

COURSE	OVERVIEW OF AYURVED
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OUTLINE

Overview of Ayurveda course is an 3 month online course, where student is taken through series of video lectures on various topics listed below. At end of each topic an exam is initiated. The course covers all basic aspects of Ayurveda and gives an overview from its metaphysical to medical origins and concepts. The course is designed on lines of CCIM [*the council that governs ayurved studies in India*] and hence the study material requires dedication in terms of understanding the subject. The course study material is dense and may require on an average 1hr of study time each day depending on personal grasping abilities. There is no gradation but exams are necessary to earn completion which can be given at your own time space. Emphasis is on educating . For advanced topics free Skype sessions are offered as support . The whole idea is to take the student forward, increase his/her understanding of Ayurved and help them make informed decisions about authentic advanced study

Please note the course material involves video lectures and hence a broadband internet connection is required.

DESCRIPTION OF CURRICULUM

TOPIC	SHORT DESCRIPTION
AYURVED INTRODUCTION	The lecture introduces to the term AYURVEDA and gives a brief account of its ORIGIN, HISTORY, GOLDEN PERIOD and DECLINE
AYURVED AVTARAN	This lecture presents an interesting mythological tale to depict how the medical science of AYURVEDA descended from Heaven to Earth.
AYURVED LITERATURE	Overview of the 6 major treatises of ayurveda which are divided into two 2 TRIADS; the MAJOR or BRUHAT TRAYI and the MINOR or LAGHU TRAYI.
SHRUSHTI UTPATI[COSMOLOGY]	This lecture presents the Ayurveda view of COSMOLOGY, primarily based on the SANKHYA PHILOSOPHY.
PURUSHA-PRAKRITI	This lecture gives an understanding of the concept of Purusha with a radical approach using interesting examples.
TRIDOSHAS	The topic is discussed in 6 videos. The first one gives a basic understanding of the tridosha principles while the other 5 videos discuss each dosha individually.
DHATU	The topic is discussed in 2 videos. The first video gives an introduction to the concept of Dhatu in Ayurveda. The second video describes each Dhatu in detail.
MALA	This lecture discusses the concept of Mala in Ayurveda. Mala in broad term can be accepted as wastes or excrements secreted at micro and macro level in an human body.
PRAKRITI	This lecture discusses the topic of Prakriti in 2 videos. The first video introduces the general concept of Prakriti and the second video describes the 7 Dosha constitutions.
DHATU SARA [PROMINENT TISSUE]	This lecture describes Dhatu Saratava. Dhatu saratva is set of unique characteristics in a human body with respect to Dhatu. They help understand an individual on a deeper level with respect to his body function and his life. It is an important evaluation tool much like DOSHAJ PRAKRITI.

IMPORTANT NOTES PLEASE READ CAREFULLY

The course study is exhaustive and requires dedication with respect to study time hence take into account your own financial and personal commitments before approaching a topic

Most Exams are automated and **can be taken anytime** before the course ends as per your convenience. However to earn a certificate **all exams must be returned** before course ends.

Exams when available for download or automated must be completed and returned back on the same day for evaluation. In case a student is unable to do so, his exam would be considered **lapse which would remain on his/her profile as a reminder to return it.** The student would **however continue to access other topics as per the time bound activation. Its imperative though that he submits all lapsed exams before half way mark and subsequently the remaining exams before the termination of his/her course.**

Please take note that students who do not return lapsed exams as mentioned above , their course would be terminated unless a valid reason provided

Student can study at his/her own pace and return all exams anytime before course ends. **Time limits per topic** are given to maintain a flow of study in a specific protocol so students can understand the subjects in a sequential manner. Following the protocol would ensure maximum benefits in terms of understanding the subject.

***Topics from this point start becoming exhaustive and though above is applicable it is generally observed by us that if a student lags behind from this point too much it becomes very difficult to catch up.

Exams are just indicative of your progress. The whole concept is to educate about different facets of Ayurveda through this course.

Certain exams are personally evaluated by me and returned if any mistakes found. There is **no GRADING** system at NLAM as main emphasis is on how much the student has learnt rather than academics

NLAM student protocol has a **help window** built in. Please always use that window incase you find any inconvenience regarding a topic.

NLAM has also put up a **Course Protocol video** on the website. Students are advised to familiarise themselves with the online protocol by watching the video.