

Dr. Franklin's Panchakarma Institute and Research Centre
Chowara P.O. Thiruvananthapuram
Kerala, S.India, Pin-695501.
Tel:+91-471-2480870,2267974,2268071

Syllabus of Ayurvedic Principles

Duration 20-30 days (60 Hours)

Course fee: 1000Euros (excluding stay + food)

- I. *History of Ayurveda*
- II. *Relation of Ayurveda with philosophy and concept of Doshas, Dhathus and Malas*
- III. *Details on Doshas and basic concept of Prakriti and Vikriti*
- IV. *Diseases and its divisions*
- V. *Daily routine for maintaining good health*
- VI. *Ritu charya (Seasonal regimen)*
- VII. *Rasas (Tastes) and Doshas*
- VIII. *Chikitsa (Treatments)*
- IX. *Pancha Karma*
- X. *Ashtanga Ayurveda (8 specialties of Ayurveda)*
- XI. *Bheshajakalpana (Pharmacy)*
- XII. *Rasa Sasthra (Alchemy in Ayurveda)*
