



# Ayurved Sadhana Vidyalaya

*Healing Begins Here...*

2082 Grayden Court Superior CO 80027

[www.ayurvedsadhana.com](http://www.ayurvedsadhana.com) 303-530-3730 and 720-382-6488 [info@ayurvedsadhana.com](mailto:info@ayurvedsadhana.com)

## Ayurvedic Doula - Nutrition and Support Program



Ayurvedic Breast Care: Two days (1Credit)

In this theory based class, students will learn about common ailments that may arise with postpartum mothers, in relation to breast health. At the completion of this class students will be equipped to support mothers with their breast health through preventative Ayurvedic practices. Students will also be trained on how and when to refer to a physician in the case of complications.

- Common ailments
- Signs of infection
- Cracked Nipples
- Mastitis
- Inflammation
- Herbal Poultices
- Oils and Salves
- Self-Breast Massage Instruction

Assignments/ Assessment: Self breast Assessment



Ayurvedic Postpartum Cooking: Classical Theory and Recipes: Two days  
(2 Credits)

The alchemy of cooking illuminated in this class with unusual preparation and cooking techniques, using familiar and a few new resources, from Ayurvedic classical and personal family traditions. Recipes prevent colic, mood, immunity, enhances strength, improves sleep, and lactation problems. It will also cover discussion of key concerns and conditions of postpartum management.

- Theory - body changes in postpartum as per Ayurveda
- Aims of Postnatal care as per Ayurveda

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- Theory - Normal diet and nutrition during postpartum for 4 months
- Theory - life style changes and challenges for new mother and baby
- Theory - avoidable items in diet and life style of postpartum women
- Discussing several food items, grains, herbs and spices affecting new mother
- Cooking and discussing several recipes for postpartum mother

Assignments/Assessment: Cook three meals for One Postpartum Mother 3 months or less



## Ayurvedic Cooking for Pregnancy: Classical Theory and Recipes Two Days (2 Credits)

Nutrition and cooking for Pregnancy provides understanding for dietary support in the month by month changes while carrying a child, while addressing common concerns with guidelines from the ancient Ayurvedic texts and traditional experienced Vaidya of the 20th century. Learn to profoundly support mother and fetus through the stages of development. Help prevent seeded imbalances called deva prakruti (influences on fetal constitution during pregnancy). Delicious classical recipes, key foods, special styles of preparation for best experience in pregnancy. Herbal food preparations are demonstrated, and enjoyed.

- Theory - body changes in pregnancy
- Theory - diet Normal diet and nutrition during pregnancy in each trimester
- Theory - mode of life of pregnant woman
- Theory - avoidable items in diet and life style of the pregnant women
- Discussing several food items, grains, herbs and spices
- Cooking and discussing several recipes pregnancy

Assignments/Assessment: Cook three meals for a Pregnant Mother in her third trimester.



## Calendar of Care (2 Credits): Two days

Students will learn what to expect throughout the first 42 days of care with postpartum mamas. Students will learn to support the many layers and transitions that mothers go through during the postpartum period. This class will be taught by a seasoned Ayurvedic Doula so students get an accurate view into the practical applications of their studies.

- First Days Care
- Week by Week Care
- Lactation Cycles
- Daily routine
- Menu Planning
- Postpartum Movement
- C Birth
- Birth Trauma
- Do's and Don'ts
- When to Refer

Assignments/Assessments: Generate a class group list of questions for interview. Interview 3 Mothers

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## Doula Self-care: One Day (2 Credits)

Students will learn unique self-care practices to add to their personal and professional lives to enhance the sustainability of their careers as Ayurvedic Doulas. At the completion of this course students will be equipped with tangible self-care practices that will support their personal wellbeing, and aid in preventing burn out. Students will leave with a better understanding of how to support their own needs, so they may show up more fully for their future clients.

- Ayurvedic Foods
- Meditation
- Yoga Asana
- Pranayama
- Energy Work
- The Importance of Community

Assignments/Assessment: Maintain a self-care log during the length of entire course



## Externship 60 Hours (4 Credits)

The externship allows students to have hands on practice in their field, under the supervision of a Senior Ayurvedic Doula. Students will shadow and assist the Senior Ayurvedic Doula for a minimum of 50 hours. Students will record case study forms for each day of their externship

- Mothers Ayurvedic Warm Oil Application Instruction
- Infant Ayurvedic Warm Oil Application Instruction
- Meal Planning/Preparation
- Breast Health
- Client Assessment
- Self-care Log
- Essay
- Review and Reflections with Admin

Assignments/Assessment: After completing the required hours, students will write an essay about their experience. The essay should be a minimum of 3 pages, and no more than 5 pages. Students will then meet with an Administrator from Ayurved Sadhana, and their Senior Ayurvedic Doula, so the student can receive feedback and reflections about their performance as a whole. The externship must be completed for a student to qualify for certification. This externship complies with the Rules and Regulations for Occupational School by the State of Colorado



## Fundamentals of Ayurveda I and II: Two Days (2 Credits)

A beginning general idea of the field including definitions of health, Ayurvedic anatomy and physiology; causes and symptoms of imbalances, and the development of disease. Teaching in practical skills of assessment of prakruti and vikruti science in Ayurveda.

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- What are vedas and learn about different vedas – Rig, sam, yajur, atharva
- Eight branches of Ayurveda
- Three gunas of Ayurveda
- Panchamahabhootas
- Tridosha theory
- Three doshas in details - Vata, Pitta, and Kapha
- Upadoshas in details
- Twenty gunas as per Ayurveda
- Six tastes as per Ayurveda
- Virya, vipak and prabhav
- Digestion as per Ayurveda
- Tejas and Ojas
- Prakruti and Vikruti
- Samprapti and Agni

Assignments/Assessment: Questionnaire/Quiz and Self Study



### Ayurvedic Infant Warm Oil Application Instructions: One Day (2 Credits)

Students will be equipped with the skill set to support parents with both the theoretical and practical application of warm oil care for infants, as per Ayurveda. Students will also learn about special cases, preventative care, and when to refer. Students will learn to formulate oils and soaps for general care, as well as how to offer support in special cases.

- Benefits for Baby
- Benefits for Mama (and/or Dad)
- Milk Schedule
- The Importance of Warmth
- Asking Permission
- Infant Soap
- Carrier Oils
- Special Cases
- Preventative Care
- Post Care
- When to Refer to a physician
- Hands-on Application instructions - Only by Parents
- Drapery
- Oil Warming
- Hot Water Bottles
- Extra Towels
- Clean up

Assignments/Assessment: Teach parent the Ayurvedic Warm Oil Application instructions including pre and post care. Students must instruct a minimum of Three Families.

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## Ayurvedic foundations of **Women's Wellness in Postpartum**: Two Days (2 Credits)

This course provides clear instructions, integrating ancient references from multiple classical texts of Ayurveda and from Vaidya's professional and personal experiences. The class will cover discussion of key concerns and conditions of women's well-being and various ailments in the postpartum period.

- Women's Vata ailments
- Treatments of Vata ailments as per Ayurveda
- Women's Pitta ailments
- Treatments of Pitta ailments as per Ayurveda
- Women's Kapha ailments
- Treatments of Kapha ailments as per Ayurveda

Assignments/Assessment: Questionnaire/Quiz and Self Study



## **Mother's Ayurvedic Warm Oil Application** Instructions: Three Days (3 Credits)

At the completion of this course students will be able to offer a full Mother's Ayurvedic Warm Oil Application Instructions, as per Ayurveda. Students will be skilled in selecting the appropriate oils for each individual constitution, as well as modifications for special cases.

- Carrier Oils
- Essential Oils
- The importance of warmth
- Set up
- Draping
- Special Cases
- Breast feeding modifications
- Post Massage Care

Assignments/Assessment: Offer three postpartum Mothers a Warm Oil Application Instructions. Must be 3 months postpartum



## Postpartum Psychology: Two Days (2 Credits)

In this theory based course, students will learn about postpartum psychology from both an Ayurvedic and western lens. This course will cover general postpartum psychology, as well as special cases in postpartum. At the completion of this course students will be equipped with a vast understanding of the postpartum mother's psychological state. This awareness will prepare students to more fully support their clients, while also informing them when it is appropriate to refer out to a licensed psychologist.

- General Postpartum Ailments
- Side effects of medicine during delivery
- Postpartum Depression
- Postpartum Psychosis

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- Birth Trauma
- C – Birth
- Special Cases
- When to refer

Assignments/Assessment: Write an essay three to five pages Course topic of Students choice.



### Postpartum Salves, Oils, and Herbal Ghees: Two Days (3 Credits)

At the completion of this course students will be prepared to make and administer salves, oils, and Herbal ghees, as preventative care during the postpartum period. Students will also learn when it is appropriate to refer out to a physician. Students will study the properties of each substance, and learn different formulations that aid in sustaining the mother's overall health.

- Properties of Oils, Salves, Ghee, and Pantry Herbs
- Formulations and recipes
- Contraindications
- Special Cases
- When to Refer Out

Assignments/Assessment: Make and bring in two kinds of Herbal ghees as per instructor. To evaluated and assessed by Instructor.

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