

### Ayushakti Acadamy of Ayurveda Mumbai, India

Certificate course in

## Kaychikitsa



TO REGISTER CLICK HERE

This program is intended to provide practical education to the students and practitioners.



To acquire a comprehensive education in Ayurveda to develop a deep understanding of traditional Indian holistic healing practices, herbal medicine, and wellness principles with modern knowledge, in order to promote holistic health and well-being. Through a structured education, we aim to develop proficiency in Ayurvedic principles, diagnostic techniques, and therapeutic modalities. Our goal is to contribute to the healthcare field by applying Ayurvedic practices to enhance individual and community health, fostering a balanced and harmonious lifestyle

# Course Curriculum Core syllabus

- ShatkriyaKal Disease process according to Ayurveda
  - -Step by step progression of disease by Ancient science
  - -The causes of imbalance of Doshas in the body
  - -Signs and symptoms of each Dosha accumulation in the body
  - -Season-wise changes of Doshas
  - -The depth of disease in the body
- <u>Detailed study of healing pathways of 100+</u>
   <u>health challenges</u>
  - -Details (Pulse. Pathology, Symptoms, Herbal remedies, Home remedies, diet recommendation, lifestyle, case studies etc) of 350+ health conditions



### • 350+ health conditions are classified under different strotas in systematic way

- -Annavaha strotas related
- -Purishvaha strotas related
- -Mutravaha strotas related
- -Rasavaha strotas related
- -Pranavaha strotas related
- -Raktavaha strotas related
- -Mamsavaha strotas related
- -Medavaha strotas related
- -Asthivaha strotas related
- -Majjavaha strotas related
- -Manovaha strotas related
- -Aartavaaha strotas related
- -Shukraavaha strotas related
- -Eye related
- -Live related
- -Hair related
- -Autoimmune related
- -Cancer related
- -Child health related
- Modern and ancient science view
- Causative factor
- Ayurvedic Pathology for each health challenge
- Diagnostic tool Pulse and modern methods
- Principle treatment
- Ayushakti herbs and it action
- Diet
- Lifestyle

#### • Pulse diagnosis part 3

- -Learning pulse on deeper level
- -Knowing pulse of health Heart, Kidney, Liver related health conditions
- -Feeling the pulse of health conditions like Hormonal imbalance, Fibroid, Infertility
- -Understanding the pulse that is getting better

- <u>Panchkarma therapies part 3</u>
   Practical training in Panchkarma and allied therapies
  - -Leech therapy
  - -Agni karma
  - -Oil massage





### Completing a certificate course in Kayachikitsa can provide numerous benefits for both personal and professional development. Here are some key points:

- Specialized Knowledge: Gain in-depth understanding of Kayachikitsa, which focuses on the treatment of internal health challenges through Ayurvedic principles, including the use of herbal remedies and lifestyle modifications.
- Enhanced Clinical Skills: Develop advanced clinical skills in diagnosing and treating a wide range of internal disorders using Ayurvedic methods, improving client care.
- Improved client Outcomes: Enhance your ability to offer effective, personalized treatments for clients suffering from chronic and acute internal conditions, leading to better health outcomes.
- **Professional Credibility:** Obtain a recognized certification that validates your expertise in Ayurvedic herbal remedies, boosting your professional credibility and standing in the healthcare community.
- Research and Development: Engage in research opportunities within the field of Kayachikitsa, contributing to the advancement of Ayurvedic herbal remedies

### Mode of class: HYBRID

- 60+ hours recorded educational sessions to watch and learn (downloadable teaching videos)
- 8 days in person learning / practice-8 hours \* 8 days =64 hours (visit to Ayushakti India with personal arrangement & cost)
- 27 hours self-study / practice per week for 10 months - 27\*4\*10=1080 hours

### Eligibility

- Successfully completed of Certificate course in Ayurvedic **Basics**
- Any Medical practitioners (BAMS, MBBS, BHMS)
- Naturopath, Osteopath, Chiropractors, Healthcare, and Wellness practitioners, Heilpraktiker
- Alternative Practitioner
- Any Medical students

### Duration: 1 year

1200 Hours (Class, Self study, Practice, and Attempting Evaluation)

### **Evaluation** method

- After each session, online MCQ type assessment to be attempted within I year from registration
- To show/do practical demo and to attempt VIVA session
- Submission of practical



After successful completion of all assessments you will be able to download Certificate of Completion issued by Ayushakti Academy of Ayurveda

To register click on ENROLL NOW on below given link



https://education.ayushakti.com/course/CertificateCourseinKaychikitsa-65859

For any query or required assistance contact details:



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