

Introduction to Ayurveda

Instructor: Dr. Satyanarayana Dasa

Course Description and Objective:

This course will give an overview of the ancient medical system of India called Ayurveda. It will explain the basic concepts of Sankhya philosophy which forms the basis of Ayurveda. Importance will be given to the practical application of Ayurveda principles in one's daily life to keep good health, avoid sickness and also give consultancy to others.

Required Reading:

Available at Douglass Coop:

Dr. Partap Chauhan, Eternal Health, Jiva Institute, Jiva Marg, Sec 21 B, Faridabad, Haryana 121002, India

Robert E. Svoboda, Ayurveda – Life, Health and Longevity, Penguin books, 375 Hudson Street NY 10014

Available on Electronic reserves at Alexander Library

Satyanarayana Dasa

Suggested Readings: Dash B & Sharma R., Charak Samhita, Chowkhamba Sanskrit Series, Varanasi, India 1985

Session 1: History and Origin of Ayurveda, Definition, Texts and Traditions, Aim of Ayurveda, Tri aishna (the three desires), The four limbs of chikitsa (treatment)- Vaidya, Rogi, Aushadhi, Pricharak (qualities of each), The four purusharthas – Dharma, Artha, Kama, Moksha.

Readings: Svoboda P. 9-32,
Chauhan P.1-15

Session 2: Basic principles of Ayurveda.

Readings: Chauhan P. 17-38
Svoboda P. 34-57

Session 3: The three causes of disease- pragyaparadha, asatmendriyarthasamyoga and parinam. The three types of disease (adhibhautik, adhidaivik and adhyatmik) and three types of treatment/chikitsa- yukti vyapashraya, Sattva vajaya and Daiva vyapashraya, Diagnosis through pulse reading.

Readings: Svoboda P.147-185
Chauhan P. 153-175

Session 4: Tridosha- Definition, qualities, functions of each dosha. The five types of Vata, pitta and kapha, their locations and functions. General food and life styles which increase and decrease each dosha. Determining physical constitution.

Readings: Chauhan P. 39-71

Session 5: Dhatu, Mala, Agni and Srotas- with emphasis on the role of Jatharagni. Defining Ama and its role in causation of diseases.
Readings: Chauhan P. 73-98

Session 6: Nutrition- importance of six tastes. Briefly explaining Gunas, virya, vipaka and prabhava.
Mid-term examination.
Readings: Chauhan P. 101-116

Session 7: Importance of food in causation and treatment of diseases, the yoga of eating, eating rules/guidelines, quantity and quality of food.
Readings: Chauhan P. 117-127

Session 8: The importance of vyayama (exercise), dinacharya, ritucharya and ratricharya in health and prevention of diseases. Jivananda- daily routine program. Adharniya vega (non-suppressible urges), Dharniya vega (suppressible urges).
Readings: Chauhan P. 129-152

Session 9: The role of mind in manifestation and treatment of diseases. Explaining in details the three gunas and importance of Sattva. Enhancing Sattva (Sattvavajaya) – the main treatment for mental Stress and mental disorders.
Readings: Satya Narayana Dasa : Ayurvedic psychology p 1- end

Session 10: Detoxification/Elimination therapies (Panchakarma) in Ayurveda. The concept of Rejuvenation in Ayurveda.
Readings: Chauhan P. 177-196
Svoboda P.05-317

Session 11: Definition of soul. Role of spirituality in healing. Love and Health. Home remedies.
Readings: Chauhan P. 197-223

Session 12: Final Examination