



DESCRIPTION	This course provides a more indepth grounding in how Ayurveda conceives the bodymind in health and disease. The subdoshas of Vata, Pitta and Kapha, the seven body tissues (dhatus) and the principle waste products (malas) of the body are explored. Students will then be taken through the process of how to assess a client's body type and their current health imbalance from an Ayurvedic perspective.	
DURATION	42 hours	
LEARNING OUTCOMES	<p>By the conclusion of the module, students should be able to:</p> <ol style="list-style-type: none"> 1. Have a practical working knowledge of Ayurvedic anatomy & physiology. 2. Understand how disease arises in the bodymind according to the model proposed by Ayurveda. 3. Be familiar with the rich philosophical background of India in which Ayurveda is rooted. 4. Have begun the process of embodying the teachings they have been exposed to in the course through their own journey of self exploration. 5. Demonstrate an ability to appreciate the significance of clinical symptoms and signs from the perspective of Ayurveda. 6. Demonstrate competence in taking an Ayurvedic history and examination. 7. Demonstrate competence in the accurate diagnosis of bodytype (prakruti) and doshic imbalance (vikruti). 	
TEACHING METHOD	Didactic presentation of theory, practical exercises to develop skills in body type assessment and assessment of doshic imbalance, selected audio-visual material, meditative practices to assist in refining students' awareness.	
ASSESSMENT	Exam	40%
	Written Assignment	40%
	Classroom participation	20%
	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.	
PRE-REQUISITES	Introduction to Ayurvedic Medicine, Anatomy and Physiology 1A	
CO-REQUISITES	Anatomy & Physiology 1B, Yoga & Meditation	

MATERIALS REQUIRED	Notebook, pen.
TEXTBOOKS	<p>Compulsory: Nil.</p> <p>Recommended Reading / References: B. Dash & M. Junius. <i>A Handbook of Ayurveda</i>. Concept Publishing Co. S. Rande & D. Frawley. <i>Natures Medicine</i>. Lotus Light.</p>

WEEK-BY-WEEK OUTLINE

WEEK 1	Overview of the six philosophical schools of India, with special emphasis on Samkhya. The Triguna of Sattva, Rajas and Tamas.
WEEK 2	The subdoshas of Vata, Pitta and Kapha and introduction to Ayurvedic source texts ie. Charaka Samita etc.
WEEK 3	The seven bodily tissues (dhatus) and the principle waste products (malas).
WEEK 4	The aetiology of Disease (Nidana) and the six stages of disease manifestation (kriya kala).
WEEK 5	The symptoms and signs of doshic aggravation.
WEEK 6	The Principles of Ayurvedic History Taking and Diagnosis. Darshan (Observation), Sparshan (Palpation), Prashna (Questioning) and assessment of Prakruti.
WEEK 7	Assessment of Bodytype (Prakruti) including practise of approach to Assessment.
WEEK 8	Assessment of Doshic imbalance (Vikruti) including practise of approach to Assessment.
WEEK 9	Eightfold Examination of Client.
WEEK 10	Examination of Tongue and Pulse.
WEEK 11	Client Information Forms and Formulation of Client. Assignment due.
WEEK 12	Exam and general review of the course.

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.