Ayurveda Training by Jayden Diego

Article published on December 21st 2011 | Health

Ayurveda training has been around as long as the ancient form of healing itself. Practiced for over 5,000 years, this science of life has made its mark on millions of people all around the world, though it began in India. To obtain training in Ayurveda, and to become a certified practitioner, one must attend an Ayurveda school.

Ayurvedic training takes place all around the world, in such countries as North America, Asia, Europe and New Zealand and Australia. Training is intensive, and full time studies will require approximately two years to reach a level of certification.

Perhaps one of the reasons Ayurvedic training is so popular is the increasing demand to turn to ancient ways of healing. Traditional medicine is not for everyone, and traditional methods donâ€™t always work. Those that believe in alternative medicine appreciate the science and practices behind Ayurveda. Ayurveda is a complete medical science complete with many specialties such as geriatrics, pediatrics and internal medicine. While Western medicine focuses only on the disease, Ayurveda focuses on the person behind the disease.

Those who participate in Ayurveda training use the knowledge they gain not only for their patients but apply Ayurveda to their own lifestyles as well. Ayurveda training prepares its students for a lifetime of wellness and balance, as well as a lifetime of healing.

A training program in Ayurveda consists of many courses which may include a combination of the following:

â€¢ Yoga

â€¢ Applied lifestyles

â€¢ Sanskrit

â€¢ Ayurvedic lectures

â€¢ Basic anatomy and physiology

â€¢ Clinical applications

â€¢ Basic herbalism

â€¢ Basic patho-physiology

â€¢ Case studies

â€¢ Applied skills

â€¢ Philosophy, ethics and lifestyle

â€¢ Main principles of Ayurveda

â€¢ Nutrition

â€¢ Chakra energy

â€¢ Meditation

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There are many course topics covered with Ayurveda training and they will vary from school to school. There are a number of Ayurveda training schools within India. These may offer 2,3, 5 or even 20 day Ayurvedic training and will cover such topics as Ayurveda massage, diet, exercises, skin care, weight reduction, weight gaining, toning, and detoxification.

Ayurveda is one of the oldest recorded methods of healing on record that is still in practice today. By studying, assessing and treating each patient as an individual, Ayurvedic practitioners are able to better treat the entire patient, from the inside out, and put them on the road to wellness for the rest of their lives.

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Article Keywords:
Ayurveda,Ayurveda Training

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