

# SAI Ayurvedic Institute

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## 2025-2026 Catalog



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# About Us

Sai Ayurvedic Institute, named after Sai Baba of Shirdi, spiritual teacher and saint, stands as a private ayurvedic academy school, where the ancient wisdom of Ayurveda is imparted with a deep reverence for the spiritual essence that underlies this sacred science.

Our educational model offers a spiritual journey into the profound realm of Ayurvedic Medicine. Here, we follow the timeless Vedic tradition, rooted in the sacred teachings passed down through generations. Our mission is to nurture the souls of our students as they embark on the path of healing and self-discovery.

Our training programs for Ayurvedic Health Counselor, Ayurvedic Practitioner, and Advanced Ayurvedic Practitioner (formerly Doctor of Ayurveda) have been reviewed and recognized for professional membership by both the National Ayurvedic Medical Association (NAMA) and the Association of Ayurvedic Professionals in North America (AAPNA). These programs are also undergoing final accreditation by the Ayurvedic Accreditation Commission.

We believe that the practice of Ayurveda is not limited to the physical body alone. It is a holistic philosophy that harmonizes the body, mind, and soul. As you journey with us, you will not only gain knowledge but also insight into the deep spiritual underpinnings of Ayurveda.



Since 2007, Sai Ayurvedic Institute has worked to create an academic atmosphere that both honors the classical tradition of Ayurveda, and the self-healing journey of the student as well. Personal and spiritual growth is intrinsic to the learning process, and our team encourages the students to fully immerse themselves in all aspects of Ayurveda.

Sai Ayurvedic Institute is authorized to operate under by the Florida Commission on Independent Education under Florida Revised Statute 1005.06, and it is currently a candidate for accreditation by the Ayurvedic Accreditation Commission in the United States.

# Our Mission

Our mission is to nurture the souls of our students as they embark on the path of healing and self-discovery.

- **Provide authentic Ayurvedic education**
- **Understand the mind-body-spirit connection**
- **Reveal the ancient wisdom of Ayurveda for optimal health**
- **Expand the awareness of Ayurveda from east to west**



# Institute Administration & Faculty

## Administration:



**Luz Pellegrino**

OWNER & ACADEMIC  
DIRECTOR



**William A. Courson**

DEAN OF STUDENTS AND  
SENIOR FACULTY  
MEMBER



**Magdala Jaramillo**

SENIOR FACULTY  
MEMBER AND PROGRAM  
ADVISOR

## Faculty:

Over the years, the institute has built a reputation for high standards and outstanding instruction. Our experienced faculty bring backgrounds in classical Ayurveda, integrative medicine, and traditional healing, combined with the knowledge and experience of practice management to provide the highest-quality Ayurvedic education. Our faculty go beyond the role of instructor and serve as mentors and professional guides to the students and graduates of Sai.





# Institute Faculty

**Luz Pellegrino** | *Ayurvedic Practitioner (AP), Panchakarma Therapist, Licensed Massage Therapist (LMT), Licensed Esthetician, Past-Life Regression Therapist, Meditation Teacher*

Luz obtained her certification as an Ayurvedic Lifestyle instructor back in 2001 and later, as an Ayurvedic Consultant Graduate from the Chopra Center University. She complemented her clinical training at the Institute of Integrative Ayurveda Medical Education and obtained her Panchakarma and Ayurvedic therapies certification at the Ayurveda & Yoga Retreat Hospital, Coonoor, Tamil Nadu, India.

In 2011, Luz established Jothi Vita Ayurvedic Spa & Wellbeing Center in South Florida where she offers consultations, therapies, Panchakarma, classes and workshops. Expanding her vision, Luz acquired SAI Ayurvedic Institute, where she serves as the Academic Director and member of the faculty.



**Luz Pellegrino**



**William A. Courson**

**William (Bill) Courson** | *Doctor of Ayurveda (AD-NAMA), Bach Flower Essence Therapy, Reiki Master*

Bill is the Dean of Students at Sai Ayurvedic Institute and formerly a faculty member and Dean of Students at Bodhananda School of Ayurveda, in Kalamazoo, Michigan.

A retired accountant with a background in journalism, he has been a lifelong student of and writer on the themes of traditional healing, alternative medicine, spirituality and eastern and western alchemy. In addition to his role as an Ayurvedic practitioner, he is a certified herbalist and Reiki Master in the traditional Usui lineage and has authored numerous books and professional and popular articles in these fields.

He has taught professional level courses in all of these disciplines, and trained aspiring physicians and health science students at the University of Medicine & Dentistry of New Jersey (UMDNJ) Medical School and Western Michigan University.

Bill is an author of several books on Ayurveda. Member of the editorial boards of the Ayurveda Journal of Health and the International Journal of Alternative and Complementary Medicine, and professional member of the National Ayurvedic Medical Association.

# Institute Faculty

**Anisha Durve** | *Doctor of Oriental Medicine (D.Ac.), Ayurvedic Practitioner (AP), Ayur-Yoga & Meditation Teacher, Integrative Medicine Specialist*

Dr. Anisha Durve is a Doctor of Oriental Medicine, an Acupuncturist, an Ayurvedic Practitioner, an Ayur-yoga teacher, and a meditation instructor. She is a 2001 graduate of the Ayurvedic Institute after spending 4 years training under Dr. Vasant Lad in New Mexico as well as his clinic in Pune, India.

Her specialty is Marma, or Ayurvedic energy points, and she is the co-author of a clinical textbook on acupressure with Dr. Vasant Lad titled Marma Points of Ayurveda. Anisha is the founder of the Marma Institute and currently works at University of Miami's Osher Center for Integrative Health as the co-director of acupuncture.



**Anisha Durve**



**Pratibha Shah**

**Pratibha Shah** | *BAMS, MD (Ayurveda), Masters in Public Health (MPH)*

Pratibha Shah is an internationally renowned Ayurveda expert. Intensely trained in Traditional Health Sciences as well as Public Health, Pratibha Shah distills Eastern wisdom with an understanding of Western principles, for the best care of her clients. Her pioneering initiatives in the field of Ayurveda, have brought her to attention at the White House, the Department of Health and Human Services, as well as the Consulate General of India, NYC. For her work, she was nominated in the Top 20 Women of the Year in 2014.

Before moving to the US in 2004, she worked as Chief Medical Officer in the ministry of AYUSH. In 2019, she was featured in an international documentary on Ayurveda. She is the Founder, President of the Wholistic Health Alliance and Global Council for Ayurveda Research (both 501c3 non-profits), and CEO of My Ayurved LLC. In 2019, she launched her own high end organic herbal product line by the name of Swa Stha. She currently practices in the Greater Boston area but has clientele throughout the world.

# Institute Faculty

## **Rupali Panse** | *BAMS, MS (Nutrition)*

Dr. Rupali is a globally recognized Ayurvedic practitioner, nutrition expert, and author with over 22 years of experience in Ayurveda, Panchakarma, and Functional Nutrition. She specializes in Ayurvedic dietetics, gut health, and lifestyle medicine. Her book 'Food Guru: Your Guide to Eating Right!' is a widely appreciated guide on Ayurveda-based nutrition and practical healthy eating. She is also the author of international works like 'Nutraceuticals for Aging and Anti-aging' and 'Anxiety, Gut Microbiome and Nutraceuticals: Role in Therapy' (CRC Publications, USA).

Dr. Panse is the Vice President of the Ayurveda Association of Florida and an assistant editor for Journal of Ayurveda and Integrative Medicine, and educator at Pune University where she helped develop the Post Graduate Certificate Course in Integrative Dietetics. She leads Sai's Clinical Internship Program in collaboration with the All India Institute of Ayurveda.



**Rupali Panse**



**Magdala Jaramillo**

## **Magdala (Maggie) Jaramillo** | *Doctor of Ayurveda (AD), Holistic Wellness Coaching, Personal Trainer, Fitness, Exercise, and Nutrition Coach*

Born in Bogota, Colombia, Maggie holds a degree in Psychology from the Universidad de Santo Tomas and practiced there as an Organizational Psychologist and Consultant as well as teaching corporate clients in Colombia and the USA a variety of disciplines including Stress Management, Development of Positive Thinking and Holistic Lifestyles.

She holds a MBA in Human Resources Management and is certified in Holistic Wellness Coaching, Personal Training, Fitness, Exercise Coaching, and Nutrition. She is also a Licensed Massage Therapist specializing in Structural Integration and CORE Myofascial Therapy. Maggie graduated from Sai Ayurvedic Institute with a Doctorate in Ayurveda and has her own practice in South Florida. Her unique background allows her to dive deeper into the role of the mind in the formation of disease, and both the physical and metaphysical aspects of the body, to create profound healing in her patients, and inspire her students to seek new levels of understanding.



# Institute Faculty

**Rebeca Rodriguez** | *Master of Science, Yoga (M.Sc Yoga), Doctor of Ayurveda (AD), RYT 500, Licensed Massage Therapist (LMT), Reiki Master*

Rebeca received her Doctorate degree in Ayurveda at Sai Ayurvedic Institute and is currently a Ph.D. candidate at Vayu University. She has extensively studied Ayurvedic psychology, and Inside Out Learning Ecosystem (OILEE). This system allows the individual to understand the structure that created their subjective experience. She balances her US training with regular trips to Kerala to work with Ayurvedic physicians where she enhances her clinical practice.

Rebeca is a RYT 500 with over 800 hours of training and vast teaching experience. She incorporates the key objectives of Ayurveda into her yoga curriculums, teaching clients about maintaining balance in all three doshas and how to use both yoga and Ayurveda to lead a healthy lifestyle. In addition, she is a licensed massage therapist specializing in Craniosacral Therapy. Rebeca is a Reiki Master and a certified Reiki instructor.



**Rebeca Rodriguez**



**Usha Nagavarapu**

**Usha Nagavarapu** | *Doctor of Ayurveda (AD), Clinical Ayurvedic Specialist (CAS) Ph.D. in Pharmacology / Neuroscience*

Dr. Usha Nagavarapu, Founder of Surrasa LLC, believes that the skin is a reflection of one's inner health, revealing internal imbalances. With a deep passion for integrating pharmacology, neuroscience, and Ayurveda, she is dedicated to creating holistic skincare and wellness products that inspire others to live healthier, more harmonious lives. With a Ph.D. from Ohio State University and a fellowship in dermatology from Stanford University, Dr. Nagavarapu brings extensive expertise in drug development, toxicology, and clinical research. As an Ayurvedic Doctor with a focus on functional health, aging and longevity, she also offers personalized holistic health guidance and consultations.

A writer, teacher, and speaker on Ayurveda and holistic health, Dr. Nagavarapu educates others about the importance of holistic well-being and leads product development at Surrasa. The company's mission is to deliver effective, plant-based, scientifically-backed skincare and wellness products that promote balance, vitality, and overall health. Driven by a passion to inspire others, she encourages people to embark on an inward journey, live in harmony with their surroundings, and cultivate a life of balance and health.

# Academic Program Offerings

## Professional Programs:

SAI AYURVEDIC HEALTH COUNSELOR (Available in English & Spanish)  
SAI AYURVEDIC PRACTITIONER  
SAI ADVANCED AYURVEDIC PRACTITIONER

## Internships:

Clinical Internship at the National Institute of Ayurveda, Jaipur, India

## Online Self-Study Courses:

Ayurvedic Coach  
Introduction to Sanskrit



# Academic Program Offerings

## Scope of Practice:

**Ayurvedic Health Counselor** | Trained in the fundamental principles of Ayurveda, an Ayurvedic Health Counselor can assess doshic constitution (prakruti and vikruti) and provide services in the form of preventative recommendations for health through diet and lifestyle.

**Ayurvedic Practitioner** | Trained in the fundamental principles of Ayurveda, an Ayurvedic Practitioner is additionally trained in understanding and identifying the pathways of disease, receives clinical training in case management and is trained to provide preventative care in the form of diet, lifestyle, and herbs.

**Advanced Ayurvedic Practitioner** | With more specialized clinical training in disease management and detoxification therapies, an Advanced Ayurvedic Practitioner is also trained to interact with Western Medical professionals to provide integrative healthcare opportunities.







# Ayurvedic Health Counselor





# Ayurvedic Health Counselor

Unlock the resources and wisdom essential for awakening the healer within. Embark on a 12-month transformative journey with our foundational program, a potent blend of education and personal growth with immense career possibilities. With adaptable options for in-person and online learning, you'll immerse yourself in a holistic syllabus crafted to furnish you with profound insights into the philosophy, principles, theory, and hands-on implementation of Ayurvedic wellness practices. This course is offered in English and Spanish.

The Ayurvedic Health Counselor curriculum includes tridoshic theory, Ayurvedic psychology and nutrition, the fundamentals of Ayurvedic herbal medicine, detoxification therapies and the application of Ayurvedic treatment principles to commonly encountered health problems.

Graduates of the Ayurvedic Health Counselor program will be qualified to conduct Ayurvedic lifestyle consultations, provide nutrition recommendations, and teach the basic principles of Ayurveda. This program serves as the pre-requisite to continue your studies towards the Ayurvedic Practitioner certification.

The Ayurvedic Health Counselor program includes:

- Combination of presential and online classes via Zoom.
- Classes held every month during a complete weekend: Saturday and Sunday from 9:00 am to 6:00 pm EST.
- Development of comprehensive clinical cases supervised by our faculty.
- In-person intensive introduction to Panchakarma theory and therapies.
- Online Sanskrit workshop.
- Access to our Educational Platform which provides additional resources and guidance to complement your learning experience.
- Graduates of the AHC program are eligible to participate in the clinical internship in in Goa, India. Fees not included in tuition.

## Certification Requirements:

|                                                |                  |
|------------------------------------------------|------------------|
| Total classroom & distance learning            | 208 hours        |
| Self study (course review and homework)        | 240 hours        |
| Clinical Practice (25hr in person)             | 100 hours        |
| Production of Research Paper: 1                | 40 hours         |
| External community outreach lecture: 1 lecture | 10 hours         |
| Mid Term & Final Exam & Prep                   | 12 hours         |
| Anatomy & Physiology preparation and test      | 50 hour          |
| Introduction to Sanskrit                       | 25 hours         |
| <b>Total hours</b>                             | <b>685 hours</b> |

## Weighted Requirements:

| Item                                           | Weight |
|------------------------------------------------|--------|
| Attendance                                     | 20%    |
| Homework                                       | 10%    |
| Quizzes                                        | 5%     |
| Mid Term                                       | 25%    |
| Final Exam                                     | 25%    |
| Research Paper                                 | 10%    |
| Lecture                                        | 5%     |
| 50 Clinical Cases                              |        |
| Anatomy & Physiology (6 credits college-level) |        |

# Ayurvedic Health Counselor

**Exams:** All examinations must receive a score of 60% or higher as a passing grade. Students are permitted a period of 12 months following completion of first year classes to submit completed assignments required for graduation (this includes clinical case observations, outreach lectures, written project, etc.).

**Anatomy & Physiology:** Students are required to have a foundational knowledge of anatomy and physiology. The student must either:

- A) Enroll in and pass SAI's approved online Anatomy & Physiology course (course fee \$250); or
- B) Provide passing transcripts for 6 credits of a college-level Anatomy & Physiology course.

**Sanskrit:** The Institute requires the student to possess a basic knowledge of the ancient Vedic language of Sanskrit, with a focus on its technical medical vocabulary. Students will have a basic familiarity of the Devanagari alphabet, and will be able to read, write and chant very basic Sanskrit. No prior knowledge of Sanskrit is assumed. Instruction is offered synchronous with classes and a test must be completed online, no later than class AY103. No additional fees will be charged.

**Prerequisites:**

- At least 18 years of age.
- Fluent in verbal and written English or Spanish, depending on course.
- Minimum of high school diploma or general equivalency diploma.
- Satisfied Anatomy & Physiology requirements above



# Ayurvedic Health Counselor

## Program Curriculum

### **AY 101: Ayurvedic Philosophy and Foundations** *(Tarka, Sankhya and Siddhant)*

This course introduces students to the 6,000 year old tradition of Ayurveda, its aims and objectives, basic principles, concepts of health and disease, methods of examining clients, and treatment methods. Students will gain a solid foundation in the science, history, and philosophy of Ayurveda. They will be introduced to the concepts of individual nature and dosha imbalance as the basis for assessment of health and disease, as well as the pancha maha bhuta theory. (16 hours)

### **AY 102: Ayurvedic Anatomy & Physiology I** *(Sharir Vigyan)*

A lecture discussion of the Ayurvedic conception of anatomy; the inner, central and outer pathways; the dhatus, kalas, and doshas. Topics dealt will include classification of various agni, their characteristics, constitutional status versus present health state, and types of tissue/dosha interactions; gross digestion and tissue micro digestive processes; sapta dhatus and tissue differentiation. (16 hours)



### **AY 103: Ayurvedic Anatomy & Physiology II** *(Sharir Vigyan)*

A lecture discussion of the Ayurvedic conception of anatomy; the srotas and energetic anatomy (chakras, koshas and nadis). Includes an in-depth treatment of Ayurveda's physiological conceptions, focusing on the doshas, agni (digestive capacity), prakruti versus vikruti, and traits of optimal versus pathological functioning of biological systems. (16 hours)

### **AY 104: Ayurvedic Psychology** *(Manasa Vigyan)*

This course comprises a detailed discussion of the principles of Ayurvedic psychology and mental hygiene - manas vidya. Topics dealt with include the structure and functioning of the mind, processes of mentation (dhi, dhruti and smruti), ego-gratification via the senses vs. long term survival (preya vs. shreya), habituation, mental constitutions, mental health vs. pathology, etc. (16 hours)





# Ayurvedic Health Counselor

## **AY 105: Ayurvedic Nutrition & Food Science**

*(Ahara Vigyan)*

This course is an in-depth approach to the Ayurvedic science of food and nutrition. Ayurveda has always viewed diet as a 'first line of defense' in supporting optimal health. In Ayurveda's view, diet is the best preventive and, when applied sufficiently early on, the most effective means to ensure the avoidance of disease. Topics dealt will include classification of various types of food, their properties and characteristics, constitutionally appropriate vs. inappropriate diets, food compatibilities and incompatibilities, and the specific uses of foods in the treatment of disease. (16 hours)

## **AY 106: Ayurvedic Pharmacology**

*(Dravya Guna Rasa Shastra)*

This is an introductory course in Ayurvedic pharmacology. The course includes an overview of the history of Ayurvedic pharmacology and drug development, the study of qualities, actions, effects, applications, indications and contra-indications, anupanas, toxicity and means of ascertaining proper dosages of Ayurvedic medicines, mostly of plant derivation. An introductory study of formulation principles is included. (16 hours)



## **AY 107: Ayurvedic Materia Medica I**

*(Dravyaguna Vigyan I)*

Students are exposed in detail to the correct, appropriate, effective, safe, ethical and legal use of a selection of 39 herbs and 12 multiherbal formulations, consisting of the most widely used, broadly therapeutically applicable, affordable and easily available medicines of predominantly plant origin. (16 hours)

## **AY 108: Ayurvedic Pathology**

*(Roga Nidan/ Vikruti Vigyan)*

This course examines the disease process in Ayurvedic medicine, including Ayurvedic anatomy and physiology, the cause of disease, formation of tissues, and stages and classification of disease. Students will learn the process of constitutional analysis. (16 hours)

# Ayurvedic Health Counselor

## **AY 109: Ayurvedic Constitutional and Pulse Evaluation**

*(Nadi Vigyan)*

An introduction to the physical assessment of the client on the basis of Darshan (observation), Sparshan (auscultation and palpation) ) and Prashna (interrogation) comprising: Overview of Rogipareeksa & Rogapareeksha; The Client as a whole; Temperament, Discipline & habits, Digestive capacity and intelligence; Hereditary traits, Emotional set, Economic status & concerns, Social/familial support system, Desire to heal; Constitutional types; Prakruti; Vikruti; Observation of the Dhatus; Observation of the Upadhatu; Quality of the tissues (Sara); Compactness of the body (Samhanana); General stature and physical proportionality (Pramana); Physical strength (Vyayama Shakti); Adaptability (Satmya); Digestive capacity (Ahara Shakti); Rate of aging (Vaya); Prasna (interrogation); Ashtavidha pariksha (Eight-fold" Ayurvedic examination); Examination of the complexion; Examination of the eyes; Examination of the speech and voice; Examination of the tongue; Examination of the stool; Examination of the urine; Examination of the pulses (survey). (16 hours)





# Ayurvedic Health Counselor

## **AY 110: Ayurvedic Detoxification Program I**

*(Panchakarma I)*

This course is an in-depth approach to the Ayurvedic detoxification strategies and modalities. Ayurveda's sophisticated and highly effective detoxification theories and therapies remain among its most distinctive features, and among its least understood facets in the Western world. Topics dealt with include palliative (shamana) and radical cleansing (shodhana) measures as determined by the client's condition and Ayurvedic protocols. (16 hours)

## **AY 111: Ayurvedic Management of Common Disorders**

This course is a detailed and practical discussion of widely available and simply applied remedies (i.e., "home remedies") that might be utilized in treating everyday ills and injuries. Commonly used herbs, spices, oils, foods and topical applications will be among the topics dealt with. (16 hours)

## **AY 112: Ayurvedic Pain Management, Practice Management & Colloquium**

This course introduces the Ayurvedic perspective on the understanding and management of pain, as well as nutritional and herbal practices that can be applied to restore balance and resolve pain. This course also surveys issues of interest to aspiring practitioners, including legal, ethical and commercial aspects of practice development, Ayurveda and public health, and Ayurveda and environmental issues. (16 hours)







## Ayurvedic Practitioner



# Ayurvedic Practitioner

Broaden your professional horizons by delving into the clinical exploration of disease dynamics rooted in the time-honored wisdom of Ayurveda, as elucidated in ancient Vedic scriptures. During this 12-month program, immerse yourself in the profound understanding of etiological factors shaping the essence and manifestation of diverse ailments, while also acquiring mastery over strategic approaches to managing different phases of illnesses.

The Ayurvedic Practitioner curriculum focuses on more advanced elements of Ayurvedic physiology, pathology, diagnosis, (including clinical pulse diagnosis). Classes are also given in advanced herbal medicine and formulation. The second year culminates in a series of courses in what is known as Kaya Chikitsa, or internal medicine, and a 3-week clinical internship in India.

Graduates of the Ayurvedic Practitioner program will be qualified to clinically assess the health conditions of their clients and apply Ayurvedic protocols to help restore health and alleviate chronic disorders using diet, nutrition, lifestyle, herbal support, and recommended Panchakarma therapies.

This program serves as the pre-requisite to continue your studies towards the Advanced Ayurvedic Practitioner certification.

## Our Ayurvedic Practitioner course includes:

- Combination of presential and online classes via Zoom.
- Classes are held every month during a complete weekend: Saturday and Sunday from 9:00 am to 6:00 pm EST.
- Development of comprehensive clinical cases supervised by our faculty.
- Access to our educational platform which provides additional resources and guidance to complement your learning experience.
- Students completing the second-year program will be awarded the distinction of Ayurvedic Practitioner and will be eligible for professional registration with NAMA and the Association of Ayurvedic Professionals in North America (AAPNA).
- Students will have the opportunity to deepen their knowledge and gain necessary clinical experience attending our three-week internship in India - fees not included in tuition.

## Certification Requirements:

|                                                        |                   |
|--------------------------------------------------------|-------------------|
| Total classroom & distance learning                    | 208 hours         |
| Directed study/colloquium (non-class work assignments) | 240 hours         |
| Clinical Practice in India (in person)                 | 175 hours         |
| Clinical Case Studies 75                               | 150 hours         |
| Research Paper                                         | 40 hours          |
| Mid Term & Final Exam                                  | 12 hours          |
| Total hours Ayurvedic Health Counselor                 | 685 hours         |
| <b>Total hours Ayurvedic Practitioner</b>              | <b>1510 hours</b> |

## Weighted Requirements:

| Item                 | Weight |
|----------------------|--------|
| Attendance           | 20%    |
| Homework             | 10%    |
| Quizzes              | 5%     |
| Mid Term             | 25%    |
| Final Exam           | 25%    |
| Research Paper       | 10%    |
| Lecture              | 5%     |
| 75 Cases             |        |
| Anatomy & Physiology |        |



# Ayurvedic Practitioner

**Exams:** All examinations must receive a score of 60% or higher as passing grade. Students are permitted a period of 12 months following completion of first year classes to submit completed assignments required for graduation (this includes clinical case observations, outreach lectures, written project, etc.).

## Prerequisites:

- Successful completion of Ayurvedic Health Counselor program.
- At least 18 years of age.
- Minimum of high school diploma or general equivalency diploma.
- Fluent in verbal and written English.
- Anatomy & Physiology: Students are required to have a foundational knowledge of anatomy and physiology. Students must either:
  - A) enroll in and pass SAI's approved online Anatomy & Physiology course (course fee \$250) or
  - B) provide passing transcripts for 6 credits of a college level Anatomy & Physiology course.



# Ayurvedic Practitioner

## Program Curriculum:

### **AY 201: Advanced Pulse Evaluation**

*(Nadi Pariksha)*

Building upon the basic knowledge of the pulse imparted in course AY 109, students are exposed to the classifications and meanings of various parameters of the radial pulse in humans: rate, velocity, amplitude, qualities and tempo are considered as the means for ascertaining the prakruti, vikruti, dhatu and organ pulses. (16 hours)

### **AY 202: Introduction to Yoga, Pranayama & Meditation for Ayurvedic Practitioners**

A survey of Yoga, Ayurveda's sister science, along with meditation and pranayama (breath regulation) from the point of view of the contributions of these disciplines to Ayurveda's therapeutic armamentarium. (16 hours)



### **AY 203: Ayurvedic Materia Medica II**

*(Dravyaguna Vigyan II)*

Additional methods of herbal; preparation (medicated oil, medicated ghee, routes of administration, times of administration, compounds, dosages, herbs for external application); Mineral, metallic, and gemstone medicinal preparations; Survey of Current Western Pharmacology (drugs, toxicities & contraindications) in relation to Ayurvedic materia medica; Select topics in Ayurvedic pharmacology; Further select topics in Ayurvedic herbal medicine. (16 clock hours)

### **AY 204: Ayurvedic Herbal Formulations**

*(Bhaishajya Kalpana)*

Commonly used multiple-herb formulations (Chandraprabha, Gokshuradi Guggulu, Hingvastak, Kaishore Guggulu, Shilagit, Sitopaladi, Triphala, Trikatu, and Yograj Guggulu, inter alia); Herbs and herb formulations classified by actions & systems affected (alternatives, astringents, bitters, diaphoretics, diuretics, emmenagogues, demulcents, expectorants, nervines, antispasmodics, stimulants, tonics, soporifics, sudorifics, relaxants, analgesics, antipyretics, antiparasitics & anthelmintics, antibiotic herbs, carminatives, laxatives & purgatives, digestives). Management of the Doshas; Management of Aam; Detoxification (16 hours)





# Ayurvedic Practitioner

## **AY 205: Introduction to Medical Vedic Astrology and Subtle Therapies in Ayurveda**

Jyotish astrology can ascertain or predict with a reasonable degree of reliability, the client's Prakruti or psychophysical constitution, Vikruti or dosha/dhatu/mala imbalance, disease tendencies, and the state of the mind, among other important aspects. This course also explores the various "subtle therapies" in Ayurveda such as sound/mantra, gesture/mudra, color, light, sight/yantra, gemstone, Reiki, energy healing, homeopathy, and Acupuncture. (16 hours)

## **AY 206: Ayurvedic Protocols I – Respiratory & Digestive Systems**

A participatory lecture examining the Ayurvedic etiology, assessment, prognosis and therapeutic modalities for kaphaja, pittaja and vataja forms of respiratory and digestive disorders involving the dhatus and pranavaha, anavaha and purishavaha srotas. Ama and nirama conditions. (16 hours)

## **AY 207: Ayurvedic Protocols II – Lymphatic, Blood & Skin Systems**

A participatory lecture examining the Ayurvedic etiology, assessment, prognosis and therapeutic modalities for kaphaja, pittaja and vataja forms of lymphatic, blood and dermatologic disorders involving the dhatus and rasavaha, raktavaha and ambhuvaha srotas. Sama and nirama conditions. (16 clock hours)



## **AY 208: Ayurvedic Protocols III – Muscular and Fat Metabolism Systems**

A participatory lecture examining the Ayurvedic etiology, assessment, prognosis and therapeutic modalities for kaphaja, pittaja and vataja forms of muscular and fat metabolism disorders involving dhatus and the mamsavaha and meddavaha srotas. Ama and nirama conditions. (16 hours)

## **AY 209: Ayurvedic Protocols IV –Skeletal & Nervous Systems**

A participatory lecture examining the Ayurvedic etiology, assessment, prognosis and therapeutic modalities for kaphaja, pittaja and vataja forms of respiratory and digestive disorders involving the dhatus and asthivaha and majjavaha srotas. Ama and nirama conditions. (16 hours)



# Ayurvedic Practitioner

## **AY 210: Ayurvedic Protocols V – Reproductive System**

A participatory lecture examining the Ayurvedic etiology, assessment, prognosis and therapeutic modalities for kaphaja, pittaja and vataja forms of male and female reproductive disorders involving the dhatus and shukravaha, artavavaha, rajavaha and sthanyavaha srotas. Ama and nirama conditions. (16 hours)

## **AY 211: Ayurvedic Protocols VI – Pediatric, Geriatric & Rejuvenative Protocols**

This course is an in-depth approach to the Ayurvedic assessment, treatment and management of disorders of the infant, child, adolescent and elder, as well as 'swasthavritta' and preventive measures for the optimization of health in the very young as well as the elderly. Topics dealt with include classification and recognition of various types of disorders, assessment and prevention and treatment utilizing Ayurvedic therapeutic protocols. The use of revitalization and rejuvenation therapies in geriatric cases will be discussed as well. (16 hours)

## **AY 212: Ayurvedic Protocols VII - Ear, Nose, Throat, Eye & Brain Protocols**

This course will treat in detail the Ayurvedic assessment, treatment and management of disorders of the eyes, ears, nose and throat as well as psychiatric disorders of organic origin and involving the shukhravaha and manovaha srotas. Topics dealt with include classification and recognition of various types of disorders, diagnosis and prevention and treatment utilizing Ayurvedic therapeutic protocols. (16 hours)







## Advanced Ayurvedic Practitioner



# Advanced Ayurvedic Practitioner

Our Advanced Ayurvedic Practitioner program is an 18-month course offering extensive, in-depth education, and relevant clinical experience in all eight branches of Ayurvedic medicine. Graduates from this program will understand disease from an Ayurvedic perspective and will have a working knowledge of Western medical pathology, pharmacology, diagnoses, and treatment, sufficient to correlate with the practice of Ayurveda.

This program is a continuation of our Ayurvedic Practitioner course, offering the highest level of Ayurvedic education and training available outside of India. Graduates of the Advanced Ayurvedic Practitioner program will be qualified to interface with Western practitioners to support their client's health, clinically assess and treat chronic health conditions, and recommend treatment protocols using the full spectrum of Ayurveda, including recommendations for diet, lifestyle, herbal support and Pancha Karma therapies.

Our Advanced Ayurvedic Practitioner program includes:

- Combination of presential and online classes via Zoom.
- Classes are held every month during a complete weekend: Saturday and Sunday from 9:00 am to 6:00 pm EST.
- Development of comprehensive clinical cases supervised by our faculty.
- In person intensive training in principles of Marma Therapy & Yoga Therapy
- Access to our Educational Platform which provides additional resources and guidance to complement your learning experience.
- Students completing the third-year program will be awarded the distinction of Advanced Ayurvedic Practitioner degree and will be eligible for professional registration with the National Ayurvedic Medical Association (NAMA) and the Association of Ayurvedic Professionals in North America (AAPNA).

## Program/ Graduation Requirements:

|                                                        |            |
|--------------------------------------------------------|------------|
| Total classroom /webcast hours                         | 256 hours  |
| Directed study/colloquium (non-class work assignments) | 320 hours  |
| Clinical Case Studies 100                              | 200 hours  |
| Thesis (Min 50 pages)                                  | 200 hours  |
| Thesis Review & Oral Exam                              | 5 hours    |
| Mid Term & Final Exam                                  | 12 hours   |
| Total hours Ayurvedic Practitioner                     | 1510 hours |
| Total hours Advanced Ayurvedic Practitioner            | 2503 hours |

## Weighted Requirements:

| Item                 | Weight |
|----------------------|--------|
| Attendance           | 10%    |
| Homework             | 10%    |
| Quizzes              | 5%     |
| Mid Term             | 25%    |
| Final Exam           | 25%    |
| Thesis               | 15%    |
| Oral Exam            | 10%    |
| 100 Cases            |        |
| Anatomy & Physiology |        |

\*\*The advanced program spans 18 months, during which 15 monthly weekend classes are held, followed by a 3-month period for students to complete research and review for their thesis, schedule their oral exam, complete case studies and any additional program requirements.



# Advanced Ayurvedic Practitioner

**Thesis:** Students enrolled in the Advanced Ayurvedic Practitioner program will be required to produce a thesis for graduation. Students will submit their topic for approval by the end of the first semester and will be assigned a faculty mentor to advise and guide them throughout the duration of the project. Final thesis submissions should be student researched, professionally written and a minimum of 50 pages. The thesis will be submitted in written form as well as presented orally to SAI faculty.

**Exams:** All examinations must receive a score of 60% or higher as passing grade. Students are permitted a period of 12 months following completion of first year classes to submit completed assignments required for graduation (this includes clinical case observations, outreach lectures, written project, etc.).

## Prerequisites:

- Successful completion of Ayurvedic Practitioner program (provide transcripts in case of transfer students)
  - Fluent in verbal and written English
  - Anatomy & Physiology: Students are required to have a foundational knowledge of anatomy and physiology. The student must either:
    - A) Enroll in and pass SAI's approved online Anatomy & Physiology course (course fee \$250) or
    - B) Provide passing transcripts for 6 credits of a college level Anatomy & Physiology course.
- 



# Advanced Ayurvedic Practitioner

## Program Curriculum:

### **AY-301 Introduction to Integrative Medical Sciences**

This course serves as an introduction to the biomedical sciences and forms a foundation for further courses in the Integrative Medical Sciences program and its correlation with Ayurveda. The course is structured around the development of the human body over its life cycle. Coursework includes an overview of the development of the human body from conception to senescence (normal anatomy, embryology, physiology, etc.); the normal structure and function of the body and mind at the various stages of life; the basic mechanisms underlying the symptoms and signs associated with the development of diseases at the mental and physical levels in children, adolescents, adults and the aged; some processes and mechanisms involved with the body's response to the challenges and stresses of everyday existence, and how these responses can be compromised or overpowered by conditions or agents internal or external to the body and which result in the manifestation of disease; and how the biomedical integrative sciences provide a rational basis for medical practice. All these will be offered from the Western perspective alongside the Ayurvedic point of view and how both worlds co-exist and complement each other. A brief history of both biomedical sciences will be mentioned, as well as the more important ethical aspects when dealing with clients and the suggested approach at performing a clinical encounter. (16 hours)



### **AY-302: General Pathology & Kaya Chikitsa Integration**

This course introduces students to learn the essentials of the nature of disease going through the cellular structure, organs and bodily systems; including signs and symptoms, pathogenesis, possible complications and the morphologic changes in a cell that are responsible for disease. As cells undergo alteration, their change in function is studied with respect to its deviation from the "normal" state. The study of all aspects of the disease process focusing on the pathogenesis leading to classical structural changes as well as molecular alterations, exposing topics of cellular injury and adaptation, inflammation, tissue repair and regeneration. Genetic basis of diseases, principles of neoplasia and developmental/environmental/lifestyle diseases are explored, all from the perspective of Allopathy and Ayurveda, and in which both medical branches correlate. (16 hours)



# Advanced Ayurvedic Practitioner

## **AY-303: Pharmacology & Drug Therapy**

This is an introductory course in biomedical Pharmacology in where the student will learn how chemical agents (drugs) regulate or modify physiological functions of the body by going through the generalities of pharmacodynamics, pharmacokinetics, pharmacogenetics, mechanism of action and adverse drug reactions, as well as the pharmacology and therapeutics of drugs most widely used in USA, and its interactions with different herbs and Ayurvedic drugs, example in infectious diseases, endocrinal disorders, and drugs affecting the autonomic nervous system, cardiovascular, respiratory, urological, gastrointestinal, neurological, malignant, and psychiatric diseases. In this course will be a demonstration on how interactions of drugs with living organisms contribute to diagnosis, prevention, treatment or cure of diseases, how receptors work, and drug elimination/absorption pathways. Also, we will describe the most common group of medications in the allopathic world and its general uses thus the student becomes familiar with it at the clinical settings. (16 hours)

## **AY-304: Psychiatric & Graha Chikitsa Integration**

During this course we will focus on the diagnosis, general guidelines and prevention of mental, emotional and behavioral disorders such as general anxiety disorder, major depression disorder, bipolar disorders, ADD, maniac disorders, epilepsy, among others. The student will learn the basis of sign and symptoms, pathogenesis and general treatment that the Ayurvedic practitioner can encounter in their practices from the allopathic perspective, thus the practitioner can prepare an effective assessment and protocol for the client. Disorders of the mind not only affect the person itself but the caregiver, friends, co- workers and the surroundings. Ayurvedic integration will be appointed in this class to effectively address mental and psychological ailments in the search for better treatment, prevention and cures. (16 hours)





# Advanced Ayurvedic Practitioner



## **AY-305: Microbiology, Infectious Diseases & Visha Chikitsa**

This course is designed to provide an understanding of the microbial pathogens and the mechanisms by which they cause disease. General microbiology is taught within the context of a syndrome based infectious disease format and includes an appreciation for the vital roles microbes perform; awareness of the advantages--soil fertility and decomposition of organic matter--and disadvantages--food spoilage--of microbiology; understanding of the comprehensive history of microbiology; introduction to cellular respiration, bacteria, viruses, diseases, vaccines and drugs used for medical treatment of and the etiology, symptomatology and classification of infectious diseases (skin infections, fungi, bacteria). The class also explains the basis for food intoxication as well as some non-infectious organisms such as H. Pylori; we will make reference to the Ayurvedic point of view in exotoxins/endotoxins, lead/arsenic/mercury poisoning, among others toxins, especially Ama formation. (16 hours)

## **AY-306: Systemic Pathology I & Kaya Chikitsa Integration**

This course is divided in two classes with the objective to learn the pathologic basis of diseases using a physiologic system or organ-based approach. An understanding of etiology, pathogenesis, morphologic changes and the clinical significance; making an integration with the Ayurvedic model of medicine. In this course the approach will be done based on the different organ systems such as: cardiovascular (heart and vascular), hematopoietic (bleeding and clotting disorders) respiratory, renal and gastrointestinal (oral region, liver, gallbladder and pancreas). This course provides training in the nature, purpose and interpretation of clinical laboratory tests: urine, stool, hematology, blood chemistry, coagulation, and serology studies; as well as correlation of laboratory test results with client history and examination findings. (16 hours)



# Advanced Ayurvedic Practitioner

## **AY-307: Systemic Pathology II & Urdhvanga Chikitsa**

This course is a continuation of the previous class, in where explanation of the model of disease from Allopathic and Ayurvedic perspectives are made in an integrative format, going through the following systems and organs: central and peripheral nervous, endocrine, skeletal- muscle (bone, joints and muscles), eyes, ears and nose. The class will be organized into multiple organ-related disorders such as infectious diseases, immunologic diseases, physical injury, chemical injury and nutritional disorders. Also the underlying processes is stressed in the assessment of disease while case presentations further emphasize the clinical aspects of the pathologic processes and the course emphasizes the clinical aspects of those processes. (16 hours)



## **AY-308: Panchakarma Therapies and Allies Therapies (Panchakarma II)**

This course continues in-depth coverage of theoretical and practical Ayurvedic detoxification strategies and modalities focusing on the three phases of panchakarma: purvakarma (preparatory procedures), paschatkarma (virechan, vamana, nasya, basti and raktamoksha) and uttarakarma (after-care procedures) in both in-client and out-client environments. The practical part of the class focuses on the specific protocols of treatments such as abhyanga, shirodhara, facial care and additional complementary modalities. (16 hours)



# Advanced Ayurvedic Practitioner

## **AY-309: Marma Therapy**

The origin, development and history of Marma Vidya from the martial art of Kalaripayyat through the present; Marma massage and Marmapuncture; nature and types of Marma points; tonification and pacification of points; qualities of touch and pressure. The 108 Marma points and their relation to the doshas and dhatus will be learned and the 15 controlling points for the sub-doshas. Learn the use of the Marma points in control of particular syndromes; subtle factors (astrology of seasonal variations) and the daily flow of Pranav through the Marma points; timing of Marma therapy and treatment; combining Marma Vidya with other modalities (e.g., aromatherapy, medicated oils, etc.). (16 hours)

## **AY-310: Obstetrics/Gynecology, General Surgery with Shalya & Vajikarana Integration**

The basic principles of Gynecology will be covered. The emphasis of the course will focus on the clinical presentation of common Gynecological disorders; their clinical pathophysiology, assessment, and prognosis. Conventional allopathic approaches will be emphasized but Ayurvedic management will also be discussed. The student will be able to recognize those conditions outside the scope of Ayurvedic practice for referral to other health care practitioners. Topics will include: neoplasia (cancer, precancerous and non-cancerous alterations), endometriosis, benign uterine hypertrophy, polycystic ovarian syndrome, incontinence, amenorrhea/dysmenorrhea, menorrhagia, and hormone imbalance, prolapse of pelvic organs, infections and vulvodynia. Fertility issues will also be discussed. Care options/alternatives and client management will be discussed; intervention in fertility, family planning, pre-natal care. The basis of conventional surgery will be discussed including foreign bodies and diseases that need surgical intervention. The essentials of osteoporosis, osteoarthritis and joint dislocations are presented. (16 hours)





# Advanced Ayurvedic Practitioner

## **AY-311: Pediatrics and Bala Chikitsa Integration**

This course explores the physiological alterations of pediatric clients (age's newborn to 18 years) with acute and chronic health care needs, including the milestones and the different stages of normal development in children. Students will examine the impact of conventional medical and Ayurvedic care for Pediatric clients experiencing acute and/or chronic alterations. A variety of commonly encountered pathological states will be discussed including developmental (failure to thrive syndrome, ADD, ADHD, autism, infectious (common cold, respiratory syncytial virus – RSV, roseola, gastroenteritis, hand – foot – mouth disease, chicken pox, otitis, croup, fifth disease, scarlet fever, mumps, measles, German measles-rubella impetigo, eczema, conjunctivitis, pertussis and tonsillitis), allergic (environmental, food and drug allergies, Reyes Syndrome), respiratory (asthma), and congenital disorders. (16 hours)



## ***AY-312: Geriatrics and Rasayana Integration***

The goal of this course is to familiarize students with the aging process and help them gain an understanding of conditions common to the geriatric population. This course will assist students in formulating strategies for integrating Ayurvedic management into and working with providers of conventional medical geriatric healthcare in order to help people age successfully. The course includes a survey of the aging process and health related issues in the fields of Geriatrics and Gerontology. Consideration is given to the case history, examination, health problems, and preventative health care of the older adult. Conventional biomedical management of the geriatric client is emphasized. The most common presenting complaints of geriatric clients will be discussed from a Western medical perspective, including etiology, pathogenesis, assessment, treatment and prognosis, and will include senile dementia, delirium and depression; anorexia and malabsorption syndromes, insomnia, diabetes, hypertension, arthritis, heart disease (including atrial flutter/fibrillation), cancer, COPD, EENT (deafness, ophthalmic disorders including ARMD, cataracts, and muscae, osteoporosis, impact trauma (falls), obesity, and shingles. Social dimensions of aging and health will also be discussed. A brief integration with Rasayana therapies is ensued especially in protocols for Parkinson's disease, Alzheimer's disease and all kinds of dementia. (16 hours)



# Advanced Ayurvedic Practitioner

## **AY-313: Public Health & Epidemiology/Research Methods in Ayurveda & Medicine**

The Public Health & Epidemiology portion of this course will address the impact of Ayurveda in Allopathic medicine, how both branches merge in one common goal of medical attention and the historical development of public health as a domain of specialized knowledge and the concept of population health from medical, nursing, dental, and other health care activities; concepts of prevention, detection, control of infectious and chronic conditions, health disparities, and global health impacts of behavior, socioeconomic status, and culture on health, the impact and control of environmental factors on health, and the roles of governmental and non-governmental institutions in shaping population health outcomes. The course will provide an introduction to public health concepts and practice by examining the philosophy, purpose, history, organization, functions, tools, activities and results of public health practice. Real world public health problem-solving will embrace both conventional Western biomedical as well as tradition healing (emphasizing Ayurveda) perspectives. Students will achieve familiarity with the various components of the public health system, understand interrelationships among the system's components, and acquire the abilities to apply this knowledge and understanding to important health issues and problems, develop an awareness of the importance of the unique characteristics of public health practice as a social enterprise. The Research Methodology portion is a didactic course in scientific research methodology emphasizing the purpose, design, execution, application and evaluation of various forms of research: literary survey research in Western biomedicine and Ayurveda, design of nonblind and blind, controlled and noncontrolled studies. Selection of study populations, quantitative and qualitative analysis of data acquired through research efforts. Comparison of contemporary biomedical research methodologies with TK (traditional knowledge) of Ayurveda and other traditional healing lineages and their standards of Dharma, Aptopadesha, Anumana and Yukti (Ayurveda) and universality, antiquity and consensus (TK). (16 hours)





# Advanced Ayurvedic Practitioner

## **AY-314: Yoga Therapy for the Most Common Pathologies in USA**

This course introduces the student to Ayurvedic recommendations in the form of protocols for creating healthy lifestyles through daily and seasonal routines, yogic cleansing practices and enlightened selfcare as well as therapies focusing on the five senses. Topics covered include the Vedic triad, Ayurveda as yoga, historical connections and the yogic-Ayurvedic lifestyle, physical hygiene and care of the body and its environment, lifestyle and the impact of seasonal variations on health, planning for each dosha type over the four seasons, daily protocols (Dinacharya), seasonal protocols (Ratricharya) and sleep hygiene protocols (Ratracharya). The class will also include asanas and pranayama for specific pathologies, and how they influence the pathogenesis and the impact in the organ-systems in the body. (16 hours)

## **AY-315: Management Planning Integration**

This course will discuss the essentials of treatment planning and provide practical guidance in developing treatment plans in settings in which Ayurveda is both a stand-alone primary modality and those in which it is an adjunctive modality utilized alongside conventional Western biomedicine. The course covers the role and benefits of treatment planning in a multidisciplinary clinical setting, methods for conducting comprehensive client assessments, the use of assessment information to develop the basis of individual treatment plans, and strategies for ongoing evaluations and revisions of treatment plans. Topics include client assessment, case formulation, developing a treatment plan and monitoring and reporting treatment progress. (16 hours)







## Clinical Internship In India





# Clinical Internship In India

This unique program is specially designed for students who have successfully completed the Ayurvedic Health Counselor program or equivalent program at other schools, and a required component of the Ayurvedic Practitioner program. It is designed to deepen your understanding, enhance your clinical skills, and provide an immersive experience in the birthplace of Ayurveda. The knowledge and experience you'll gain during these three weeks will empower you to offer more comprehensive Ayurvedic guidance and support.

Sai Ayurvedic Institute has proudly partnered with the **National Institute of Ayurveda** to create a unique clinical internship program that honors the classical tradition of Ayurveda, while operating at a large scale in the modern medical world. Located in the city of Jaipur, the Institute is both an academic campus and fully functioning Ayurvedic hospital with both out-patient and in-patient Pancha Karma services.



## About the National Institute of Ayurveda (NIA)

National Institute of Ayurveda, Deemed to be University (De novo) is an apex autonomous Institute under the aegis of Ministry of AYUSH, Government of India. NIA currently offers Academic Programmes in all levels - Undergraduate(BAMS), Post Graduate (MD/MS in Ayurveda), Post Doctoral (PhD in Ayurveda), Diploma (DAN&P) and offers certificate and short term courses related to Ayurveda. NIA has a 260 bedded NABH accredited Hospital to offer best quality OPD and IPD services to the public. The hospital is equipped with state of art Panchakarma Centre, modern OTs, Ventilator supported Emergency Care Beds, GMP Certified Pharmacy and Patholab.

Duration: **3 weeks**

Clinical internship fees are independent from our other academic programs.



# Clinical Internship In India

## Our Internship Features:

**Advanced Training:** This internship delves into the more advanced aspects of Ayurveda, including in-depth study of Ayurvedic herbs and formulations, understanding pathology, Kaya Chikitsa, Pancha karma treatments, and specialized counseling techniques.

**Clinical Experience:** Gain hands-on experience in Ayurvedic clinics under the guidance of experienced practitioners. You'll have the opportunity to observe, assist, and even apply your knowledge to real cases.

**Traditional Wisdom:** Immerse yourself in India, where Ayurveda has thrived for centuries. Explore ancient texts in the Academic library and learn from some of the most accomplished Vaidyas in India.

**Customized Learning:** The NIA has partnered with Sai to create a curriculum that specifically aligns with and supports the Institute's three programs. You will have hands on experience crafting herbal formulations, live lectures with in-house experts on each of the eight branches of Ayurveda, daily case studies with hospital patients, focused training in Ayurvedic nutrition and daily experience in the Pancha Karma department.

**Cultural Enrichment:** Experience the vibrant culture of India. Visit temples, engage in daily yoga and meditation, and savor the flavors of Ayurvedic cuisine.

**Spiritual Connection:** India is not just a destination; it's a spiritual journey. You'll have opportunities to connect with the profound spirituality that underlies Ayurveda.

## Pre-requisites:

- Successful completion of Ayurvedic Health Counselor program.
- At least 18 years of age.
- Fluent in verbal and written English.







## Ayurvedic Coach (Self Study)



# Ayurvedic Coach (Self Study)

Take the first important step in your journey towards Ayurvedic education and become an Ayurvedic Coach. The student will learn about the healing principles of Ayurveda and will understand how to apply these concepts to create balanced health and wellbeing. Students may be able to start or complement their current practice by helping others to improve their lives. This affordable, high-quality online training program has been designed for students that are unable to participate in our formal academic program.

Duration: **9 months**



## Our Ayurvedic Coach program includes:

- The Ayurvedic Coach coursework is based on our signature [Ayurvedic Health Counselor curriculum](#).
- Begin your studies at any time and learn at your own pace in the comfort and convenience of your home.
- Students will have lifetime access to the content.
- Upon completion, students will be awarded our Ayurvedic Coach certification.

Note: Ayurvedic Coach is a purely online program will not qualify graduates for professional membership with the National Ayurvedic Medical Association (NAMA) or the Association of Ayurvedic Professionals in North America (AAPNA), nor will the student be eligible to continue formal studies to become an Ayurvedic Practitioner or Doctor of Ayurveda.

Students having completed the Ayurvedic Coach program may enroll into the Ayurvedic Health Counselor with a prorated tuition.



# Ayurvedic Coach (Self Study)

## Prerequisites:

- Fluent in verbal and written English.
- Proficient with the use of a computer.

All examinations must score 60% or higher as passing grade.

## Curriculum:

AY 101: Ayurvedic Philosophy and Foundations (Tarka, Sankhya and Siddhant)

AY 102: Ayurvedic Anatomy and Physiology I (Sharir Vigyan I)

AY 103: Ayurvedic Anatomy and Physiology II (Sharir Vigyan II)

AY 104: Ayurvedic Psychology (Manasa Vigyan)

AY 105: Ayurvedic Nutrition and Food Science (Ahara Vigyan)

AY 106: Ayurvedic Pharmacology (Dravya Guna Rasa Shastra)

AY 107: Ayurvedic Materia Medica 1 (Dravyaguna Vigyan I)

AY 108: Ayurvedic Pathology (Roga Nidan/ Vikruti Vigyan)

AY 109: Ayurvedic Constitutional and Pulse Evaluation (Nadi Vigyan)

AY 110: Ayurvedic Detoxification Program I (Panchakarma I)

AY 111: Ayurvedic Management of Common Disorders

AY 112: Ayurvedic Colloquium – Ayurvedic Management of Pain and Ayurvedic Practice



The image is a composite of two photographs. The top photograph shows a close-up of a small, green, spiky-leaved plant in a white pot, positioned next to the corner of a laptop screen. The bottom photograph shows a silver laptop open on a light-colored wooden desk. A black smartphone lies flat on the desk in front of the laptop. A white ceramic cup is partially visible on the left side of the laptop. The background is a plain, light-colored wall.

# Academic Rules



# Admissions & Tuition

## Application Process

### STEP 1

Complete the Application Form in its entirety.

### STEP 2

Submit the signed Application Form and Credit Card Authorization form to [admin@saiayurvedic.com](mailto:admin@saiayurvedic.com)

### STEP 3

Include a copy of your official ID as an attachment

### STEP 4

For transfer students, former school must submit a copy of the academic transcripts

### Transfer Policy:

Students who have completed any partial or complete certification or equivalent at another accredited ayurvedic school and wish to enroll to any of our programs, may be considered for admission upon submission of the official transcripts provided directly by the former school(s) to [admin@saiayurvedic.com](mailto:admin@saiayurvedic.com)

## Tuition & Fees:

### Ayurvedic Health Counselor

**Monthly Payment Plan:** An initial payment of **US\$1,750.00** which includes the deposit, first month's tuition, digital resources, and application fee. Subsequent monthly tuition payments of **US\$650.00** are due on the first day of each month for the next 11 months (**total tuition: US\$8,900.00**).

**Annual Payment Plan:** Pay the full year's tuition upfront and receive a *10% discount*. The total discounted amount is **US\$8,010.00**, payable at the time of application submission and processing.

### Ayurvedic Practitioner

**Monthly Payment Plan:** An initial payment of **US\$1,750.00** which includes the deposit, first month's tuition, digital resources, and application fee. Subsequent monthly tuition payments of **US\$650.00** are due on the first day of each month for the next 11 months (**total tuition: US\$8,900.00**).

**Annual Payment Plan:** Pay the full year's tuition upfront and receive a *10% discount*. The total discounted amount is **US\$8,010.00**, payable at the time of application submission and processing.

# Admissions & Tuition

## Advanced Ayurvedic Practitioner

**Monthly Payment Plan:** An initial payment of **US\$1,750.00** which includes the deposit, first month's tuition, digital resources, and application fee. Subsequent monthly tuition payments of **US\$650.00** are due on the first day of each month for the next 15 months (**total tuition: US\$11,500.00**).

**Annual Payment Plan:** Pay the full year's tuition upfront and receive a *10% discount*. The total discounted amount is **US\$10,350.00**, payable at the time of application submission and processing.

## Ayurvedic Coach

The cost of the Ayurvedic Coach program is **\$1950**. Tuition must be paid in full to begin the online self-study curriculum.

## Clinical Internship in India

Cost for the clinical internship in India may vary due to dates, room and board. Faculty will communicate core program details to students each year.

## Payment Information

Payments are accepted only via major credit cards (Visa, MasterCard, AMEX, or Discover) and must be made in US Dollars. Tuition payments are due on the first day of each month, starting from the first month of class. No grace period is provided. A late fee of US\$25.00 will be charged for delayed payments.

## Withdrawal & Refund Policy

In the event of withdrawal, a written notification must be sent via email to [admin@saiayurvedic.com](mailto:admin@saiayurvedic.com). As required by CFR § 21.4255, in the event of a student's withdrawal before the expiration of or graduation from the course, the amount charged for tuition (inclusive of fees and other charges) shall not exceed the approximate pro rata portion of the total charges for tuition (inclusive of fees and other charges) that the length of the completed portion of the course bears to the total length. The exact proration will be determined on the ratio of the number of days of instruction completed by the student to the total number of instructional days in the course. If the student fails to enter the course or withdraws or is discontinued therefrom at any time prior to completion of the course, only the unused portion of the annual tuition paid by the student shall be refunded within 30 days of said failure, withdrawal, or discontinuance. If the monthly payment plan was selected, future payments will be cancelled, and no refund will be granted.



# Attendance Policy

Regular and prompt attendance is required of all students enrolled in any of our professional programs at Sai Ayurvedic Institute.

A minimum of 90% attendance is required to obtain the final certification – no more than 2 absences from class are permitted in a year. Students who have missed a class are required to watch recorded class sessions and complete missed quizzes or homework assignments.

In-person classes are mandatory, if missed, students will have to take the missed class with another group.

More than 2 missed classes will require the student to retake courses, with applicable fees.

Remote attendance requires both, video and microphone, in active mode for the entire duration of the class. Students should be prepared to participate in class with the understanding that they will view such class and will be seen viewing such class by their instructors and classmates. Consequently, students should establish themselves in a classroom-like environment, equipped with an appropriate desk, chair, note-taking materials, etc., in which an undisturbed environment exists to enhance the participant's focus and attention and maximize the benefits to be derived from such attendance.

Attendance at mid-term and final examinations on announced dates is mandatory.

In order to interact successfully with an online instructional environment, adequate computer facilities must be at the disposal of the student. Please refer to our website at [www.saiayurvedicinstitute.com](http://www.saiayurvedicinstitute.com), Frequently Asked Questions, for further instructions.



*Attending this school has taught me so much. The entire faculty has been so helpful and ready to help me achieve all of my goals. I have learned so much through this journey and fell in love with Ayurveda.*

**-Karolyn Pereira, Ayurvedic Health Counselor**

Accommodations are made for students who are absent because they are disabled or because of their religious beliefs. In this case, each student who is absent from class because of any of these reasons will be given an equivalent opportunity to make up any examination, study or work requirements which the student may have missed because of such absence on any day or days. No fees of any kind shall be charged for making such accommodations.

Absences will be excused for extenuating circumstances only. Requests for the same must be made in writing and substantiated by supporting documentation, where appropriate. Records of such absences will be kept in the student's permanent record.

# Academic Probation, Suspension, And Reentrance Policies

## Termination for Unsatisfactory Performance/Non-attendance/Other Reasons

Upon reaching a total of two absences (four days, or eight half-days), excused or unexcused, the student will immediately be notified that they are placed on academic probation. Additional absences or tardiness will result in the students being dropped from the program for unsatisfactory attendance.

A student who fails to maintain a satisfactory average grade (see grading system) will be either (a) dropped from the program or (b) required to repeat their program of study. Evaluation of performance from module to module is based upon class attendance and the grade obtained upon returned homework assignments.

Students are allowed up to 12 months after the completion of their enrolled program to submit all required extramural assignments for graduation. These may include clinical case observations, outreach lectures, written projects, and other applicable components.

After a period of 12 months from the date of completion of classes, if such requirements are left unfulfilled, the student will be withdrawn from candidacy for graduation. The student will have to repeat the course if they desire to graduate from the Institute and will be charged the existing tuition in effect.

## Academic Probation

Academic probation is a designated trial period during which a student is given the opportunity to address unsatisfactory academic performance or conduct. During this time, the student is closely monitored for improvement in grades or other relevant indicators. If sufficient progress is made, the probationary status is lifted. However, if there is inadequate improvement by the end of the probation period, the student may be dismissed from the program.

## Conditions for Re-entrance

There is a one-year waiting period for any student who has been involuntarily dismissed from the Institute before re-entrance may be considered. The student must notify the Institute's director in writing of his/her intent to seek re-admission and meet with the director or the director's designee at which time he/she will present his/her reasons for seeking to be re-admitted, which will be decided upon by the Director or the director's designee. Decisions are final in all matters. Current tuition fee will be applicable.



# Student Code of Conduct

## Scope & Definitions

A student is defined as any individual who is admitted to or enrolled at Sai Ayurvedic Institute. The Institute maintains a vested interest in student conduct throughout the period of enrollment, including any approved breaks in attendance, as outlined by Institute policy.

Students are accountable for their own behavior, as well as the conduct of any guests they invite to Institute premises or events. While the Institute generally does not investigate alleged misconduct occurring off-campus or unrelated to a student's affiliation with the Institute, it reserves the right to take action when such behavior poses a potential threat to the safety or well-being of the Institute community. In such cases, conduct will be reviewed in accordance with the Institute's student conduct policy.

### **Sai Ayurvedic Institute students are expected to:**

- Treat students, faculty and staff of the Institute with civility and respect.
- Represent themselves and any documentation that they may submit to the Institute in an honest manner, meaning the presented work must be of her/his own creation. The student must refrain from using artificial intelligence tools. This will be consider plagiarism and could be subject to disciplinary action.
- Respect Institute property and the activities conducted at Institute facilities or Institute-sponsored events and uphold Institute policies and all applicable laws. Sai Ayurvedic Institute students should expect the same degree of civility and respect from other students, faculty and staff.



# Contact

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**"Swasthasya swāstya rakshanam,  
āturasya vikāra prashamanam cha"**

**"To preserve the health of the healthy and to  
alleviate the disorders of the diseased"**

