



Training Module for Ayurveda Training Programs:-

1. One Day Ayurveda Program (OAP)

2 Hrs Theory Class + 1 Hr Comp Therapy

Theory Class Module:

1. What is Ayurveda?
2. Origin & History of Ayurveda
3. Branches of Ayurveda
4. Brief on philosophy of Ayurveda
5. Scriptures & Ancient compendium on Ayurveda
6. Why to learn Ayurveda? Benefits
7. Importance of Ayurveda in 21st century
8. Video demo on Ayurvedic Therapies
9. Introduction to Ayurvedic Medicines; Classical & Proprietary
10. Kairali products demonstration

2. Three Day Ayurveda Program (TAP)

1 Hr Theory + 1 Hr Practical + 1 Hr Comp Therapy (For 3 Days)

Class Module:

Day-1

1. What is Ayurveda?
2. Origin & History of Ayurveda
3. Branches of Ayurveda
4. Why to learn Ayurveda? Benefits
5. Importance of Ayurveda in 21st century
6. Theory part of Abhyangam Therapy
 - What is Abhyangam
 - Importance & Benefits of Abhyangam
 - Abhyangam procedure
 - Do's & Don'ts of Abhyangam
 - Pre-& Post requirements of Abhyangam
 - Contraindications for Abhyangam
7. Abhyangam – Practical
8. Abhyangam session

Day-2

1. Introduction to Basics of Ayurveda
 - Panchamahabhuta Theory
 - Tridosha
 - Saptadhatu
 - Trimala
 - Agni
 - Ama
 - Srotas
 - Swastha lakshana
 - Definition of Health & Disease
2. Theory Part of Shirodhara Therapy
 - What is Shirodhara
 - Benefits
 - Types
 - Procedure
 - Do's & Don'ts of Shirodhara
 - Pre-& Post requirements of Shirodhara
 - Contraindications for Shirodhara
3. Shirodhara Practical
4. Shirodhara Session

Day-3

1. Introduction to Prakriti
2. Ojas
3. Tejas
4. Prana
5. Treatment Modalities
6. Padachathushatya
7. Introduction to Ayurvedic Medicine
 - Classical
 - Proprietary
8. Kairali Products Demonstration
9. Theory Part of Podikizhi Therapy
 - What is Podikizhi
 - Benefits
 - Types of kizhi's
 - Podikizhi making demonstration
 - Procedure- Podikizhi
 - Do's & Don'ts of Podikizhi
 - Pre-& Post requirements of Podikizhi
 - Contraindications for Podikizhi
5. Podikizhi Practical
6. Podikizhi Session

3. One Week Ayurveda Program (WAP)

1 Hr Theory + 1 Hr Practical + 1 Hr Comp Therapy (For 5 days)

Class Module:

Day-1

1. What is Ayurveda?
2. Origin & History of Ayurveda
3. Branches of Ayurveda
4. Why to learn Ayurveda? Benefits
5. Importance of Ayurveda in 21st century
6. Theory part of Abhyangam Therapy
 - What is Abhyangam
 - Importance & Benefits of Abhyangam
 - Abhyangam procedure
 - Do's & Don'ts of Abhyangam
 - Pre-& Post requirements of Abhyangam
 - Contraindications for Abhyangam
7. Abhyangam – Practical
8. Abhyangam session

Day-2

1. Introduction to Basics of Ayurveda
 - Panchamahabhuta Theory
 - Tridosha
 - Saptadhatu
 - Trimala
 - Agni
 - Ama
 - Srotas
 - Swastha lakshana
 - Definition of Health & Disease
2. Theory Part of Shirodhara Therapy
 - What is Shirodhara
 - Benefits
 - Types
 - Procedure
 - Do's & Don'ts of Shirodhara
 - Pre-& Post requirements of Shirodhara
 - Contraindications for Shirodhara
3. Shirodhara Practical
4. Shirodhara Session

Day-3

1. Introduction to Prakriti
2. Ojas
3. Theory Part of Podikizhi Therapy
 - What is Podikizhi
 - Benefits
 - Types of kizhi's
 - Podikizhi making demonstration
 - Procedure- Podikizhi
 - Do's & Don'ts of Podikizhi
 - Pre-& Post requirements of Podikizhi
 - Contraindications for Podikizhi
4. Podikizhi Practical
5. Podikizhi Session

Day-4

1. Introduction to Ayurvedic Medicine
 - Classical
 - Proprietary
2. Kairali Products Demonstration
3. Theory part of Udhwarthanam Therapy
 - What is Udhwarthanam
 - Importance & Benefits of Udhwarthanam
 - Udhwarthanam procedure
 - 2 Types of application
 - Do's & Don'ts of Udhwarthanam
 - Pre-& Post requirements of Udhwarthanam
 - Contraindications for Udhwarthanam
4. Udhwarthanam – Practical
5. Udhwarthanam session

Day-5

1. Prakriti Questionnaire
2. Theory part of Kativasti Treatment
 - What is KatiVasti
 - Importance & Benefits of Kativasti
 - Kativasti procedure
 - Do's & Don'ts of Kativasti
 - Pre-& Post requirements of Kativasti
 - Contraindications for Kativasti
3. Dough preparation
4. Kativasti – Practical
5. Kativasti session
6. Doubt Clearing session

4. Advanced Ayurveda Training Program - Level-1 (AATP-1)

4 hr classes for 2 weeks (Monday to Friday); Theory- 20 hrs & Practical – 20 hrs: Total 40hrs.

Day	THEORY CLASS	PRACTICAL TRAINING
1	Introduction to Ayurveda, Origin & History of Ayurveda, Branches of Ayurveda, Divisions of Ayurveda, Acharya's of Ayurveda, Treatises in Ayurveda, Importance of Ayurveda	Abhyangam-1 (Head & Neck at sitting position and Body at Supine position)
2	Basic Principles of Ayurveda, Panchamahabuta, Tridosha, Saptadatus, Trimalas, Agni, Concept of Ama & Abhyangam Theory-1	Abhyangam-2 (Body at prone position)
3	Swastha Lakshana, Health & Disease according to Ayurveda, Trigunas, Ojas & Abhyangam Theory-2	Abhyangam – Complete
4	Padachathushtaya, Treatment Modalities, Langhana & Brimhana, Samana & Shodhana Shirodhara Theory Part	Shirodhara
5	Abhyangam & Shirodhara Theory and instructions complete. Nasya treatment theory complete	Nasya
6	Detailed theory on Dosha, Dhatu, Mala, Agni & Ama. Concept of Srotas Description & classifications of Diseases; Theory part of Podikizhi therapy	Podikizhi (Kizhi preparation, tying of Kizhi). Kizhi application on supine position
7	Dincharya, Ritucharya, Ojas, Tejas, Prana Human Anatomy & Physiology-Part1	Podikizhi application on prone position

8	Ahara & Vihara (Diet & Regimen), Dravyaguna basics, Human Anatomy & Physiology part-2, Udhwarthanam Theory Part	Udhwarthanam complete
9	Roga Pareeksha & Rogi Pareeksha, Nidana Panchaka Introduction to Panchakarma Kativasti- Theory Part	Kativasti - Complete
10	Parkriti Basics, Prakriti analysis questionnaire; Q&A session	Complete Practicals doubt clearing session

5. Advanced Ayurveda Life Style Consultant & Therapist Program - Level-2 (AALC-2)

4 hr classes for 4 weeks (Monday to Friday); Theory- 40 hrs & Practical – 40 hrs: Total 80hrs.

Day	THEORY CLASS	PRACTICAL TRAINING
1	Introduction to Ayurveda, Origin & History of Ayurveda, Branches of Ayurveda, Divisions of Ayurveda, Acharya's of Ayurveda, Treatises in Ayurveda, Importance of Ayurveda	Abhyangam-1 (Head & Neck at sitting position and Body at Supine position)
2	Basic Principles of Ayurveda, Panchamahabuta, Tridosha, Saptadatus, Trimalas, Agni, Concept of Ama & Abhyangam Theory-1	Abhyangam-2 (Body at prone position)
3	Swastha Lakshana, Health & Disease according to Ayurveda, Trigunas, Concept of Ojas, Tejas & Prana & Abhyangam Theory-2	Abhyangam - Complete
4	Padachatthustaya, Treatment Modalities, Langhana & Brimhana, Samana & Shodhana Shirodhara Theory Part	Shirodhara

5	Dosha details, qualities of Doshas, Seats & relations. Abhyangam & Shirodhara Theory and instructions complete. Nasya treatment theory complete	Nasya
6	Detailed theory Dhatu, Mala, Agni & Ama. Their relationship with Doshas Description & classifications of Diseases; Introduction to Srotas and its types. Theory part of Podikizhi therapy	Podikizhi (Kizhi preparation, tying of Kizhi). Kizhi application on supine position
7	Dincharya (Daily Regimen), Ritucharya (seasonal precautions), Vikriti vijnanam Human Anatomy & Physiology- Part 1	Podikizhi application on prone position
8	Human Anatomy & Physiology part-2, Udhwarthanam Theory Part Introduction to Marma (Vital points)- Part-1	Udhwarthanam complete
9	Roga Pareeksha & Rogi Pareeksha methods in Ayurveda. Nidana Panchakam Introduction to Panchakarma Udhgarshanam- Theory Part	Udhgarshanam - Complete
10	Marma-Part 2, Prakriti definition, Basics, Prakriti analysis questionnaire; Body constitution analysis Kativasti- Theory Part	Kativasti-Complete
11	Ahara & Vihara (Diet & regimen), Dravyaguna (Ayurveda Dietetics), Dravya Ganas (Grouping), Dravya actions (Guna, Virya, Vipaka & Prabhava)	Njavara Kizhi Preparation & Elakizhi Preparation
12	Introduction to Ayurvedic Medicines, Various Preparations, Classical & proprietary products, products demo	Elakizhi – Supine position

13	Introduction to Panchakarma, 2 aspects of Panchakarma; Snehanam & Swedanam; Video demo	Elakizhi- Prone position
14	Poorva Karma & Pashchatkarma Vamanam, Virechanam, Nasyam	Njavarakizhi-Supine Position
15	Vasti treatment, Type of Vasti, Procedure, Raktamoksha Precautions & Contraindications of Panchakarma	Njavarakizhi Prone Position
16	Nadee Pareeksha & Vital Reading taking. Wellness consultation	Abhyangam Repeat
17	Ayurvedic Wellness Consultation, Body Constitution Analysis, Program Development as per the client's body Constitution, Tristhambhas	Consultation with Patient, case file preparation, program development
18	Complete Revision of the entire theory part of KAP-2, Doubt Clearing session	Doubt clearing session on practical sessions
19	Pada-chathushtayam, Practicing-etiquettes, statutory requirements, Therapy etiquettes, Talk lines, Ayurveda fraternity & regulatory bodies.	Therapy etiquette, Treatment room preparation, Treatment tray preparation, Steam Generator operations, Pharmacy Operations
20	Theory Examination- objective type Concluding session.	Practical Exam Practical concluding session.