

## **CURRICULUM Vocational Training Consultant Ayurvedic Health Care**

Module I	Introduction into Vedic Studies
Module II	Ayurveda: The Science of Life
Module III	The Foundations of Ayurveda
Module IV	Ayurveda Anatomy
Module V	The Digestive System
Module VI	Diet & Nutrition
Module VII	Healing & Tips for Patients
Module VIII	Panchakarma
Module IX	Rasayanas, Herbs & Remedies
Module X	The Healing Diet
Module XI	Ayurvedic Daily Routine & Lifestyle
Module XII	Other Therapies & Remedies

### Study Points Requirements

At the end of each module a test requiring written answers and consisting of 10-12 questions about the study material is given to the student.

At the end of the study year a written paper thesis (min. 30 pages) is required.

### Thesis

#### Conditions:

A. This thesis must be based on the description of a theme, chosen by the student.

B. An outline of how the thesis should be written:

- \* it should be worked out on an A-4 sheet
- \* the space between lines must be 1 ½ cm
- \* the front page must contain the title and the name of the university
- \* first page: title, name university, tutor and student, place and year
- \* preface, introduction
- \* table of contents with paging
- \* length of the thesis ca. 30 pages
- \* conclusion
- \* list of literature

<b>Module I</b>	<b>Introduction into Vedic Studies</b>
Study Unit 1	Introduction in Vedic Science – Vedic Cognition – Cosmic Roots – Body, Mind & Soul – Mental and Body Type – Why we get sick – Introduction in Vedic Science
Literature	The Vedas for Everyone, Narada Kush; Chapters I-II A Life of Balance, Maya Tiwari; Introduction & Pages 8 – 22 Ayurvedic Home Remedies, Dr Vasant Lad; Introduction & Part I The Science of Life – Pages 7 - 46 <i>Introduction in Vedic Science</i> , Narada Kush (Powerpoint Presentation)
<b>Module II</b>	<b>Ayurveda: The Science of Life</b>
Study Unit	Consciousness, Energy and Matter – The Vedic Scriptures – Drama of Life & Habits – How we can stay healthy – The Four Aspects of Life – The Five Element Theory – Indian Tradition of Healthcare
Literature	The Vedas for Everyone, Narada Kush; Chapters III-IV Dhanwantari, Harish Johari; Foreword, Preface & Introduction Ayurvedic Home Remedies, Dr Vasant Lad; Part II Pages 47-55 Ayurveda & Panchakarma, Sunil V. Joshi M.D.; Pages 1 – 58 <i>Ayurveda – The Indian Tradition of Healthcare</i> , Narada Kush (Powerpoint Presentation)
<b>Module III</b>	<b>The Foundations of Ayurveda</b>
Study Unit 3	Rigveda and Sāmaveda – Vedic Literature – Vedas and Upavedas - Yoga, Ayurveda & Vedic Astrology – Principles of Ayurveda - The Three Guna's - The Five Element Theory – Background of Ayurvedic Medicine
Literature	The Vedas for Everyone, Narada Kush, Chapters V - VI Ayurveda Secrets of Healing, Maya Tiwari; Pages xi – xii Importance of Diet & Nutrition in Ayurveda, Narada Kush; Pages 3–19 Dhanwantari, Harish Johari; Pages 3 – 10 The Yoga of Herbs, Dr David Frawley & Dr Vasant Lad Pages 7 – 22 <i>Introduction in Ayurveda</i> , Narada Kush (Powerpoint Presentation)
<b>Module IV</b>	<b>Ayurveda Anatomy</b>
Study Unit 4	Yajurveda and Atharvaveda – Knowing your Body Type – Dosha Imbalances - The Three Doshas – The Seven Dhatus – The Subtle Body – Malas – Ayurvedic Anatomy – Mental Nature of Body – Three Components of the Human Body - Prevention

Literature                    The Vedas for Everyone, Narada Kush, Chapters VII-VIII  
Ayurveda Secrets of Healing, Maya Tiwari; Pages 5 - 27  
Importance of Diet & Nutrition in Ayurveda, Narada Kush  
Pages 20 – 30 (*just for reading over*)  
A Life of Balance, Maya Tiwari; Pages 23 - 56  
Ayurveda & Panchakarma, Sunil V. Joshi M.D.; Pages 59 – 84  
*Prevention and Self-healing*, Narada Kush (Powerpoint Pres.)

## **Module V                    Digestive System & Ayurvedic Food Approach**

Study Unit 5                Veda & Quantumphysics – Path and Goal of Veda - Ayurvedic Food  
Approach – Nature and Tastes of Each Dosha – Digestion: The Key to  
Health – Our own Constitution – A New Understanding to Diet -  
Lifestyle

Literature                    The Vedas for Everyone, Narada Kush, Chapters IX-X  
Importance of Diet & Nutrition in Ayurveda, Narada Kush  
Pages 31 - 35  
A Life of Balance, Maya Tiwari; Pages 57 - 71  
Ayurveda & Panchakarma, Sunil V. Joshi M.D.; Pages 85 – 102  
Dhanwantari, Harish Johari; Pages 74 - 90  
*Healing, Food & Lifestyle*, Narada Kush (Powerpoint Presentation)

## **Module VI                    Diet and Nutrition**

Study Unit 6                Study and Influence of the Veda - Rules for Proper Eating – Effects of  
Food products – Eating according to Body Type – The Food Charts –  
Eating with the Cycles of Nature – Seasonal Menus - Ahara, Vihara &  
Aushadhi – Herbal Energetics – Six Tastes Diet & Nutrition

Literature                    The Vedas for Everyone, Narada Kush, Chapters XI-XII  
Importance of Diet & Nutrition in Ayurveda, Narada Kush; Pag. 36-56  
A Life of Balance, Maya Tiwari; Pages 72 - 148  
Ayurveda & Panchakarma, S.V. Joshi; Pages 129 – 144  
The Yoga of Herbs, Dr David Frawley & Dr Vasant Lad; Pages 23 – 35  
*Diet & Nutrition in Ayurveda*, Narada Kush (Powerpoint Presentation)

## **Module VII                    Healing & Tips for Patients**

Study Unit 7                Four Goals of Life – The Guru Principle - Tips for Patients –  
Vegetarism – Fasting – Panchakarma Healing Diet – Sattvic Diets –  
Specific Foods – The Disease Process – First Aid Treatments - Semen,  
Drugs and Youth - Ayurvedic Mother-Baby  
Health Care

Literature                    The Vedas for Everyone, Narada Kush, Chapters XIII-XIV  
Importance of Diet & Nutrition in Ayurveda, Narada Kush; Pag. 57-67

Ayurveda & Panchakarma, S.V. Joshi; Pages 159 – 168  
Dhanwantari, Harish Johari; Pages 91 – 113; 205-212  
*Ayurvedic Mother-Baby Health Care*, Narada Kush (Powerpoint Pres.)

## **Module VIII Panchakarma**

Study Unit 8 Basic Principles – Preparing for Panchakarma – Ayurvedic Disease Management – Different Therapies – Five Main Procedures – Panchakarma Post Treatment Procedures – Accessories, Equipment & Utensils – Energizing the Body through Massage

Literature Importance of Diet & Nutrition in Ayurveda, Narada Kush; Pag. 80 - 85  
Secrets of Healing, Maya Tiwari; Pages 267 – 272; 473 - 485  
Ayurveda & Panchakarma, S.V. Joshi; Pages 169 – 281  
Dhanwantari, Harish Johari; Pages 31-38  
*Panchakarma*, Narada Kush (Powerpoint Presentation)

## **Module IX Rasayanas, Herbs & Remedies**

Study Unit 9 Kundalini Yoga – Spiritual Discipline - Ayurvedic Pharmacology – Energetics of Ayurvedic Substances – Glossary of Ingredients – Herbal Therapeutics – How to prepare and use Herbs – Lists of Herbs & Herb Chart – Why Jewelry for Health – Cure of Diabetes

Literature The Vedas for Everyone, Narada Kush, Chapters XV-XVI  
Secrets of Healing, Maya Tiwari; Pages 433 -468  
The Yoga of Herbs, Dr David Frawley & Dr Vasant Lad  
Preface - Foreword  
Pages 1 – 6; 99 – 187 (list of herbs); 237 – 252 (list of herbs)  
Dhanwantari, Harish Johari; Pages 198 - 204  
*Prevention & Cure of Diabetes*, Narada Kush (Powerpoint Pres.)

## **Module X The Healing Diet**

Study Unit 10 Ayurvedic Dietary Guidelines – The Healing Diet - Home Remedies – Causes, Prevention & Cure of Diseases

Literature Ayurvedic Home Remedies, Vasant Lad, Part II Pages 81-106  
Secrets of Healing, Maya Tiwari, Pages 343 - 386  
Dhanwantari, Harish Johari; Pages 149 - 197  
*Causes, Prevention and Cure of Diseases*, Narada Kush (Powerpoint Presentation)

## **Module XI            Ayurvedic Daily Routine & Lifestyle**

Study Unit 11            Health and Food – Lifestyle & Marriage – Hygiene – Healing Activities – Ayurvedic Lifestyle – Meditation & Mental Discipline - The Glory of Waking Up – Bathing: A Way to Vitality – Notes on Sleep - Patanjali Yoga Sutras

Literature                The Vedas for Everyone, Narada Kush; Chapters XVII-XVIII  
Importance of Diet & Nutrition in Ayurveda, Narada Kush; Pag102-107  
Secrets of Healing, Maya Tiwari; Pages 387 – 404  
Ayurvedic Home Remedies, Vasant Lad, Part II Pages 56-80  
Dhanwantari, Harish Johari; Pages 19 – 30; 39 - 46; 139 - 148  
*Patanjali Yoga Sutras*, Narada Kush (Powerpoint Presentation)

## **Module XII            Other Therapies and Remedies**

Study Unit 12            World peace – Other Therapies & Remedies – Universal Values – Healing Activities – The Science of Breath – Yoga & Meditation

Literature                The Vedas for Everyone, Narada Kush; Chapter XIX  
Importance of Diet & Nutrition in Ayurveda, Narada Kush; Pag. 87-101  
A Life of Balance, Maya Tiwari; Pages 329 – 335  
Secrets of Healing, Maya Tiwari; Pages 405 – 425  
Dhanwantari, Harish Johari; Pages 11 – 18;  
*Yoga, Pranayama & Meditation*, Narada Kush (Powerpoint Pres.)

### **List of Literature**

#### **The Vedas for Everyone;**

Their Deeper Meaning & Practical Applications

Author: Narada Kush; 400 pages

Saraswati Art Publishers, Amsterdam, The Netherlands

(The English edition will be supplied as E-book by DUC).

#### **The Importance of Diet & Nutrition in Ayurveda;**

Prevention is better than Cure

Author: Narada Kush; ... pages

(This will be supplied as E-book by DUC)

#### **Ayurveda Secrets of Healing;**

The complete Ayurvedic guide to healing through Panchakarma, etc.

Author: Maya Tiwari; 515 pages

Lotus Press, Twin Lakes, Wisconsin

ISBN 0-914955-15-2

**Ayurveda: A Life of Balance;**

Author: Maya Tiwari; 335 pages  
Vermont, Healing Arts Press, 1994  
ISBN 978-089281490-9

**Ayurvedic Home Remedies;**

The guide to the Ancient Healing of India; 290 pages  
Author: Dr Vasant Lad, B.A.M.S., M.A. Sc.  
Piatkus, London, reprinted 2013  
ISBN 978-0-7499-2765-3

**Ayurveda & Panchakarma;**

The Science of Healing and Rejuvenation  
Author: Sunil V. Joshi, M.D. (Ayu); 295 pages  
Motilal Banarsidass Publishers, Delhi  
ISBN 81-208-1526-2

**The Yoga of Herbs;**

An Ayurvedic Guide to Herbal Medicine  
Authors: Dr. David Frawley & Dr. Vasant Lad  
Lotus Press, Twin Lakes, Wisconsin  
ISBN-13 978-0-9415-2424-7

**PowerPoint Presentations (Narada Kush)**

- \* Introduction in Vedic Science
- \* Ayurveda – The Indian Tradition of Healthcare
- \* Introduction in Ayurveda
- \* Prevention and Self-healing
- \* Healing, Food & Lifestyle in Ayurveda
- \* Diet and Nutrition in Ayurveda
- \* Ayurvedic Mother-Baby Health Care
- \* Panchakarma
- \* Causes and Cure of Diabetes
- \* Causes, Prevention & Cure of Diseases
- \* Patanjali Yoga-Sutras
- \* Yoga, Pranayama & Meditation

**NOTE:**

*All Literature is available through bookshop and internet or directly from the tutor. The Power Point Presentations are designed by the tutor and are only available through him.*



