

Ayurveda Essentials Course (220 hrs)

COURSE DETAILS



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The course envisages two basic modules:

1. *Gospel of Ayurveda (GoA) Foundation*
2. *Ashtang Hrday Sutra Fundamentals from Samhita (AH originals)*

AIM AND OBJECTIVE

1. Original terminology and fundamental concepts of Ayurveda will be propagated to students having some introductory knowledge of Ayurveda.
2. Propagation of the importance of original texts and their practice for Ayurvedic concepts of health.
3. Creating a strong foundation for Ayurveda fundamentals based on philosophy, Samhita knowledge and the health conservation concept before starting actual “Health Management Practices.”
4. Creating a theoretical and practical foundation for further clinical education of both therapeutic and procedural practices.

ELIGIBILITY

1. This course is for those who have at least some basic understanding or primary knowledge of Ayurveda.
2. It is recommended that the person has knowledge or very basic introduction to the Devanagari script or one must be willing to start learning devanagari through diacritical scripts as first step towards original texts. (Writing or speaking is not expected, but slow reading or letter identification / diacritical roman scripts will be helpful and will allow one to reach original Samhitas very fast.)
3. The person should have some basic knowledge of the terminology of Ayurveda (dosa – dhatu – panchmahabhoot etc.).

4. Those who want to enter the professional world of “Ayurveda practice of therapeutics and procedural treatments.”

What you can expect at the end of the course

1. The person will be able to navigate through Samhitas and will rely more on original sources and terminology of Ayurveda than translated or personally conceptualized books.
2. The complete course will enhance and mature the approach towards the “Health” conservation concept as well as help in understanding the “reasoning of illness.”
3. This course will take your knowledge “to the next level” by consolidating your “yukti” for visualizing human health and disease.
4. This will enable one to progress as a “health service provider.” The course will include deep insight for practical foundations for a health coach.
5. After completion of the course, you will be eligible for direct learning at “Arogyasarathi Chikitsalaya, Pune” to have intense working experience with physicians.

This course will not be providing

- Basic Sanskrit language teaching as a language.
- Introduction to Ayurveda for those who do not have any previous knowledge of Ayurveda.
- Ready-to-use formulations or herbology.
- Yoga or massage training.

How this course will be conducted?

Both module durations will run together. The course duration will be of 10 months. Study material for both modules will be available for 12 months. An additional duration of 1 month can be offered on request for both modules together.

There will be pre-recorded lectures for approximately 70 hrs. These lectures will be supported by topic-wise teaching, Q&A, and discussion. The lectures will be released in intervals followed by discussion.

Initially, online discussion and teaching sessions will be conducted twice or thrice a month. In the last six months of the course, this may increase to three times a month for online revisions and new topic discussions. Total online teaching will be for 10 months.

Probable schedule of discussions and online live teaching:

- Sunday: 8:30 PM India time

- Thursday: 6:30 AM India time

The schedule for the next two months will be declared in advance. Those unable to attend will be provided with recordings.

The frequency and duration of online discussions may vary. Scheduling will be completely at the teacher's discretion. One session will be of 90–180 minutes (with a 15-minute break).

We aim to ensure that online lectures and discussions are sufficient to explain and educate the course content. The expected total discussion and Q&A hours will be more than 65 hrs.

One or two in-person teachings in the USA will be conducted, with 18–20 hrs of teaching and clinical experience in person within 10 months of the course. Those unable to attend in person classes, can join online or will be provided recordings later. [The first in-person segment of the program will be held in Raleigh, NC, USA from May 29th to May 31st 2026.](#)

For offline programs, residence, food facilities, transport or any other incurred expenses will not be provided by Arogyasarathi chikitsalaya.

The course will include regular assignments along with individual project work.

Course Study Plan with Duration

Sr. No.	Course Study Type	Hours
1	GoA and Ah.Su. originals (1-4) study pre-recorded lectures.	70
2	Online/offline teaching and discussion	75
3	Individual guidance for project work	5
4	In-person or clinical	40
5	Homework and Assignments	30

Total: 220 hrs

Time lines for course study

The course admissions will commence from 1st January 2026.

The pre-recorded videos will be available from 1st March 2026. GoA first two sessions and Ah. Originals 1st and 2nd Adhyaya will be available

The first online lecture will be conducted on 19th March 2026.

Probable schedule of discussions and online live teaching till May 2026 will be

- 19th March Thursday : 8:30 PM India time
- 22nd March Sunday : 6:30 AM India time
- 5th April Sunday: 8:30 PM India time
- 16th April Thursday: 6:30 AM India time
- 3rd May Sunday: 8:30 PM India time
- 14th May Thursday: 6:30 AM India time
- 21st May Thursday: 6:30 AM India time

Time schedule may change with prior notification. The schedule after May will be declared in April 2nd week.

The time schedule for individual guidance for project work will be allotted after/from June 2026.

The online teaching - discussion will be completed by First week of January 2027.

The assessment examination will be done on last week of January 2027. Student can choose the date of assessment within 14 days of window.

Gospel of Ayurveda (GoA) Foundation

This includes four sections:

- Doctrines (Fundamental Principles)
- Body Concepts (Dosha, Dhatu, Mala etc.)
- Rasa-panchak (Food and Herbology Fundamental Concepts)

● **Dhatu Samya (Health Coaching).**

Each section will have chapters and allocated lectures. Pre-recorded lectures will be available offline for conceptual clarity. Topic-wise discussions and Q&A will be conducted in live lectures.

Homework and self-assessment small tests may be conducted at the end or in between sessions as required.

8. Ashtang Hruday Sutrasthana four adhyayas Fundamentals from Samhita (AH originals)

1. 190–200 Slokas from Ashtang Hruday will be studied in Sanskrit-original format along with their english (roman) transcription.
2. The meanings of terminology will be explained along with their sequential arrangement from the sloka.
3. The sloka meanings will be elaborated and explained in detail, including applied meanings. Cross-classical references (from other Samhitas) will also be included if needed.

Homework and **self-assessment** tests may be conducted at the end of an Adhyay or as required.

Adhyaya included:

1. Ah.Su. 1st Adhyaya – Ayushkamiya (आयुष्कामीय)
2. Ah.Su. 2nd Adhyaya – Dinacharya (दिनचर्य)
3. Ah.Su. 3rd Adhyaya – Rutucharya (ऋतुचर्य)
4. Ah.Su. 4th Adhyaya – Roganutpadaniya (रोगानुत्पादनीय)

Certification

1. Certification will be issued after the examination result by ArogyaSarathi Chikitsalaya, Pune.
2. After completion, the student will be eligible for attending “Arogyasarathi Chikitsalaya, Pune” for OPD and procedural observations as a complimentary benefit. This benefit can be availed within one year of course completion.

As the clinical work will be in local languages (Marathi, Hindi), the language assistance may be required for students. Such assistance can be arranged for an additional nominal fee with the help of Ayurveda students. Clinical and applied work will be approximately 70–80 hrs in two weeks. An additional certificate for clinical work will also be issued by Arogyasarathi Chikitsalaya, Pune, LLP.

Fee

2800 USD – Single installment

(+ Taxes and transaction charges applied as per Govt. regulations and mode of transaction)

Students who wish to pay in installments –

First installment at the time of admission – 1800 USD (+ Taxes and transaction charges applied as per Govt. regulations and mode of transaction)

Second installment Before 29th May 2026 – 1050 USD (+ Taxes and transaction charges applied as per Govt. regulations and mode of transaction)

