

Beginner Level Syllabus

(2–3 hours, 8 modules)

1) Foundations of Āyurveda & Health Model (20–25 min)

Classics lens: *Trisutra Ayurveda*—*hetu* (causes), *liṅga* (signs), *auśadha* (therapy).

Purpose of Ayurveda: *śarīra-indriya-sattva-ātma samyoga* balance; definition of health (*svastha*).

Core constructs

- *Pañca Mahābhūta* → matter; *Guṇa* (20 qualities), *Karma* (actions).
 - The 4 pillars of therapy: *Ahāra* (diet), *Vihāra* (lifestyle), *Auśadha* (drugs), *Carya* (conduct).
 - Homeostasis as *sama-doṣa*, *sama-agni*, *sama-dhātu*, *mala pravṛtti*, *prasanna* *ātma-indriya-manaḥ*.
- Practical:** 3-minute reflection: “Where do I feel over-mobile (*vāta-like*) vs over-hot (*pitta-like*) vs heavy (*kapha-like*) today?”
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2) Pañca Mahābhūta → Tridoṣa Mapping (25–30 min)

Elements → Doṣas

- *Vāta* (ākāśa+vāyu): mobility, variability; *guṇa*: light, dry, cold, subtle, rough.
- *Pitta* (agni+jala): transformation, metabolism; *guṇa*: hot, sharp, light, oily, spreading.
- *Kapha* (jala+prithvī): structure, cohesion; *guṇa*: heavy, cold, slow, oily, stable.

Physiology framework

- *Srotas* (channels) overview; *Agni* as master regulator; *Dhātu* formation sequence.
- Red flags of aggravation** (*prakopa-lakṣaṇa*): e.g., *vāta*—bloating, variable appetite; *pitta*—acidity, irritability; *kapha*—lethargy, congestion.
- Micro-lab:** Touch/observe pulse, skin, and tongue for quality cues (dry/greasy, heat/cold, coat).
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3) Constitution & Imbalance: *Prakṛti* vs *Vikṛti* (25 min)

Assessment logic

- Stable blueprint (*prakṛti*): from doṣa dominance at conception.

- Current state (*vikṛti*): influenced by season, age, stress, diet.

Tools

- 18-item guided questionnaire (body frame, skin, digestion, sleep, mood).
- Triangulation: observation (*darśana*), touch (*sparśana*), inquiry (*praśna*).

Outputs

- Primary/secondary doṣa profile, top 3 aggravating *guṇa*, and one balancing opposite quality (*guṇa-pratipakṣa*).
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4) Digestive Fire & Food Energetics (Agni, Rasa, Virya, Vipāka, Prabhāva) (20–25 min)

Agni taxonomy

- *Jatharāgni* (central), *Bhūtāgni* (5), *Dhātvagni* (7). Signs of balanced vs low/irregular/high *agni*.

Food energetics

- *Rasa* (6 tastes): sweet, sour, salty, pungent, bitter, astringent—effects on doṣas.
- *Virya* (heating/cooling), *Vipāka* (post-digestive), and specific *prabhāva* (special effect).

Incompatibilities (*viruddhāhāra*): milk+fish, fruit+milk (esp. sour), honey heated, equal honey+ghee by weight, etc.

Practice: Build a sample meal that supports your *vikṛti* and strengthens *agni* (e.g., for *vāta*: warm, moist, unctuous, mildly spiced).

5) Ahāra Vidhi-Vidāna (Rules of Eating) & Doṣa-wise Diets (20–25 min)

Eating guidelines

- Eat warm, fresh, appropriate quantity (*mātrā*), compatible combinations, in a calm setting; main meal at peak *agni* (mid-day).
- 8 factors of food (*aṣṭāhāra-vidhi-viśeṣa-ayatana*): nature, processing, combination, quantity, place, time, rules of intake, consumer.

Doṣa-wise plates

- *Vāta*: stews/khichdi, ghee, sesame oil, sweet–sour–salty dominant; avoid raw/cold/dry.
- *Pitta*: cooling grains, cucumbers, bitter greens, coconut, coriander; limit chilies, vinegar, alcohol.

- *Kapha*: light grains (millets), legumes, steamed veg, pungent–bitter–astringent; minimize sugar, dairy heaviness.
- Mini-case:** Modify one common meal (e.g., *maggi* or dal-chawal) three ways for each *doṣa*.
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6) Daily Routine (Dinacaryā) & Sleep (20–25 min)

Clocking with *doṣa* time

- 2–6am *vāta*, 6–10am *kapha*, 10am–2pm *pitta* (and same PM).

Core practices (sequence)

- *Jihvā-nirlekhana* (tongue scrape), *Gandūṣa/Kavala* (oil pulling), warm water, elimination, self-massage (*abhyanga*: sesame for *vāta*, coconut for *pitta*, mustard for *kapha*), *vyāyāma* (½ capacity rule), *snāna*, main work, lunch, light dinner, digital sunset, *nidrā* hygiene.

- Optional: *Nasya* (medicated nasal oil), *Anjana* (collyrium), *Padābhyaṅga* (foot massage).

Doṣa-wise exercise

- *Vāta*: slow, grounding yoga;
- *Pitta*: moderate, cooling, swimming;
- *Kapha*: vigorous cardio/HIIT.

Sleep: ideal timing, signs of good *nidrā*, correcting *rātri-jāgarāṇa* (late nights).

7) Seasonal Routine (Ritucaryā) & Ritu-Sandhi (20 min)

Six seasons (Indian calendar) & tendencies

- *Śiśira* (late winter) → *kapha* ↑;
- *Vasanta* (spring) → liquefied *kapha*;
- *Grīṣma* (summer) → *pitta* accumulates, *vāta* dries;
- *Varṣā* (monsoon) → *vāta* ↑, *agni* low;
- *Śarad* (autumn) → *pitta* ↑;
- *Hemanta* (early winter) → strong *agni*, building phase.

Adjustments

- Food, spices, oils, exercise, and cleansing cues (e.g., light spring diet to clear *kapha*, *pitta-śamana* in autumn, *vāta-śamana* and *deepana-pācana* in

monsoon).

Ritu-sandhi: two-week transition protocol between seasons.

8) Mind–Body Axis: Manas, Guṇa (Sattva–Rajas–Tamas) & Satvavajaya (20–25 min)

Psychology in Ayurveda

- *Manas* (mind) and *indriyas* (senses) as disease co-factors; emotions as *doṣa* movers.

- *Sattva* (clarity), *Rajas* (activity), *Tamas* (inertia)—dietary and lifestyle influences.

Therapies

- *Satvavajaya cikitsā* (mind-management): restraint, cultivation of opposite, counseling, contemplation.

- Yoga & breath: *nāḍi śodhana*, *ujjāyī* for *vāta/pitta*, *kapālabhāti* sparingly (avoid in high *pitta*).

- *Rasāyana* concept (rejuvenation) and *ojas* (vital essence) basics.

Practice: 6-minute guided breath + journaling: identify one *rasa* (emotion) pattern and its *doṣa* link.

Capstone (10–15 min)

- **Quick quiz** (8–10 Q) covering *doṣa* traits, *agni* signs, food pairing.
 - **Personal plan:** 1-page template: current *vikṛti*, 3 opposite qualities to apply, 1 meal tweak, 1 routine shift, 1 breath practice.
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Handouts & Job Aids (download/print)

- *Prakṛti/Vikṛti* checklist (1 page).
 - *Doṣa* qualities & opposite-quality matrix.
 - *Viruddhāhāra* quick chart.
 - *Dinacaryā* step-by-step with oils & timings.
 - *Ritucaryā* table (6 seasons, foods, activities, cautions).
 - Glossary (*agni*, *ama*, *srotas*, *dhātu*, *ojas*, *rasa*, *vīrya*, *vipāka*, *prabhāva*, etc.).
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Pedagogical notes (how “deep” is achieved fast)

- **Vertical slices:** every module ties classical principle → mechanism (*guṇa/karma*) → symptoms → correction (opposite quality, time, medium).
 - **Triad thinking:** Always map **quality** → **channel** → **fire** (*guṇa* → *srotas* → *agni*).
 - **Safety heuristics:** gentle, food-first, routine-first; avoid strong detox or herbs in a beginner course; contraindications noted (e.g., vigorous *kapālabhāti* in high *pitta*).
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Optional add-ons (if you have 15–20 extra minutes)

- **Srotas overview:** 13+ channels and prime sites of doṣa (*vāta* – *pakvāśaya*, *pitta* – *āmāśaya/small intestine*, *kapha* – *chest/stomach*).
- **Dhātu primer:** *Rasa*→*Rakta*→*Māṃsa*→*Meda*→*Asthi*→*Majjā*→*Śukra/Ārtava* flow and how *agni* quality governs tissue nourishment.