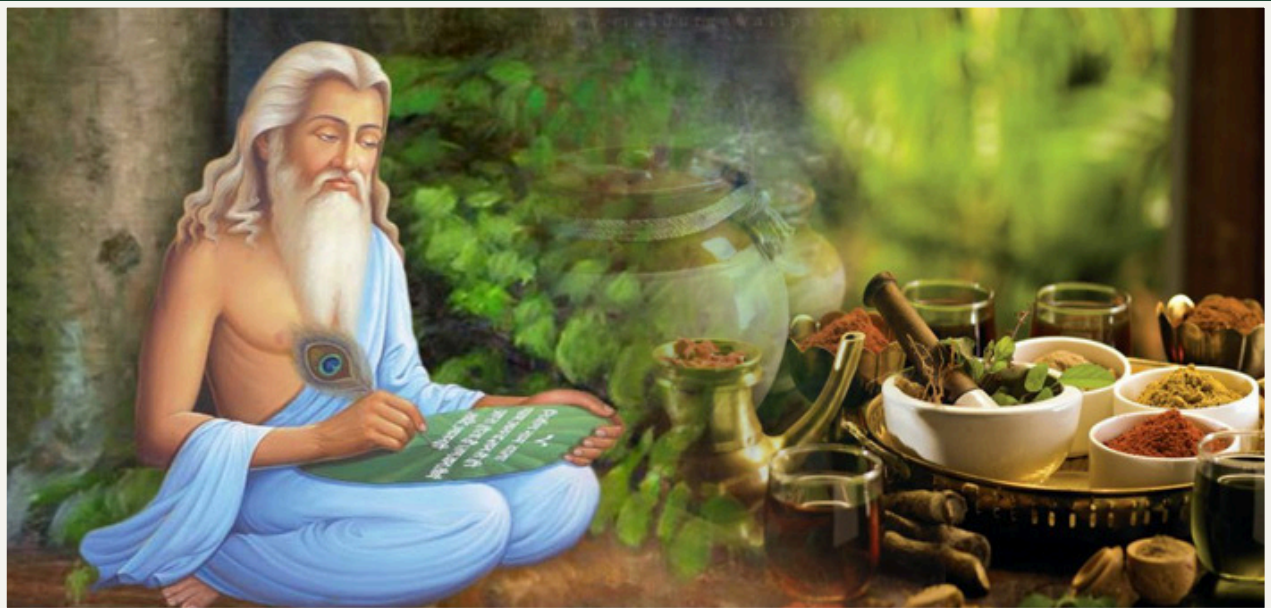




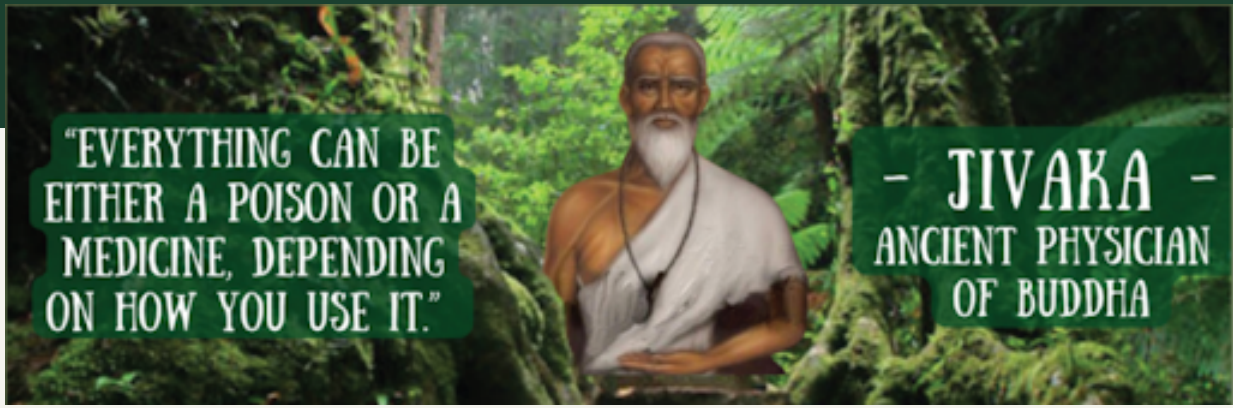
**Ayushakti Academy of Ayurveda
Mumbai, India**

Ancient Secret of Vibrant Health and Longevity (Recorded)



**Discover how to apply Ancient Ayurveda
Principles in your life**

Through the scientifically proven age-old methods of
reading & listening (Patha), understanding (Avabodha) and
practical application (Anusthana)

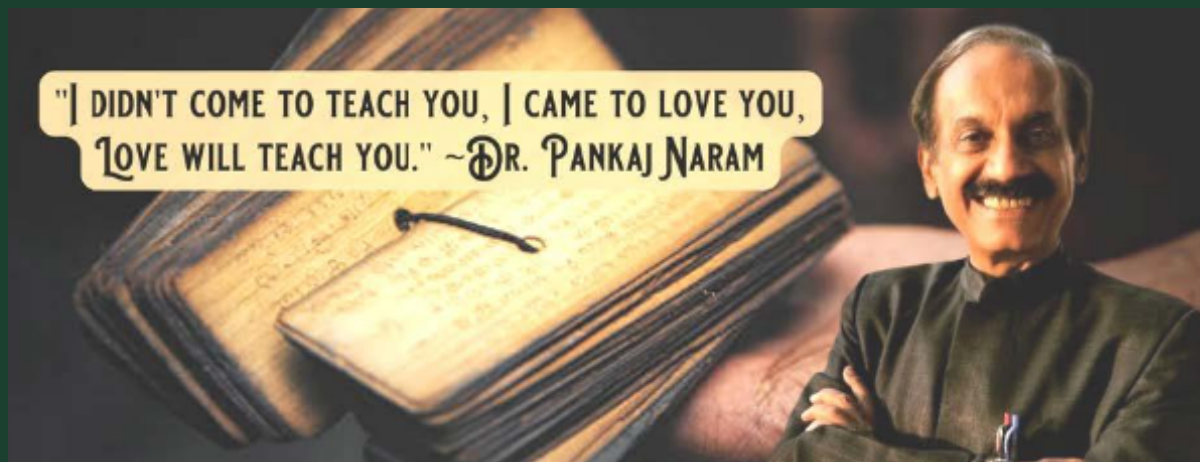


Siddha-Veda lineage starts with Master Jivaka, the physician of Lord Buddha.

Master Jivaka helped many souls to heal what seemingly no one else could do. He was and still is an icon and a source of inspiration for many traditional healers. The figure of Jivaka is evidence of superiority and medical levels.

Many descendent healers from this lineage used ancient science to do things that seemed like miracles.

DR. PANKAJ NARAM & HIS MISSION



Dr. Naram wanted to help people achieve vibrant health, unlimited energy, and peace of mind. He dedicated his life to studying the Ancient Scriptures and transcribing this knowledge into a multi-layered educational platform that is easy to teach and understand. He became one of the greatest healers of all time and made it his mission to spread these Ancient Secrets worldwide to benefit every heart in every home. Now you can also become part of that mission.

Course Objective

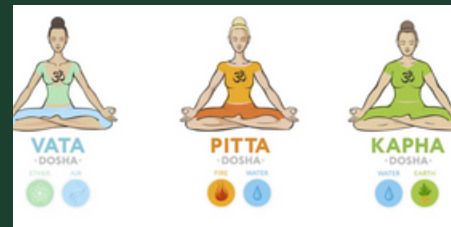
To learn the principles and concepts of Ayurveda and Siddha-Veda through the scientifically proven age-old methods of reading and listening (Patha), understanding (Avabodha), and practical application (Anusthana) so you can guide yourself and others to be healthy and live life to the fullest.

This education is for anyone who wants to gain a deeper understanding of Ayurvedic principles and philosophy.

You Will Learn

More profound knowledge of the basic philosophy of Ayurveda, including:

- Theory of the 5 basic elements (Panchamahabhuta)
- Three body energies (Tridosha – Vata, Pitta and Kapha)
- Body Tissues (Seven Dhatus)
- Vital energy/immunity (Ojas)
- Governing psychological factors (Triguna – Sattva, Raja & Tama)
- Body constitution (Prakriti)
- Digestive fire (Agni) and toxins (Aam)
- Suppressible and non-suppressible urges (Dharniya and Adharniya Vega)
- What is Panchakarma? Detox and its benefits
- Deep understanding of Marma (life energy points) and its practical application



Principles of Ayurvedic dietetics including:

- Rules and regulations for the consumption of food
- Diet for three doshas
- Effective nutrition plan for different types of health challenges
- Profound knowledge of daily routine (Dincharya) and seasonal regimen (Rutucharya)
- Home remedies
- Effect and indication of over 20+ Ayushakti herbal formulas:
- How, when and which herbal formulas to use for various health conditions ranging from acidity, digestive challenges, cough, cold to weak immune system and much more



Outcome

- You will have a deeper understanding of the Ancient Science – Siddha-Veda principles and philosophy.
- You will be able to suggest lifestyle and diet plans for healthy persons to maintain their health status.
- You will be able to guide others to boost their immunity in natural ways.
- You will use the Marma (vital energy points) technique to generate fast results in various health conditions.
- You will get basic knowledge about the application of Ayushakti herbal formulas.
- You will help yourself and others to enrich the experience of body, mind, and senses.

Duration :

- 30+ hours recorded videos to watch

Eligibility :

- Any Medical practitioners (BAMS, MBBS, BHMS)
- Naturopath, Osteopath, Chiropractors, Healthcare, and Wellness practitioners, Heilpraktiker
- Alternative Practitioner
- Any Medical students
- Anyone who is interested in learning Ancient secrets of Ayurveda - siddhaveda

Includes :

- 30+ recorded teaching sessions
- Access to all recordings and all downloadable study material for 1 year from registration

Class Information :

- Language – Recorded teaching videos in ENGLISH,
- Study material – English, German, French, Spanish
- Mode of class – recorded videos - self paced.

Evaluation method

After each session, online MCQ type assessment to be attempted within 1 year from registration



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/BasicsofAyurveda-39232>

For any query or required assistance contact details:



education.ayushakti.com



education@ayushakti.com

!! Welcome!!