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Nature Care College

Ayurvedic Kitchen Herbs

DESCRIPTION	The use of medicinal fruits, vegetables and kitchen herbs to bring about balance to the bodymind is explored. This module, from the Cert IV in Ayurvedic Lifestyle Consultation, includes the study of 22 commonly available Ayurvedic kitchen herbs and their application in a clinical setting.	
DURATION	24 Hours	
LEARNING OUTCOMES	By the conclusion of this module students should be able to :	
	<ol style="list-style-type: none"> 1. Demonstrate a practical working knowledge of the principles of Ayurvedic herbal energetics 2. Understand how consciousness manifests in the plant kingdom from the perspective of Ayurveda 3. Appreciate how to store, prepare and administer simple Ayurvedic kitchen herbs 4. Understand when to use the different types of Ayurvedic herbal preparations 5. Describe the principal classes of Ayurvedic herbs, in terms of their therapeutics 6. Know how to prescribe specific medicinal fruits and vegetables in the treatment of doshic imbalance. 7. Demonstrate a working knowledge of the energetics and uses of twenty two commonly available Ayurvedic kitchen herbs and spices 8. Prescribe simple kitchen herbal remedies in the treatment of common doshic imbalance. 	
TEACHING METHOD	Interactive lectures, small group exercises to help in integration of theory, tasting of herbs to help determine their energetic properties, selected audio-visual material, practical exercises to be completed at home.	
ASSESSMENT	Written Exam	50%
	Written Assignment	50%
	Class participation in discussions & small groups	50%
	Pass mark	60%
	Both components must be passed at 60% in order to pass this subject satisfactorily.	
	NOTE: To facilitate the return of your assignment you will need to provide a stamped addressed envelope. If no envelope is provided, assignments will be destroyed after results are recorded. Please also make a copy of your assignment before submission for your own records.	
ATTENDANCE	80% minimum.	

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PRE-REQUISITES	Introduction to Ayurvedic Medicine Ayurvedic Physiology, Symptomatology & Diagnosis Ayurvedic Nutrition
CO-REQUISITES	Nil.
MATERIALS REQUIRED	Notebook, pen.
TEXTBOOKS	<p>Compulsory: Dr. Vasant Lad and Dr. David Frawley, <i>The Yoga of Herbs</i>, Lotus Press Bhagwan Dash and Manfred Junius, <i>A Handbook of Ayurveda</i>, Concept Publishing Company</p> <p>Recommended Reading / References: As advised by lecturer.</p>

WEEK-BY-WEEK OUTLINE

WEEK 1	The manifestation of consciousness in plants. Review of herbal energetics - including anupana, deepanam and pachanam. The six tastes in detail.	
WEEK 2	Combined tastes, tastes and the emotions. Herbal therapeutics.	
WEEK 3	Herbal preparations.	
WEEK 4	Times of administration Dosages, management of Vata, Pitta and Kapha. Detoxification and management of ama.	
WEEK 5	Medicinal fruits	
WEEK 6	Medicinal vegetables.	
WEEK 7	Ayurvedic kitchen herbs and recipes. Aloe Vera, Asafoetida, Black Pepper, Cardamom and Cinnamon.	
WEEK 8	Clove, Coriander, Cumin, Curry Leaf and Fennel.	
WEEK 9	Fenugreek, Garlic, Ginger, Indian Celery Seed and Liquorice.	
WEEK 10	Mustard seed, Neem, Nutmeg, Poppy Seed and Sacred Basil.	
WEEK 11	Saffron, Turmeric and revision of course.	Assignment Due
WEEK 12	Exam	

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.