

Inside Āyurveda

Syllabus

The **Inside Āyurveda** program is arranged into 20 lessons, the first 15 covering all of the theoretical and practical aspects of *Āyurveda*, and the remaining five lessons reviewing 50 important medicinal plants and their formulations. The course is presented as a series prerecorded classes that run for a total of 48 hours, with 20 hours of assessment, and approximately 48 hours of Q&A webinars run over four semesters to total 116 hours of online training.

In addition to the video and audio content, registration includes a printed copy of the 613 page *Course Notes* for the Inside Āyurveda program.

The lessons contained within the Inside Āyurveda program include:

1. History of Āyurveda
2. Philosophy of Āyurveda
3. The Tridoṣa Theory
4. Constitution and Consciousness
5. The Physical Body
6. Lifestyle and Āyurveda
7. Pharmacology and Pharmacy
8. Food and Drink
9. Pathology and Disease
10. Clinical Methodology and Case History
11. Clinical Examination
12. Treatment of Disease
13. Methods of Purification (Part One)
14. Methods of Purification (Part Two)
15. Rejuvenation
16. Materia Medica of Āyurveda (A-B)
17. Materia Medica of Āyurveda (B-H)
18. Materia Medica of Āyurveda (H-K)
19. Materia Medica of Āyurveda (M-S)
20. Materia Medica of Āyurveda (S-Y)

Assessment

Each module contains a comprehensive lesson worksheet to test your knowledge. A passing grade is at least a 75% mark. Upon completion, successful candidates will receive a signed and sealed diploma from the Dogwood School of Botanical Medicine. For more information please contact study@dogwoodbotanical.com.

Syllabus detail

Lesson One: History Of Āyurveda

- 1.0 Origin Of Āyurveda
- 1.1 India And The History Of Āyurveda
- 1.2 Ancient Indian Civilization
- 1.3 Harappan Health Care
- 1.4 The Vedic Period
- 1.5 Medicine In The Vedāḥ
- 1.6 The Rise Of Buddhism
- 1.7 Buddhist Medicine
- 1.8 Post-Buddhist India

Hours: 3.5

Assessment: 1 hour

Lesson Two: Philosophy Of Āyurveda

- 2.0 Philosophy Of Āyurveda
- 2.1 The Sāṃkhya Darśana
- 2.2 The Gurvādi Guṇāḥ: Ten Pairs Of Opposite Qualities
- 2.3 The Pañca Kośa: The Five Sheaths Of Being
- 2.4 The Cakra System
- 2.5 The Practice Of Aṣṭāṅga Yoga

Hours: 2.75

Assessment: 1 hour

Lesson Three: The Tridoṣa Theory

- 3.0 Tridoṣa Siddhānta: Knowledge Of The Three Humors
- 3.1 Doṣasthāna: Residence Of The Humors
- 3.2 Doṣakāla: Timing Of The Humors
- 3.3 Caya And Kopa: Increase And Vitiating Of The Humors
- 3.4 Doṣagati: Movement Of The Humors
- 3.5 Doṣavṛddhi Kāraṇa: Factors Aggravating The Humors
- 3.6 Tridoṣa Lakṣaṇāni: Signs And Symptoms Of The Humors
- 3.7 The Sub-Doṣāḥ: Subdivisions Within Each Humor
- 3.8 Pañcavāta: Five Divisions Of Vāta
- 3.9 Pañcapitta: Five Divisions Of Pitta
- 3.10 Pañcakapha: Five Divisions Of Kapha

Hours: 3.25

Assessment: 1 hour

Lesson Four: Constitution And Consciousness

- 4.0 Prakṛti: The Constitution
- 4.1 Manas Prakṛti: The Constitutional Influence Upon Mind
- 4.2 Triguna Manas: The Qualities Of The Mind
- 4.3 Manas: The Mind
- 4.4 Citta: Consciousness

Hours: 2.75

Assessment: 1 hour

Lesson Five: The Physical Body

- 5.0 Agni: The Fire Of Digestion And Metabolism
- 5.1 Sapta Dhātavaḥ: The Seven Supports
- 5.2 Ojas: The Vital Essence
- 5.3 Malāḥ: Bodily Wastes
- 5.4 Āma: Undigested Food
- 5.5 Srotāṃsi: The Channels Of The Body

Hours: 2.75

Assessment: 1 hour

Lesson Six: Lifestyle And Āyurveda

- 6.0 Dinācaryā, Sadvṛtta And Ṛtucaryā
- 6.1 Dinācaryā: The Daily Regimen
- 6.2 Sadvṛtta: Good Conduct
- 6.3 Ṛtucaryā: Seasonal Regimen
- 6.4 Hemaṅta And Śirīṣa Ṛtucaryā: Winter Regimen
- 6.5 Vasanta Ṛtucaryā: Spring Regimen
- 6.6 Grīṣma And Śarat Ṛtucaryā: Summer Regimen
- 6.7 Varṣa Ṛtucaryā: Autumn Regimen
- 6.8 Ṛtusaṃdhi: Transitional Periods
- 6.9 Climactic Influences

Hours: 4

Assessment: 1 hour

Lesson Seven: Pharmacology And Pharmacy

- 7.0 Dravyaguṇa: Definition, Scope And Background
- 7.1 Dravya And Its Classification
- 7.2 Ṣaḍrasa: The Six Flavors
- 7.3 Action Of The Rasāḥ Upon The Doṣāḥ

- 7.4 Action Of The Rasāḥ Upon The Dhātavaḥ
- 7.5 Action Of The Rasāḥ Upon Agni
- 7.6 Vipāka: Post-Digestive Effect
- 7.7 Vīrya: Energetic Qualities
- 7.8 Karma: Therapeutic Action
- 7.9 Prabhāva: Spiritual Potency
- 7.10 Bhaiṣajya Kalpanā: Principles Of Pharmacy
- 7.11 Saṃyoga Auśadha: Combinations Of Medications
- 7.12 Anupāna: Vehicle
- 7.13 Bhaiṣajya Kāla: Dosing Strategy

Hours: 3.5

Assessment: 1 hour

Lesson Eight: Food And Drink

- 8.0 The Nature Of Diet
- 8.1 Groups Of Foods And Beverages
- 8.2 Water
- 8.3 Fruit
- 8.4 Vegetables
- 8.5 Cereal Grains
- 8.6 Legumes
- 8.7 Nuts And Seeds
- 8.8 Dairy Products
- 8.9 Meat And Animal Products
- 8.10 Fats And Oils
- 8.11 Sweeteners
- 8.12 Fermented Foods
- 8.13 Salts
- 8.14 Coffee And Black Tea
- 8.15 Alcohol

Hours: 3.75

Assessment: 1 hour

Lesson Nine: Pathology And Disease

- 9.0 Vikāra: Disease In Āyurveda
- 9.1 Pañcavidha Kāraṇa: The Five Causes Of Disease
- 9.2 Asātmieṅdriyārtha: Abnormal Use Of The Sense
- 9.3 Prajñaparādha: Intellectual Error
- 9.4 Pariṇāma: Environmental Factors In Disease
- 9.5 Āgantū: Extrinsic Factors In Disease
- 9.6 Ahita Āhāra: Unwholesome Diet

- 9.7 Rogamārga: The Pathways Of Disease
- 9.8 Vyādhyavasthā: The Pathogenesis Of Disease
- 9.9 Dvididha Roga: Primary And Secondary Manifestations

Hours: 2.5

Assessment: 1 hour

Lesson Ten: Clinical Methodology And Case History

- 10.0 Nidāna: Clinical Assessment
- 10.1 Trividha Parīkṣā: Three Sources Of Knowledge
- 10.2 Criteria For Physicians, Patients And Treatment Location
- 10.3 Nidāna Pañcakam: The Five Methods Of Investigation
- 10.4 Daśavidha Parīkṣā: Ten Methods Of Examination
- 10.5 Dūṣya
- 10.6 Deśa
- 10.7 Bala
- 10.8 Kāla
- 10.9 Agni
- 10.10 Prakṛti
- 10.11 Vayaḥ
- 10.12 Sattva
- 10.13 Sātmya
- 10.14 Āhāra

Hours: 2.25

Assessment: 1 hour

Lesson Eleven: Clinical Examination

- 11.0 Aṣṭāsthāna Parīkṣā: The Eight Methods Of Diagnosis
- 11.1 Nāḍī Parīkṣā: Pulse Diagnosis
- 11.2 Mūtra Parīkṣā: Examination Of Urine
- 11.3 Purīṣa Parīkṣā: Examination Of Feces
- 11.4 Jivhā Parīkṣā: Tongue Diagnosis
- 11.5 Śabda Parīkṣā: Voice Diagnosis
- 11.6 Sparśa Parīkṣā: Palpation
- 11.7 Dṛk Parīkṣā: Examination Of The Eyes
- 11.8 Akṛti Parīkṣā: The Observation Of Build

Hours: 2.25

Assessment: 1 hour

Lesson Twelve: Treatment Of Disease

- 12.0 Trividha Auśadha: Three Types Of Therapy

- 12.1 Śaḍvidha Upakrama: Six Aspects Of Treatment
- 12.2 Lañghana Upakrama: Reducing Therapy
- 12.3 Bṛṃhaṇa Upakrama: Increasing Therapy
- 12.4 Rūkṣana Upakrama: Drying Therapy
- 12.5 Snehana Upakrama: Moisturizing Therapy
- 12.6 Stambhana Upakrama: Inhibiting Therapy
- 12.7 Svedana Upakrama: Stimulating Therapy
- 12.8 Doṣa Upakrama: Treatment Of The Humors
- 12.9 Treatment Of Vāta Doṣa
- 12.10 Treatment Of Pitta Doṣa
- 12.11 Treatment Of Kapha Doṣa
- 12.12 Dvididha Upakrama: Two Types Of Treatment
- 12.13 Jvara: Fever
- 12.14 Rājyakṣma: Wasting Disease

Hours: 2.5

Assessment: 1 hour

Lesson Thirteen: Methods Of Purification (Part One)

- 13.0 Śodhana Karma: Methods Of Purification
- 13.1 Pūrva Karma: Snehana (Uction)
- 13.2 Pūrva Karma: Ābhyantara Snehana
- 13.3 Pūrva Karma: Bāhya Snehana
- 13.4 Pūrva Karma: Svedana (Fomentation)

Hours: 1.75

Assessment: 1 hour

Lesson Fourteen: Methods Of Purification (Part Two)

- 14.0 The Regimen Of Pañca Karma
- 14.1 Saṃsarjana Karma: The Graduated Diet
- 14.2 Pradhāna Karma: Vamana ('Emesis')
- 14.3 Pradhāna Karma: Virecana ('Purgation')
- 14.4 Pradhāna Karma: Vasti ('Enema')
- 14.5 Pradhāna Karma: Nasya ('Errhines')
- 14.6 Rakta Mokṣaṇa ('Venesection')

Hours: 2.25

Assessment: 1 hour

Lesson Fifteen: Rejuvenation

- 15.0 Physical And Spiritual Rejuvenation
- 15.1 Rasāyana Tantra

- 15.2 Kuṭīprāveśika Krama
- 15.3 Vātātapika Krama
- 15.4 Vājīkaraṇa Tantra
- 15.5 Spiritual Rejuvenation
- 15.6 Śraddhā: Ancestor Appeasement

Hours: 2

Assessment: 1 hour

Lesson Sixteen: Materia Medica Of Āyurveda (A-B)

- Agnimañtha, 'to churn the fire'
- Āmalakī, 'sour'
- Arjuna, 'hero'
- Aśvagandhā, 'smelling like a horse'
- Balā, 'strength'
- Bhallātaka, 'piercing like a spear'
- Bhṛṅgarāja, 'ruler of the hair'
- Bhūnimba, 'ground nimba'
- Bibhītakī, 'intimidating'
- Bilva

Hours: 1.75

Assessment: 1 hour

Lesson Seventeen: Materia Medica Of Āyurveda (B-H)

- Brāhmī, 'consort of brahmā'
- Candana, 'gladdening'
- Citraka, 'the spotted one'
- Devadāru, 'wood of the gods'
- Elā
- Gokṣura, 'cow scratcher'
- Guḍūcī
- Guggulu
- Haridrā, 'giving yellow'
- Harītakī, 'to colour yellow'

Hours: 2.25

Assessment: 1 hour

Lesson Eighteen: Materia Medica Of Āyurveda (H-K)

- Hiṅgu
- Jaṭāmāṃsī, 'braided and fleshy'
- Jātīphala, 'fruit of excellence'

- Jyotiṣmatī, 'luminous'
- Kaṇṭhakārī, 'thorny'
- Kapikacchū, 'monkey itcher'
- Kaṭuka, 'pungent'
- Kūṣmāṇḍa
- Kuṣṭha, 'disease'
- Kuṭaja, 'mountain born'

Hours: 1.75

Assessment: 1 hour

Lesson Nineteen: Materia Medica Of Āyurveda (M-S)

- Maṇḍūkapaṇḍī, 'frog-leaved'
- Mañjiṣṭhā
- Mustaka
- Nāgakeśara, 'serpent stamens'
- Nimba, 'bestower of health'
- Nirguṇḍī
- Pippalī
- Punarnavā, 'once again new'
- Śālapaṇḍī, 'leaves like śala'
- Śaṅkhaṣpī, 'conch flower'

Hours: 2

Assessment: 1 hour

Lesson Twenty: Materia Medica Of Āyurveda (S-Y)

- Śatāvarī, 'one hundred roots'
- Śilājatu, 'to become like stone'
- Śyonāka
- Trivṛt, 'thricely twisted'
- Uśīra
- Vacā, 'to speak'
- Vaṃśa
- Vāsaka
- Viḍaṅga, 'skillful'
- Yavānī

Hours: 2

Assessment: 1 hour

TOTAL HOURS (including assessment): 68 hours