



PROGRAM COURSE SYLLABUS for BVI "AYURVEDA, THE SCIENCE OF LIFE, LEVEL 1" beginning May 18-19, 2019 through May 16-17, 2020

PROGRAM COURSE SYLLABUS for "AYURVEDA - THE SCIENCE OF LIFE, LEVEL 1"

AYV 101 – Foundations of Ayurveda: History & Philosophy (16 hours) **May 18-19, 2019. Live Webinar**

In this course, the 5000-year Ayurvedic history will be encapsulated and its relevance to science, religion and philosophy explored. Students will be introduced to the literature of classical Ayurveda including *Samkhya* philosophy, as a source of Ayurvedic knowledge, along with an introduction to Vedic cosmology. They will come to understand the creation and nature of matter and the connection of mind-body-spirit, learn about the Ayurvedic conception of the nature of the individual, grasp basic terminology and nomenclature, and explore the *doshas* as a conceptual basis for diagnosis. **Conference date: 6:30 – 8:30 p.m., Wed., June 12, 2019.**

101 C – Introduction to Sanskrit. A special Conference Course designed for AHC students: (3 hrs.) **To Be Determined. From 6-9:00 p.m. Live Webinar. No quiz. No homework.**

AYV 102 - Ayurvedic Anatomy and Physiology (Level 1) (16 hours) **June 22-23, 2019. Live Webinar**

Anatomy is the study of form, and physiology is the study of function. Students will gain proficiency in the Ayurvedic understanding of the *shadanga sharira*, *tridoshas*, sub-*doshas*, the Ayurvedic concept of integrated nature of existence (mind-body, and spirit or consciousness), the concept of *prakruti* (mind-body constitution) and its identification with the *doshas*, along with an introduction to *dhatu*s (tissues), *parimanu* (cells, organs and organ systems). **102 Conference: Wed. July 10, 2019, due to July 4th holiday.**

AYV 103 - Ayurvedic Anatomy and Physiology (Level 2) (16 hours) **July 13-14, 2019. Live Webinar**

This course provides students with a detailed understanding of the Ayurvedic concept of *sapta dhatus* (the seven tissues) and the process of tissue formation. The digestive process from taste to tissue absorption is central to Ayurveda and its conception of nutrition and healing processes. Student will learn about the various functions of the *dhatu*s, *kalas*, and *doshas*; the concept of *agni* and its characteristics; the concept of *aam*, gross digestion and tissue micro-digestive processes, and the concept of *srotas* with a detailed discussion of these physiological pathways. **103 Conference: Wed. Jul. 31, 2019.**

AYV 104 - Ayurvedic Approaches to Nutrition and Food Science (16 hours) **Aug. 10-11, 2019. Instructor's Option**

For the purpose of eliminating toxins in the body-mind and reestablishing constitutional balance, Ayurveda adopts an individualized approach to nutrition. Unlike Western "nutritionism," Ayurveda utilizes a methodology which recognizes dietary preferences unique to and depending upon their constitution among other factors. This course examines this unique methodology in depth. Based upon the knowledge they acquire regarding the role of herbs/spices, seasonal foods, and cooking methods, students will understand how to enhance their health through proper nutrition, food combinations, and appropriate food choices.. The course participants also learn dietary guidelines in accordance with individual *doshas* (constitution) along with imbalances/disorders (vitiated *doshas*), and how to use food as medicine to heal. The course incorporates a food lab. **104 Conference: Wed. Sept 4., 2019.**

AYV 105 - The Ayurvedic Understanding of Mind (16 hours) **Sep. 14-15, 2019. Live Webinar**

Ayurvedic psychology understands the mind-body as emanating from spirit or consciousness. Students will learn the concepts of *chakras*, *nadis* and subtle energy pathways, mental pathways, subtle communications, mental *gunas* (*sattva*, *rajas*, and *tamas*), mental functions, and karmic factors. Students will acquire the necessary Ayurvedic tools and practices intended to prevent and/or manage mental, emotional, and behavioral dysfunctions. **105 Conference: Wed. Oct. 2, 2019.**

AYV 106 – Ayurveda and Yoga (16 hours) **Oct. 12-13, 2019. On Site**

Ayurveda and Yoga are "sister" sciences, sharing the same philosophical, theoretical and ethical basis of *Samkhya Yoga*. Yoga, the science of Self-Realization, and Ayurveda, which is the science of Self-healing of body-mind imbalances and

restoring health, support one another. Students will come to understand Yoga in its complete sense - beyond simply a form of physical exercise – in relationship to Ayurveda. Among its healing practices Ayurveda applies the wisdom of *dosha* theory to Yoga, having developed specific *dosha* pacifying *asanas* (yoga postures) to utilize in its methodologies. Both sciences utilize *pranayama* (breath control) practices, *mantra* and meditation, techniques that bring about both improved physical health and subtle changes in one's awareness. Students will gain a full understanding of these two sister sciences, how they integrate, and, when applied together, form a complete system for healthful living, which individuals can learn and practice in order to achieve their physical, mental and spiritual potential. **NOTE: No Quiz and No Conference due to The Mid-Term Exam.**

MID-TERM EXAM (Take Home) Oct 14 – Nov. 15, 2019. Mid-Term Exam due date: November 16, 2019.

AYV 107 – The Ayurvedic Lifestyle and Preventative Care (16 hours) **Nov. 16-17, 2019. Live Webinar**

Creating a healthy lifestyle through Ayurvedic principles is the best way to prevent disease. Students will learn about several self-care and cleansing practices which deal with physical, social, and spiritual hygiene. They will acquire knowledge about specific therapies focused upon nourishing and maintaining the five senses – hearing, sight, touch, taste, and smell – including yoga and meditation. Seasonal cycles, daily routine, and lifestyle suggestions are discussed in accordance with individual constitutional requirements. **107 Conference: Wed., Dec 4, 2019, due to Thanksgiving.**

AYV 108 - Ayurvedic Pathology (16 hours) **Dec. 14-15, 2019. Live Webinar**

Ayurvedic pathology could be generalized as the unbalancing of the *doshas* (3 fundamental body “humors”) and the progression that follows to cause disease and decay. Different stages in disease formation are discussed along with methods to reverse the effects before full disease is manifested. Students will learn about factors, such as diet, lifestyle and habits, that are known to generate imbalance of the *doshas*. They will learn about the corrective actions needed to rebalance the *doshas* and, thereby, restore health. **Quiz disseminated on Wed., Jan. 1, 2020. 108 Conference: Wed., Jan. 8, 2020, due to New Year's Day.**

AYV 109 - Ayurvedic Assessment Techniques and Pulse Reading (16 hours) **Jan. 11-12, 2020 Instructor's Option**

Ayurvedic assessment techniques differ from Western techniques in that they involve observation of both order (health) and disorder (disease) rather than identifying and labeling a disease that has manifest. This course will teach the Ayurvedic approach to physical assessment and observation methods, like interrogation, assessment of the tongue, eyes, and skin, and other observations, such that students understand how to observe and assess pathological processes as they occur in the body. Pulse diagnosis, used to determine individual constitutions and evaluate the status of the body's organs, tissues, and doshas will be introduced and demonstrated. **109 Conference: Wed., Jan. 29, 2019.**

AYV 110 - Panchakarma- Ayurvedic Therapies and Detoxification (16 hours) **Feb. 8-9, 2020. Instructor's Option**

Ayurveda has a unique purifying therapy in which the body's toxins can be purged. This purging is called *Panchakarma* (five therapies). Detoxification and purification takes place through the following therapies: *nasya* (nasal administration); *virechana* (purging); *vamana* (emetics); *basti* (enema), *raktamoksha* (blood cleansing). Both individually and collectively panchakarma benefits the body by removing obstructions and toxins from its channels (*srotas*), and brings vitiated *doshas* back into balance. Students will learn about these cleansing techniques in relation to physical conditions along with the protocols for health maintenance in Ayurvedic practice. **NOTE: 110 Conference: Wed., Feb. 26, 2020.**

AYV 111 - Ayurvedic Science of Herbs (16 hours) **March 7-8, 2020. Live Webinar**

Ayurvedic herbs have been found to be a viable solution to a number of health-related problems and diseases (anyone that has applied *aloe vera* to a burn realizes the value of herbs). Ayurvedic herbal science is based on countless years of research and application, and this course will give students familiarity with herbal substances and their qualities. Focusing on seven classifications (i.e. *dravya* or substance, *guna* or attribute, *rasa* or taste, *virya* or energy, *vipaka* or post-digestive effect, *prabhava* or special effect, and *karma* or action), students will learn to observe and categorize plants. They will also examine the use of common herbs, with their nutritive, therapeutic and energetic values that lack toxic side effects or reactions during the healing process. **111 Conference: Wed., March 25, 2020.**

AYV 112 - Ayurvedic Remedies for Common Ailments, & Subtle Therapies (16 hrs.) **Apr. 4-5, 2020. Live Webinar**

One of the wonderful aspects of Ayurvedic health management is how commonplace spices and herbs, found in most homes, can be used to heal or prevent common disorders with little to no side effect. In conjunction with dietary and lifestyle adjustments and with other non-invasive therapeutic modalities, participants will gain knowledge about the role of these ordinary substances in prevention in arresting and reversing the disease process. They will learn recipes for herbal teas, compounds, ghee, etc. Another group of subtle therapies, utilized in Ayurveda to stimulate and/or pacify the sensory pathways, approach healing through light, color, sound, and environment. Examined from an

Ayurvedic perspective students will learn about an array of therapies – Vedic medical astrology (*jyotish*), planetary gemstone therapy, and various types of bio-energetic healing (e.g. Reiki, Pranic Healing, Therapeutic Touch); subtle body energy conduits of healing (*chakras*, *nadis* and *koshas*); and, color therapy; *mantram* therapy; and aromatherapy – all useful in healing.

NOTE: AYV 112 is the final course for ASC students; AYV 113, 114 and 115 are *not required* for those who are enrolled in the “Self-Care and Family Health” Certificate Program (ASC).

AHC FINAL EXAM (Take Home) BEGINS: [Monday, April 6, 2020](#). DUE DATE: [Wednesday, May 6, 2020](#).

AYV 113 – *Practical Guidance for Ayurvedic Health Consultants* (3 hours) [May 6, 2020](#). [Live Webinar](#)

This course provides a survey of the legal requirements for, and constraints upon, the authorized and unauthorized practice of medicine. Students will learn about the following areas affecting their practice, including the distinctions between Ayurveda and other medical modalities, and diagnosis versus evaluation; prescription/provision of educative information versus prognosis. They will also be given practical information about the field, including remuneration, practice-management, approaches to practice promotion, and Ayurvedic Practitioners’ relationship to other healing modalities and licensed healthcare providers. **NOTE: *This course takes place on the first Wednesday evening following AYV 112 and is an essential preliminary to AYV 114.*** **NOTE: No Quiz, No Homework.**

AYV 114 – *Developing an Ayurvedic Practice* (16 hours) [May 16-17, 2020](#). [On Site, and a Site Visit](#)

This course is for students completing their first year of training in Ayurveda and adopts a very practical approach. It provides students with knowledge of Ayurvedic practice for the Ayurvedic Health Counselor Certification (Level 1) that students will have earned upon the successful completion of the BVI Ayurveda Program. The course includes both client contact units as well as a site visit to an established Ayurvedic practice. Students will be introduced to the various components of private practice, including intake paperwork, client files, scheduling, practitioner-client protocols, office logistics, and more. The course also focuses upon interpersonal skills that make an effective Health Counselor. Students will both learn about, and experience, a range of practices and protocols that assist them in setting up their own Ayurvedic Practice. **NOTE: No Quiz, No Homework, and No Follow up Conference.**

AYV 115 – *Internship for Ayurvedic Health Consultants* (50 Clinical Client Contact units). [Commences upon the completion of all coursework for AYV 101-112, and having attended AYV 113 and 114.](#)

An Internship consisting of 50 CCCs (Clinical Client Contact units) is required for graduation from the School’s program. These may consist of a combination of both first-time client intake consultations and follow-up consultations. Further, the 50 required CCCs must be comprised of 15 case observations and 35 clinical case management sessions.

AHC FINAL PROJECT: Consultations with the Dean of Students: [May 7- 15, 2020](#). DUE DATE: [Monday, June 15, 2020](#).

INTERNSHIP PERIOD: [May 18, 2020 and continuing](#). NOTE: Your Internship culminates when you have completed the requisite 50 Client Contact Units, all the requirements of the Internship - your internship journal, a signed clinical client roster (for NAMA), and timesheet record (for BVI), and submitted the Final Summary of your Internship Experience to the Dean of Students for review and grading (P/F).