

The Ayurveda-online course

system of diet, healing and health maintenance, is probably the oldest science of life, just like the science of Yoga.

Ayurveda includes the word Veda, which is derived from the basic form 'Vid' or knowledge. All the four Vedas are known as 'Apaurusheya', meaning that they are not evolved from human mind but conceived by the divine mind. Therefore, even Ayurveda, popularly known as the fifth Veda, is originated in the divine mind and descended from the divine sources to the ancient physicians.

This divine origine of the Vedas explains the miraculous curative power of simple herbs described in Ayurvedic texts, experienced in its entirety even today.



What is Ayurveda?

Ayurveda means "knowledge of life". It is a holistic health system, which fosters the natural harmony between body, mind and soul. Ayurveda considers the human being as an inseparable unity of body, mind and soul. Instead of dealing only with the health or disease of separate organs, the well-being of the whole person is emphasized.

What makes Ayurveda special is the application of diagnosis and therapy according to the individual personal constitution of the patient. Health prevention through a positive way of life is greatly stressed; rather than waiting with the therapy until the breakout of a certain disease, the main focus is directed toward recognizing the circumstances leading to the disease and adjust them accordingly. By this, diseases can often be stopped from breaking out at all.



Dhanvantari, the protector of Ayurveda



For this, knowledge of one's own constitution type (Kapha, Pitta, Vata) and the proper behavior regarding one's diet, clothing, bodily care and healthy way of life are of essential importance.

Ayurveda is a science of life so to know more about it, we must know what is life. Life, according to Ayurveda, is a combination of senses, mind, body and soul. It is clear

from this definition of life that Ayurveda is not only limited to body or physical symptoms but also gives a comprehensive knowledge about spiritual, mental and social health.

Ayurveda is a Sanskrit word derived from two roots: ayur, which means life; and veda, which means knowledge. It has its roots in ancient vedic literature. Ayurveda, a

Course duration, fees, application



The duration of the course is one year for each of the four parts. The course is extra-occupational. six to eight hours per week is usually sufficient complete the course in the prescribed time

You can find the course fees on our website.

The e-learning courses can be started at any time.



Ayurveda I – basic course	
Lektion 1	<p style="text-align: center;">Elementary Knowledge of Ayurveda</p> <ul style="list-style-type: none"> Dealing essentially with the structure of the human body according to Ayurvedic understanding, this lesson presents the three bodies of man: the gross or physical and the two subtle bodies, namely the astral body and the casual body. Stress is put on the physical body. As an introduction to the other lessons, the following topics are explained: the five Mahabhutas, or great creating elements: earth, fire, water, air and space the three Doshas, or bioenergies resulting from this: Vata, Pitta and Kapha the Gunas, or qualities for evaluating the Mahabhutas and Doshas and their significance for the bodily functions.
Lektion 2	<p style="text-align: center;">Prakriti, or Personality of Man</p> <ul style="list-style-type: none"> In Ayurveda, three constitutional types are distinguished: Vata, Pitta and Kapha, as well as mixed types. In this lesson you will learn to know and evaluate the different qualities of a Vata, Pitta or Kapha type. With this knowledge you will be able to offer consultation in this regard. This lesson also deals with the mental constitution of man, the three Gunas, or modes of the mind, and their effects on the body.
Lektion 3	<p style="text-align: center;">Ayurvedic Way of Life</p> <ul style="list-style-type: none"> The Ayurvedic way of life serves prevention and health maintenance. Different time qualities are observed. Topics in this lesson are: the daily routine, the ideal daily schedule according to one's own time qualities proper conduct according to the seasons; influence of seasonal time according to the bioenergies (Doshas) the human life phases the ideal profession and vocation according to one's constitution appropriate leisure activities and suitable compensation means for Kapha, Pitta and Vata types
Lektion 4	<p style="text-align: center;">Hygienic and Body Care</p> <p>The topics of this lesson are:</p> <ul style="list-style-type: none"> the function of the skin, skin care and the excretion products of the tissues (Malas) Yoga Kriyas, six special cleaning exercises and methods Abhyanga, oil massage inner hygienic, fasting and purging psycho hygienic and mental purity
Lektion 5	<p style="text-align: center;">Yoga, a Practical System for Bodily, Mental and Spiritual Health</p> <ul style="list-style-type: none"> Each person needs his or her own individual spiritual path. Following this premise, four different Yoga paths are presented in theory and practice: Karma Yoga, the path of selfless acting Jnana Yoga, the path of study and knowledge Bhakti Yoga, the path of religious devotion to God Ashtanga Yoga, the Yoga in eight steps Ashtanga Yoga includes bodily exercise on the third level (Asanas), breathing exercise on the fourth level (Pranayama), and Raja Yoga, mental training, concentration and detachment on the further levels. The effects of the different breathing exercises and Asanas on the body and the constitution is described.
Lektion 6	<p style="text-align: center;">Ayurvedic Dietetics</p> <ul style="list-style-type: none"> A healthy diet according to one's constitution is essential in Ayurveda. First we will deal with: the effects of the different basic tastes (Rasas) on the constitution the role of the qualities (Gunas) and elements of the food for compensating the different constitutions How does food effect the mind?# the ideal composition of a meal adverse combinations of different food the role of the digestive power (Agni) for creating digestive poisons (Ama) Dosha teas and spice blends food for children and aged persons treating of overweight a summary of eating culture and Ayurvedic nutrition rules.