



The ClassicVeda presents

# Basics of Ayurveda

Bridging Ancient Wisdom with Modern Well-being

## Course Highlights

In this course you will explore the richness of Ayurvedic wisdom through our 21 insightful lectures, covering everything from foundational concepts to advanced treatment principles.

Each module is crafted to seamlessly blend classical teachings with practical, modern understanding. You will gain actionable strategies for incorporating Ayurvedic principles into your daily routine, promoting a sustainable and balanced lifestyle.

Along with this a bonus lecture will be given where you will explore how to find your Prakriti (Body constitution) & Self-care practices according to that.

All the lectures will be online and you will get an access to recorded sessions as well.

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**Hurry up, Only limited seats are available**

Let's  
Connect

**Whatsapp**

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**Website**

[www.theclassicveda.com](http://www.theclassicveda.com)

**Email**

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## OUR AIM

*Empowering the globe with authentic Ayurveda wisdom for enhanced well-being. Ayurveda serves as the universal key to a balanced and thriving life.*

## The Team



**Dr Neil Rasal**

MD (PanchKarma),  
BAMS



**Dr Nitin Dhruv**

PhD, MD (Internal  
medicine), BAMS



**Dr Himanee Rajgor**

BAMS, Diploma, P.G.  
Diploma (Astrology)

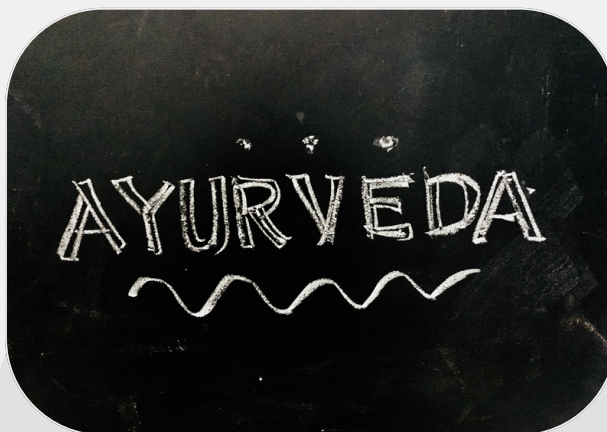
## COURSE CONTENT

1. Introduction of Ayurveda
2. Tri-dosha (Three Functional Units): Vata, Pitta, and Kapha - their characteristics, functions, and management.
3. Dhatus (Seven Structural Units): Exploring the significance of seven bodily tissues.
4. Mala & Agni (Waste Products & Digestive Fire): Concepts of waste products and the digestive fire (Agni) with respect to health.
5. Atma & Mana: Addressing spiritual and mental aspects.
6. Dinacharya (Daily Regimen): Importance of daily routines for balanced health.
7. Rutucharya (Seasonal Regimen): Guidelines for lifestyle adjustments according to seasons.
8. Oja (Vitality): Exploring the essence of vitality for overall well-being.
9. Rasa & Aahar (Six Tastes & Diet): Understanding tastes and dietary principles.
10. Nindra & Brahmcharya (Sleep & Continence): Importance of sleep and balanced lifestyle practices.
11. Dosha Types, Imbalances and their treatment protocols.
12. Treatment Principles (Part 1): Core principles, ideal treatment approaches, and considerations.
13. Treatment Principles (Part 2): Further insights into treatment methods and diagnostic tools.
14. Treatment Principles (Part 3): Integration of medical astrology, ethical conduct and holistic practices.
15. Dual Treatment Methods: Understanding dual treatment approaches.
16. Panch Karma Part 1: Snehana-Swedana (Oleation & Steam therapies)
17. Panch Karma Part 2: Vamana-Virechana (Therapeutic Vomiting & Purgation Therapy)
18. Panch Karma Part 3: In-depth understanding of Basti (Enema Therapy)
19. Panch Karma Part 4: Para-surgical procedures including Anjan, Tarpan, Aschyotan (Eye treatments) and Murdhni Tail (Head & Scalp treatments)
20. Panch Karma Part 5: Exploration of Raktamokshan (Bloodletting Therapy), Agnikarma (Heat Therapy), and Kshara Karma (Ash Therapy).
21. Yoga & Ayurveda: The interconnectedness of Yoga and Ayurveda for holistic well-being.
22. **Bonus Lecture:** Know your Prakriti & Clinical aspect (Prakriti analysis), discover Ayurvedic herbs, self-care practices and effective remedies for common imbalances.



## WHY SHOULD US?

Select us for Ayurveda expertise backed by a team of seasoned doctors actively engaged in research and teaching fundamentals. Our commitment to cutting-edge knowledge ensures a comprehensive and up-to-date learning experience.



## HOW TO JOIN

<https://forms.gle/xmQnVPDKgcLsfegv5>

Complete this Google form and fill the details. Upon successful payment, you will get an invitation link to our exclusive WhatsApp group. Further instructions and additional information will be given there.

## FOR ANY QUERIES

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