

Soma Matha

Ayurvedic

Practitioner Training

Course Outline



- 1 Darshanam (Philosophy)
- 2 Vedic Literature and Ayurveda Shaastras
- 3 Physiology and Anatomy I (shaariira)
- 4) Ayurvedic Cooking
- 5) Sanskritam
- 6) Anatomy II (suukShma shaariira)
- 7) Mantra cikitsaam (Mantra Therapy)
- 8) VikR^iti viGYANam (Pathology)
- 9) jivana-vidhaanam (Lifestyle and Nutrition)
- 10) Dravyakaplam I vanaspati-viGNAAnam oShadhim dravyam ca (Pharmacology I: Basics of Pharmacology, Plant Identification and Collection, Herbs, and Substances)
- 11) abhya~Nga (Ayurvedic Massage and Body Work)
- 12) Marma cikitsaam (Treatment of the Marma [acupressure] Points)
- 13) Nidhaana pariikShaam (Diagnosis and Clinical Examination) I
- 14) Nidaana pariikShaam II (Diagnosis and Clinical Examination II)

- 15) Ayurveda Chikitsaa (Introduction to Treatments)
- 16) shirodhara (Treatment pouring a stream of oil on the forehead and third-eye point)
- 17) Panchakarman I Puurva karman (Preparatory Treatments)
- 18) Panchakarman II Pradhaana karman (The Five Primary Treatments)
- 19) Pancha karman III vyaapatsiddhiM pashcaat karman ca (Complications and After Care)
- 20) mano-viGYAnam (Psychology)
- 21) bhuuta-vidyaam (Spiritual Disorders)
- 22) piNDa svedana lepana basti ca (Poultices, Plasters, fomentation, bath and other Body Work)
- 23) cikitsaa aupacaarika (Complimentary Treatments)
- 24) Nidhaana PariikShaa III (Diagnosis and Clinical Examination)
- 25) NADI nidhana (Pulse diagnosis)
- 26) Ayurvedika jyotiSham I ParibhaaShaam (Medical Astrology I Basic Concepts)
- 27) Ayurvedika Yogam (Ayurvedic Yoga)
- 28) Dravyakalpam II kaShaaya-kalpam, maatraam vidhaana ca (Pharmacology II: Traditional Formulas, Preparation, Dosages, and their Prescription)
- 29) Dravyakalpam III rasa-shaastram agadatantram ca (Pharmacology III Introduction to Alchemical Medicines and Toxicology)
- 30) Ayurvedika niitim (Medical Ethics)
- 31) striiroga-shaastram prasuuti tantram ca (Gynecology, and Obstetrics)
- 32) Ayurvedika JyotiSham II cakraphala m upaaya (Medical Astrology II Interpreting the effects of charts and Remedial Measures)
- 33) saadhana cikitsaa (Spiritual Practices for Healing)
- 34) vaarddhakaayurveda kaumarabhrR^iya pashu-aayurveda ca (Geriatric, Pediatric, and Veterinary Ayurveda)

- 35) Dhyaanam nityopaasanaam (Meditation and daily practice)
- 36) Paacanam (Regulation of Digestion)
- 37) Rasaayanam (Tonification)
- 38) Vidhaana vidhim (Laws and Regulations Concerning Practice)
- 39) Ayurvedic Vaastushaastram (The Medical Science of Space)
- 40) Vaideshika niiti (Application of Ayurveda for Westerners)
- 41) VyAvahaarika mantraNa (Practicalities of Consultations)
- 42) ciraroga martyaam ca (Terminal Conditions and Death)
- 43) vicaara aadhyaatmikam (Spiritual Counseling)
- 44) Puujaa cikitsaa (Prayer Ceremonies for Healing)
- 45) vyaapaaram (Practicalities of Business and Running a Practice)
- 46) Kaala R^itau (Season, Timing)
- 47) Vaidya mantram (Mantras for Ayurvedic Practice)
- 48) ratna varNa shabda ca (Gems, colors, sounds and other therapies)
- 49) Shodhana (Purification)

Additional Events / Requirements:

- Opening Ganapati Fire Ceremony (Students are given Initiation for Study)
- Ayurvedic Feast Prepared for the Students before Graduation
- Graduation Ceremony and Dhanvantari Fire Ceremony (Students are given initiation for Healing practice)

Additional Requirements:

- Every student will be required to attend a monthly Ayurvedic student consultation and lifestyle / spiritual counseling to help with their own health.

- Each student will be required to attend at least three lectures on Ayurveda and to present at least 1 lectures on Ayurveda before graduation.
- Each student will be required to attend at least 1 panchakarma retreat and to plan and facilitate at least 1 panchakarma retreat before graduation. The school can help students plan to travel to India to receive panchakarma treatments in a traditional setting if desired (traveling to India is not required).
- Each student will be required to visit at least two temples (one near and one distant). The distant Temple visit will be facilitated by the school as a group trip to the Shringiri Sadhana Center in Pennsylvania.
- Students will be required to attend at least 1 NAMA conference during their 4 years of study. There are limited opportunities to travel as a group with the school.
- In addition to the fire ceremonies for commencement and graduation, each student will be required to experience at least one healing puja (performed by an approved priest specifically for them).
- During their study, students will be responsible for organizing 6 seasonal school sponsored Yajnam (fire ceremonies) each year for the peace and health of society at large. The practice of performing prayers for the benefit of society is considered by the ancient texts on Ayurveda a duty of the Ayurvedic physician.
- Students will help to run a working Ayurvedic clinic, pharmacy, and panchakarma center. In the first two years students will learn to make herbal preparations, perform basic treatments, and practice clinical assessment and case management. In the Last two years students will have many opportunities to meet and treat patients.
- Work study options are available for a discounted tuition.