



Course B.I

Designed for students with secondary medical education
(for nurses, massagist, therapists)

Ayurvedic approach to health and diseases

(Study and familiarization of natural healing process
with the principles of Ayurvedic science)

Theory - 31 hours

Project work - 6 hours

Practical - 13 hours

Total Study Hours: 50 hours

B.1.1 Ayurveda Itihas

(Introduction, history, origin/emergence and background of the science of Ayurveda)

Theory – 2 hours, Project work – 2 hours

B.1.2 Padartha Vigyana and Pariksha/PramanaVigyana

(Study of Philosophy of Ayurvedic science)

Theory – 3 hours, Project work – 3 hours, Practical – 1 hours

B.1.3 Rachana Sharira

(Study of Ayurvedic Anatomy)

Theory – 8 hours, Project work – 1 hours, Practical – 3 hours

B.1.4 Kriya Sharira

(Study of Ayurvedic Physiology)

Theory – 14 hours, Project work – 2 hours, Practical – 4 hours

B.1.5 Nadi Pariksha

(Study and familiarization of Ayurvedic examination of Pulse & pulse Diagnosis)

Theory – 3 hours, Project work – 1 hours, Practical – 5 hours



Course B.2

Designed for students with secondary medical education
(for nurses, massagist, therapists)

Ayurvedic concept of diet & daily routines

(Study of Ahara-diete and rules of healthy eating &
Dinacharya - daily routines)

Theory - 40 hours

Project work - 8 hours

Practical - 16 hours

Total Study Hours: 64 hours

B.2.1 Ayurveda Itihas

(Introduction, history, origin/emergence and background of Ayurvedic science)

Theory – 2 hours, Project work – 1 hour

B.2.2 Rachana Sharira & Kriya Sharira

(Study of Ayurvedic Anatomy and Ayurvedic Physiology)

Theory – 20 hours, Project work – 3 hours, Practical – 8 hours

B.2.3 Swastha vritta, Yoga and Nisorgopachara

(Study of Ayurvedic health rules, lifestyle, ayurvedic dietetics and Yoga - preventive and Therapeutic Approach)

Theory – 8 hours, Project work – 2 hours, Practical – 4 hours

B.2.4 Dravyaguna Vigyan

(Study of Ayurvedic Meteria medica, general & Clinical Ayurvedic Pharmacology)

Theory – 10 hours, Project work – 2 hours, Practical – 4 hours



Course B.3

Designed for students with secondary medical education
(for nurses, massagist, therapists)

Marma therapy

(Study of the science of Marmavidya,
familiarization of marma points and its therapeutic approach)

Theory - 33 hours

Project work - 6 hours

Practical - 13 hours

Total Study Hours: 52 hours

B.3.1 Globalisation of Ayurveda

(Study of history and globalization of Ayurvedic science)

Theory – 2 hours, Project work – 1 hours,

B.3.2 Padartha Vigyana and Pariksha/PramanaVigyana

(Study of Ayurvedic Philosophy)

Theory – 3 hours, Project work – 1 hour, Practical -1 hours

B.3.3 Subject Rachana Sharira

(Study of Ayurvedic Anatomy)

Theory – 8 hours, Project work – 1 hours, Practical -3 hours

B.3.4 Kriya Sharira

(Study of Ayurvedic Physiology)

Theory – 12 hours, Project work – 2 hours, Practical -4 hours

B.3.5 Marma vidya

(Familiarization with 108 vital points throughout the body,
knowledge about them and learning techniques of working with them)

Theory – 8 hours, Project work – 1 hours, Practical -5 hours



Course B.4

Designed for students with secondary medical education
(for nurses, massagist, therapists)

Purvakarma

Preparatory procedures of Ayurvedic detox

Theory - 34 hours

Project work - 8 hours

Practical - 23 hours

Total Study Hours: 65 hours

B.4.1 Ayurveda Itihas

(Study of Introduction, history, origin/emergence and background of Ayurvedic science)

Theory – 2 hours, Project work – 1 hour,

B.4.2 Padartha Vigyana and Pariksha/PramanaVigyana

(Study of Philosophical aspect of Ayurvedic science)

Theory – 3 hours, Project work – 1 hour, Practical -1 hours

B.4.3 Rachana Sharira

(Study of Ayurvedic Anatomy)

Theory – 6 hours, Project work – 1 hours, Practical -3 hours

B.4.4 Kriya Sharira

(Study of Ayurvedic Physiology)

Theory – 10 hours, Project work – 2 hours, Practical -3 hours

B.4.5 Nadi Pariksha

(Study of Ayurvedic examination of Pulse & Ayurvedic pulse Diagnosis)

Theory – 4 hours, Project work – 1 hours, Practical -5 hours

B.4.6 Subject: Panchakarma / Samshodhana therapy/ Purvakarma:

(Study and familiarization of Ayurvedic detox/cleansing/ purification procedures for simultaneous cleansing of body and treatment of the diseases)

Theory – 9 hours, Project work – 2 hours, Practical -11 hours



Course B.5

Designed for students with secondary medical education
(for nurses, massagist, therapists)

Panchakarma therapy, Pradhankarma and Paschatkarma

(The main procedures of Ayurvedic detox)

Theory - 15 hours

Project work - 2 hours

Practical - 13 hours

Total Study Hours: 30 hours

B.5.1 Roga Vigyan and Vikriti Vigyan

(Study of Pathological Anatomy, Pathological Physiology,
Clinical Methods and Diagnosis)

Theory – 7 hours, Project work – 1 hours, Practical -4 hours

B.5.2 Subject: Panchakarma/Samshodhana therapy/ Pradhana karma / Pashchat karma

(Study of Ayurvedic detox/cleansing/ purification, procedures for simultaneous
cleansing of body and treatment of the diseases)

Theory – 8 hours, Project work – 1 hour, Practical -9 hours



Course B.6

Designed for students with secondary medical education
(for nurses, massagist, therapists)

Dravyaguna / Rasa Shastra

(Study and familiarization of Ayurvedic
Pharmacology & Pharmaceuticals)

Theory - 35 hours

Project work - 6 hours

Practical - 15 hours

Total Study Hours: 56 hours

B.6.1 Rachana Sharira & Kriya Sharira

(Study of Ayurvedic Anatomy and Ayurvedic Physiology)

Theory – 20 hours, Project work – 3 hours, Practical -8 hours

B.6.2 Dravyaguna Vigyan

(Study and familiarization of Ayurvedic Meteria medica, General & Clinical Ayurvedic
Pharmacology)

Theory – 10 hours, Project work – 2 hours, Practical -4 hours

B.6.3 Rasa Shastra and Bhaisajya Kalpana

(Study and familiarization of Ayurvedic Alchemy and Pharmaceutical procedures)

Theory – 5 hours, Project work – 1 hour, Practical -3 hours



Course B.7

Designed for students with secondary medical education
(for nurses, massagist, therapists)

Ubtan and Ayurvedic cosmetology

(Study and familiarization of Ayurvedic
Pharmacology & Pharmaceuticals)

Theory - 30 hours

Project work - 5 hours

Practical - 22 hours

Total Study Hours: 57 hours

B.7.1 Padartha Vigyana and Pariksha/PramanaVigyana –

(Study of Philosophy of Ayurvedic science)

Theory – 4 hours, Project work – 1 hour, Practical -1 hours

B.7.2 Rachana Sharira

(Study of Ayurvedic Anatomy)

Theory – 8 hours, Project work – 1 hour, Practical -2 hours

B.7.3 Kriya Sharira

(Study of Ayurvedic Physiology)

Theory – 10 hours, Project work – 2 hours, Practical -3 hours

B.7.4 Panchakarma / Samshodhana therapy:

(Ayurvedic detox/cleansing/ purification

(Study and familiarization of procedures for simultaneous cleansing of body and treatment of the diseases)

Theory – 8 hours, Project work – 1 hours, Practical -9 hours



Course B.8

Designed for students with secondary medical education
(for nurses, massagist, therapists)

Stree Roga / Prasuti tantra / Garbhasanskar

(Study of Ayurvedic Gynecology and Obstetrics for Nurses and
Therapists, Ayurvedic Nursing Knowledge and Care during Pregnancy)

Theory - 69 hours

Project work - 12 hours

Practical - 42 hours

Total Study Hours: 123 hours

B.8.1 Rachana Sharira

(Study of Ayurvedic Anatomy)

Theory – 7 hours, Project work – 1 hours, Practical -3 hours

B.8.2 Kriya Sharira

(Study of Ayurvedic Physiology)

Theory – 9 hours, Project work – 1 hour, Practical -3 hours

B.8.3 Nadi Pariksha

(Study and familiarization of Ayurvedic examination of Pulse & Ayurvedic pulse Diagnosis)

Theory – 4 hours, Project work – 1 hour, Practical -5 hours

B.8.4 Dravyaguna Vigyan

(Study and familiarization of Meteria medica, General & Clinical Ayurvedic Pharmacology)

Theory – 8 hours, Project work – 1 hour, Practical -3 hours

B.8.5 Kaya Chikitsa

(Study of Ayurvedic General Medicine and Internal Medicine)

Theory – 16 hours, Project work – 3 hours, Practical -10 hours

B.8.6 Panchakarma / Samshodhana therapy

(Study and familiarization of Ayurvedic detox/cleansing/ purification procedures for
simultaneous cleansing of body and treatment of the diseases)

Theory – 7 hours, Project work – 2 hours, Practical -8 hours

B.8.7 Rasayana

(Study and familiarization of Ayurvedic Rejuvenation Therapy with special herbs and therapies
for the rejuvenation of mind & body)

Theory – 6 hours, Project work – 1 hour, Practical -3 hour

B.8.8 Stry Roga, Prasutitantra, Garbhasanskar

(Study and familiarization of Ayurvedic Gynecology, Ayurvedic Obstetrics, Ayurvedic Knowledge
about pregnancy and Ayurvedic Pregnancy Care)

Theory – 12 hours, Project work – 2 hours, Practical -7 hours



Course B.9

Designed for students with secondary medical education
(for nurses, massagist, therapists)

Kaumarbhritya

(Study and familiarization of Pediatrics nursing care)

Theory - 66 hours

Project work - 12 hours

Practical - 41 hours

Total Study Hours: 119 hours

B.9.1 Rachana Sharira

(Study of Ayurvedic Anatomy)

Theory – 7 hours, Project work – 1 hours, Practical -3 hours

B.9.2 Kriya Sharira

(Study of Ayurvedic Physiology)

Theory – 9 hours, Project work – 1 hour, Practical -3 hours

B.9.3 Nadi Pariksha

(Study and familiarization of Ayurvedic examination of Pulse & Ayurvedic pulse Diagnosis)

Theory – 4 hours, Project work – 1 hour, Practical -5 hours

B.9.4 Dravyaguna Vigyan

(Study and familiarization of Meteria medica, General & Clinical Ayurvedic Pharmacology)

Theory – 8 hours, Project work – 1 hour, Practical -3 hours

B.9.5 Kaya Chikitsa

(Study of Ayurvedic General Medicine and Internal Medicine)

Theory – 16 hours, Project work – 3 hours, Practical -10 hours

B.9.6 Panchakarma / Samshodhana therapy

(Study and familiarization of Ayurvedic detox/cleansing/ purification procedures for simultaneous cleansing of body and treatment of the diseases)

Theory – 7 hours, Project work – 2 hours, Practical -8 hours

B.9.7 Rasayana

(Study and familiarization of Ayurvedic Rejuvenation Therapy with special herbs and therapies for the rejuvenation of mind & body)

Theory – 6 hours, Project work – 1 hours, Practical -3 hours

B.9.8 Kaumara Vrittya

(Study and familiarization of Ayurvedic Pediatrics and baby care)

Theory – 9 hours, Project work – 2 hours, Practical -6 hours