



Ayurvedic Lifestyle Consultant Course - Session 5  
March 23 and 24, 2019

Time	Saturday	Sunday
8:00 – 9:30	Q & A Session 4 (30 minutes). Ayurvedic Pharmacology	Home Detoxification
9:30 – 11:00	20 Common Ayurvedic Herbs and spices	Three pillars of Life- Ahara, Vihara and Nidra
11:00-12:30	20 Common Ayurvedic Herbs and spices	Physiology of sleep and sleep Hygiene
12:30 – 1:30	Lunch (provided)	Lunch (provided)
1:30-3:00	Home Remedies: Basic Herbs and spices	Personal Social and Industrial Hygiene
3:00 – 4:00	Panchakarma (Basic Theory)	Role of Rasayanas in preventive of communicable diseases
4:00 – 5:00	Scientific Evidence for Panchakarma	Scientific evidence of Rasyanas Home work and assignmnets