



**Ayushakti**<sup>TM</sup>  
since 1987


**Ayushakti Academy of Ayurveda  
Mumbai India**

Learn

**Ashtanga Hridaya Sutrasthana  
&  
Charaka Samhita Sutrasthana**

**शास्त्रसहितरत्नकः साधनानां**

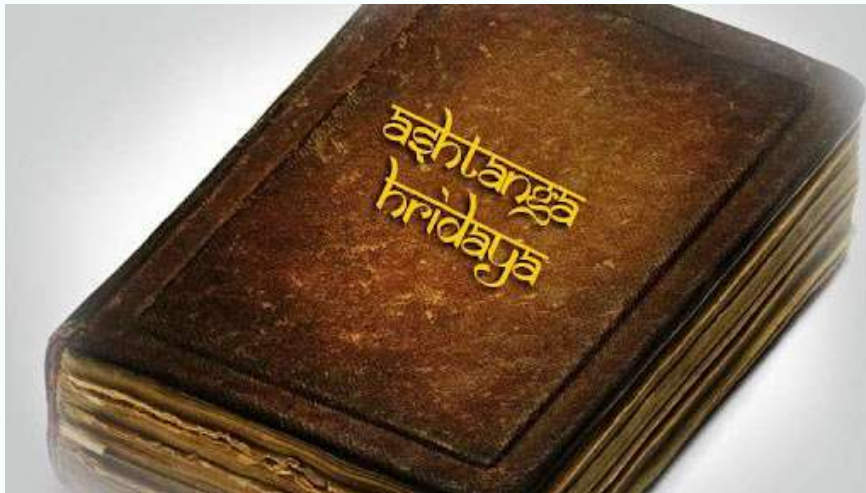
**THE BEST MEANS TO ACHIEVE KNOWLEDGE OR  
TO BECOME SUCCESSFUL IS THE REASONING  
BASED ON SCRIPTURES**



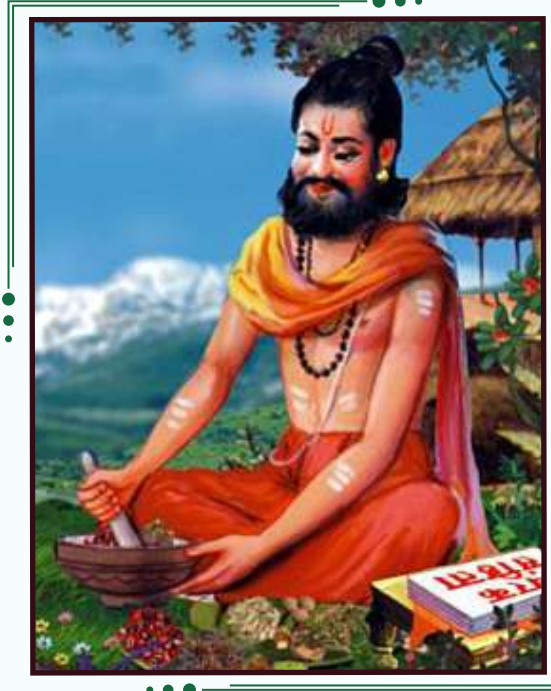
दीर्घजीवितमारोग्यं धर्ममर्थं सुखं यशः।  
पाठावबोधानुष्ठानैरधिगच्छत्यतो ध्रुवम्॥

-Ashtang Hridaya

The best way to learn the Ayurveda classics is by **Patha** (reading and reciting the Sanskrit verses), **Avabodha** (understanding and interpretation) and **Anusthana** (practical application).



# COURSE DESCRIPTION:



## CHARAK SAMHITA SUTRASTHANA

Acharya Charaka delved into all aspects of medicine, including the logic and philosophy behind the Indian medicinal system, he placed special emphasis on the diagnosis of disease and treated Ayurveda as a comprehensive system of health care that dealt with both preventive and curative aspects. Therefore, the "Charak Samhita" is considered a complete encyclopaedia of Ayurvedic science.

The Charak Samhita is an ancient Indian Ayurvedic text on internal medicine written by Acharya Charak. Acharya Charak has been referred to as the father of non-surgical Ayurvedic Indian Medicine. His principles, diagnosis and treatment retain their potency and truth even after a couple of millennia. This Samhita is useful for those who want to improve health and happiness of self and others.

## ASHTANGA HRIDAYA SUTRASTHANA

Ashtang Hridaya is an excellent Ayurveda classic which has been written in the Padya (poetic) form only. It is a masterpiece to learn the principles of Ayurveda which are the combined extracts from the Charaka Samhita and Sushruta Samhita. The Sanskrit verses are written in the poetic form which can be sung with tune. The principles from Ashtanga Hridaya are healing people since thousands of years. The first step in the journey of healing is to first learn about the principles in the Ayurveda classics. Acharya Vagbhata has emphasized that the Sanskrit Shlokas are not just words but they are the Mantras that can bring about the deeper healing at the level of the physical, mental, emotional and spiritual well-being.



## 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. 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 world-wide.



## Vaidya Komal Gawali:

She is well-versed in the knowledge of the ancient scriptures like the various Ayurveda classics. **She has done her postgraduate and doctorate in Ayurveda from the renowned Institute.** She has an expertise in teaching the various concepts of Ayurveda in a simplified and easy manner. She has also been instrumental in combining the theoretical and practical application of the knowledge of the scriptures. She loves to teach authentic Ayurvedic science to the new generation. She has taught many students world-wide including Europe, USA, Australia, New Zealand, UK, and India.

### **COURSE OBJECTIVE**

- To learn the principle and concept of Charak Samhita Sutrasthana and Ashtang Hridaya Sutrasthana.
- To learn the techniques of by hearting, memorising Shlokas and reciting them in tune**
- To remember the important references from Charak Samhita Sutrasthana and Ashtanga Hridaya Sutrasthana.

## YOU WILL LEARN

- Deeper understanding of Philosophy of Ayurveda through Charak Samhita Sutrasthana and Ashtang Hridaya Sutrasthana.
- Practical application of this knowledge
- To understand the necessary principles from the Ayurveda classics and their implementation in our own lives for prevention and treatment of various disorders.

## YOU WILL BE ABLE TO DO AFTER COMPLETING THIS COURSE

- This course will also enable students to achieve success in various academic and competitive examinations
- This will help in understanding how to read the Ayurveda classics in a simplified manner through the scientific technique of Patha (reading & recitation), Avabodha (understanding and interpretation), Anushthana (practical application) described by Acharya Vagbhata.
- This course will also be instrumental in knowing the technique to easily byheart the Sanskrit Shlokas in the Ayurveda classics.
- This will also be helpful to become a good and successful practitioner

## WHO CAN JOIN?

- B.A.M.S UG / PG student
- Ayurvedic Doctors
- Anyone who wants to learn Charaka Samhita Sutrasthana and Ashtang Hridaya Sutrasthana .

## LEARNING WILL BE THROUGH WEBINARS

You will get exclusive course material which has been developed through 32+ years of Teaching & Practical experience. Our online Ayurveda course gives you unlimited access to

- **Explainer Videos**
- **Printed Notes**
- **Group Discussion**

**Language:** English

**Duration:** 6 Months

2 hours long one session every week

For any further details, please write us at [education@ayushakti.com](mailto:education@ayushakti.com)  
Or call us at – 98694 59538

**TO ENROLL FOR THIS COURSE  
PLEASE CLICK ON BELOW LINK**

<https://education.ayushakti.com/course/CharakSamhitaSutrasthanandAshtangHrudayam-46473>

ANY QUESTIONS ABOUT THE COURSE CONTENT CAN BE EMAILED TO  
**[education@ayushakti.com](mailto:education@ayushakti.com)**

**!!WELCOME!!**