



**Course:** Chikitsa

## **Syllabus Introduction**

Welcome to Chikitsa. We will explore Ayurvedic prevention, treatment & management of doshic imbalances.

Chikitsa is an intensive course that introduces the students to the fundamental concepts of Ayurvedic treatment and management of imbalances.

## **Course Overview**

### Course Description

Acquire an in-depth knowledge, both in theory and practical applications, of Chikitsa.

### Prerequisite Knowledge:

If enrolled in Yoga Veda Institute's Ayurvedic Health Counselor (AHC) or Ayurvedic Practitioner (AP) program, students are required to complete prior to participating in this course:

- Ayurvedic Yoga Therapy
- Ayurvedic Nutrition.

### Instructional Materials & Resources

Required Texts:

*All required reading will be posted in pdf format inside the course dashboard*



## Grading (Evaluation with Criteria for Passing and Remediation)

1. Exam (Pass/Fail) (70%)

### Fall 2024 Term

Lesson	Topic
1	Understanding Doshas and imbalances, Prajaparadha
2	Agni, types + importance
3	Dvididha chikitsa part 1
4	Dvididha chikitsa part 2
5	Diet Principles + Related subjects
6	Virudhahara + its chikitsa
7	Intro to Psychotherapy, Adravyachikitsa
8	Samana chikitsa
9	Sodhana chikitsa
10	Therapeutic Yoga