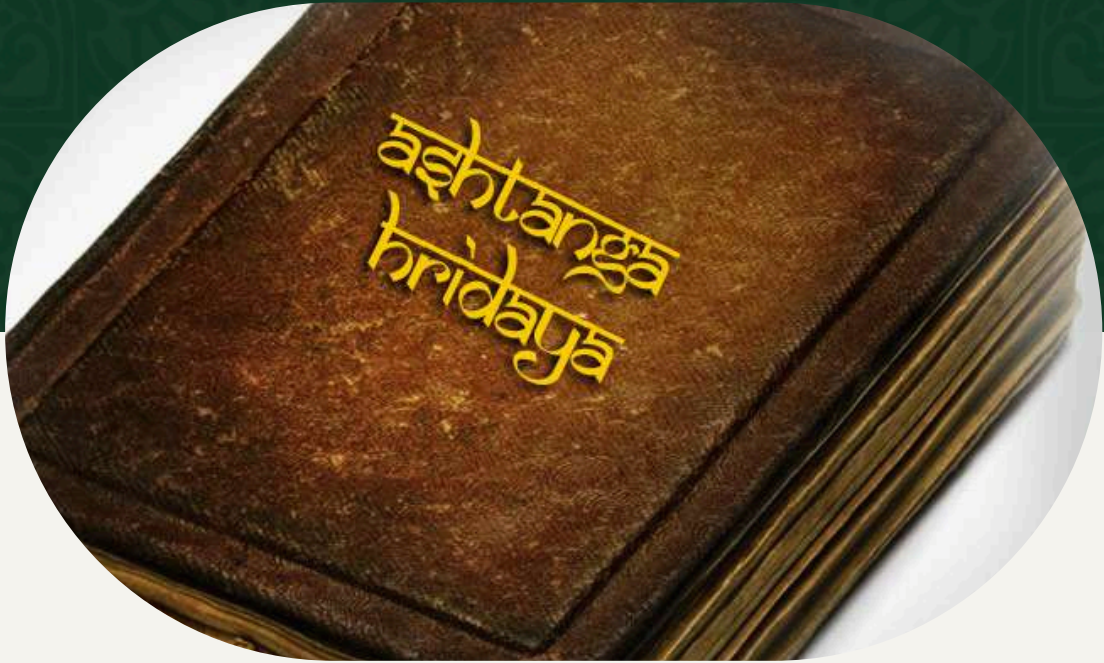




ASHTANGA HRIDAYA SUTRA STHANA  
&  
CHARAKA SAMHITA SUTRA STHANA

शास्त्रसहितस्पर्कः साधनानां



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# Course Description

The Ashtang Hridaya and Charaka Samhita are the foundation of Ayurveda education and practice offering profound insights into holistic health and well-being. They are a valuable resource as it covers various aspects of traditional Indian medicine including diagnosis, treatment and preventive measures.

This course acts as a portal to the profound teachings of Ayurveda from the perspective of Ashtang Hridaya and Charaka Samhita discovering insights that resonate across centuries towards the deeper nuances of life. The aim of this course is to achieve knowledge or to become successful by understanding the reasoning based on scriptures through Patha (reading), Avabodha (understanding) and Anushthana (Practical application). This education serves as a gateway to learn and practice Ayurveda based on the scientific principles of these Ayurveda classics, either independently or as a member of the health care system at community health centres or in hospitals.

## Objective

- To understand the principles and concepts of healing and remember the important references from Charak Samhita Sutrasthana and Ashtang Hridaya Sutrasthana
- To identify the nature of three Doshas (Vata, Pitta and Kapha), digestive fire (Agni), seven tissues (Sapta Dhatus) in the body and their influence on overall health
- To explore the different methods and assessment techniques for identifying the different diseases

# Course Curriculum

## Core syllabus

Core syllabus in this course is designed as a practical guidance on maintaining health and preventing diseases. It covers the various aspects of Ayurveda comprising of diagnosis, treatment, preventive medicine and ethical considerations.

- Ashtang Hridaya Sutrasthana- 1 to 30 chapters
- Charaka Samhita Sutrasthana - 1 to 12 chapters

## You Will Learn

- **Comprehensive understanding** :- Deeper understanding of the principles and concepts and foundational principles of Ayurveda
- **Diagnostic methods** : Explore the diagnostic methods and techniques for evaluating health conditions and identifying imbalances
- **Clinical application** : Develop practical skills in applying the principles of healing to provide holistic care based on Ayurveda principles
- **Cultural context** : Learn the techniques of by hearting, memorizing the Sanskrit Shlokas and reciting them in tune.

# Outcome

- Analyze the fundamental principles of healing as outlined in Ashtang Hridaya and Charaka Samhita
- Practical application of the Ayurveda concepts to assess and address individual concerns
- Demonstrate proficiency in preparing and administering traditional Ayurveda remedies to prevent and heal various health challenges
- Synthesize knowledge from these scriptures to develop personalized healing pathways for individuals based on their unique constitution and health goals
- Evaluate the strength and effectiveness of the science of Ayurveda in promoting holistic well-being and advocating the preventive aspect of medicine



## Duration

- 30 hours recorded videos to watch



## Includes

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

## Eligibility

- Any Medical practitioners (BAMS, MBBS, BHMS)
- Naturopath, Osteopath, Chiropractors, Healthcare, and Wellness practitioners, Heilpraktiker
- Alternative Practitioner
- Any Medical students

## Class information

- Class – English
- Study material – English
- 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 accredited by ATAB

To register click on ENROLL NOW on below given link



<https://education.ayushakti.com/course/ASHTANGAHRIDAYACHARAKASAMHITASUTRASTHANA-46473>

For any query or required assistance contact details



[education.ayushakti.com](http://education.ayushakti.com)



[education@ayushakti.com](mailto:education@ayushakti.com)