

Study Programme Consultant Ayurvedic Holistic Health Care

Study Points Requirements

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

At the end of the study year a written paper thesis (min. 25 pages) is required.

Module I	Introduction into Vedic Studies
	Introduction in Vedic Science – Vedic Cognition – Consciousness, Energy and Matter – The Vedic Scriptures – Veda & Quantum physics – Path and Goal of the Veda – Study of the Veda – The influence of the Veda – Health and Food
Literature	The Vedas For Everyone, Narada Kush Pages 10 – 67; 170 – 240; 328 – 345 Introduction in Vedic Science, Narada Kush (Powerpoint Presentation)
Module II	History & Development of Ayurveda
	Traditional Medicine – Indian Subcontinent – Alternative medicine – Sanskrit – Vedic Period – Sushruta Samhita – Charaka Samhita – Dhanvantari – History & Culture of India
Literature	Ayurveda, F. Miller, A.F. Vandome, J. McBrewster Pages 1 – 65; 83 – 85 (useful parts) History & Culture of India, Narada Kush (Powerpoint Presentation)
Module III	The Foundations of Ayurveda
	Introduction – Vedas and Upavedas – Yoga, Ayurveda & Vedic Astrology – Cosmic Roots – Soul, Mind, Senses & Body – The Five Element Theory – Background of Ayurvedic Medicine
Literature	Charaka Samhita, P.V. Sharma Useful Parts Ayurveda Secrets of Healing, Maya Tiwari Pages xi – xii Importance of Diet & Nutrition in Ayurveda, Narada Kush Pages 4 – 20 A Life of Balance, Maya Tiwari Pages 8 – 22 Ayurveda & Panchakarma, Sunil V. Joshi M.D. Pages 1 – 58 The Yoga of Herbs, Dr David Frawley & Dr Vasad Lad Pages 1 – 22 Introduction in Ayurveda (I), Narada Kush (Powerpoint Presentation)
Module IV	Ayurveda Anatomy
	The Three Doshas – The Seven Dhatus – The Subtle Body – Malas – Ayurvedic Body Types – Ayurvedic Anatomy – Mental Nature of Body Types – Management of Doshas – Detoxification/Management of Ama
Literature	Charaka Samhita, P.V. Sharma Useful Parts Ayurveda Secrets of Healing, Maya Tiwari

Pages 5 - 35
Importance of Diet & Nutrition in Ayurveda, Narada Kush
Pages 21 - 31
A Life of Balance, Maya Tiwari
Pages 23 - 56
Ayurveda & Panchakarma, Sunil V. Joshi M.D.
Pages 59 - 84
The Yoga of Herbs, Dr David Frawley & Dr Vasad Lad
Pages 37 - 48
Introduction in Ayurveda (II), Narada Kush (Powerpoint
Presentation)

Module V

The Digestive System

**Ayurvedic Food Approach – Nature and Tastes of Each Dosha –
Digestion: The Key to Health – Our own Constitution – Ayurvedic
Mother-Baby Health Care**

Literature

Charaka Samhita, P.V. Sharma
Useful Parts
Importance of Diet & Nutrition in Ayurveda, Narada Kush
Pages 32 - 36
A Life of Balance, Maya Tiwari
Pages 57 - 71
Ayurveda & Panchakarma, Sunil V. Joshi M.D.
Pages 85 - 128
Ayurvedic Mother-Baby Health Care, Narada Kush (Powerpoint
Presentation)

Module VI

Diet and Nutrition

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**Rules for Proper Eating – Effects of Food products – Eating
to Body Type – The Food Charts – Eating with the Cycles of Nature –
Seasonal Menus Ahara, Vihara & Aushadhi – Herbal Energetics**

Literature

Charaka Samhita, P.V. Sharma
Useful Parts
Importance of Diet & Nutrition in Ayurveda, Narada Kush
Pages 37 - 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 Vasad Lad
Pages 23 - 36
Diet & Nutrition in Ayurveda, Narada Kush (Powerpoint
Presentation)

Module VII

Healing & Tips for Patients

**Tips for Patients – Vegetarism – Fasting – The Healing Diet –
Panchakarma Healing Diet – Sattvic Diets – The Disease Process –
First Aid Treatments**

Literature

Charaka Samhita, P.V. Sharma
Useful Parts
Importance of Diet & Nutrition in Ayurveda, Narada Kush
Pages 57 - 80
Secrets of Healing, Maya Tiwari
Pages 343 - 386
Ayurveda & Panchakarma, S.V. Joshi
Pages 159 - 168
The Yoga of Herbs, Dr David Frawley & Dr Vasad Lad
Pages 224 -227

	Prevention and Selfhealing, Narada Kush (Powerpoint Presentation)
Module VIII	Panchakarma
	Basic Principles – Preparing for Panchakarma – Ayurvedic Disease Management – Different Therapies – Five Main Procedures – Panchakarma Post Treatment Procedures – Accessories, Equipment & Utensils
Literature	Charaka Samhita, P.V. Sharma Useful Parts Importance of Diet & Nutrition in Ayurveda, Narada Kush Pages 81 - 86 Secrets of Healing, Maya Tiwari Pages 267 – 340; 473 - 486 Ayurveda & Panchakarma, S.V. Joshi Pages 169 – 270 Panchakarma, Narada Kush (Powerpoint Presentation)
Module IX	Rasayanas, Herbs & Gemstones
	Ayurvedic Pharmacology – Energetics of Ayurvedic Substances – Glossary of Ingredients – Herbal Therapeutics – How to prepare and use Herbs – Lists of Herbs & Herb Chart – The Healing Power of Gemstones
Literature	Secrets of Healing, Maya Tiwari Pages 433 -468 The Yoga of Herbs, Dr David Frawley & Dr Vasad Lad Pages 49 – 93; 97 – 187; 192 - 223 The Healing Power of Gemstones, Narada Kush (Powerpoint Pres.)
Module X	The Healing Diet
	Introduction – How to lose Weight – How to gain Weight – Diets for different Diseases – Helpful Recipes & Hints – Foods for Long Life & Well-Being – Organic Eating – Causes & Cure of Diabetes
Literature	Diet in Diseases, Sunita Pant Bansal Pages 7 – 112 Causes and Cure of Diabetes, Narada Kush (Powerpoint Presentation)
Module XI	Ayurvedic Daily Routine
	Spiritual Discipline – Lifestyle & Marriage – Hygiene – World Peace
	Daily Routine & Rituals – Meditation, Yoga & Other Practises – Self-Care at Home – Patanjali Yoga Sutras
Literature	The Vedas for Everyone, Narada Kush Pages 309 – 327; 346 - 370 Importance of Diet & Nutrition in Ayurveda, Narada Kush Pages 102 - 107 Secrets of Healing, Maya Tiwari Pages 387 – 404 Ayurveda & Panchakarma, S.V. Joshi Pages 145 – 156; 271 – 281 Ayurveda, F. Miller, A.F. Vandome, J. McBrewster Pages 78 – 82 Patanjali Yoga Sutras, Narada Kush (Powerpoint Presentation)
Module XII	Other Therapies and Remedies

Goals of Life – Karma & Free Will – Different Therapies – Remedies for Planetary Influences – Spiritual Masters – Kundalini Yoga – Sadhana – Universal Values – The Power of Prayer – Breathing Practices – Sexuality – Astrology, Healing & Transformation

Literature **The Vedas for Everyone, Narada Kush**
Pages 243 – 308
Importance of Diet & Nutrition in Ayurveda, Narada Kush
Pages 87 - 101
A Life of Balance, Maya Tiwari
Pages 329 – 335
Secrets of Healing, Maya Tiwari
Pages 405 – 425
Astrology of the Seers, Dr David Frawley
Pages 183 – 236
Yoga, Pranayama & Meditation, Narada Kush (Powerpoint Pres.)

Optional week. **Practicum at an Ayurvedic Centre for a minimum period of 1 week.**

Thesis

Conditions:

A. This thesis must be based on the description and analysis 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. 25 pages**
- * conclusion**
- * list of literature**

List of Literature

Charaka Samhita (Sanskrit/English Edition);
Author: P.V. Sharma
Chaukhamba Orientalia, Delhi, 1981

The Vedas For Everyone;
Their Deeper Meaning & Practical Applications
Author: Narada Kush (Kush Visser); 500 pages
Saraswati Art Publishers, Amsterdam, The Netherlands
(The English edition will be officially published in 2013).

The Importance of Diet & Nutrition in Ayurveda;
Prevention is better than Cure
Author: Narada Kush (Kush Visser); Syllabus
Narada Kush Publications, Lelystad, The Netherlands

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

Diet in Diseases;
Therapeutic foods that cure & prevent diseases
Author: Sunita Pant Bansal; 112 pages
Pustak Mahal, Delhi; ISBN 978-81-223-0814-3

Ayurveda;
Authors: F.P. Miller, A.F. Vandome, J. McBrewster
Alphascript Publishing, 2009, ISBN 978-613-0-25635-7

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

Astrology of the Seers;
A Guide to Vedic/Hindu Astrology
Author: Dr. David Frawley; 283 pages
Motilal Banarsidass Publishers, Delhi
ISBN 81-208-1006-6

Powerpoint Presentations

- * **Yoga, Pranayama & Meditation**
- * **Vedic Science & Literature**
- * **Introduction in Ayurveda (I & II)**
- * **Diet & Nutrition in Ayurveda**
- * **Introduction in Vedic Astrology**
- * **Ayurvedic Mother-Baby Health Care**
- * **Prevention and Selfhealing**
- * **Causes and Cure of Diabetes**
- * **Patanjali Yoga-Sutras**
- * **Introduction in Vaastu Shastra**
- * **The Healing Power of Gemstones**
- * **Culture & History of India**

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.