

## Advanced Level – Advanced Concepts in Ayurveda

**Duration:** 6–8 hours

**Modules:** 16

**Level:** Advanced

**Goal:** Master Ayurvedic food energetics, understand subtle properties of diet and medicine, and learn to design precise, therapeutic meal and treatment plans.

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### Course Overview

This level is designed for advanced learners and practitioners ready to dive into the subtle Ayurvedic sciences of **Rasa (taste)**, **Guna (qualities)**, **Virya (potency)**, **Vipaka (post-digestive effect)**, and **Prabhava (special effect)**.

It blends classical textual insights with modern nutritional science, enabling precise customization in dietetics, formulation, and preventive therapy.

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### Detailed Modules

#### **Module 1: Introduction to Advanced Ayurvedic Concepts (15–20 min)**

- Relationship between *Dravya-Guna-Karma* (substance, quality, action).
  - Revisiting *Panchamahabhuta* and their correlation with Rasa and Virya.
  - Understanding energetic pathways influencing therapeutic outcomes.
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#### **Module 2: Rasa (Six Tastes) Mastery (25–30 min)**

- Deep exploration of six Rasas: *Madhura, Amla, Lavana, Katu, Tikta, Kashaya*.
- Elemental composition, *doṣa* action, and *dhātu* impact.
- Taste-to-tissue mapping and emotional influence of taste.
- Balancing multiple Rasas in meal and formulation design.

**Outcome:** Accurately use taste to modulate physiological and emotional states.

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#### **Module 3: Guna (Qualities) Analysis (25–30 min)**

- The 20 *Gunas* and their dualities (e.g., hot–cold, heavy–light, moist–dry).
- Role of Guna in disease pathogenesis (*Samprapti*) and therapy (*Chikitsa*).

- Guna-based food and herb selection strategy.

**Outcome:** Identify dominant Gunas in individuals and tailor counterbalancing regimens.

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#### **Module 4: Virya (Potency) Applications (25–30 min)**

- *Sheeta (cooling)* and *Ushna (heating)* Viryas and their clinical significance.
  - Virya's role in digestion, metabolism, and tissue response.
  - Case studies: balancing Pitta disorders through cooling potency, Vata via heating.
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#### **Module 5: Vipaka (Post-Digestive Effect) (20–25 min)**

- Three Vipakas – *Madhura, Amla, Katu*.
  - Long-term impact on doshas and dhatus.
  - Integrating Vipaka into prescription and meal sequencing.
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#### **Module 6: Prabhava (Special Effects) (20 min)**

- Concept of unexplained actions beyond Rasa–Virya–Vipaka logic.
  - Classical examples: Shilajit, Guggulu, Brahmi, and honey.
  - Prabhava in pharmacodynamics and nutraceuticals.
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#### **Module 7: Therapeutic Cooking & Meal Design (25 min)**

- Cooking as a form of *Chikitsa* (therapy).
  - Preparing dosha-balancing meals using Ayurvedic energetics.
  - Spices as medicine: formulation of medicated ghee, decoctions, and soups (*Yusha*).
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#### **Module 8: Food Combining Principles (20–25 min)**

- Compatible vs incompatible food combinations (*Viruddhahara*).
- Meal timing and sequencing rules (*Ahara Vidhi*).

- Modern correlation: enzyme interaction, nutrient absorption.
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### **Module 9: Constitutional Variations (25–30 min)**

- How *Prakriti* affects response to food energetics.
  - Genotype–phenotype parallels in modern nutrition.
  - Case-based diet personalization for *Vata–Pitta–Kapha* variants.
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### **Module 10: Seasonal Adjustments (20–25 min)**

- Revisiting *Ritucharya* from an advanced nutritional lens.
  - Seasonal *Virya–Vipaka* balance through food energetics.
  - Designing season-wise meal cycles for immunity (*Ojas*) and metabolism (*Agni*).
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### **Module 11: Disease-Specific Protocols (25–30 min)**

- Constructing dietary protocols for lifestyle and metabolic disorders: Diabetes (*Prameha*), PCOS (*Arajaska*), Digestive disorders (*Agnimandya*), Skin diseases (*Kushtha*).
  - Therapeutic balancing using *Rasa–Virya–Vipaka* triad.
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### **Module 12: Advanced Assessment Tools (25 min)**

- Modern biochemical correlations: pH, thermogenesis, nutrient assimilation.
  - Ayurvedic diagnostic matrices and digital tools for constitution mapping.
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### **Module 13: Integration Strategies (20 min)**

- Bridging Ayurvedic dietetics with modern nutrition science.
  - Functional food design using Ayurvedic energetics.
  - Practical guidelines for interdisciplinary application.
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### **Module 14: Teaching Methodologies (15–20 min)**

- Pedagogical tools for teaching Ayurvedic nutrition.

- Building structured lesson plans for different learner levels.
  - Incorporating experiential learning and culinary labs.
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### **Module 15: Research Applications (25 min)**

- Experimental models for food energetics validation.
  - Designing small-scale studies to test Rasa–Virya–Vipaka outcomes.
  - Integrating Ayurvedic food data with modern nutrition databases.
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### **Module 16: Case Study Analysis & Future Developments (20–25 min)**

- Real-world advanced case analysis combining traditional and modern insights.
  - Exploring upcoming trends: Ayur-nutrigenomics, AI-assisted Ayurvedic diet analysis, and global research directions.
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### **Learning Outcomes**

After completion, learners will be able to:

- Master Ayurvedic food energetics and their therapeutic applications.
- Create precise, constitution-based meal and nutrition plans.
- Understand the subtle effects of Rasa–Guna–Virya–Vipaka–Prabhava.
- Teach and mentor others effectively in Ayurvedic dietetics.
- Conduct research or develop formulations based on advanced energetic models.