



SPASHRAM LODGES, THE LAST RESORT.

ECOTECH & BIODIVERSITY EARTH HEALTH
STATIONS

Showcasing best practice in land and natural
resource management for human benefit

Demonstrating:

**Healthy Bhoomi(earth)=
Healthy Manas(being).**



Ayurveda in Rishikesh and the Upper Ganges Valley

- The Spashram Way

Introduction to Ayurveda in The Himalaya

The highly spiritual atmosphere of the Garhwal Himalaya, the Gateway to the Gods and the Char Dham (four centres of Hindu spirituality) along with the temple towns of Hardwar (Har-Dwar-Gateway to God) and Rishikesh (Hair of the Mendicant) has resulted through the aeons in traditional expertise in Ayurveda being endemic to the region and one of northern India's showcases. Spashram RiverMountain leverages this expertise to full advantage for the benefit of its visitors and gives access to the best exponents in different fields.

Ayurveda, the 'science of life' is a system of traditional medicine native to India, and practiced in other parts of the world as a form of alternative medicine. Ayurveda is a form of complementary and alternative medicine where several of its components such as herbs, massage, and are applied independently a form of treatment. The seven chakras and the Mahabhuta in Tantric tradition. Yoga and Tantra have influenced traditional Ayurvedic medicine. At Spashram we are blessed to have access to our own biodiversity and plant and forest base.



Ayurveda believes in 'five great elements' earth, water, fire, air and space forming the universe, including the human body Blood, flesh, fat, bone, marrow, chyle, and semen are believed to be the seven primary constituent of the body. Ayurveda stresses a balance of three substances: wind/spirit/air, phlegm, and bile, each representing divine forces. According to Ayurvedic beliefs, the doctrine of these three Doshas- vata (wind/spirit/air), pitta (bile) and kapha (phlegm) is important. Traditional beliefs hold that humans possess a unique constellation of Doshas. In Ayurveda, the human body has 20 Guna, meaning quality). Surgery and surgical instruments are employed. It is believed that building a healthy metabolic system, attaining good digestion, and proper excretion leads to vitality Ayurveda also focuses on exercise, yoga, meditation, and massage. The concept of Panchakarma is believed to eliminate toxic elements from the body.

Eight disciplines of Ayurveda treatment, called Ashtanga are given below:

1. **Surgery (Shalya-chikitsa)**
2. **Treatment of diseases above the clavicle (Salakyam)**
3. **Internal medicine (Kaaya-chikitsa)**
4. **Demonic possession (Bhuta vidya):** Ayurveda believes in demonic intervention and as a form of traditional medicine identifies a number of ways to counter the supposed effect of these interferences. Bhuta vidya has been called psychiatry. (Note from Spashram River Mountain: The communities of the Indian Himalaya have a deep belief in spirits. In our experience this usually strikes women. Parmahansa Yogananda the Yogic Master does in his book *The Autobiography of a Yogi* explains this phenomenon very well when he says that God is the most powerful Spirit of all, and focusing on him, rather than lesser spirits, crowd out all malefic spirits)
5. **Paediatrics (Kaumarabhrtyam)**
6. **Toxicology (Agadatantram)**
7. **Prevention and building immunity (rasayanam)**
8. **Aphrodisiacs (Vajikaranam)**

Ayurveda Certification

The following courses are offered by Uttranchal Ayurveda College and Hospital, Dehra Dun for Spashram RiverMountain Retreat's overseas student's to choose from.

Distance Learning Education Programme (e-course) of Ayurveda

1. [Module 1 – 12 week Certificate Course*](#)
2. [Module 2 – 24 week Foundation Course*](#)
3. [Module 3 – 36 week Holistic Course*](#)
4. [Module 4 – 8 week Comprehensive Course*](#)

**Click on the Course Names to view details.*

[NOTE: 80% attendance/candidate is compulsory for exams & thereby obtaining certificate]

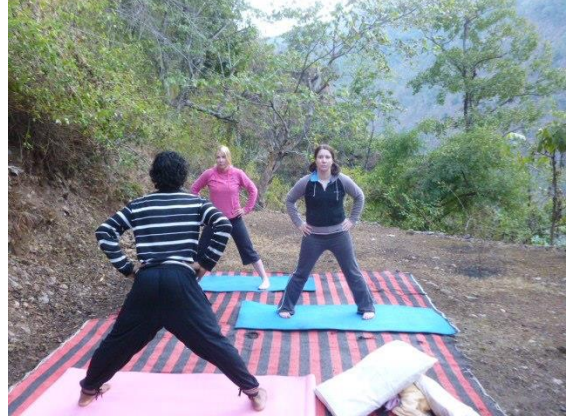
Module 1 – 12 week Certificate Course*

Duration - 12 weeks

(5 days/week, 3 Lectures/day)

Total lectures - 180

1. Every Saturday - Review/ Interactive class
2. Exam twice at the end of 6th week & 12th week
3. Scheduled Tour* (twice) - 4th week - Himalayan Herbs, Flora & Habitat 8th week - Rishikesh & Haridwar - Ganges, Herbal Garden, Panchkarma & Yoga Centres



TOPICS

1 Fundamental Concepts of Ayurveda

- a. Introduction
- b. Panchmahabhoot (Basic Elements)
- c. Doshas (Physiological Components)
- d. Dhatu (Tissues)
- e. Mala (Excretas)

2 Drvyaguna (Pharmacology & Pharmacognosy)

- a. Overview & Introduction
- b. Basic Concepts of Dravyaguna
- c. Important Herbs - Identification, Properties & Medicinal Uses, etc.

3 Specialities of Ayurveda (Theory & Practical* Classes)

- a. Kayachikitsa (Internal Medicine)
- b. Panchkarma (Special Treatment Modalities)
- c. Shalya (General Surgery)
- d. Balroga (Pediatrics)
- e. Striroga & Prasutitantra (Gynae & Obs)

Module 2 – 24 week Certificate Course*

Duration - 24 weeks (5 days/week, 3 Lectures/day)

Total lectures - 360

1. Every Saturday - Review/ Interactive class
2. Exam thrice at the end of 8th week, 16th week & 24th week
3. Scheduled Tour* twice - 4th week - Himalayan Herbs, Flora & Habitat

8th week - Rishikesh & Haridwar - Ganges, Herbal Garden, Panchkarma & Yoga Centres

***On visit to India**

Topic

1 Fundamental Concepts of Ayurveda

- a. Introduction
- b. Panchmahabhoot (Basic Elements)
- c. Doshas (Physiological Components)
- d. Dhatu (Tissues)
- e. Mala (Excretas)

2 Drvyaguna (Pharmacology & Pharmacognosy)

- a. Overview & Introduction
- b. Basic Concepts of Dravyaguna
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3 Specialities of Ayurveda (Theory & Practical* Classes)

- a. Kayachikitsa (Internal Medicine)
- b. Panchkarma (Special Treatment Modalities)
- c. Shalya (General Surgery)
- d. Balroga (Pediatrics)
- e. Striroga & Prasutitantra (Gynae & Obs)

4 Roga & Vikritivigyan (Pathological Concepts of Ayurveda)

- a. Introduction
- b. Panchnidan (Fundamental Principles)
- c. Kriyakala (Process of Disease Progress)
- d. Rogi - Rogpariksha (Ayurvedic Clinical Bedside)

5 Rasashastra (Mineral Science of Ayurveda)

- a. Overview & Introduction
- b. Basic Concepts of Rasashastra
- c. Important Minerals - Identification, Properties & Medicinal Uses, etc.

6 Bhaishajya Kalpana (Formulations & Manufacturing of Ayurvedic Drugs) - (Theory & Practical* Classes)

- a. Introduction
- b. Fundamental Principles of Bhaishajya Kalpana
- c. Clinically Important Formulations & Their Manufacturing

Module 3 – 36 week Holistic Course*

Duration - 36 weeks (5 days/week, 3 Lectures/day)

Total lectures - 540

1. Every Saturday - Review/ Interactive class
2. Exam 4 times at the end of 9th week, 18th week, 24th week & 36th week
3. Scheduled Tour* twice - 12th week - Himalayan Herbs, Flora & Habitat

20th week - Rishikesh & Haridwar - Ganges, Herbal Garden, Panchkarma & Yoga Centres

***On visit to India**

Topic

1 Fundamental Concepts of Ayurveda

- a. Introduction
- b. Panchmahabhoot (Basic Elements)
- c. Doshas (Physiological Components)
- d. Dhatu (Tissues)
- e. Mala (Excretas)

2 Drvyaguna (Pharmacology & Pharmacognosy)

- a. Overview & Introduction
- b. Basic Concepts of Dravyaguna
- c. Important Herbs - Identification, Properties & Medicinal Uses, etc.

3 Specialities of Ayurveda (Theory & Practical* Classes)

- a. Kayachikitsa (Internal Medicine)
- b. Panchkarma (Special Treatment Modalities)
- c. Shalya (General Surgery)
- d. Balroga (Pediatrics)
- e. Striroga & Prasutitantra (Gynae & Obs)

4 Roga & Vikritivigyan (Pathological Concepts of Ayurveda)

- a. Introduction
- b. Panchnidan (Fundamental Principles)
- c. Kriyakala (Process of Disease Progress)
- d. Rogi - Rogpariksha (Ayurvedic Clinical Bedside)

5 Rasashastra (Mineral Science of Ayurveda)

- a. Overview & Introduction
- b. Basic Concepts of Rasashastra
- c. Important Minerals - Identification, Properties & Medicinal Uses, etc.

6 Bhaishajya Kalpana (Formulations & Manufacturing of Ayurvedic Drugs) - (Theory & Practical* Classes)

- a. Introduction
- b. Fundamental Principles of Bhaishajya Kalpana
- c. Clinically Important Formulations & Their Manufacturing

7 Unique Concepts of Ayurveda

- a. Indreyas (Sensory & Motor functions)
- b. Mana (Psyche), Atma (Soul)
- c. Prakriti (Basic Body Constitution)
- d. Marma (Vital Organ/Points in Body)
- e. Para Surgical Procedures - Kshara, Jaluka & Agnikarma

8 Important Diseases & Their Management (Theory & Case Studies*)

- a. Diseases of GIT
- b. Diseases of Respiratory System
- c. Diseases of CVS
- d. Diseases of CNS
- e. Diseases of Joints
- f. Diseases of Skin
- g. Diseases of Genito-Urinary System

9 Naturopathy, Diet & Nutrition

Module 4 – 8 week Comprehensive Course

Duration- 8 weeks (5 days/week, 3 classes/day of 45 min. each)

TOPIC

1 Fundamental Concepts of Ayurveda

- a. Introduction
- b. Panchmahabhoot (Basic Elements)
- c. Doshas (Physiological Components)
- d. Dhatu (Tissues)
- e. Mala (Excretas)

2 Drvyaguna (Pharmacology)

- a. Overview & Introduction
- b. Important herbs- Identification , properties & medicinal uses, etc

3 Yoga

4 Specialities of Ayurveda

- a. Kayachikitsa (Internal Medicine)
- b. anchkarma (Special Treatment modalities)
- c. Shalya (General Surgery)
- d. Balroga (Pediatrics)
- e. Striroga & Prasutitantra(Gynae & Obs)

4 Panchkarma (Special Treatment modalities)

- a. Introduction about Panckarma
- b. Purav karma – Massage, Steam, Modification of sudation therapy like PPS, CPS, SSPS, Kaya Seka, etc
- c. Vaman and its demonstration
- d. Virechan and its demonstration
- e. Vasti & its demonstration
- f. Nasya & its demonstration
- g. Keraleya Panchkarma

6 Naturopathy, Diet & Nutrition

PLEASE CONTACT US FOR DETAILED INFORMATION ON ANY OF THESE & OTHER TRIPS
ALONG WITH TERMS AND CONDITIONS THAT ARE APPLICABLE



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