

Ayushakti[™]
since 1987

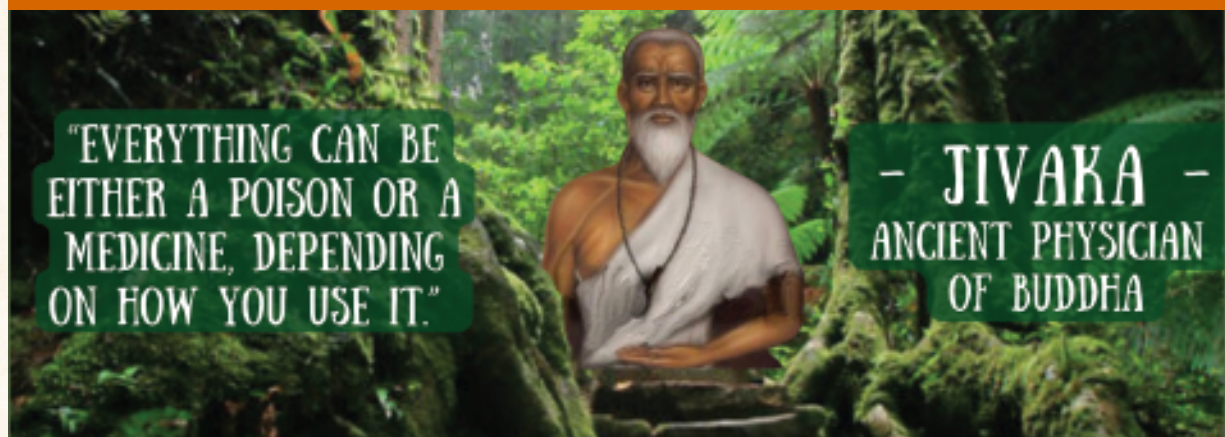
AYUSHAKTI ACADEMY OF AYURVEDA
Mumbai India

Ancient Secrets of Vibrant Health and Longevity

Discover how to apply Ancient Ayurveda Principles in your life

Through the scientifically proven age-old methods of reading
& listening (Patha), understanding (Avabodha) and
practical application (Anusthana)

ANCIENT SCIENCE OF SIDDHA-VEDA



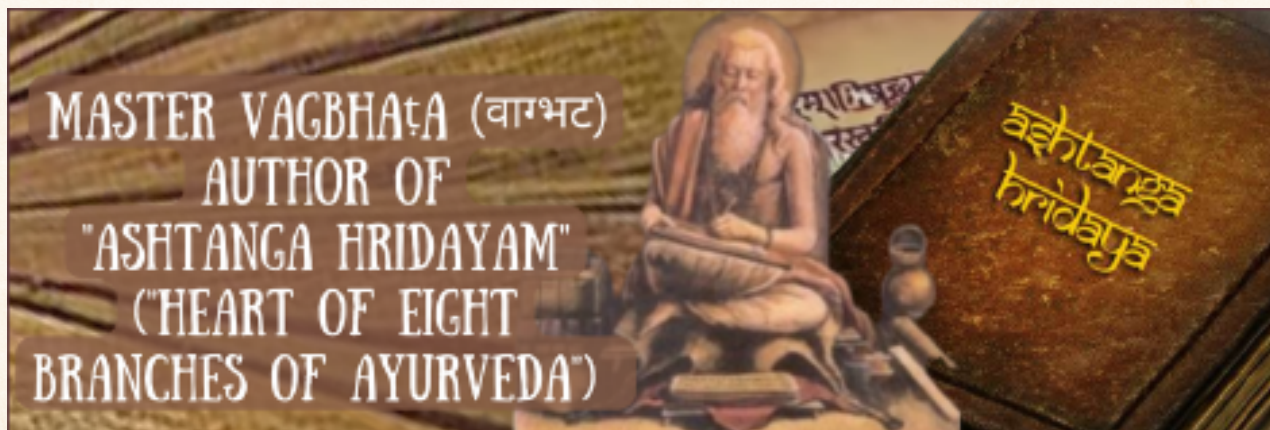
**Siddha-Veda lineage starts with Master Jivaka,
the physician of Lord Buddha.**

Master Jivaka helped many souls to heal what seemingly no one else could do. He was and still is an icon and a source of inspiration for many traditional healers. The figure of Jivaka is evidence of superiority and medical levels.

Many descendent healers from this lineage used ancient science to do things that seemed like miracles.

ANCIENT SCIENCE ALLIED LINEAGE

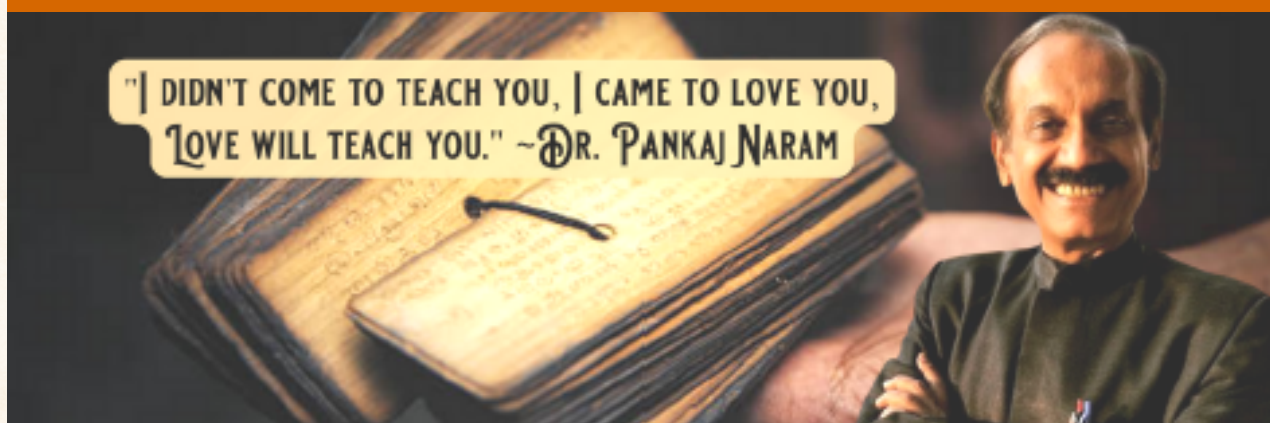
Master Vagbhata (वाग्भट) is one of the most influential writers, scientists, doctors, and advisors of Ayurveda. He has presented Ayurveda in its essence in an easy-to-understand way.



The Master himself says, "Traditional Ayurvedic textbooks are too elaborate and difficult to study. I have collected their essence in Ashtanga Hridayam. It is neither too short nor too elaborate."

Ashtanga Hridayam means Heart of Eight Branches of Ayurveda. It is one of the root texts of Ayurveda. Today, the Ashtanga Hridayam serves as a source of Ayurvedic philosophy and protocol, providing clear guidelines for all aspects of health.

DR. PANKAJ NARAM & HIS MISSION



Dr. Naram wanted to help people achieve vibrant health, unlimited energy, and peace of mind. He dedicated his life to studying the Ancient Scriptures and transcribing this knowledge into a multi-layered educational platform that is easy to teach and understand. He became one of the greatest healers of all time and made it his mission to spread these Ancient Secrets worldwide to benefit every heart in every home. Now you can also become part of that mission.

AYUSHAKTI VAIDYA SMITA NARAM

Vaidya Smita Naram, a world-renowned Ayurveda practitioner and founder of Ayushakti Ayurveda, is an expert in the Ayurvedic way of treatment.



With more than 32+ years of clinical experience, Vaidya Smita Naram has specialized in the treatment of many chronic health problems like arthritis, asthma, high blood sugar, high blood pressure, obesity, skin problems, anxiety, depression, chronic fatigue, burnout syndrome, IBS, Crohn's disease, autoimmunity, fibromyalgia, and Multiple Sclerosis. She has personally seen more than 200,000 clients worldwide in Europe, the USA, Australia, New Zealand, the UK, and India. She has trained more than 500 naturopaths and medical doctors around the world.

Ayushakti is a chain of Ayurvedic clinics with authentic, high-quality European standard products and powerful Panchakarma detox programs. Practitioners at Ayushakti help over 100,000 clients every year all over the world.

COURSE OBJECTIVE:

- Deeper understanding of the Ancient Science – Siddha-Veda principles and philosophy.
- To be able to follow and suggest lifestyle and diet plans for healthy persons to maintain their health status.
- To be able to guide others to boost their immunity in natural ways.
- Use the Marma (vital energy points) technique to generate fast results in various health conditions.
- Gain basic knowledge about the application of Ayushakti herbal formulas.
- Help one's own self and others to enrich the experience of body, mind, and senses.

YOU WILL LEARN:

More profound knowledge of the Basic Philosophy of Ayurveda, including:

- 5 Basic Elements Theory (Panchamahabhuta)
- Three Body Humors (Tridosha - Vata, Pitta, and Kapha)
- Body Tissues (Seven Dhatus)
- Vital Energy/Immunity (Ojas)
- Governing Psychology Factors (Triguna - Sattva, Raja & Tama)
- Body Constitution (Prakriti)
- Digestive Fire (Agni) and Toxins (Aam)

Principles of Ayurvedic dietetics including:

- Rules & regulations of food consumption
- Diet for three doshas
- Effective diet plan for different types of health challenges
- Kitchen formulas
- Profound knowledge of Daily Regimen (Dincharya) and Seasonal Regimen (Rutucharya)
- Suppressible and Non-suppressible urges (Dharniya and Adharniya Vega)
- What is Panchakarma? Detox and its benefits
- Deep understanding of Marmaa (vital energy points) & its practical application

To register click on [ENROLL NOW](https://education.ayushakti.com/courses/BasicsofAyurveda-39232) on below given link

<https://education.ayushakti.com/courses/BasicsofAyurveda-39232>

For any query or required assistance:

Email: education@ayushakti.com

AFTER COMPLETING THIS EDUCATION

- You will have a deeper understanding of the Ancient Science – Siddha-Veda principles and philosophy.
- You will be able to suggest lifestyle and diet plans for healthy persons to maintain their health status.
- You will be able to guide others to boost their immunity in natural ways.
- You will use the Marma (vital energy points) technique to generate fast results in various health conditions.
- You will get basic knowledge about the application of Ayushakti herbal formulas.
- You will help yourself and others to enrich the experience of body, mind, and senses.

Beneficial for whom ?

- Anyone who wants to learn about the Ancient Way of Healing
- Anyone who wants to know how to take care of themselves, family and friends successfully
- Any doctors, naturopath, osteopath, chiropractors, healthcare and wellness practitioners who wants to increase their knowledge

Class information

- **Class** – English
- **Study material** – in English, German, Spanish, French.
- **30** recorded sessions, **each session is of 1.5 to 2 hours**
- **Mode of class** – Self-paced
- Access to class recordings and all study material for 1 year (downloadable)

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