

COURSE SYLLABUS

LEVEL 1 - FOUNDATIONS OF CLINICAL AYURVEDA AND HERBAL MEDICINE

This foundational level will consist of two modules, the aim of which is to provide students with a deep immersion into the foundational basics of Ayurveda and herbal medicine before progressing onto the more advanced training found in Levels 2, 3 and 4, as discussed below.

LEVEL 1, MODULE 1 FOUNDATIONS OF AYURVEDA

Starts Thursday evenings from 4/9/25

- Session 1: Introduction to Ayurveda and the importance and relevance of Ayurveda in the 21st century public health model.
- Session 2: An introduction to the five great elements and the 20 gunas and the importance and relevance of these to Ayurvedic practice.
- Session 3: Introduction to the Doshas and sub-Doshas
- Session 4: Introduction to the Doshas and sub-Doshas continued
- Session 5: Introduction to the Prakruti – Vikruti paradigm and why this informs the foundation of clinical Ayurvedic diagnostics, assessments and treatment.
- Session 6: Prakruti and Vikruti diagnostics.

LEVEL 1, MODULE 2

FOUNDATIONS OF HERBAL MEDICINE

Thursday evenings

- Session 1: Introduction to herbal medicine, the history of herbal medicine and the importance and relevance of herbal medicines in the 21st century public health model. Discussions around the value, relevance and importance of herbal medicine and herbal prescribing in this diploma. Herbal monograph 1 discussion – Ashwaghanda.
- Session 2: An introduction to herbal tinctures, the pros and cons of using herbal tinctures, herbal tincture blending, prescribing and dosing for both chronic and acute diseases. Herbal monograph 2 discussion – Guduchi.
- Session 3: An introduction to herbal powders, the pros and cons of using herbal powders, herbal powder blending, prescribing and dosing for both chronic and acute diseases. Herbal monograph 3 discussion - Shatavari
- Session 4: An introduction to herbal baths, the pros and cons of using herbal baths, herbal bath blends, best practice for using herbal baths, prescribing and dosing for both chronic and acute diseases. Herbal monograph 4 discussion – Tulsi.
- Session 5: An introduction to herbal infusions, best practices for creating and blending herbal infusions, the pros and cons of using herbal infusions, herbal infusion prescribing and dosing for both chronic and acute diseases. Herbal monograph 5 discussion - Rhodiola
- Session 6: Herbal medicine safety and live Q&A session
- Pre-Recorded Bonus Sessions: An introduction to herbal medicine making with full guidance on making syrups, oils, poultices, tinctures, herbal honey, compresses and baths.

LEVEL 2

- Building upon the foundations learnt in Level 1, Level 2 will aim to equip students with a deep immersion into the fundamentals of Ayurvedic anatomy and physiology relevant to clinical practice followed by detailed training in Ayurvedic clinical patient assessment and diagnosis.

LEVEL 2

AYURVEDIC ANATOMY AND PHYSIOLOGY AND AYURVEDIC DIAGNOSTICS

Level 2, Module 1: Ayurvedic Anatomy and Physiology **Thursday evenings**

- Session 1: The Dhatus (Ayurvedic tissue levels), their relevance to clinical practice and treatment of the dhatus
- Session 2: The Dhatus continued and the clinical importance and relevance of Ojas
- Session 3: The Srotas (Ayurvedic body channels), their relevance to clinical practice and treating the Srotas
- Session 4: The Srotas continued

Level 2, Module 2: Ayurvedic Diagnostics **Thursday evenings**

- Session 1: The “Three-Fold” process of Ayurvedic diagnosis relevant to Prakruti and Vikruti diagnostics
- Session 2: Tongue diagnosis
- Session 3: Pulse diagnosis
- Session 4: Agni: Introduction, overview and diagnosis
- Session 5: Ama: Introduction, overview and diagnosis and the effective management of the Ayurvedic clinical consultation

LEVEL 3: AYURVEDIC TREATMENTS

As we progress into Level 3, we shift our focus onto the exciting world of clinical Ayurveda and the foundational approaches used to optimise the physical and mental health of those we work with. To account for the inter-related nature of the content, some of this module will be delivered in an intensive 4-day online training block. Doing so will allow us to powerfully embed the core teachings whilst allowing for a higher and more in-depth level of interaction and discussion.

ALL DAY SESSIONS - 21 - 24TH April 2026

- Session 1: Ayurvedic nutrition
- Session 2: Ayurvedic nutrition continued
- Session 3: Ayurvedic lifestyle practices, Dinachara and circadian medicine
- Session 4: The treatment of Agni
- Session 5: The treatment of Ama
- Session 6: Patient Intake Forms and developing the treatment protocol.

LEVEL 4: AYURVEDIC TREATMENT PROTOCOLS

This level will provide in-depth discussions and training on specific clinical interventions and protocols for managing a huge variety of clinical ailments that are most likely to be seen and managed by complementary practitioners in their practice. These sessions will be pre-recorded and released throughout with bi-weekly tutor sessions for student.

May - July, Thursday evenings (bi-weekly)

- **Session 1:** Ayurvedic pathology and the 6-stages of disease
- **Session 2:** The muscular-skeletal system
- **Session 3:** The nervous system
- **Session 4:** The digestive system 1
- **Session 5:** The digestive system 2
- **Session 6:** The respiratory system
- **Session 7:** The cardiovascular system
- **Session 8:** Chronic fatigue syndrome
- **Session 9:** The female health system 1
- **Session 10:** The female health system 2
- **Session 11:** The urinary system

COURSE DATES

This course has been scheduled to be completed during the 2025/26 academic year, with sessions taking place most Thursday evenings. The dates for the sessions are below, but please note that they may be some small changes.

2025

Sep 4, 11, 18, 25 - all evening sessions - 5pm - 8:30pm

Oct 2, 9, 16(TBC) 30 - all evening sessions - 5pm - 8:30pm

Nov 6, 13, 20, 27 - all evening sessions - 5pm - 8:30pm

Dec 4, 11th (TBC) - all evening sessions - 5pm - 8:30pm

2026

Jan 8, 15, 22, 29 - all evening sessions 5pm - 8:30pm

Feb 5, 12, 19, 26 - all evening sessions 5pm - 8:30pm

Mar 5, 12 - all evening sessions 5pm - 8:30pm

April 21, 22 23, 24 (ALL DAY SESSION 9-5pm)

Tutor Sessions

May 7, 21

June 4, 18,

July 2, 16

Tutor sessions will run from 6:30 - 8:00pm that will be supporting the release of 12 clinical interventions and protocols that will be pre-recorded and released weekly from May - June. Students are encouraged to attend these sessions to ask questions, refine skills and prepare for the exam and case studies required to successfully complete the course.

EXAM - Oct 8 or 9, 2026

CASE STUDIES - Due no later than the 30th of April, 2027

COURSE PRICE

Early Bird Rate - £1999+vat if booked before 31st April 2025

Standard Rate - £2399+vat if booked after 31st April 2025

Payment Plans Available.

PRE-REQUISITES

- Have access to equipment to access online learning.
- Be competent in the English language, both written and spoken
- Be available to attend majority of the live sessions.
- Availability to attend the exam date in person in the Chichester area.
- It is also recommended that those undertaking the course have some previous knowledge of Anatomy and Physiology. This can be training you have received as part of a previous diploma or degree, or for those transferring from a different industry the course below is suggested.

<https://essential-training.co.uk/product/anatomy-and-physiology-online-course-fht/>