



International Ayurveda and Yoga Institute

Kyiv, Ukraine

Ayurveda Study Courses

Syllabus/Curriculum

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Course C.I

Designed for students with higher or secondary non-medical education

Ayurveda for every day life

(Study, familiarization and application of natural healing process principles of Ayurvedic science in day to day life)

Theory - 24 hours

Project work - 4 hours

Practical - 9 hours

Total Study Hours: 37 hours

C.1.1 Ayurveda Itihas

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

Theory – 1 hours, Project work – 1 hours

C.1.2 Rachana Sharira & Kriya Sharira

(Study of Ayurvedic Anatomy and Ayurvedic Physiology)

Theory – 18 hours, Project work – 2 hours, Practical – 6 hours

C.1.3 Marmavidya

Study and familiarization with 108 vital points throughout the body, knowledge about them and learning techniques of working with them

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



Course C.2

Designed for students with higher or secondary non-medical education

Ayurvedic cooking

(Study of Ahara-diete and rules of healthy eating, Dinacharya - daily routines, theory and practicals of cooking in ayurvedic style)

Theory - 25 hours

Project work - 6 hours

Practical - 13 hours

Total Study Hours: 44 hours

C.2.1 Kriya Sharir

(Study of Ayurvedic Physiology)

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

C.2.2 Swasthavritta & Ahara

(Study and familiarization of Ayurvedic dietetics and cooking)

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

C.2.3 Dravyaguna Vigyan

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

Theory – 7 hours, Project work – 2 hours, Practical – 3 hours



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Course C.3

Designed for students with higher or secondary non-medical education

Dinacarya

(Study of Ayurvedic healthy way of life)

Theory - 20 hours

Project work - 3 hours

Practical - 7 hours

Total Study Hours: 30 hours

C.3.1 KriyaSharira

(Study of Ayurvedic Physiology)

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

C.3.2 Swasthavritta, Yoga and Nisorgopachara

(Study of Ayurvedic health rules, lifestyle and yoga)

Theory – 10 hours, Project work – 1 hour, Practical – 4 hours



Course C.4

Designed for students with higher or secondary non-medical education

Ayurvedic massage treatments

(Study, familiarization and practice of ayurvedic massage procedures)

Theory - 30 hours

Project work - 8 hours

Practical - 20 hours

Total Study Hours: 58 hours

C.4.1 Ayurveda Itihas

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

Theory – 1 hours, Project work – 1 hour

C.4.2 Padartha Vigyana and Pariksha/PramanaVigyana

(Study of Philosophy of Ayurveda)

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

C.4.3 RachanaSharira

(Study of Ayurvedic Anatomy)

Theory – 6 hours, Project work – 1 hour, Practical – 2 hours

C.4.4 Kriya Sharira

(Study of Ayurvedic Physiology)

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

C.4.5 Nadi Pariksha

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

Theory – 3 hours, Project work – 1 hours, Practical – 4 hours

C.4.6 Panchakarma/Samshodhana therapy

(Study, familiarization and practice of Ayurvedic detox/cleansing/ purification procedures and Ayurvedic massages)

Theory – 7 hours, Project work – 2 hours, Practical – 10 hours



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Course C.5

Designed for students with higher or secondary non-medical education

Marmavidya

(Study and Familiarization with vital Marma points and the practice of work with them)

Theory - 24 hours

Project work - 3 hours

Practical - 11 hours

Total Study Hours: 38 hours

C.5.1 Rachana Sharira & Kriya Sharira

(Study of Ayurvedic Anatomy and Ayurvedic Physiology)

Theory – 17 hours, Project work – 2 hours, Practical – 6 hours

C.5.2 Marmavidya

(Study and familiarization of 108 vital points throughout the body, knowledge about them and learning/practicing the techniques of working with them)

Theory – 7 hours, Project work – 1 hour, Practical – 5 hours



Course C.6

Designed for students with higher or secondary non-medical education

Ayurvedic Women's Health and Pregnancy Care

Theory - 53 hours

Project work - 10 hours

Practical - 31 hours

Total Study Hours: 94 hours

C.6.1 Rachana Sharira

(Study of Ayurvedic Anatomy)

Theory – 5 hours, Project work – 1 hour, Practical – 2 hours

C.6.2 Kriya Sharira

(Study of Ayurvedic Physiology)

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

C.6.3 Nadi Pariksha

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

Theory – 3 hours, Project work – 1 hour, Practical – 4 hours

C.6.4 Dravyaguna Vigyan

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

Theory – 7 hours, Project work – 1 hour, Practical – 2 hours

C.6.5 Kaya Chikitsa

(Study of general Medicine and Internal Medicine)

Theory – 10 hours, Project work – 2 hours, Practical – 5 hours

C.6.6 Panchakarma/Samshodhana therapy

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

Theory – 7 hours, Project work – 1 hour, Practical – 8 hours

C.6.7 Rasayana

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

Theory – 4 hours, Project work – 1 hour, Practical – 2 hours

C.6.8 StryRoga, Prasutitantra, Garbhasanskar

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

Theory – 10 hours, Project work – 2 hours, Practical – 5 hours



Course C.7

Designed for students with higher or secondary non-medical education

Herbalism / Herbalogy

(Study and familiarization with Ayurvedic herbs and their actions)

Theory - 27 hours

Project work - 4 hours

Practical - 10 hours

Total Study Hours: 41 hours

C.7.1 Rachana Sharira & Kriya Sharira

(Study of Ayurvedic Anatomy and Ayurvedic Physiology)

Theory – 17 hours, Project work – 2 hours, Practical – 6 hours

C.7.2 Dravyaguna Vigyan

(Study of Materia medica, General & Clinical Ayurvedic Pharmacology)

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



Course C.8

Designed for students with higher or secondary non-medical education

Ubtan and Ayurvedic approach to beauty care

(Study and familiarization of Ayurvedic massages and detox procedures related to beauty care)

Theory - 23 hours

Project work - 6 hours

Practical - 13 hours

Total Study Hours: 42 hours

C.8.1 Padartha Vigyana and Pariksha/PramanaVigyana

(Study of Ayurvedic Philosophy)

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

C.8.2 Rachana Sharira

(Study of Ayurvedic Anatomy)

Theory – 5 hours, Project work – 1 hour, Practical – 2 hours

C.8.3 Kriya Sharira

(Study of Ayurvedic Physiology)

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

C.8.4 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 – 1 hour, Practical – 8 hours



Course C.9

Designed for students with higher or secondary non-medical education

Kaumaravritya Ayurvedic approach to child care

Theory - 50 hours

Project work - 9 hours

Practical - 31 hours

Total Study Hours: 90 hours

C.9.1 RachanaSharira

(Study of Ayurvedic Anatomy)

Theory – 5 hours, Project work – 1 hour, Practical – 2 hours

C.9.2 KriyaSharira

(Study of Ayurvedic Physiology)

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

C.9.3 Nadi Pariksha

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

Theory – 3 hours, Project work – 1 hour, Practical – 4 hours

3.9.4 Dravyaguna Vigyan –

(Meteria medica), General & Clinical Ayurvedic Pharmacology:

Theory – 7 hours, Project work – 1 hours, Practical – 2 hours

C.9.5 Kaya Chikitsa

(Study of Ayurvedic General Medicine and Internal Medicine)

Theory – 10 hours, Project work – 2 hours, Practical – 5 hours

C.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 – 1 hour, Practical – 8 hours

C.9.7 Rasayana

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

Theory – 4 hours, Project work – 1 hour, Practical – 2 hours

C.9.8 Kaumara Vrittya

(Study of Ayurvedic Pediatrics and familiarization of Ayurvedic child care)

Theory – 7 hours, Project work – 1 hour, Practical – 5 hours