



Course: Foundations of Ayurvedic Herbalism

Instructor: Karta Purkh Singh Khalsa, AD, DN-C, RH

Table of Contents

Syllabus Introduction

Course Overview

Grading- Evaluation Standards with Criteria for Passing & Remediation

Study Strategies & Class Participation Expectations

Course Outline & Time Schedule

Syllabus Introduction

Welcome to Foundations of Ayurvedic Herbalism. We will:

Be engaged in a “process-centered” approach to Ayurvedic herbalism. We will concentrate on therapeutic objectives and herb actions, as well as study of diet and lifestyle.

Discuss case strategy and herb overview, individual herbs, therapeutic herb formulas and actions from an Ayurvedic perspective.

Discuss several approaches to a case and to the use or appropriateness of any specific herb, based on several approaches to food therapy, including overview of diet, nutrient intake/deficiency and body typing.

Course Overview

Course Description

Ayurvedic Herbalism is a section of the Ayurvedic Health Counselor and Ayurvedic Practitioner programs. We will discuss Ayurvedic herbalism from a basic perspective, and focus on the role of herbs in food and diet in the current American lifestyle.

Global Participant Competencies



Communication Skills

Listening – lectures

Speaking – class discussions and case reviews

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

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

Major Course Educational Objectives

Introductory clinical familiarity with approximately 15 common pathologies

Introductory clinical familiarity with approximately 30 common symptoms and their involvement in diet or deficiency conditions

Introductory clinical familiarity with herbalism planning, current popular diets and cultural trends

Major Course Competencies

Introduction to a directed selection of pathologies from an Ayurvedic perspective

Understanding of nomenclature, methodology and procedures of Ayurvedic herbalism

Integration of the concepts of systems and their pathologies with the Ayurvedic herbalism model

Proficiency and confidence in knowledge of pathology and Ayurvedic herbalism

Deeper understanding of the concepts of Ayurvedic herbalism, including how it can be applied to health maintenance, acute and chronic conditions, compliance and efficacy

Organization & Requirements

This module (classroom and online) is a combination of lecture, discussion and student case review. The module will have several subsections. Each subsection will review an herb 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 health advisors. Please help me in assisting you in meeting that goal.

Prerequisite Knowledge:

Ayurvedic Yoga Therapy Foundations and Ayurvedic Nutrition

Instructional Materials & Resources

Required Texts:

The Way of Ayurvedic Herbs by K P Khalsa and Michael Tierra

The Yoga of Herbs by Lad and Frawley (optional)

Additional Optional Texts:

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

Grading (Evaluation with Criteria for Passing and Remediation)

- Exam (Pass/Fail) (70%)



Study Strategies & Class Participation Expectations

Participants are expected to attend lectures. Attendance is a participant responsibility.

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.

Course Outline & Time Schedule

Topic & Content

Management of Ama & Alternatives	Respiratory System & Expectorants
Management of Disease & Symptoms	Demulcents
Diagnostic Procedures & Ayurvedic Dosing Strategies	Urinary System & Diuretics
Immune System & "Ahamkara"	Skin
Antiparasitics, Astringents, Bitters, Cooling Herbs, Diaphoretics	Herbal strategies to control kapha
Vehicles (Anupan), Ayurvedic Preparation Methods (tea, medicated ghee, milk decoction, gugguls, medicated wine, jelly, medicated oil, neti)	Nervous System & Eye
Digestive System, "Agni"	Nervines
Carminatives	Endocrine System
Purgatives	Diabetes
"Stimulant digestants"	Herbal strategies to control vata
Special Potency (Prabhava), Post-digestive Effect (Vipak)	Musculoskeletal System
Liver and Gallbladder, Reproductive, Emmenagogues	Cardiovascular System
Herbal strategies to control pitta	Ayurvedic Bodywork & Pancha Karma (Five Basic Radical Cleansing Procedures)
Formulating and Strategies	Tonics, "Ojas", Rasayana (Rejuvenatives), Vajikarana (Aphrodisiacs), Geriatric Cases, Bhasmas (Mineral Medicines),
	Putting it all together- case management strategy, short-term and long-term



Lesson	Topic
1	Introduction + Preparations + Begin NAMA herbs
2	Continue NAMA herbs
3	Continued Materia Medica + Digestion
4	Continue Digestion
5	Respiratory
6	Continue Respiratory
7	Continue Respiratory + Cardiovascular + Urinary
8	Continued Materia Medica + Tonics + Diabetes
9	Continued Materia Medica + Massage
10	Continued Materia Medica + Formulating + Introduction to Panchakarma + Introduction to Bhasma