



Mādhyā Way

School for
Ayurveda

Foundations of Ayurveda Course Curriculum

I. Foundations of Ayurveda

- A. Introduction to Ayurveda: How it is Defined
- B. History of Ayurveda: Lineage and Texts
- C. Sankhya Philosophy: From Primordial Nature to Human Form

II. Ayurvedic Concepts

- A. Prakruti and Vikruti: Constitutions and Imbalances
- B. Tri-Dosha: Three Mind-Body Constitutions (Vata, Pitti, Kapha)
- C. Gunas: 20 Opposite Qualities
- D. Sub-Doshas: 5 Additional Homes for Each Dosha

III. Ayurvedic Theories

- A. Doshas: Mind-Body Constitutions
- B. Srotas, Dhatus: Physiology of Tissues and Channels
- C. Agni: Digestive Fire and Gut-Brain Connection
- D. Ama: Undigested Food, Unhealthy Bacteria
- E. Malas: Waste Products, Elimination and Detoxification
- F. Prana, Tejas, Ojas: Subtle Essences of our Being
- G. Sattva, Rajas and Tamas: Mental Constitutions - Clarity, Activity and Dullness

IV. Vihara: Ayurvedic Lifestyle

- A. Dinacharya: Daily Routines

1. Creating a Daily Routine
 2. Outlining Traditional Routine
 3. Role of Abhyanga (self-massage), Nasya (nose oil application), Tongue Scraping, Showering and More
- B. Rytucharya: Seasonal Routines
1. Role of Diet and Exercise Based on Seasons
 2. Relationships of Doshas to Seasons
 3. Sandhi: Seasonal Changes or Joints
- C. Three Pillars: Food, Sleep, and Energy Regulation
1. Meditation
 2. Exercise
 3. Sleep
 4. Fasting

V. Ahara Rasa: Food as Medicine

- A. Rasas: 6 Tastes and Elemental Make-Up
- B. Food for Doshas
- C. Food for Seasons
- D. Cooking for Each Dosha
- E. Dairy, Meat, Wheat
- F. Ayurvedic Perspective on Modern Diets

VI. Ayurvedic Pathology

- A. Samprapti: 6 Stage Disease Process
- B. Panchakarma: What it is, Theoretical Process and Understanding
- C. Sensory Therapies: Sight, Sound, Smell, Taste and Touch
- D. Nidana: Factors Causing Imbalance

VII. Dravya Guna Shastra: Herbal Medicine

- A. Using Kitchen Herbs
- B. Theory and Application of Herbal Remedies
- C. Herbs Included: Ginger, Turmeric, Cumin, Coriander, Cilantro, Dill, Parsley, Triphala, Ajwain, Cardamom, Cinnamon, Fennel, Garlic, Clove, Nutmeg, Hing and More
- D. Herbal Formulas: Teas, Infusions and Tinctures

VIII. Counseling Skills

- A. Case Consultations
- B. Real-Life Examples
- C. Patient-Client Relationship

IX. Integrative Application

- A. How These Principles can be Modernized
- B. Social Justice Advocacy
- C. How Your Practice of Ayurveda Shapes Your Clients

X. Sister Sciences

- A. Jyotish
- B. Pediatrics
- C. Pre- and Post-Natal
- D. Yoga
- E. Counseling