This course is available only in German language.

The Ayurveda Distance Learning Course

What is Ayurveda?

Ayurveda means „knowledge of life". As a holistic health system it regards the human being as an indivisible unity of body, mind and soul and promotes the natural harmony between these areas. It is not the health or illness of individual organs that is in the foreground, but the well-being of the whole person.

What distinguishes Ayurveda is the alignment of diagnosis and therapy according to the personal individuality or constitution of the patient. Great importance is attached to health care through a positive lifestyle. There is no waiting until illnesses have developed to start a therapy, rather the main focus is on recognizing and compensating for circumstances that cause illnesses. In this way the development of diseases can be prevented from the outset. The knowledge of one's own constitutional type (Vata, Pitta, Kapha) is of fundamental importance as well as the correct behaviour with regard to a healthy lifestyle, nutrition, body care and profession.

Draw health from the primal forces of nature - benefit from the oldest medicine in the world

The Ayurveda Distance Learning Course

During your studies, you will be free to divide up your time and will also have the opportunity to consult with the qualified training manager, Devadas Mark Janku. You enjoy the advantage of a direct personal support and can still study in the peace and comfort of your home, without travel and accommodation costs.

Dhanvantari, the patron deity of Ayurveda

In order to give you a good insight into the practice of Ayurveda, an Ayurveda internship of at least 5 days in an Ayurveda practice of your choice is part of the training. This allows you to be very flexible in the practical part of your training as an Ayurveda health consultant, depending on your individual needs.

Our former training leader, Reinhard Schacker, has written the teaching material and DVDs of the correspondence course. He is also the author of two textbooks for this course, which have meanwhile become standard works in Ayurveda literature. Devadas Mark Janku was recommended to us by Reinhart Schacker as a training supervisor. In this way you receive all knowledge from one competent source.

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Vocational training with a Future

Contents of the Ayurveda Distance Learning Course

The basic study enables you to understand the interaction of the bioenergies Vata, Pitta and Kapha, to recognize the ayurvedic constitution of a patient and to give advice for the harmonization of bioenergies and the constitution. This includes advice in the areas of nutrition, colour theory, favourable time qualities as well as advice on life situations such as career choice, place of residence and partnership.

The main study gives you the possibility to recognize disturbances of bioenergies and resulting diseases and to recommend treatment methods of Ayurvedic medicine. These include, for example, medicinal herbs, oil cures or oil massages and the Panchakarma therapy as well as methods for spiritual strengthening and harmonization.

Throughout your studies you will be personally supervised by the head of studies, Devadas Mark Janku. By submitting your written assignments for each lesson, the study supervisor can ensure that the content has been understood. You also have the opportunity to clarify questions and doubts with him.

The lessons are followed by project exercises, which will enable you to conduct independent consultations with clients and to recommend Ayurvedic herbs, oils and therapies.

During the Ayurveda internship you will be able to deepen your acquired knowledge through numerous practical experiences. The study is concluded with a written examination.

Who is Ayurveda Course for?

This course is suitable for all those who wish to deepen their knowledge of Ayurveda and work in an advisory capacity. People who are already working in this profession, e.g. Ayurveda masseurs, who want to deepen their knowledge about the theoretical basics of Ayurveda, will also benefit from this study.

There are no special requirements for admission to the course. Therefore, no previous medical knowledge is required.

The Ayurveda Internship

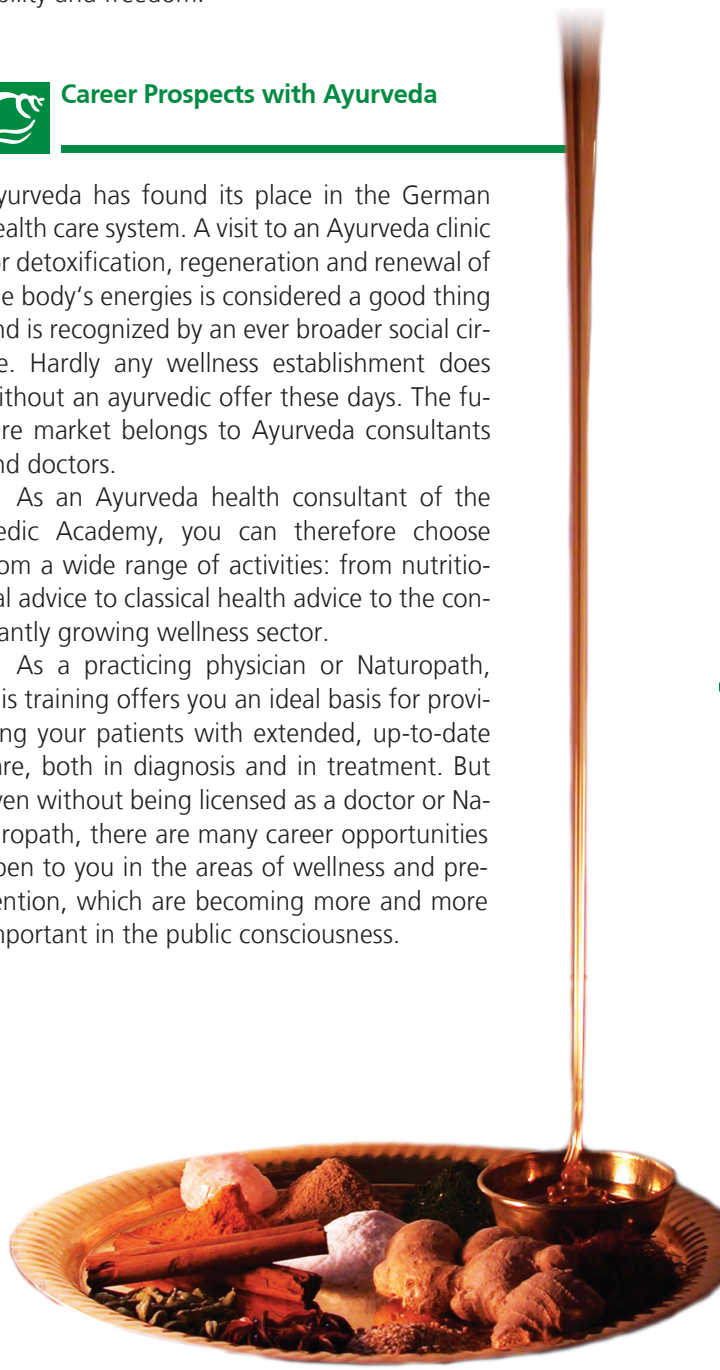
The Ayurveda internship is designed to enrich your acquired knowledge with practical experience. The internship should be at least five days or 30 hours long. You can divide this time span according to your individual needs, for example you can do one day a week for five weeks, or ten days for three hours each. You are also free to choose your internship place - but we will give you a guide with tips as part of the study documents, including a list of possible internships that you can use if necessary. Finally, you will write a five to ten page experience report and send it to the Head of Studies for review. The Vedic Academy thus offers you maximum flexibility and freedom.

Career Prospects with Ayurveda

Ayurveda has found its place in the German health care system. A visit to an Ayurveda clinic for detoxification, regeneration and renewal of the body's energies is considered a good thing and is recognized by an ever broader social circle. Hardly any wellness establishment does without an ayurvedic offer these days. The future market belongs to Ayurveda consultants and doctors.

As an Ayurveda health consultant of the Vedic Academy, you can therefore choose from a wide range of activities: from nutritional advice to classical health advice to the constantly growing wellness sector.

As a practicing physician or Naturopath, this training offers you an ideal basis for providing your patients with extended, up-to-date care, both in diagnosis and in treatment. But even without being licensed as a doctor or Naturopath, there are many career opportunities open to you in the areas of wellness and prevention, which are becoming more and more important in the public consciousness.



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Your Ayurveda Supervisor

Devadas Mark Janku

Since January 2010 Devadas Mark Janku is in charge of the Ayurveda correspondence course at the Vedic Academy. He was born in 1983 in Stuttgart and has been interested in yoga, meditation and naturopathy since his childhood. After graduating from high school in 2003, he began his voluntary social year as a paramedic with intensive bhakti yoga practice, which is characterized by mantra singing (spiritual Vedic hymns). In 2005 he travelled to India for the first time for several months, where he also lived in temples and ashrams. There he first came into contact with a Vaidya (Ayurveda doctor) and was fascinated by the ancient Ayurvedic healing art. So after his return to Germany in autumn 2005 he started the Ayurveda correspondence course of the Vedic Academy under the direction of Reinhard Schacker (our former training director), which he successfully completed in autumn 2006. During his Ayurveda internship in India in the following year he was able to gain further deep insights into the healing of Ayurveda. Through his further five visits to India he has become well acquainted with Indian culture. In the following years he independently conducted Ayurveda health consultations and Ayurveda seminars, completed further training as a yoga teacher (2009), meditation teacher (2010) and certified psychological Ayurveda consultant (2012) and was thus able to further deepen his knowledge.

A passionate mantra musician, Devadas has released several CDs so far. He is also the author of a book and now successfully gives various yoga and mantra seminars.

It is very important for him to live his calling with his profession.

Ten Golden Rules of Ayurveda

1. The body is the vehicle of the divine soul. To take good care of the body is therefore a lifelong task.
2. This includes a healthy diet, sufficient sleep, body care and a regular daily routine. But Prayer and meditation are also important as food for the soul.
3. Each person is an individual and incomparable. To determine the individual constitution is therefore an imperative task of Ayurveda.
4. Health is determined by harmony of the Doshas (bioenergies), a good digestion, a healthy structure of the dhatus (body tissue), a complete elimination of the malas (metabolic products) as well as a well-controlled function of the senses and their organs.
5. Equally important are happiness and contentment in everyday life and the perception of the true self as an eternal soul.
6. Meals should be taken calmly and without emotional stress. It is not only what we eat, but also what we can digest that is important.
7. For a good digestion it is important to eat the main meal in the Pitta time (12 to 13 o'clock). The stomach should be filled to 1/4 with liquid and up to 2/4 with solid food; 1/4 remains free for the movement of Vata and the digestive gases.
8. Breakfast and dinner should be easily digestible. In order not to interfere with sleep, the dinner should be before 7:00. Ideally, it should be fully digested before bedtime.
9. The healthiest and most regenerative sleep is between 22:00 and 6:00. The duration of sleep depends on your constitution, and should not be excessively extended.
10. The mind has a strong influence on our health. Most diseases have their cause in a disturbed mind, in unrestrained feelings and thoughts. A well-balanced, calm and controlled mental attitude is therefore essential for good health.

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The Ayurveda Training at a Glance

Training as Ayurveda Health Consultant (Ayurveda 1+2)

	Ayurveda Basic Studies	Ayurveda Advanced Studies
Ausbildung	Distance Learning Course Learn the basics of determining the ayurvedic constitution and offering an individually adapted consultation - the Ayurveda bioenergies - the individual Ayurveda constitution of a patient - Advice on nutrition, colour theory, favourable time qualities and life situations	Distance Learning Course Learn the basics of Ayurvedic diagnosis and therapy - Disorders of bioenergies and resulting diseases - Treatment methods of ayurvedic medicine - Panchakarma Therapy - Methods for mental and spiritual strengthening and harmonization

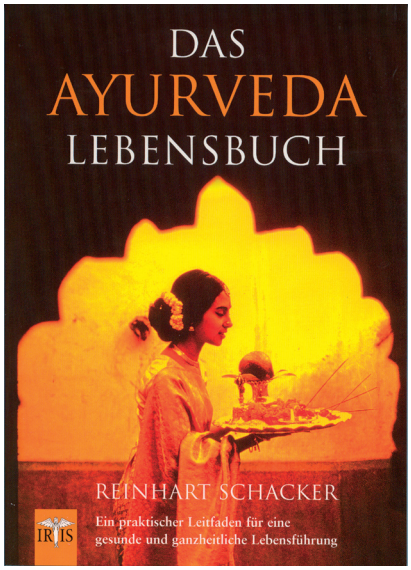
Internship	Ayurveda Internship The internship gives you the opportunity to enrich your knowledge with practical experiences. The 5-day internship can be carried out at any time after completing your basic studies in Ayurveda. All necessary information for the execution of the internship as well as a list with possible internships can be found in the study documents.
Completion	Certification as an Ayurveda Health Consultant Upon successful completion of the two Ayurveda training courses and the internship you will receive a certificate „Ayurveda Health Consultant“.

Duration of Ayurveda Studies

Training to become an Ayurveda health consultant can be started at any time. The period of study can be individually determined by you. The standard duration of studies for the Ayurveda Undergraduate and graduate studies is six months for each. Each part can also be completed faster at will. Each semester, however, students are entitled to a supervision period of up to nine months. Within this framework, you can divide your study time freely. The internship can be completed at any time after successful completion of the Ayurveda basic study course (Ayurveda 1); either during the Ayurveda advanced study course (Ayurveda 2) or only after its completion.

Technical Requirements

Contact with the study supervisor, i.e. sending in the study assignments, questions etc., is by e-mail. Therefore you need a computer with internet access and an e-mail address.



Reinhart Schacker's book, „Das Ayurveda-Lebensbuch“ and „Ayurveda-Kuren“ are now among the standard works of German Ayurveda literature. They also serve as training material for our Ayurveda correspondence course.

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Contents

Ayurveda 1 - Basic Studies

Lesson 1

Fundamental Knowledge of Ayurveda

- The structure of the human body according to Ayurvedic understanding
- Three human bodies: gross, physical and two subtle bodies (astral body and causal body)
- Emphasis is on the physical body
- The five great creative elements earth, water, fire, air and space (Mahabhutas)
- The three resulting bioenergies (Doshas) Vata, Pitta and Kapha
- The qualities (Gunas) for the evaluation of Mahabhutas and Doshas and their role for the bodily functions
- Body tissues (Dhatus), their nutrition, formation and functions
- Body channels (Shrotas) and their functions
- Subtle energy paths and centers (chakras and Nadis) and their functions
- Origin and cause of diseases

Lesson 2

Personality (Prakriti) of the Human Being

- The three constitution types: Vata, Pitta and Kapha and their characteristics
- Mixed constitutional types
- The psychic constitution of a person
- The three manifestations of the mind (trigunas) and their effects on the body
- Basics of a counselling interview

Lesson 3

Ayurvedic Lifestyle

- Preventative measures to maintain health, taking into account different time qualities
- Daily routine - the optimal design of the day according to its time qualities
- The right behaviour according to the seasons
- Time and its influence by bioenergies (Doshas)
- The life phases of the human being
- The ideal vocation and profession according to the constitution
- Suitable leisure activities and suitable compensatory measures for Kapha, Pitta and Vata types

Lesson 4

Hygiene and Body Care

- Skin and skin care functions
- The excreted products of the tissues (Malas)
- Six special cleansing exercises and methods (Yoga Kriyas)
- Oil massage (Abhyanga)
- Internal hygiene, fasting and purification
- Psychohygiene, mental purity

Lesson 5

Yoga for physical, mental and spiritual health

- One's own spiritual path
- Four different ways in Yoga
- Karma-Yoga, the way of selfless action
- Jnana-Yoga, the path of study and knowledge
- Astanga-Yoga, the 8-fold yoga way
- Bhakti-Yoga, the path of religious devotion to God
- The effect of the various body exercises (asanas) and breathing exercises (Pranayama) on the body and constitution
- Raja-Yoga, mental training, concentration, meditation and letting go

Lesson 6

Ayurvedic Nutrition

- Healthy, constitutionally appropriate nutrition
- The effect of different flavours (Rasa) on the constitution
- The role of the properties (Gunas) and elements of food in balancing the constitutions
- The difference between „food" and food (which kind of food is rich in life force (prana) and which is not?)
- The effect of food on the mind?
- Ideal composition of a meal
- Unfavourable combinations of foods,
- The role of digestive power (Agni) in the development of digestive toxins (Ama)
- Dosha teas and spice blends
- Food for children and the elderly
- Summary of food culture and Ayurvedic dietary rules

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Ayurveda 2 - Advanced Studies

Lesson 1

Anamnesis and Ayurvedic Diagnosis (Pariksha)

- Detailed study on the development of diseases
- Anamnesis, interview of the patient about personal data, his social environment and symptoms of the disease
- Examination and diagnosis of the patient (Pariksha), e.g. examination of the pulse, eyes, tongue, skin, excrements, etc.
- Pain as a diagnostic tool
- The burden of indigestion waste (Ama) and the contamination of the Doshas with Ama

Lesson 2

Treatment with Medicinal Herbs and their Dosage Forms

- Description of important ayurvedic medicinal plants with consideration of indigenous herbs
- Preparation forms of medicinal plants (ointments, pills, oils, etc.)
- Kitchen medicine - spices as medicinal herbs
- Classification of medicinal plants according to organs and functions

Lesson 3

Panchakarma – Therapy for Detoxification and Regeneration of the Body

Part 1: Preparatory and Preparatory Actions

- Indications for Panchakarma Therapy
- Preparatory treatment (Purvakarma)
- Strengthening the digestion (Amapachana)
- Oil treatments (Snehanakarma): inner oil treatment (Snehapana) and outer oil treatment (Abhyanga)
- Explanation of some massage techniques
- Sweating cure (Svedanakarma) for detoxification via the skin
- Panchakarma drainage procedures: vomiting (Vamana), laxation (Virecana), enema (Vasti), nasal treatment (Nasya) and bloodletting (Raktamoksha)

Lesson 4

Panchakarma – Therapy for Detoxification and Regeneration of the Body

Part 2: Nourishing and rejuvenating procedures

- Building and nourishing procedures (Brimhana), e.g. through oil application and massage with rice bags
- Strengthening and rejuvenating measures (Rasayana), e.g. through nutrition, medicinal herbs, minerals, Yoga Asanas, etc.
- Strengthening the reproductive system with aphrodisiacs (Vijikarana),
- A cure and health programme for home use
- Treatment tips for simple illnesses, which everyone can use in everyday life

Lesson 5

Body channels (Shrotas) and Vital points (Marmas)

- The Shrotas, their functions and diseases
- Supply ducts
- Excretory ducts
- Channels for tissue supply
- General overview teaching about Marmas and their emergence
- Detailed description of the individual marma points
- Assignment of marma points to bioenergies, Body channels and energy centers
- Marmatherapy: Treatment of the body through the marma points

Lesson 6

Mental health and spiritual evolution

Part 1: Accompanying and preventive therapies

- Music therapy
- Mantra therapy
- Breathing and yoga therapy
- Talk therapy

Part 2: Mental Health and Spiritual Development

- The power of faith and silence
- Spiritual development - a life of unity through devotion, prayer, worship and meditation (Sadhana)
- The effect of sadhana on body, mind, spirit and soul
- Practical instructions

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