



Ayurveda Lifestyle Coach Training

Online | April - December 2023 | Once a week

Dhanvantari Mantra

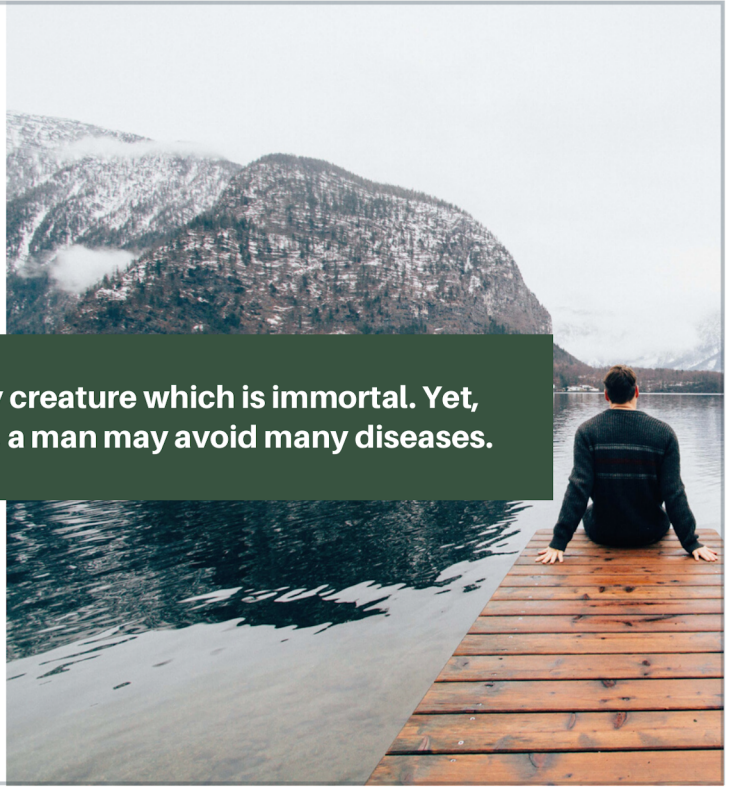
***Om Namo Bhagavate Vasudevaaya Dhanvantaraye Amrita-kalasha Hastaaya
Sarva-amaya Vinashaaya Trailokya Naathaya Dhanvantri Maha-vishnave Namaha***

We pray to God, who is known as Sudarshana Vasudev Dhanvantari. He holds the Kalasha full of nectar of immortality. Lord Dhanvantri removes all fears and removes all diseases. He is the well wisher and the preserver of the three worlds. Dhanvantari is like Lord Vishnu, empowered to heal the Jiva souls. We bow to the Lord of Ayurveda.

Health brings happiness

Nowhere on earth is there any creature which is immortal. Yet, although death is unavoidable, a man may avoid many diseases.

Sarngadhara samhita Section 1.5





AYURVEDA HAS 2 MAIN GOALS

PRESERVATION OF HEALTH

Practices and lifestyle that help to maintain wellness and avoid illness.
Prevention of disease.

DISEASE MANAGEMENT

Methods, medicine, and tactics for disease management.

Ayurveda Lifestyle Coach

- An Ayurvedic Health Coach is trained to educate and guide individuals on maintaining their health and preventing illness.
- To determine a person's elemental imbalance and guide them back into balance.
- By understanding which elements need balancing, an Ayurvedic Health Coach addresses common health disturbances such as insomnia, weight balance, poor digestion, low energy, mood swings, PMS, menopause symptoms, skin problems, headaches, stress.
- These disturbances can be rectified within a few months with dietary, lifestyle, and herbal remedies.

What Can an Ayurveda Health Coach Do Professionally?

- Ayurvedic Health Coaches can give workshops on Ayurvedic Lifestyle and Diet.
- An Ayurvedic Health Coach can be hired by an Integrative MD as an Ayurvedic Patient Educator.
- Entrepreneurs can create herbal or food products or open wellness centers/spas.
- They give Ayurvedic Educational Sessions on lifestyle, herbal remedies, and nutrition.
- Professional Chefs can apply Ayurvedic knowledge to create balancing meals for specific mind-body types.
- Freelancers can launch Ayurvedic publications and podcasts.
- Massage Therapists, Estheticians, and Bodyworkers can apply Ayurveda to enhance and expand their services.
- Yoga Instructors can add Ayurvedic detoxes and specific poses that balance the doshas to their classes.



**What you
will learn**

9 MODULES

1. Fundamentals
2. Routine
3. Herbs & Spices
4. Digestion & Gut Health
5. Nutrition
6. Detox
7. Mind
8. Beauty and Health Tips
9. Practice

MODULE 1 - FUNDAMENTALS	MODULE 2 - ROUTINES	MODULE 3 - HERBS & SPICES
WEEK 1 • Orientation • Introduction to Ayurveda WEEK 2 • Mind - Body Type. Prakriti WEEK 3 • Vata Constitution • Pita Constitution WEEK 4 • Kapha Constitution • Subdoshas	WEEK 5 • Dinacharya WEEK 6 • Brahma Muhurta • Fasting WEEK 7 • Abhyanga - Ayurvedic Massage WEEK 8 • Rituacharya - Seasonal Routines	WEEK 9 • Herbal Therapeutics • Rasayanas - Superfoods WEEK 10 • Herbs & Spices WEEK 11 • Home Remedies WEEK 12 • Use of Aromatherapy

MODULE 4 - DIGESTION & GUT HEALTH	MODULE 5 - NUTRITION	MODULE 6 - DETOX
WEEK 13 • Agni - Fire of Digestion • Optimizing Digestion WEEK 14 • Dhatu - The Body Tissues • Ojas WEEK 15 • Protocols for Constipation • Incompatible Food Combinations WEEK 16 • Weight Management • Gut Health and Probiotics	WEEK 17 • Balanced Diet • Rasa: The 6 Tastes WEEK 18 • Cooking Workshop - Breakfast Meals WEEK 19 • Cooking Workshop - Lunch Meals WEEK 20 • Cooking Workshop - Dinner Meals	WEEK 21 • Disease in Ayurveda • Prevention of Disease WEEK 22 • Mala - The Metabolic Wastes • Four Types of Toxins WEEK 23 • Pancha Karma • Safe Home Detox and Recipes for a Cleanse WEEK 24 • Women's Health - Natural Detox through Menstruation

MODULE 7 - MIND	MODULE 8 - BEAUTY	MODULE 9 - HERBS & SPICES
WEEK 25 • Developing a Sattvic Mind • Meditation WEEK 26 • Ayurvedic Psychology • Affirmations & Journaling WEEK 27 • Stress Management • Mind-Body Balance through Asanas, Pranayama, Yoga Nidra WEEK 28 • Ayurvedic Approach to Anxiety & Depression	WEEK 29 • Ayurveda & Skincare • Natural Moisturizers & Masks WEEK 30 • Ayurveda & Haircare • Head & Scalp Massage WEEK 31 • The Role of Sleep WEEK 32 • Five Ayurveda Tips to Stay Healthy	WEEK 33 • How to Offer an Ayurvedic Health Consultation WEEK 34 • Final Exam WEEK 35 • Presentation of Capstone Projects WEEK 36 • Graduation



Overview of the Course

1 LIVE SESSION ONCE A WEEK |
1.5 HOUR WITH Q&A

Try your best to attend live, recordings will be
on *thevedic life learning* platform.

DATES AND TIMINGS

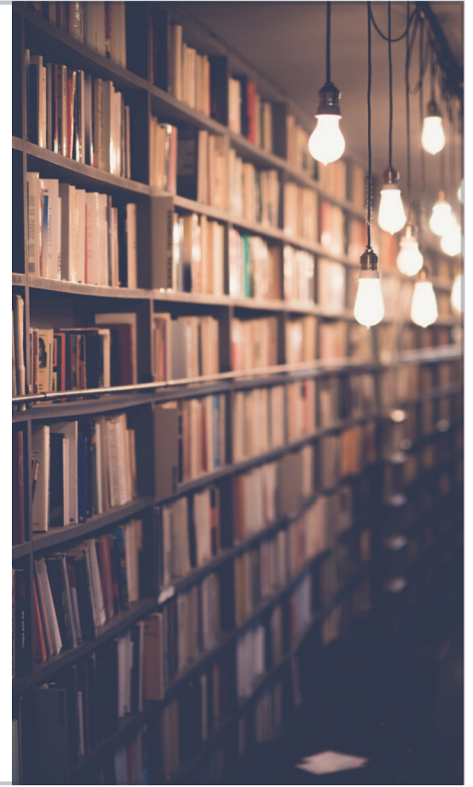
Every Sunday @6PM - 7.30PM IST

TESTS, ASSIGNMENTS & CAPSTONE PROJECT

To help us go deeper and apply the
knowledge of Ayurveda.

To Aid Your Learning

- Don't strain to learn. Keep it simple, keep it blissful.
- Review the videos.
- Do the weekly tests on the vedic life learning platform.
- Go through the main points before and after the class.
- Come to the class on time.
- Stay on topic - ask questions relevant to lesson.



Introduction to Ayurveda

MODULE 1: FUNDAMENTALS

Lesson 1



In Today's Session



What is Ayurveda



Origins of Ayurveda



Two Main Goals of Ayurveda



8 Branches of Ayurveda



What is Health

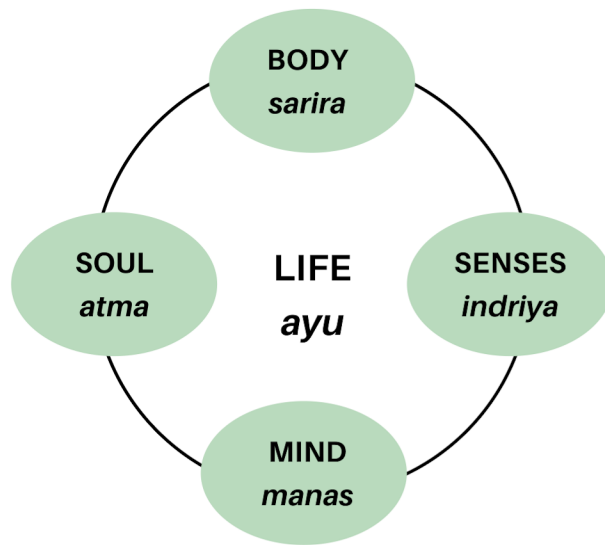


What is Ayurveda?

AYUS - LIFE/HEALTH
VEDA- KNOWLEDGE/SCIENCE



Ayurveda is a medical science deeply focused on healing and maintaining the quality and longevity of life.



**'Ayus' is the
combination of
body, senses,
mind and soul.**

Ayurvedic Versus Western Medicine

Ayurvedic medicine is not meant to replace Western medicine but rather to complement it. Its focus is more **preventative**, whereas conventional medicine's concentration is more **symptomatic**. Ayurveda's approach to health is to inhibit the disease from appearing. The Western approach to health is to deal with the disease after it has appeared.

Western Approach

- Focuses on diagnosing and treating specific diseases and conditions using drugs, surgery, and other medical interventions.
- Generally takes a more standardized and one-size-fits-all approach to treatment.
- Prevents you from addressing the underlying imbalance.
- Helps one thing and hurts another.
- Great in crisis - if situation is too painful or life-threatening.

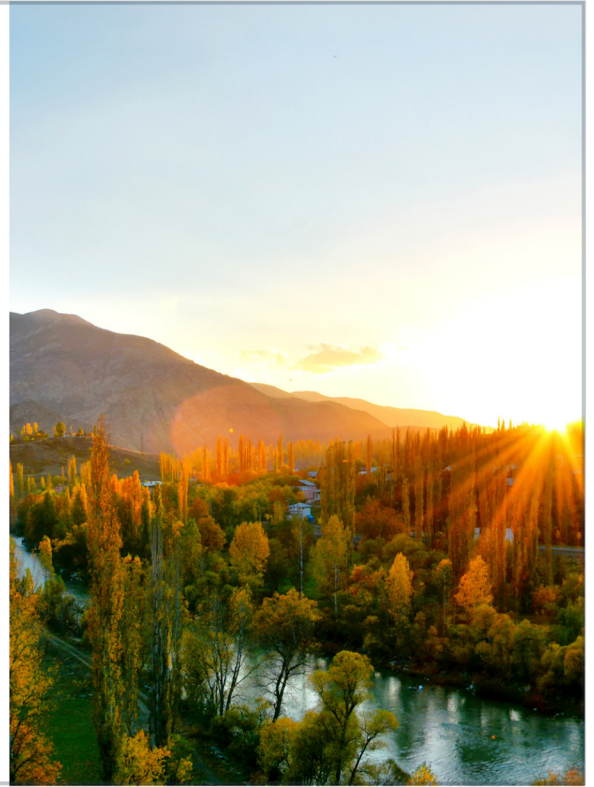
Ayurvedic Approach

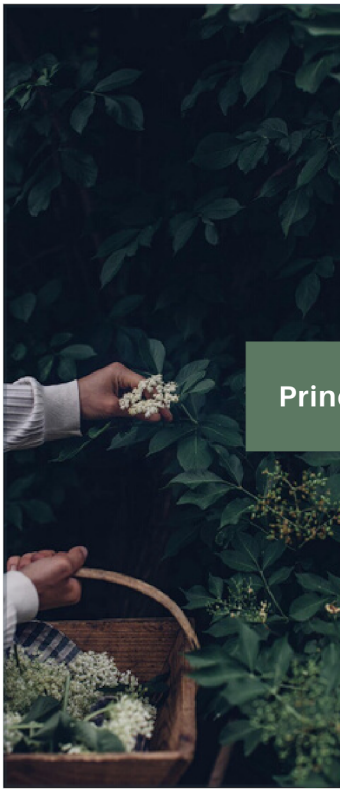
- Focuses on prevention of disease and promoting overall health and wellness.
- Believes that health is a balance between body, mind, and spirit, and seeks to restore this balance through natural means such as diet, lifestyle changes, and herbal remedies.
- Emphasizes personalized treatment based on an individual's unique constitution and symptoms.
- Recognizes the interconnectedness of all things and the importance of treating the root cause of a disease rather than just the symptoms. Always ask "Why is that?"

Ayurveda - The Science of Living In Harmony with the Laws of Nature

Ayurveda is a complete medical system. It deals with health in all its aspects: physical health, mental balance, spiritual well-being, social welfare, environmental considerations, dietary and lifestyle habits, daily living trends, and seasonal variations in lifestyle, as well as treating and managing specific diseases.

Ayurveda teaches respect for nature, appreciation of life and the means to empower the individual. It is **holistic medicine** at its best.





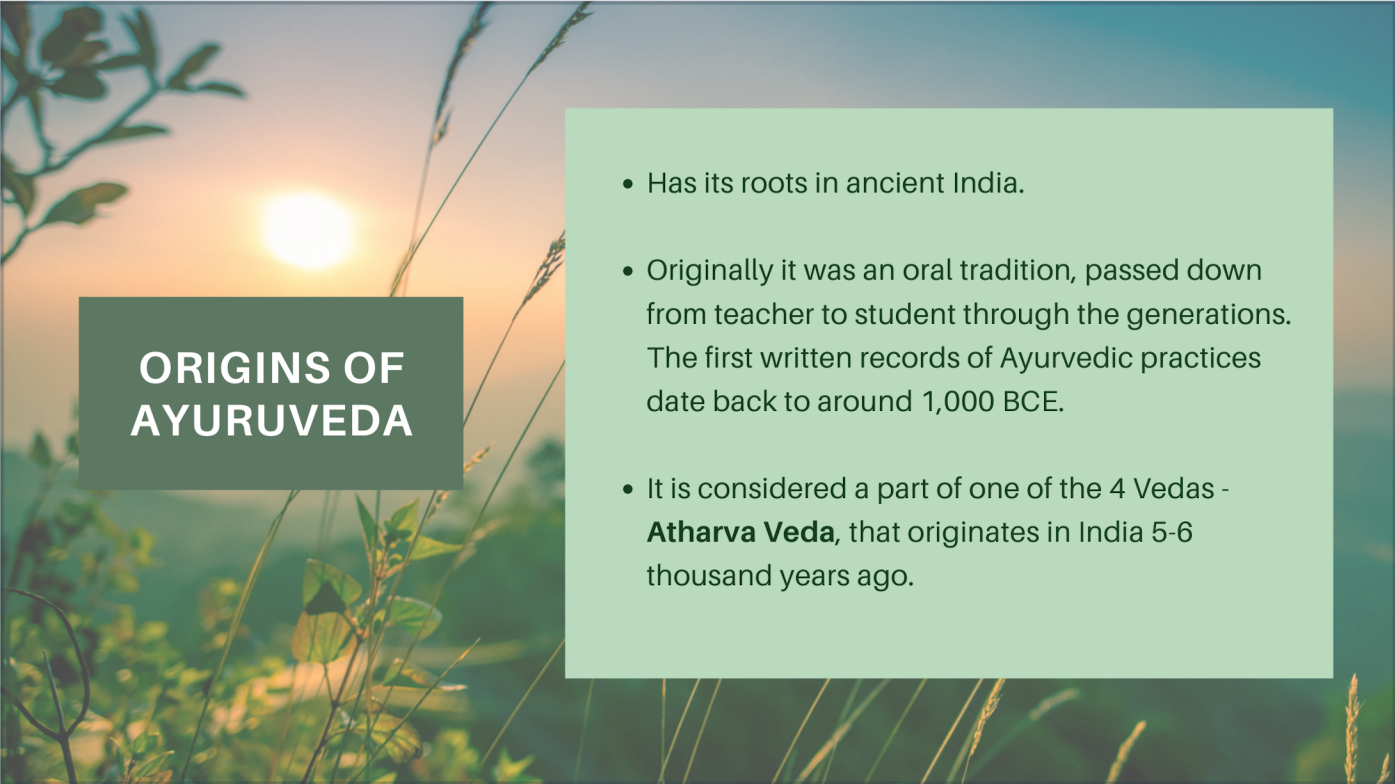
Principle

YATHA PINDE, TATHA BRAMHANDE

WE ARE A MICROCOSM IN THE MACROCOSM

Ayurveda is based upon the laws of nature. The relationship between the human being and the universe is intrinsic and cannot be separated.

Dynamic balance can be achieved with the help of diet, daily routines, and seasonal routines.



ORIGINS OF AYURVEDA

- Has its roots in ancient India.
- Originally it was an oral tradition, passed down from teacher to student through the generations. The first written records of Ayurvedic practices date back to around 1,000 BCE.
- It is considered a part of one of the 4 Vedas - **Atharva Veda**, that originates in India 5-6 thousand years ago.

Origin of Ayurveda is considered to be divine, from **Lord Brahma** who according to the Vedas is the Creator of the Universe.





The creator of the Universe passed on this holistic knowledge of healing onto the sages for the well-being of mankind.

From the sages the knowledge of traditional medicines was passed on to the disciples and then to the public by various writings and oral narrations.

The information about the healing properties of the herbs was composed in the form of poems, called "Shlokas".

Dhanvantari

According to the Puranas, Lord Dhanvantari emerged from the ocean of milk during the Samudra Manthan (churning of the ocean), holding the pot of Amrita (nectar of immortality) in one hand and the Ayurvedic texts in the other.

"One who remembers the name of Dhanvantari can be released from all disease." Lord Dhanvantari is worshipped all over India as the God of Medicine.



ॐ दिव्याय धन्वन्तरये नमः
Om Divyay Dhanvantaraye Namah

This mantra is a simple but powerful way to offer reverence to Lord Dhanvantari, the god of Ayurveda. The mantra translates to "Salutations to the divine Dhanvantari." Chanting this mantra before seeing your Ayurveda clients can help to invoke the blessings of Lord Dhanvantari and infuse your practice with positive energy and healing vibrations.

THE RIG VEDA

The Book of Mantra

THE YAJUR VEDA

The Book of Ritual

THE SAMA VEDA

The Book of Chant

THE ATHARVA VEDA

The Book of Magical Formulas

4 VEDAS



GANDHARVAVEDA

The study of aesthetics, including art, music, dance, poetry, and sculpture.

DHANURVEDA

The science of archery and warfare.

AYURVEDA

The science of health and life.

STHAPATYA VEDA

The study of architecture and engineering |
Vastu Shastra

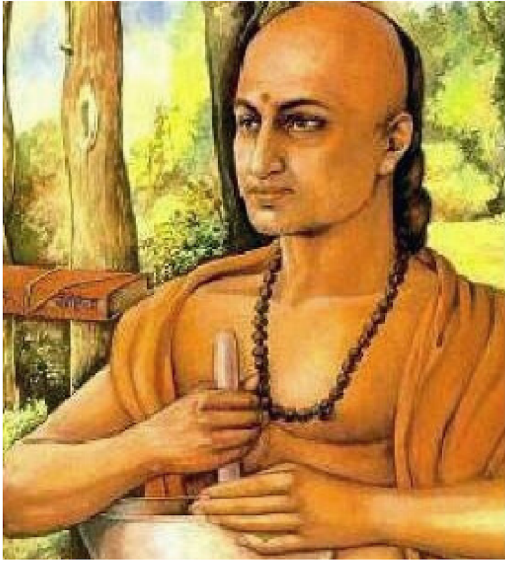
4 UPAVEDAS





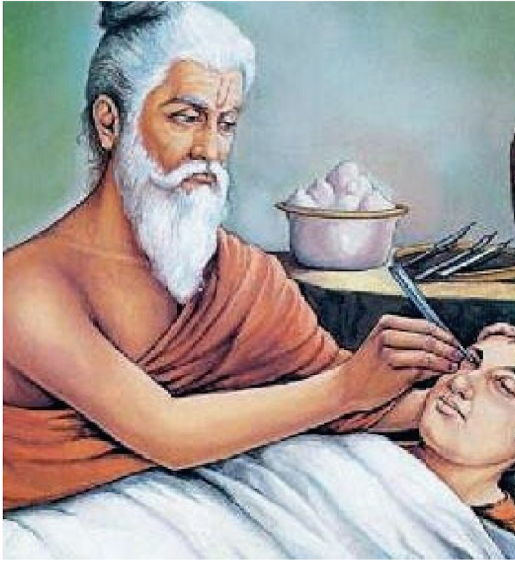
Main Texts of Ayurveda

- CHARAKA SAMHITA
- SUSHRUTA SAMHITA
- ASHTANGA HRDAYAM BY VAGBHATA



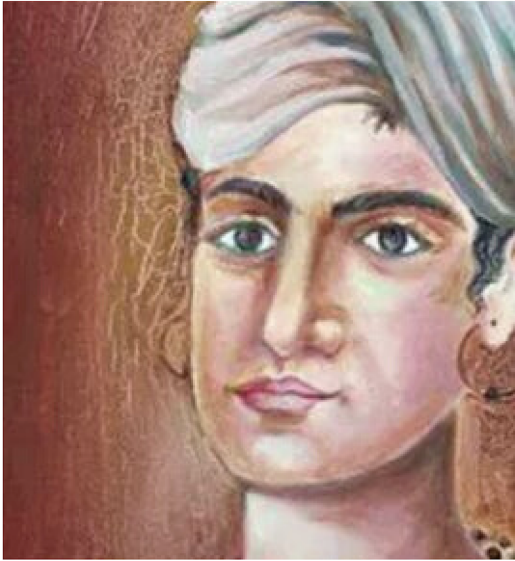
CHARAKA SAMHITA

- Written by physician Charaka in 2nd century BCE
- Comprehensive text on Ayurveda, covering topics related to health, disease, and treatment
- Divided into eight sections, including general principles, diagnosis and treatment, and pharmacology
- Includes concept of three doshas and seven dhatus
- Considered one of the oldest and most authoritative texts on Ayurveda



SUSHRUTA SAMHITA

- Written by physician and surgeon Sushruta in 6th century BCE
- Divided into six sections, covering topics such as general principles, surgery, ophthalmology, and obstetrics
- Includes detailed descriptions of surgical procedures and techniques
- Developed concept of shalya tantra, or surgical interventions
- Considered one of the greatest physicians and surgeons in Ayurvedic history



ASHTANGA HRIDAYAM

- Written by physician and scholar Vagbhata, in 6th century CE
- Considered one of the three major texts of Ayurveda, along with Charaka Samhita and Sushruta Samhita
- Divided into six sections, covering topics related to general principles, diagnosis and treatment, and herbal remedies
- Known for its concise and practical approach to Ayurveda
- Developed concept of tridosha and introduced use of mercury and sulfur in treatments



KAYA CHIKITSA

- Focuses on diagnosis and treatment of internal diseases
- Diseases treated: Respiratory illnesses, digestive disorders, autoimmune conditions
- Treats the root cause of disease rather than just the symptoms
- Uses natural therapies such as herbs, diet, and lifestyle changes to restore balance and promote healing

CHILDHOOD DISEASES - BALA CHIKITSA

- Also known as Kaumarabhritya (Pediatrics)
- Focuses on care and treatment of children, from infancy to adolescence
- Emphasizes nutrition, hygiene, and lifestyle practices to promote health and prevent disease
- Uses natural remedies such as herbs and massage to treat common childhood illnesses

SURGERY - SHALYA CHIKITSA

- Focuses on surgical interventions for treatment of injuries and diseases
- Emphasizes techniques that minimize pain and promote healing
- Uses natural anesthesia and pain management methods when possible

TOXICOLOGY - AGADA CHIKITSA

- Focuses on diagnosis and treatment of poisonings and other toxic conditions. Diseases treated: Poisoning, food poisoning, heavy metal toxicity
- Uses natural remedies such as herbs and minerals to neutralize toxins and promote healing
- Ayurvedic practitioners have long used activated charcoal and other natural remedies to treat poisonings and other toxic conditions.

PSYCHIATRY - BHUTA CHIKITSA

- Focuses on diagnosis and treatment of mental and emotional disorders
- Uses a holistic approach that considers the physical, mental, and spiritual aspects of the individual
- This branch incorporates meditation, yoga, and breathing techniques to overcome anxiety, depression, anger, and other imbalances.

DISEASES OF HEAD AND NECK - SALAKYA CHIKITSA

- Focuses on diagnosis and treatment of diseases affecting the head, neck, and sensory organs
- The practice of nasya, or nasal administration of herbal oils and powders, is a common therapy used in Ayurvedic treatment of sinusitis and other respiratory conditions.
- Ayurveda lists 72 eye diseases and surgical procedures for many eye-related disorders, including cataracts and eyelid diseases. It also contains surgeries and treatments for the ears, nose, and throat.

FERTILITY TREATMENT - VAJIKARANA

- Focuses on treatment of sexual disorders, fertility related issues and enhancement of sexual health
- Uses natural remedies such as herbs and massage to promote reproductive health
- Emphasizes the importance of a healthy diet and lifestyle practices for optimal sexual function

REJUVENATION - RASAYANA

- Focuses on promoting longevity and vitality through natural means
- Uses diet, herbs, and lifestyle practices to strengthen the body and promote healthy aging
- Emphasizes prevention of disease through healthy habits and stress management
- Ayurvedic rasayana therapies often involve the use of herbs such as guduchi and ashwagandha, which have adaptogenic effects on the body, helping it to cope with stress.

What is Health?

*SWASTHA - TO BE
ESTABLISHED IN THE SELF*

Being established in one's true nature.



The Ayurvedic view of health is to have a body without pain or illness so you are free to **evolve spiritually**.

What is the value of a prolonged life which is wasted, inexperienced by years in this world? Better a moment of full consciousness, because that gives one a start in searching after his supreme interest.

Those who are bewildered by the external features of the material world and are engaged in the animal propensities of the eat-drink-and-be-merry type of life are simply **wasting their lives** by the unseen passing away of valuable years. We should know in perfect consciousness that human life is bestowed upon the conditioned soul to **achieve spiritual success**.

Srimad Bhagavatam 2.1.12

A Healthy Person

*Sama dosha samagnischa samadhatu malakriyah
Prasannatmendriya manah svastha ityabhidhiyate*

Charaka Samhita Sutra Sthana 15.13

- Has balanced doshas
- Balanced agni
- Properly formed dhatus
- Proper elimination of waste products
- All bodily functions are proper
- And whose soul, mind, and five senses are in bliss.



The Secret to Health

According to Ayurveda, the secret to health lies in the **digestive system**. Sanskrit term agni. This digestive fire is responsible for all transformation in the body, including the metabolism, nutrient absorption, and elimination.

Not only do we digest food, but we also digest emotions, senses, and experiences. If your agni is not burning bright, you feel stuck and depleted, both physically and mentally. Unprocessed emotions are just as harmful as unprocessed foods, adding heaviness and toxicity to the mind and body.



In Summary

- Ayurveda is one of the four Upavedas, or technical Vedic sciences.
- Ayurveda is a comprehensive medical and spiritual system that merges the mind, body, and spirit.
- Ayurveda is the world's oldest health system - at least 5000 years old - and is still practiced globally.
- Ayurveda is the sister science of yoga with the purpose of health and well-being, while yoga's purpose is spiritual awakening.
- The purpose of health surpasses the physical body and instead is achieving self-actualization, which enables you to reach your highest potential.
- An Ayurvedic Lifestyle Health Coach helps individuals to prevent disease and imbalances.



Thank you

Sources:

Dr Vasant Lad Textbook on Ayurveda, Fundamental Principles
Sahara Rose Ketabi, Ayurveda, An Idiots Guide to Ayurveda

Next Session:

Prakriti



thevediclife.com

AYURVEDA LIFESTYLE COACH TRAINING