Syllabus for Ayurvedic lectures level 1:

- Ayurvedic history & philosophy
- Ayurvedic principles & terminology
- Eight branches of Ayurveda, life according to Veda
- Panchamahabhutas (5 great elements), and their relation to living beings & Universe
- The concept of the 3 Doshas, 7 Dhatus, Agni, Ojas, Kleda, Ama, Tejas & Prana
- Prakruti, and analyzing it through pulse diagnosis & intuition
- Ayurvedic diet, 6 tastes, qualities of food
- Ayurvedic nutrition and lifestyle concepts
- Dinacharya (daily routine) & Ritucharya (seasonal routine)
- Basic understanding of Panchakarma (purification therapy)
- Preventative care in Ayurveda
- Ayurvedic Herbal Medicine (medicinal plants)

Syllabus for Ayurvedic lectures level 2:

- Understanding the living body
- Ayurvedic anatomy & physiology
- Ayurvedic Embryology
- Ayurvedic Obstetrics
- Ayurvedic Gynecology
- Ayurvedic Toxicology
- Ayurvedic Geriatrics
- Ayurvedic Panchakarma
- Ayurvedic Pathology
- Ayurvedic Pharmacology
- Ayurvedic therapeutic treatments
- 3-fold/8-fold/10-fold examination in Ayurveda & Ayurvedic examination of diseases
- Concepts of healing & its practical applications
- Ayurvedic Marma Therapy
- Ayurvedic Herbal Medicine (formulations)

Syllabus for Ayurvedic lectures Ayurvedic Cooking Nutrition Courses:

Qualities of fruits, vegetables, grains, animal foods, lentils, spices, nuts, seeds, oils & milk products with 30 Ayurvedic cooking recipes.

For further information or to make your reservation contact us today:

E-mail: mountaintopclinic@gmail.com

Contact information for online courses and/or consultations:

Skype ID: Sundara Raman

Zoom: Dr. Sundara will invite you through email or WhatsApp