayurvedic advice on Nutrition	

**MATERIALS
REQUIRED** Notebook, pen.

TEXTBOOKS **Compulsory:**
Nil.

Recommended Reading / References:
Lad V. Ayurveda - The Science of Self-Healing. Lotus Press.
Svoboda RE. Ayurveda: Life, Health & Longevity. Arcana.
Svoboda RE. Prakruti – Your Ayurvedic Constitution. Geocom.

WEEK-BY-WEEK OUTLINE

WEEK 1	Historical and philosophical background of Ayurveda with a focus on Sankhya, one of the six (6) philosophies of India.
WEEK 2	Introduction to Ayurvedic five element - panchamahabhutic - theory of the universe.
WEEK 3	Relationship of 5 element theory to the three doshas, the three bioenergetic principles of life.
WEEK 4	Exploration of the 3 doshas; Vata, Pitta and Kapha and their bearing on everyday life.
WEEK 5	Determination of each person's unique and individual constitution or prakruti.
WEEK 6	Integration of dosha and prakruti in understanding daily and seasonal routines of health.
WEEK 7	Introduction to concept of digestive time - Agni - and its central role in digestion to immune system functioning.
WEEK 8	Discussion of the concept of ama and how to prevent its build up in the body through different practises.
WEEK 9	Exploration of paradigm "food is medicine, medicine is food" and how to relate it to the individual's particular health concerns.
WEEK 10	The practical use of food and commonly available kitchen herbs as tools for self-healing
WEEK 11	Consideration of which yogic practises, including asanas, are appropriate for different constitutions.
WEEK 12	Discussion of the role of pancha karma - the five deep cleansing techniques of Ayurveda.

Please be respectful of your fellow students and arrive on time for classes. Please ensure all mobile phones are turned off prior to the commencement of class.
