

DRAVYA GUNA (Ayurvedic Phyto-therapeutics) COURSE



Dravya Guna (Ayurvedic Phyto-therapeutics) is the most important pillar of Ayurveda. It is the study of plants with regards to its description, habitat, properties, therapeutic actions, etc.

A unique opportunity to learn about the Ayurvedic plants in the form of an educational Dravya Guna tour is being offered in a picturesque and serene location of around 25 acres land rich of Ayurvedic plants amidst the area of palm trees in South of India.

In this course, the participants will have the opportunity to learn the following:

- ❖ Basic principles of Ayurveda & Dravya Guna
- ❖ To identify the important & commonly used plants of Ayurveda , on the actual field
- ❖ Ayurvedic characteristics / properties of the plants
- ❖ Phytoactive components of the plants , which are responsible for the pharmacological effect shown by the plants
- ❖ Therapeutic effect and the mechanism of the plants from Ayurvedic point of view
- ❖ Therapeutic effect from the Western medicine point of view
- ❖ Research studies / Published data on the plants
- ❖ The effect & the interaction of the individual ingredients in the commonly used classical formulations
- ❖ To assess the effect and the mechanism of different herbal products available as Food Supplements from different companies.
- ❖ To make own customized herbal recipes in the form of Food supplements
- ❖ The effect of the herbs used in the Massage oils and cosmetic products
- ❖ To combine the well-known Ayurvedic herbs with European herbs

The course would be conducted at the beautiful place of Maitreyi in India, which is an eco-friendly, spiritual and cultural retreat and is around 4 hours ride by road ways from International Kochi airport . It is well equipped with the special wellness therapies of Ayurveda. For more details about the venue, you may visit www.maitreyivedic.in.



Maitreyi

Course conducted by:



Dr. Shubhangee B. Satam, M.D (Ayurveda), specialized in Dravya Guna from Mumbai India. She has around 15 years of Ayurvedic industry experience in addition to her clinical experience for around 21 years. She has worked for the leading Ayurvedic companies in India for the International market, and also in the field of Nutraceuticals in a UK Based Pharmaceuticals.

Currently working as an Independent Consultant to the Herbal / Ayurvedic / Nutraceutical Industry, she travels extensively to Europe and USA to conduct lectures / workshops and for consultations. She regularly writes on general and technical topics related to Ayurveda and health in various leading national and International magazines.

Dates :

Arrival: 4th October 2014 **Departure:** 18th October 2014

Course duration: 5th October 2014 to 17th October 2014 with 10 days of teaching and one day of visit to an Ayurvedic products manufacturing Company.

Two Days: Free for recreation and relaxation

Daily teaching timings:

- ❖ Morning Session: 10 am to 1 pm with 15 minutes break
- ❖ Afternoon Session: 3 pm to 6 pm with 15 minutes break

Language of the Course: English. Translation in German can be organized on request at a cost.

Cost:

Single Occupancy: 1900 Euro per person

Double Occupancy: 1600 Euro per person

Translation in German language: 150 Euro per person

The Price includes Course fee, Accommodation, Meals and pickup and drop from/to the Cochin International airport.

Additional Course on Rasa-shastra (Vedic Alchemy)

In this course, the participants will learn about:

- ❖ Basic principles of Rasa-shastra
- ❖ Important ingredients used in Rasa-shastra
- ❖ Various steps involved in the preparation of the alchemic formulations
- ❖ Making of various types of alchemic formulations
- ❖ First hand experience on various steps involved in making the formulations
- ❖ Benefits and indications of alchemic preparations
- ❖ Active participation in the practicals

Additional Course on Ras – shastra (Vedic Alchemy)

Dates: 19th October to 25th October

Total Cost : (Dravya Guna + Ras-shastra)

Single Occupancy: 3150 Euro per person

Double Occupancy: 2600 Euro per person

Complementary: With the entire course (Dravya guna & Ras-shastra), the participant may avail a detailed Ayurvedic consultation and 6 Ayurvedic treatments of approximately one hour each .

Registration of the course: Please register for the course before 5th July 2014.

For further queries, kindly contact:

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