



### **Prof. Vd. Priyanka Verma**

M.D. Ayurveda (Rasashastra & Bhaishajya Kalpana)

#### **Current Designation:**

**Partner, Vedotpatti &**

**Professor, K J Institute of Ayurveda and Research, Savli,**

#### **Our Resource Faculties:**

### **Vd. Mrunal Akre**

M.D. Ayurveda (Dravyaguna) – Associate Professor.

### **Vd. Jitendra Prajapti**

M.S. Ayurveda (Shalya Tantra) – Practitioner

Ex. Government Medical Officer Ayurveda

### **Vd. Dhara Makwana**

M.S. Ayurveda (Shalakya Tantra) – Ph.D. Scholar

Ex. Associate Professor

#### **Our Guest Faculties:**

### **Vd. Kamlesh Bhogayata**

M.D. Ayurveda (Dravyaguna)

### **Vd. Ajay Pithiya**

M.D. Ayurveda (Panchkarma)

### **Vd. Hemal Dodiya**

M.D. Ayurveda (Panchkarma)

### **Vd. Krupa Patel**

M.S. Ayurveda (Striroga – Prasuti Tantra)

Vedotpatti & Jishan Herbal jointly launching Basic Ayurveda Courses for all to improve their day-to-day life style and holistic health care through Ayurveda.

## **E-Courses**

### **By Vedotpatti & Jishan Herbals**

#### **Concept Designed by:**

### **Prof. Vd. Shreyas Bhalodia**

M.S. Ayurveda (Shalya Tantra)

#### **Current Designation:**

**Principal & Medi. Sup.**

**Professor & Head of Department Shalya**

**Tantra, Global Institute of Ayurveda,**

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### **Dr. Prof. Tejas Ratneshwar**

**M.D. (Homeopathy)**

**CEO, Jishan Herbal**



### **Dr. Payal Ratneshwar**

**BAMS**

**Proprietor, Jishan Herbal**

## Certified Courses to know Ayurveda

### Course Out Come: Implementation of Ayurveda in Day-to-Day Lifestyle

#### List of Basic Courses\*:

Course Name	Course Code	Duration
Basics of Ayurveda (Online)	B-VD-01	10 Hours
Prakriti & Nadi Analysis (Online)	B-VD-02	10 Hours
Ayurveda Diet & Life Style (Online)	B-VD-03	15 Hours
Swasthavritta & Yoga (Online)	B-VD-04	15 Hours
Ayurvedic Cooking Course (Recipes) (Online)	B-VD-05	12 Hours
Plant Based Remedies (Online)	B-VD-06	10 Hours
Beauty By Ayurveda (Online)	B-VD-07	10 Hours
Ayurvedic Pharmaceutical (Online)	B-VD-08	10 Hours
Stress Management through Ayurveda (Online)	B-VD-09	10 Hours
Basic Panchakarma (Online)	B-VD-10	15 Hours
Sleep Improvement by Ayurveda (Online)	B-VD-11	10 Hours
Ayur Tourism – Basic (Online)	B-VD-12	08 Hours

#### List of Advance Course\*:

Course Name	Course Code	Duration
Ayur Tourism – Field Visit* (Hybrid)	A-VD-01	Based on Package

#### Basic Course Fees\*:

Course Duration	For Indian National/s	For Non-Indian National/s (Foreigner/s)
Up to 10 Hours	₹ 30,000 (INR)	\$ 499 (USD)
>10 to 15 Hours	₹ 41999 (INR)	\$ 659 (USD)
Discount for Student	10 % off	10 % off
World Ayurved Congress (WAC) Special Registration Offer	20 % off	20 % off

### Common Terms & Condition for All Basic / Advance Courses\*:

Sr. No	Common Protocol	Details
1.	Medium of Instruction	English
2.	Faculty for Teaching	<ul style="list-style-type: none"> <li>• Qualified &amp; Registered MD/MS Ayurveda Faculties from Various Ayurveda Colleges</li> <li>• Experienced Senior Ayurveda Practitioners</li> </ul>
3.	Schedule of Class	Weekend (Saturday – Sunday) IST Timing will be finalized after primary enrolment process.
4.	Mode of Class	Online (Google Meet / Zoom)
5.	Additional Language Learning	Basic of Sanskrit (30 min)
6.	Fees Payment	<ul style="list-style-type: none"> <li>• Online</li> <li>• 30 % Advance for Booking of Course/s</li> <li>• 70% before commencement of course/s</li> </ul>
7.	Certification	On successful completion of Whole duration of course & securing 40% of marks in Exam.
8.	Study Material	Will be Provided in PDF / PPT via Google Class Room or E Mail in English
9.	Course Process (Usually we start each course/s on 1 <sup>st</sup> Weekend of Each Month.)	<ol style="list-style-type: none"> <li>1. Select the course</li> <li>2. Advance Payment</li> <li>3. Schedule Finalization</li> <li>4. Due Payment</li> <li>5. Commencement of Classes</li> <li>6. Examination</li> <li>7. Certification Awarding (E – Certificate via Mail)</li> </ol>
10	Logistic*	Transportation & Food, Accommodation in India for Ayur

		Tourism will be made available on request via AIR / TRAIN / CAB in 3/4/5 Star Hotel/s (Additional Charges will be applicable)
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- \*Terms & Condition:
  - \*Vedotpatti & Jishan Herbal had all right to do any modifications in any course/s at any circumstances.
  - Subject to Rajkot (Gujarat India) Jurisdictions only

<b>1 Basics of Ayurveda – 10Hour/s (B-VD-01)</b>			
<b>Sr. No</b>	<b>Course Content</b>	<b>Duration</b>	<b>Outcome</b>
1	History of Ayurveda	1Hour/s	Evolution of Ayurveda, Ayurveda Avtaran, Mythology and Gods, Sages of Ayurveda
2	Ayurveda Literature	1Hour/s	Vedas, Puran, Samhita, and other texts
3	Ayurveda Sutra	2Hour/s	Formation of Jiv srushti, Tri sutras, Panchamahabhuta theory, Brief Garbha Sharira
4	Fundamentals of Ayurveda	2Hour/s	Dosha, Dhatu, Mala, Body Component, Sapta Padartha
5	Moto of Ayurveda	1Hour/s	Swasthasya Swastha Rakshanam
6	Fundamental of Disease	1Hour/s	Main causative factor of Disease, Mithya Aahar viharbhyam
7	Fundamental of Treatment	1Hour/s	Bruhan-Langhan, Shaman-Shodhan and Principal o treatment
8	Evaluation	1Hour/s	MCQ and 5 Brief question test

<b>2 Prakriti &amp; Nadi Assessment – 10Hour/s (B-VD-02)</b>			
<b>Sr.No</b>	<b>Course Content</b>	<b>Duration</b>	<b>Outcome</b>
1	Prakriti	1Hour/s	What is Prakriti Formation of Prakriti, Different terms of Prakriti
2	Types of Prakriti	1Hour/s	Different types of Prakriti and their Formation
3	Prakriti Analysis	2Hour/s	Points of Prakriti analysis
4	Nadi Analysis	1Hour/s	Different types of Nadi and basic Nadi analysis
5	Tools for Prakriti Analysis	1Hour/s	New immerging techniques used for prakriti and Nadi analysis
6	Practical of Prakriti Analysis	1Hour/s	Online assessment of 5 person for their Prakriti
7	Practical of Nadi Analysis	1Hour/s	Online assessment of 5 person for their Nadi
8	Evaluation	1Hour/s	MCQ and 5 Brief question tests

<b>3 Ayurveda Diet &amp; Life Style – 15Hour/s (B-VD-03)</b>			
<b>Sr.No</b>	<b>Course Content</b>	<b>Duration</b>	<b>Outcome</b>
1	Dincharya	2Hour/s	Daily regime from all Samhita
2	Ratricharya	1Hour/s	Night regime from all Samhita
3	Ritucharya	3Hour/s	Seasonal regime from all Samhita
4	Pathya Apatya	1Hour/s	Concept of Pathya Apathya
5	Food and Prakriti	1Hour/s	Ahar varga and its important as per prakriti
6	Edible Varga	2Hour/s	Varga mentioned in Charaka Sutra Sthana / Nighantu
7	Virdhha ahar	1Hour/s	Concept of Viruddha ahar and its health hazards
8	Life style disorders	3Hour/s	Life style disorders and its control from Ayurveda diet and life style regime
9	Evaluation	1Hour/s	MCQ and 5 Brief question test

<b>4 Swasthavritta and Yoga– 15Hour/s (B-VD-04)</b>			
<b>Sr.No</b>	<b>Course Content</b>	<b>Duration</b>	<b>Outcome</b>
1	Swasthavritta	1Hour/s	Swasthavritta and its importance
2	Sadvritta	1Hour/s	Sadvritta and its regime
3	Yoga	3Hour/s	Yoga history, literature, type of Yog, Patanjali yog sutra and Yog Darshan
4	Yog-aasan	3Hour/s	Ashtang Yoga and its application, Different asana and its uses
5	Aasana	3Hour/s	Online and video practice of different standing, sitting and porn position asanas
6	Shatkriya	2Hour/s	Different kriyas done in yoga- Neti, Nauli, Dhiuti, Kapalbhathi, tratak, plavini and Pranayam details
7	Meditation	1Hour/s	Technique, procedure and benefits of meditation
8	Evaluation	1Hour/s	MCQ and 5 Brief question test

<b>5 Ayurvedic Cooking Course (Recipes)– 12Hour/s (B-VD-05)</b>			
<b>Sr.No</b>	<b>Course Content</b>	<b>Duration</b>	<b>Outcome</b>
1	Concept of Aahar	1Hour/s	Aahar concept its benefits
2	Pathya Kalpana-1	1Hour/s	Bhojya, Bhakshya, Charvya, Peya, Lehya, concept
3	Pathya Kalpana- 2	2Hour/s	Manda, Peya, Vilepi, Yush, Yavagu, Soup, Krushara, Odana, Rag-Shadav, Khad-kamblik
4	Concept of Cooking	1Hour/s	Cooking concept in Ayurveda and different references of recipes
5	Recipes from Samhita	2Hour/s	Literature of recipes from all samhita and veda
6	Recipes from Nighantu	2Hour/s	Literature of recipes from all Nighantu
7	Practical	2Hour/s	Different Kalpana and Recipes preparation
8	Evaluation	1Hour/s	MCQ and 5 Brief question test

<b>6 Plant Based Remedies- 10Hour/s (B-VD-06)</b>			
<b>Sr.No</b>	<b>Course Content</b>	<b>Duration</b>	<b>Outcome</b>
1	Fundamental Principle	1Hour/s	7 fundamental principles of dravya
2	Formulation	1Hour/s	Basic formulations prepared by plants- Panchavidha Kashaya Kalpana and anukalpana and applications
3	Kitchen remedies	2Hour/s	Spices and other drugs used in kitchen their uses and application
4	Kitchen garden remedy	2Hour/s	drugs grown in kitchen their uses and application
5	Plant remedy-1	2Hour/s	Plants available in surroundings their uses and application
6	Plant remedy-2	1Hour/s	Commonly used plant in general conditions
7	Evaluation	1Hour/s	MCQ and 5 Brief question test

<b>7 Beauty by Ayurveda- 10Hour/s (B-VD-07)</b>			
<b>Sr.No</b>	<b>Course Content</b>	<b>Duration</b>	<b>Outcome</b>
1	Skin anatomy	1Hour/s	Ayurveda and Modern Skin anatomy
2	Skin Conditions	2Hour/s	Different conditions of skin
3	Panchakarma	1Hour/s	Panchaakarma, Shodhan for Skin rejuvenation
4	Aahar	1Hour/s	Food and diet regime for skin
5	External treatments	2Hour/s	Different procedures for different skin conditions
6	Internal Treatment	2Hour/s	Household remedies in dealing with skin conditions
7	Evaluation	1Hour/s	MCQ and 5 Brief question test

<b>8 Ayurveda Pharmaceuticals - 10 Hour/s (B-VD-08)</b>			
<b>Sr.No</b>	<b>Course Content</b>	<b>Duration</b>	<b>Outcome</b>
1	Rasashastra & Bhaishajyakalpana	2Hour/s	Details on Rasashastra & Bhaishajya Kalpana

2	Fundamental Principles	3Hour/s	Brief on fundamental principles of bhaishajya and Rasashastra
3	Kalpana	2Hour/s	Different kalpanas and their preparations
4	Rules and Regulations	2Hour/s	Rules and Regulations to start a production unit
5	Evaluation	1Hour/s	MCQ and 5 Brief question test

<b>9 Stress management through Ayurveda - 10 Hour/s (B-VD-09)</b>			
<b>Sr.No</b>	<b>Course Content</b>	<b>Duration</b>	<b>Outcome</b>
1	Manovaha strotas	2Hour/s	Details on manovaha strotas and its involvement in stress
2	Stress and Ayurveda	2Hour/s	Aspect of stress and its management
3	Panchakarma	1Hour/s	Use of panchakarma in sleep improvement
4	Yoga and Meditation	1Hour/s	Use of Yoga and Meditation in sleep improvement
5	Power meditation	1Hour/s	Application of Power meditation
6	Practical	2Hour/s	Online/offline practical of yoga meditation
7	Evaluation	1Hour/s	MCQ and 5 Brief question test

<b>10 Basic Panchakarma- 15 Hour/s (B-VD-10)</b>			
<b>Sr.No</b>	<b>Course Content</b>	<b>Duration</b>	<b>Outcome</b>
1	Introduction to Ayur Panchakarma	1Hour/s	Details of all karma in brief
2	Purvakarma	2Hour/s	Details type, procedure, benefits of purvakarma
3	Main karma	5Hour/s	All panchakarma procedures in details
4	Sansarjana Karma	1Hour/s	How to decide sansarjana karma
5	Kerliyan panchakarma	1Hour/s	Brief on kerliyan panchakarma
6	Modern aspects	1Hour/s	Correlation of Modern and Ayurveda aspects



7	Practical	3Hour/s	Online/offline practical of all karma
8	Evaluation	1Hour/s	MCQ and 5 Brief question test

<b>11 Sleep improvement by Ayurveda- 10 Hour/s</b>			
<b>Sr.No</b>	<b>Course Content</b>	<b>Duration</b>	<b>Outcome</b>
1	Triupastambha	1Hour/s	Details on Ahar Nidra Brahmacharya
2	Sleep- Ayurveda & Modern	2Hour/s	Details type, physiology and pathology related to sleep
3	Ayurveda view	1Hour/s	Aspect and manovaha strotas details
4	Panchakarma	1Hour/s	Use of panchakarma in sleep improvement
5	Yoga and Meditation	1Hour/s	Use of Yoga and Meditation in sleep improvement
6	Power meditation	1Hour/s	Application of Power meditation
7	Practical	2Hour/s	Online/offline practical of yoga meditation
8	Evaluation	1Hour/s	MCQ and 5 Brief question test

<b>12 Ayur Tourism- 8 Hour/s (BASIC) (B-VD-12)</b>			
<b>Sr. No</b>	<b>Course Content</b>	<b>Duration</b>	<b>Outcome</b>
1	Introduction to Ayur tourism	1Hour/s	Detail of Tourism and benefits
2	Collaborations	2Hour/s	How to collaborate with AYUSH hospital and third party
3	AYUSH Visa	1Hour/s	Procedures and details of visa
4	Policies	2Hour/s	Different policies of Govt that involve for tourism and visa
5	Modalities	1Hour/s	Different Modalities that scope for revenue generation
6	Evaluation	1Hour/s	MCQ and 5 Brief question test

<b>13 Ayur Tourism- ADVANCE (A-VD-01)</b>			
<b>Sr. No</b>	<b>Course Content</b>	<b>Duration</b>	<b>Outcome / Remarks</b>
1.	Any of Basic Course (B-VD-01 to B-VD-11)	As per Course	ONLINE – As per Course
2.	Ayur Tourism- 8 Hour/s (BASIC) (B-VD-12)	As per Course	ONLINE – As per Course
2.	Ayurveda Pharmaceutical Factory Visit	1 Day	1 Pharma Industry / 1 day
3.	Ayurveda Cultivation Farm Visit	1 Day	1 Farm visit having plantation of Various Ayurveda Herb/s
4.	Ayurveda College Visit	1 Day	Institute, attached Hospital & Herbal Garden Visit (1 College / 1 day)
5.	Ayurveda Wellness Center / Hospital	1/3/5/ 7 Day/s	<p>For Experience of Holistic Ayurveda Treatment &amp; Life Style</p> <ul style="list-style-type: none"> <li>• Dinacharya Regime</li> <li>• Ayurvedic Food</li> <li>• Yogasan &amp; Pranayama</li> <li>• Snehana &amp; Swedan (Body Massage &amp; Steam)</li> <li>• Nasya (Intra Nasal Olieation Therapy)</li> <li>• Other Ayurveda Panchakarma Treatment</li> </ul> <p><b>Location: Near Puttur, Mangalore District, Karnataka</b></p>