

BODHANANDA VEDIC INSTITUTE
SCHOOL OF AYURVEDA
ACADEMIC PROGRAM FOR
“AYURVEDA, THE SCIENCE OF LIFE, LEVEL 1”
2020-2021

ACADEMIC CURRICULUM: FOR LEVEL 1 CERTIFICATE PROGRAM IN AYURVEDA*

- AYV 101** - *Foundations of Ayurveda - The Beginning, History and Philosophy* - **Live Webinar:** August 29-30, 2020
AYV 101C - *Introduction to Sanskrit for AHC Students* - **Live Webinar, 3 hr. Conference Session, Date TBA**
AYV 102 - *Ayurvedic Anatomy and Physiology* - **Live Webinar:** September 26-27, 2020
AYV 103 - *Principles of Ayurvedic Nutrition and Food Science* – **Instructor’s Option:** October 24-25, 2020
AYV 104 - *The Ayurvedic Understanding of Mind* - **Live Webinar:** November 21-22, 2020
AYV 105 - *Introduction to Subtle Therapies* - **Live Webinar:** December 19-20, 2020
AYV 106 - *Ayurveda and Yoga* – **Instructor’s Option** (in the planning): January 23-24, 2021
AYV 107 - *Ayurvedic Science of Herbs* - **Live Webinar:** February 27-28, 2021
AYV 108 - *The Ayurvedic Lifestyle and Preventative Care* – **Instructor’s Option:** March 27-28, 2021
AYV 109 - *Ayurvedic Pathology* - **Live Webinar:** April 24-25, 2021
AYV 110 - *Ayurvedic Assessment Techniques & Pulse Reading* - **Live Webinar:** May 22-23, 2021
AYV 111 - *Panchakarma, Ayurvedic Therapies and Detoxification* - **Live Webinar:** June 26-27, 2021
AYV 112 - *Ayurvedic Remedies for Common Ailments and Subtle Therapies* - **Live Webinar:** July 24-25, 2021
AYV 113C - *Practical Guidance in Developing an Ayurvedic Practice* - **Live Webinar** (3 hrs.): Wed., August 11, 2021
AYV 113 - *Developing an Ayurvedic Practice* – **On Site:** August 21-22, 2021.
AYV 114C - *Internship Conference* - **Live Webinar:** Wednesday, September 29, 2021
AYV 114 - *Internship for Ayurvedic Consultants* - **begins Sep. 29, 2021** upon completion of all coursework and exams.
*AYV 113 and 114 are *not required* for those who are enrolled in the “Ayurvedic Self-Care and Family Health” Program.
**All courses meet monthly on one weekend for 16 hours - except for AYV 113, which is a 3-hour course held on the Wednesday evening immediately following AYV 112. Conference Sessions are held on Wednesday evenings (see list on p. 3).

2020-2021 BVI CONFERENCE DATES:

- **101:** Sep. 16, 2020; **102:** Oct. 14, 2020; **103:** Nov. 11, 2020; **104:** Dec. 9, 2020; **105:** Jan. 13, 2021;
- **107:** Mar. 17, 2021; **108:** Apr. 14, 2021; **109:** May 12, 2021; **110:** Jun. 14, 2021; **111:** Jul 14, 2021;
- **106: and 112:** No Follow-up Conference

OTHER IMPORTANT DATES:

- **Mid-Term Exam Period:** January 25 - February 26, 2021
- **Mid Term Exam Due Date:** February 27, 2021
- **AHC Final Project Conference: individually arranged with the Dean of Students:** Jul 15 – Aug 10, 2021
- **Final Exam Period:** July 26 - August 20, 2021; **Due Date:** August 21, 2021
- **Final Project Period:** August 23 - September 28, 2021; **Final Project Due Date:** September 29, 2021
- **Internship Course Conference:** Wednesday, September 29, 2021
- **Internship Period:** Begins September 30, 2021 and ongoing, with individual timeframes of completion
- **Graduation Ceremonies:** Weekend of October 9-10, 2021 at SCHE.

BVI SCHOOL OF AYURVEDA: COURSE SYLLABUS for “AYURVEDA - THE SCIENCE OF LIFE, LEVEL 1”

AYV 101 – Foundations of Ayurveda: History & Philosophy (16 hours) **August 29-30, 2020. Live Webinar**

In this course, the 5000-year Ayurvedic history will be encapsulated and its relevance to science, religion and philosophy explored. Students will be introduced to the literature of classical Ayurveda including *Samkhya* philosophy, as a source of Ayurvedic knowledge, along with an introduction to Vedic cosmology. They will come to understand the creation and nature of matter and the connection of mind-body-spirit, learn about the Ayurvedic conception of the nature of the individual, grasp basic terminology and nomenclature, and explore the *doshas* as a conceptual basis for diagnosis. **Conference date: 6:30 – 8:30 p.m., Wed., September 16, 2020.**

AYV 101C – Introduction to Sanskrit. As a special non-graded Conference Course designed to support AHC students in their learning of Ayurveda: (3 hrs.) **Date & TBD. Live Webinar. Attendance required. No quiz. No homework.**

AYV 102 - Ayurvedic Anatomy and Physiology (Level 1) (16 hours) **September 26-27, 2020. Live Webinar**

Anatomy is the study of form, and physiology is the study of function. Students will gain proficiency in the Ayurvedic understanding of the *shadanga sharira* (6-limbed body), *tridoshas* (*vata, pitta, kapha*), *sub-doshas*, and the integrated nature of existence (mind-body, and spirit or consciousness). They will gain an understanding of the concept of *prakruti* (mind-body constitution) and its identification with the *doshas*, along with an introduction to *dhatu*s (tissues), *parimanu* (cells, organs and organ systems). Students acquire a foundational understanding of the Ayurvedic view of the digestive process from taste to absorption and tissue formation, processes central to both nutrition and the healing processes. They learn about gross digestion and tissue micro-digestive processes, including concepts of *srotas* (physiological pathways), *agni* and *aam*, the various functions of the *sapta dhatus* (the seven tissues), *kalas*, and *doshas*. The subtle essences of the *doshas*, namely *ojas, tejas* and *prana*, will be studied in their integrated relationship to one another in digestion, in bodily function, and for ultimate vitality. **102 Conference: Wed. October 14, 2020**

AYV 103 – Principles of Ayurvedic Nutrition and Food Science (16 hours) **October 24-25, 2020. Instructor’s Option**

For the purpose of eliminating toxins in the body-mind and reestablishing constitutional balance, Ayurveda adopts an individualized approach to nutrition. Unlike Western “nutritionism,” Ayurveda utilizes a methodology which recognizes dietary preferences unique to and dependent upon one’s constitution as a primary factor. This course examines, in depth, this unique ayurvedic methodology. Based upon the acquired knowledge of the role of herbs/spices, seasonal foods, and cooking methods, students will learn how to enhance their health through proper nutrition, food combinations, and appropriate food choices. Course participants also learn dietary guidelines in accordance with individual *doshas* (constitution) and with imbalances/disorders (vitiated *doshas*), as well as how to use food as medicine to heal. The course may include a food lab or assignment. **103 Conference: Wed. Nov. 11, 2020**

AYV 104 - The Ayurvedic Understanding of Mind (16 hours) **November 21-22, 2020. Live Webinar**

Ayurvedic psychology understands the mind-body as emanating from spirit or consciousness. Students will learn the concepts of *chakras, nadis* and subtle energy pathways, mental pathways, subtle communications, mental *gunas* (*sattva, rajas, and tamas*), mental functions, and karmic factors. Students will acquire the necessary Ayurvedic tools and practices intended to prevent and/or manage mental, emotional, and behavioral dysfunctions. **104 Conference: Wed. December 9, 2020.**

AYV 105 - Introduction to Subtle Therapies (16 hours) **December 19-20, 2020. Live Webinar**

Subtle Therapies are a group of methods utilized in Ayurveda that approach healing through light, color, sound, touch, and the environment to stimulate and/or pacify the sensory pathways. Examined from an Ayurvedic perspective students will learn selected topics from a wide array of therapies: Pranayama, Vedic medical astrology (*vyotish*), Marma therapy, planetary gemstone therapy, application of healing therapies utilizing subtle body energy conduits (*chakras, nadis* and *koshas*); and, meditation, *mudra* and *mantra* therapy; color therapy; aromatherapy. The course may also briefly touch upon various types of modern bio-energetic healing methods ancillary to Ayurveda (e.g. Reiki, Bach Floral Essences, Therapeutic Touch, etc.) all useful in healing. **105 Conference: January 13, 2021.**

AYV 106 – Ayurveda and Yoga (16 hours) **January 23-24, 2021. Instructor’s Option**

Ayurveda and Yoga are “sister” sciences, sharing the same philosophical, theoretical and ethical basis of *Samkhya* Yoga. Yoga, the science of Self-Realization, and Ayurveda - the science of Self-healing of body-mind imbalances and restoring health - support one another. Students will come to understand Yoga in its complete sense - beyond simply a form of physical exercise – seen in relationship to Ayurveda. Among its healing practices Ayurveda applies the wisdom of *dosha* theory to Yoga, having developed specific *dosha* pacifying *asanas* (yoga postures) to utilize in its

methodologies. Both sciences utilize *pranayama* (breath control) practices, *mantra* and meditation, techniques that bring about both improved physical health and subtle changes in one's awareness. Students will gain a full understanding of these two sister sciences, how they integrate, and, when applied together, form a complete system for healthful living, which individuals can learn and practice in order to achieve their physical, mental and spiritual potential. **NOTE: No Quiz and No Conference due to The Mid-Term Exam.**

MID-TERM EXAM (Take Home) January 25 - February 26, 2021. Mid-Term Exam due date: February 27, 2021.

AYV 107 – Introduction to the Ayurvedic Science of Herbs (16 hours) **February 27-28, 2021. Live Webinar.**

Ayurvedic herbs have been found to be a viable solution to a number of health-related problems and diseases (anyone that has applied *aloe vera* to a burn realizes the value of herbs). Ayurvedic herbal science is based on countless years of research and application, and this course will familiarize students with herbs and their ayurvedic qualities. Focusing on seven classifications (i.e. *dravya* or substance, *guna* or attribute, *rasa* or taste, *virya* or energy, *vipaka* or post-digestive effect, *prabhava* or special effect, and *karma* or action), students will learn to observe and categorize plants. They will also examine the use of common herbs, with their nutritive, therapeutic and energetic values that lack toxic side effects or reactions during the healing process. **107 Conference: Wed., March 17, 2021.**

AYV 108 - The Ayurvedic Lifestyle and Preventative Care (16 hours) **March 27-28, 2021. Instructor's Option**

Creating a healthy lifestyle through Ayurvedic principles is the best way to prevent disease. Students will learn about several self-care and cleansing practices which deal with physical, social, and spiritual hygiene. They will acquire knowledge about specific therapies focused upon nourishing and maintaining the five senses – hearing, sight, touch, taste, and smell – including yoga and meditation. Seasonal cycles, daily routine, and lifestyle suggestions are discussed in accordance with individual constitutional requirements. **108 Conference: April 14, 2021.**

AYV 109 - Ayurvedic Pathology (16 hours) **April 24-25, 2021. Live Webinar**

Ayurvedic pathology could be generalized as the unbalancing of the *doshas* (3 fundamental body “humors”) and the progression that follows causing disease and decay. Different stages in disease formation are discussed along with methods to reverse the effects before full disease is manifested. Students will learn about factors, such as diet, lifestyle and habits, that are known to generate imbalance of the *doshas*. They will learn about the corrective actions needed to rebalance the *doshas* and, thereby, restore health. **109 Conference: Wed., May 12, 2021.**

AYV 110 - Ayurvedic Assessment Techniques and Pulse Reading (16 hours) **May 22-23, 2021. Live Webinar**

Ayurvedic assessment techniques differ from Western techniques in that they involve observation of both order (health) and disorder (disease) rather than identifying and labeling a disease that has manifest. This course will teach the Ayurvedic approach to physical assessment and observation methods, like interrogation, assessment of the tongue, eyes, and skin, and other observations, such that students understand how to observe and assess pathological processes as they occur in the body. Pulse diagnosis, used to determine individual constitutions and evaluate the status of the body's organs, tissues, and doshas will be introduced and demonstrated. **NOTE: 110 Conference: Wed., June 14, 2021.**

AYV 111 – Panchakarma, Ayurvedic Therapies and Detoxification (16 hours) **June 26-27, 2021. Live Webinar**

Ayurveda has a unique purifying therapy in which the body's toxins can be purged. This purging is called *Panchakarma* (five therapies). Detoxification and purification takes place through the following therapies: *nasya* (nasal administration); *virechana* (purging); *vamana* (emetics); *basti* (enema), *raktamoksha* (blood cleansing). Both individually and collectively, panchakarma benefits the body by removing obstructions and toxins from its channels (*srotas*), and brings vitiated *doshas* back into balance. Students will learn about these cleansing techniques in relation to physical conditions along with the protocols for health maintenance in Ayurvedic practice. **111 Conference: Wed., July 14, 2021.**

AYV 112 - Ayurvedic Remedies for Common Ailments (16 hrs.) **July 24-25, 2021. Live Webinar**

One of the wonderful aspects of Ayurvedic health management is how commonplace spices and herbs, found in most homes, can be used to heal or prevent common disorders with little to no side effect. In conjunction with dietary and lifestyle adjustments and with other non-invasive therapeutic modalities, participants will gain knowledge about the role of these ordinary substances in prevention and in arresting and reversing the disease process. They will learn recipes for herbal teas, compounds, ow to make ghee, etc. **No Conference.**

NOTE: AYV 112 is the final course for ASC students; AYV 113, 114C and 114 are not required for those who are enrolled in the “Self-Care and Family Health” Certificate Program (ASC).

AHC FINAL EXAM (Take Home) BEGINS: Monday, July 26, 2021 – August 20, 2020. DUE DATE: August 21, 2021.

AYV 113C – Practical Guidance for Ayurvedic Health Consultants (3 hours) **Wed., August 11, 2021. Live Webinar**

This special course-conference session provides a survey of the legal requirements for, and constraints upon, the authorized and unauthorized practice of medicine. Students will learn about the following areas affecting their practice, including the distinctions between Ayurveda and other medical modalities, and diagnosis versus evaluation; prescription versus individualized practices; the provision of educative information versus prognosis. They will also be given practical information about the field, including remuneration, practice-management, approaches to practice promotion, and Ayurvedic Practitioners' relationship to other healing modalities and licensed healthcare providers. **NOTE: This course takes place on a Wednesday evening after completing AYV 112, and it is an essential preliminary to AYV 113. NOTE: No Quiz, No Homework.**

AYV 113 – Developing an Ayurvedic Practice (16 hours) August 21-22, 2021. On Site, and a Site Visit to a Practice.

This course is for students completing their first year of training in Ayurveda and adopts a very practical approach. It provides students with knowledge of Ayurvedic practice for the Ayurvedic Health Counselor Certification (Level 1) that students will have earned upon the successful completion of the BVI Ayurveda Program. The course includes both client contact units as well as a site visit to an established Ayurvedic practice. Students will be introduced to the various components of private practice, including intake paperwork, client files, scheduling, practitioner-client protocols, office logistics, and more. The course also focuses upon interpersonal skills that make an effective Health Counselor. Students will both learn about, and experience, a range of practices and protocols that assist them in setting up their own Ayurvedic Practice. **NOTE: No Quiz, No Homework, and No Follow up Conference.**

AYV 114C – Pre-Internship Conference for AHC Students (3 hrs.) September 29, 2021. Live Webinar.

This pre-internship conference session will provide in detail full information about procedures relating to the conduct of the internship, including the required documentation of the internship experiences and potential internship opportunities. The instructor will address any questions which student interns may have about the internship experience. **NOTE: No Quiz. No Homework.**

AYV 114 – Internship for Ayurvedic Health Consultants (50 Clinical Client Contact units). Sept. 30, 2021 and ongoing. Commences upon the completion of all coursework for AYV 101-112, and having attended AYV 113 and 114C.

As the culmination of your studies in Ayurveda, the Internship offers a valuable series of experiences that will assist the you in integrating your didactic understanding of Ayurveda with clinical practice through supervised direct interactions with clients. The Internship culminates when the intern has completed the requisite 50 Client Contact Units (CCU), turned in all CCU documentation to the Dean of Students, and has met all other internship requirements. This course is completed in affiliation with the Ananda Ayurveda Academy, Chicago, IL. It is comprised of the one conference, mentioned above, and two weekends of intensive training under the supervision of an Ayurvedic Vaidhya.

- **FINAL PROJECT CONFERENCE WITH THE DEAN OF STUDENTS – July 15, 2021 – August 10, 2021.**
- **FINAL EXAM PERIOD - July 26 - August 20, 2021; Due Date: August 21, 2021.**
- **FINAL PROJECT PERIOD - August 23, 2021 – Sept. 28, 2021. FINAL PROJECT DUE DATE: Sept. 29, 2021.**
- **INTERNSHIP COURSE CONFERENCE - Live Webinar - September 29, 2021.**
- **GRADUATION CEREMONIES – Weekend of October 9-10, 2021.**
- **INTERNSHIP PERIOD: Begins September 30, 2021 and ongoing, with individual timeframes of completion.**