

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.

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.

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.

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.

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.