

6-DAY MODULE FOR TRAINING OF ALLOPATHIC DOCTORS IN AYURVEDIC MEDICINE

1. Introduction, historical perspectives and current status and scope :

Historicity of Ayurveda. Its unbroken tradition of practice of thousands of years. Trends in Ayurvedic education, research and practice. National and global scenario. Scope and strength as main stream health care system. Possibilities of global complementary role. Ongoing enterprises.

2. History and Source literature :

Ayurvedawatar, the Ashwini kumaras, the Atreya and Dhanwantari schools, the Brihatrayi and Laghutrayi texts ,their age, authorship and contents. The contemporary Ayurvedic literature. The trends in middle ages and modern age, in India and beyond.

3. Definition and scope of Ayurveda :

What is Ayurveda and how it is different than conventional modern medicine in its principles and practice. Astanga Ayurveda, classical perspectives and present status. Strength of Ayurved in special areas of health care such as Geriatrics, Nutrition, Psychiatry, surgical and parasurgical care and MCH / RCH Program etc.

4. The fundamental principles and their contemporary relevance :

Theory of Loka-purush samya (macrocosm-microcosm continuum) and Swabhaoparamwada. Theory of Samanya and Vishesha. The concept of four dimensional Ayu, Triguna, Tanmatra, Mahabhuta, Tridosa, Dhatu, Agni, Ama, Ojas, Srotas. The basic matrix of Ayurvedic Biology including Ayurvedic pharmacodynamics and its quantum logic. Exploring possible correlates and biomarkers.

5. Ayurvedic Anatomy and Physiology :

The main distinctions of Ayurvedic approach from conventional modern approach to the understanding of structure and function of body-mind system. Shadanga Sharira, Kostha Shakha, Srotas, Avaran etc. Dosa-Dhatu-Mala vijnan. Scientific justification of such an alternative understanding. Possible correlates to enable beginners understanding.

6. Ayurvedic Concept of Health and Ill health :

Definition of Swasthya vs Positive Health, concept of Disease in Ayurveda, the doctrine of Samya-Vaisamya, Concept of Sukhayu-Duhkhayu, Hitayu-Ahitayu. Basic causes of disease – Sahaja and Apathyaja factors (genetic and acquired). The Man–Environment relationship. Aberrations of Kala, Buddhi, Indriyarth (eg ecological, sensorial and cognitive stress).

7. Introduction to Ayurvedic Pathology and Pathogenesis :

Brief of Nidana-Panchaka, Shatkriyakala. Features of vriddhi and Kshaya of Doshas. Pathognomonic role of Agni disorder, Ama, Ojabala Dosha, Srotodushti, Margawaran and Dosawarana. Concept of Traya Roga Marga and Classification of Diseases.

8. Ayurvedic Diagnostics :

Intense doctor-patient rapport. Non-insistence on diagnosis by name of a disease rather emphasizing on diagnosis by diathesis. The unique feature of holistic diagnosis. Clinical methods in Ayurveda projecting two-fold approach of Rogi Pariksa and Roga Pariksa separately with emphasis on exploring the basic nature of the patient and his remainder health status. The basic tools of clinical examination eg. Prashna pariksa and Pancendriya pariksa. Details of Tenfold examination eg Prakriti etc on Rogi (the person), the eight-fold examination eg Nadi etc as general survey of the disease state and systemic Srotas pariksa for Roga (the disease). Assessment of Tridosika pattern in the disease state and nature and degree of Srotodushti. Assessment of Prognosis. Construction of Samprapti and labeling of the diagnosis.

9. Prakriti Pariksa :

The sharira Prakriti / Manas Prakriti. Doshaprakriti (Deha prakriti) representing the genetically determined range of proportion of expression of the three Doshas in an individual's constitution ordinarily measured as the sum total of the characteristic traits of the physique-physiology and psychology of an individual. Knowledge of characteristics of different Prakritis described in texts and other alternative supporting investigations. Clinical exercise to determine the Prakriti. Demonstration of Tools.

10. Nadi Pariksa and Pulse Diagnosis:

Ancient and contemporary concepts. The characteristic rhythms of different kinds of Nadis, their interpretation in terms of Dosas and Sub dosas. To explore contemporary correlates for the characteristics of different Nadis identified in Ayurveda eg. Sarpa gati, Manduka gati, Hamsa gati. Nadi in Prakriti and Vikriti. Practical experiences.

11. Promotive and Preventive Health Care:

Classical emphasis on conservation of health, promotive and preventive health care. Mental hygiene and psychosocial uplift through Swasthvritta, Sadavritta, Achara. Rasayana therapy and Yoga. Healthy dietetics, exercise and positive life style for Adan-Visarga kala and different seasons, age groups and work settings. Chronobiology of health as conceived in Ayurveda and its contemporary applications.

12. Ayurvedic Materia Medica and Pharmacy:

Range of sources of Ayurvedic materia Medica viz. botanical, mineral, biologic. Ayurvedic Pharmacodynamics and pharmacology - Rasa, Guna, Virya, Vipaka, Prabhava. Principles of Ayurvedic Pharmacy. Primary doses forms. Anupana and Bhavana Dravya, Ayurvedic toxicology, Mineral material medica and principles of processing mineral, metal and poisonous plant drugs.

13. Important class of Ayurvedic drugs:

Drugs of plant origin their contemporary usage. Reference to Panchashat maha kashaya eg. Jivaniya, etc. depicting the wide range of pharmacological modes. Rasayana, Vajikarana drugs. Brief mention of classical and compound formulations. The changing trends. The issue of standardization and quality assurance of Ayurvedic drugs.

14. Principles of Ayurvedic Treatment :

The Holistic approach. Concept of samya-vaisamya. Application of the doctrine of Swabhaoparamwada. Nidana Parivarjan, Samprapti vighatan, Samsodhan, Samsamana. Sadvidhopakrama. Dietary management, Exercise, lifestyle management.

15. Panch karma therapy:

Concept of Samsodhan, Five fold therapeutic technology of Samsodhana chikitsa. The concept of srotas, causes of their distortion, need of periodical biopurification and its Scientific justification. Snehan-Swedan, Vaman, virechana, vasti and traditional keraliya pancakarma. Major indications, contraindications, case studies etc.

16. Ayurvedic dietetics and diet therapy:

Importance of Ahara ie. Food and diet. Principle of cooking and code of conduct in consumption of food. Dietary incompatibility(Viruddhahara). Dietary supplements and nutraceuticals based on Ayurvedic Rasayana approach. Balanced diet versus balancing diet. Sattwika Ahara. Dietary prescription for common chronic diseases.

17. Ayurvedic Geriatrics and Rasayana therapy:

Ayurvedic concept of aging. Ayurveda as a science on longevity. Definition of Rasayana. Classification and scope of Rasayana eg drug Rasayana, dietary Rasayana, and Achara Rasayana. Selection of Rasayana remedy for specific uses. Concept of Rejuvenation and Kayakalpa.

18. Surgical and Parasurgical practices in Ayurveda:

Reference to the great traditions of classical, medieval and modern age. Outstanding contribution of Susruta as the father of surgery. Contemporary living practices of Kshara Sutra treatment of anorectal diseases, wound management and leech therapy with scientific validation.

19. Women's health care in Ayurveda:

Past and present Ayurvedic practices in reproductive health care. Control of fertility and treatment of sterility and other sex related health problems. Management of menstrual disorders, post menopausal syndrome, and leucorrhoeas. Ayurvedic vision to complement contemporary practices in MCH/RCH programs.

20. Scope of complementary application of select Ayurvedic therapies and medications, sharing experiences in primary, secondary and tertiary care levels and case studies. The allopathic practitioners' perspective.