



STORY OF DISEASE I SYLLABUS :: COURSE INFORMATION FOR PARTICIPANTS

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| COURSE TITLE | Story of Disease I |
| INSTRUCTOR | Karta Purkh Singh Khalsa, Yogaraj, AD, DN-C, RH |

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2. Syllabus Introduction

Welcome to the Story of Disease I Module. We will:

- Be engaged in a “process-centered” approach to Ayurvedic Pathology. We will concentrate on therapeutic objectives and actions, as well as study of diet and lifestyle as they pertain to pathology.
- Discuss case strategy and therapy overview, individual treatments, and actions from an Ayurvedic perspective.
- Discuss several approaches to a case and to the use or appropriateness of any specific treatment, based on several approaches to pathology, including overview of prakṛti, vikṛti and disease.

3. Course Overview

Course Description

Story of Disease is a section of the Ayurvedic professional course. We will discuss Pathology from a basic perspective, and focus on the role of Pathology in the current American lifestyle.



Global Participant Competencies

Communication Skills

Writing – various assigned class projects

Listening - lectures

Speaking - class discussions

Information literacy - research for class projects

Critical Thinking

Synthesis and integration – application of material in creating protocols

Reflective evaluation, problem solving and analytical skills - case studies and exams

Intuitive skills – class discussion of the role of intuition as appropriate to topic

Research skills –case studies and class projects

Professional Behavior

Medical and professional ethics – exams taken on participant's honor

Compassionate caring behaviors and respectful behaviors – spending class time together and treating each other and the instructor with respect, care and awareness of others

Personal health and wellness – class project

Major Course Educational Objectives

- Introductory clinical familiarity with Pathology and benefits in approximately 15 common lifestyle imbalances
- Introductory clinical familiarity with approximately 40 Pathology treatments/procedures
- Introductory clinical familiarity with Pathology planning and execution

Major Course Competencies

- Introduction to a directed selection of treatment plans from an Ayurvedic perspective



- Understanding of nomenclature, methodology and procedures of Ayurvedic Pathology
- Integration of the concepts of systems and their pathologies with the Ayurvedic Pathology model
- Proficiency and confidence in knowledge of pathology and Ayurvedic Pathology techniques and applications
- Deeper understanding of the concepts of Ayurvedic therapeutic procedures, including how it can be applied to health maintenance, acute and chronic conditions, compliance and efficacy

Organization & Requirements

- This module (online only) is a combination of lecture, discussion and case review. The module will have several subsections. Each subsection will review a Pathology topic.
- At the end of the module, there will be a comprehensive exam, covering a reasonable overview of the material. The exam will primarily focus on information from class lecture and discussion. The participant should take comprehensive class notes. Much of the class lecture information may be repeated in additional readings provided by the instructor.
- Examples of class topics or visual aids will occasionally be available for viewing.

Instructional Philosophy

- I will share what I know, research what I don't yet know, and will continue to learn more each day about modern Ayurveda. Communication is essential to the learning process. Participants taking responsibility for their learning is crucial. Class lectures are not always the most appropriate place and time to get everyone's questions answered, so I encourage you to contact me outside the classroom. I want to extend the invitation to participants to contact me personally with any needs you might have in connection with the course. Please contact me by phone or email. I am here to help you succeed. I want each and every participant to pass this course and become caring and excellent Ayurvedic practitioners. Please help me in assisting you in meeting that goal.

Prerequisite Knowledge:

Ayurvedic Yoga Therapy Foundations, Ayurvedic Nutrition, Subtle Body Anatomy, or equivalent

Instructional Materials and Resources



Required Texts: *Kaya Chikitsa (A Text Book of Medicine)* by Prof. Dr. Subhash Ranade

Optional Textbook: *Ayurvedic Healing: A Comprehensive Guide* by David Dr. Frawley

Additional Optional Texts: Additional optional texts and larger material works available from instructor by email or portal

4. Grading (Evaluation with Criteria for Passing and Remediation)

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

5. Study Strategies & Class Participation Expectations

- We will have formal reading assignments. To prepare for class discussion, please review recommended appropriate sections of the suggested texts and library materials in a general way. After class, please review assigned portions of text.
- Exam will come largely from class presentations. Please procure class notes if necessary.

6. Course Outline & Time Schedule

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| Lesson 1 | Introduction |
| Lesson 2 | Introduction continued |
| Lesson 3 | Digestive tract |
| Lesson 4 | Digestive tract |
| Lesson 5 | Digestive tract |
| Lesson 6 | Respiratory |
| Lesson 7 | Respiratory |
| Lesson 8 | Cardiovascular |
| Lesson 9 | Cardiovascular |
| Lesson 10 | Cardiovascular |