

Dr. Madaan's



*Aastha Ayurveda*TM

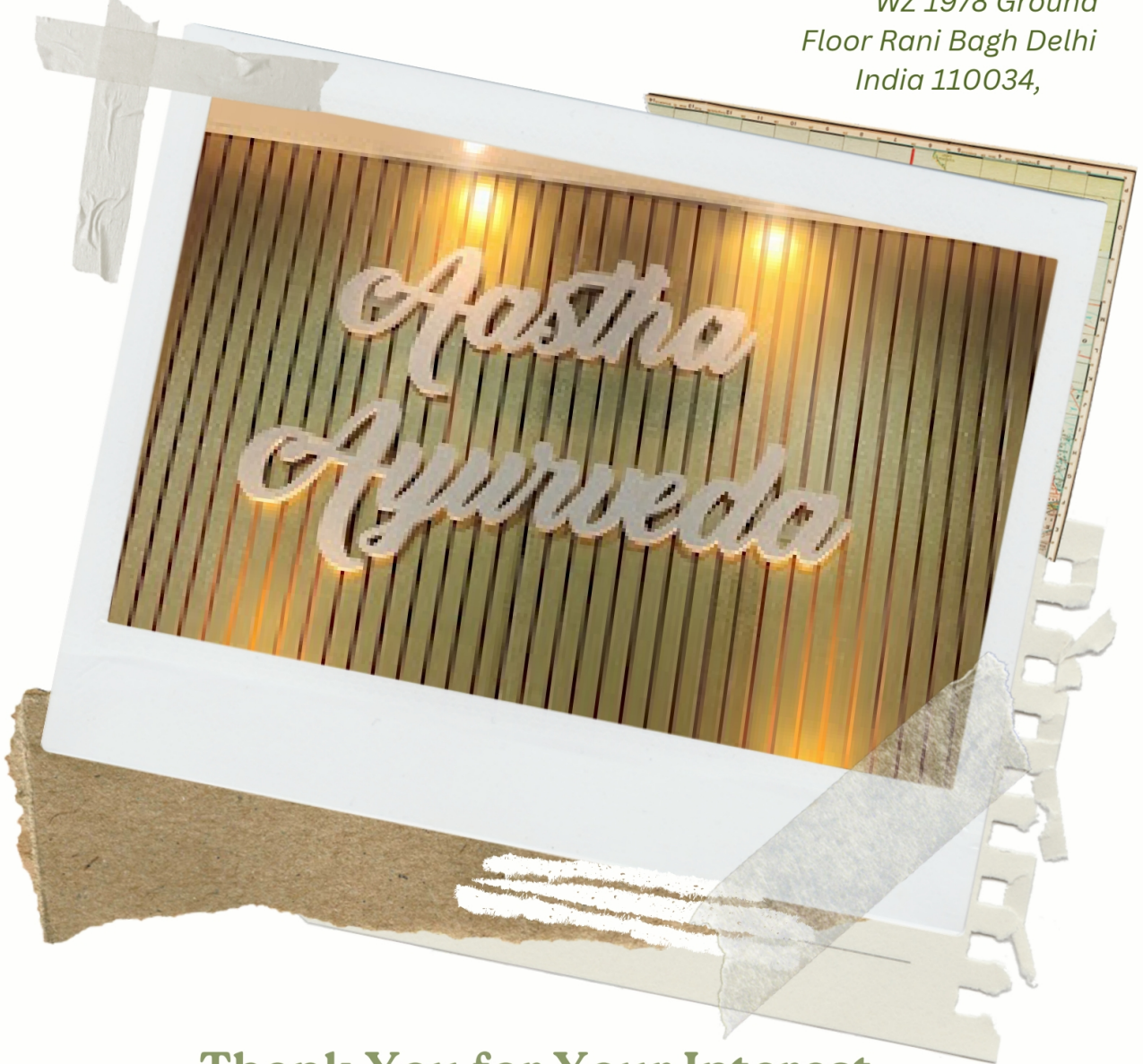
since 2004

A speciality Ayurveda Clinic and Training Centre

AASTHA AYURVEDA

Academic Year : 2024 - 2025

WZ 1978 Ground
Floor Rani Bagh Delhi
India 110034,



Thank You for Your Interest

*We are happy to find a person having passion in learning fundamentals
and techniques for Ayurveda.*



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ABOUT US

Established in 2004, Aastha Ayurveda® has been at the forefront of providing comprehensive training in Ayurveda, both online and in person. With a commitment to excellence and authenticity, we offer a diverse range of courses designed to deepen understanding and proficiency in Ayurvedic practices.

Our global reach has attracted trainees from all corners of the world, each benefiting from our enriching programs. Whether you're a seasoned practitioner or a newcomer to the world of Ayurveda, our training equips you with the knowledge and skills necessary to thrive in this ancient healing tradition.

We take pride in our affiliation with R.A.V., an esteemed autonomous government entity operating under the Ministry of AYUSH, Government of India. Three of our signature training programs have received approval from the Ayurveda Training Accreditation Board (ATAB), a testament to our unwavering commitment to meeting and exceeding industry standards.

At Aastha Ayurveda®, we believe in empowering individuals to unlock their fullest potential through the wisdom of Ayurveda. Join us on a transformative journey towards holistic well-being and personal growth.

OUR TEACHERS

*Dr Sandeep
Madaan*

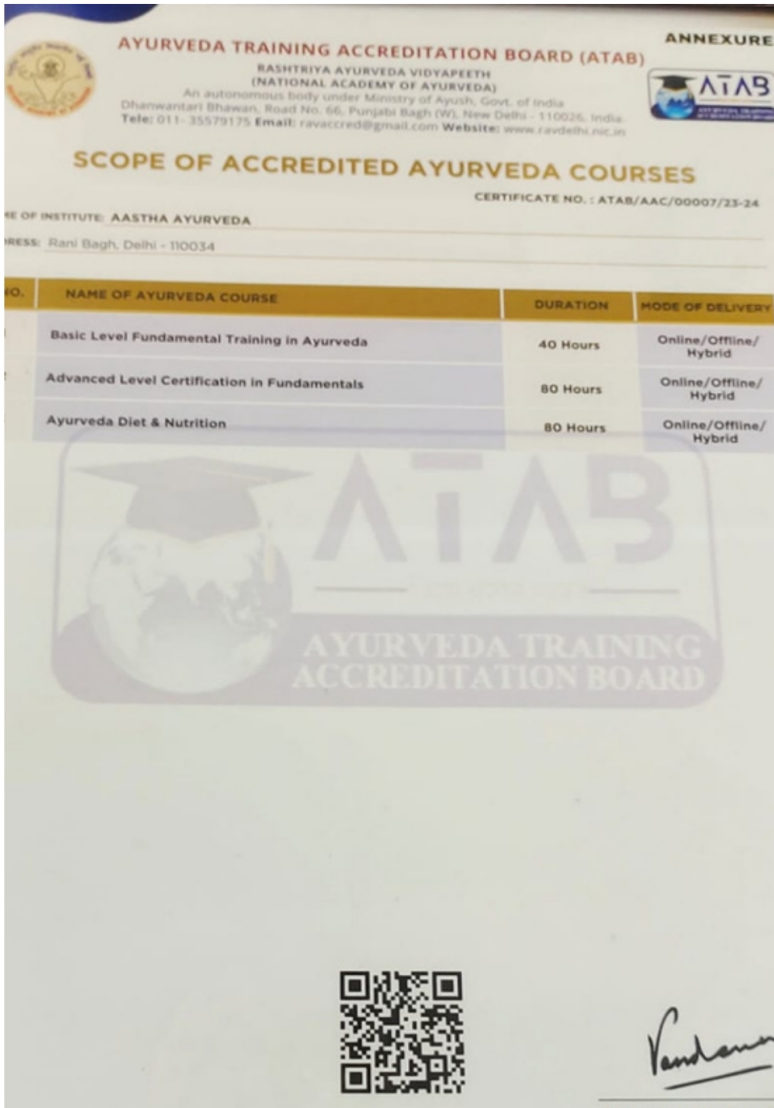
MD Ayurveda



*Dr Suman
Madaan*

BAMS







A Few Glimpses



GENERAL *Procedure*

1. BEFORE REGISTRATION

- Review Course Details and Syllabus
- Confirm Eligibility
- Confirm English As The Medium Of Instruction.

2. REGISTRATION

- Fill Training Registration Form
- Click The Link or Scan The Code
- Link :- <https://forms.gle/6VxCoUZiTKtqSD8n7>

3. AFTER REGISTRATION

- Await Our Confirmation.
- Complete The Training Fee Payment.
- Provide Identity, Qualifications, And a Recent Photo.
- Monitor Email And WhatsApp For Study Materials, Recorded Sessions, And Links.
- Review Study Materials Thoroughly For Upcoming Online Interactions.
- Receive Class Schedules Via Email Or WhatsApp.
- Encourage Knowledge Enrichment Through Sharing Articles And Research.
- Engage In Practical Exercises Related To The Course Content.
- Utilize Provided Contact Details For Assistance During Training.





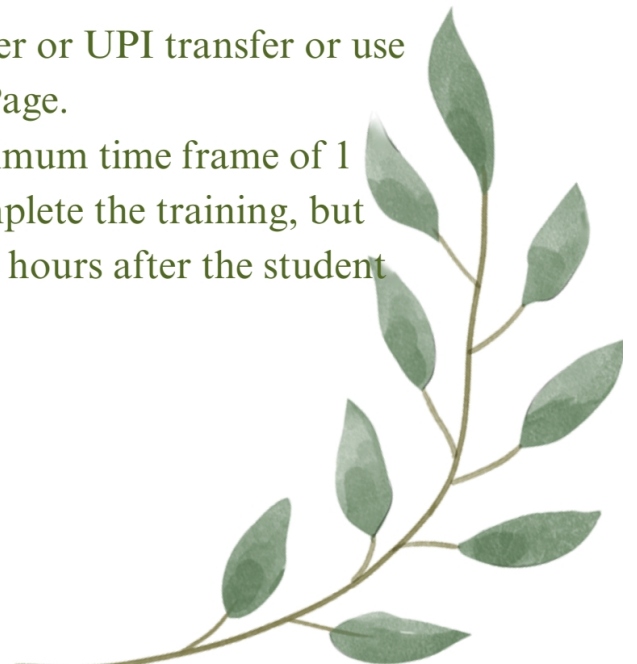
GENERAL *Information*

- The training is being delivered through interactive online sessions, PDFs, recorded audio, and recorded videos, There is enough time (12 months) to complete these 40/80 hours of training.
- If any doubt arises we clarify the same through different methods as explained above.
- The training has been designed and delivered by highly qualified and experienced teachers

Fee Structure: From March 2024 onwards:

S. No	Training	Duration /Hours	Mode of Training	Indian INR	Non - Indians Euro	Non - Indians Dollar
1.	Basic Level Fundamentals	40	Online	9000/-	120	120
2	Advanced Level Fundamentals	80	Online	18,000/-	220	220
3	Ayurveda Diet & Nutrition	80	Online	18,000/-	220	220

- Payment method: Pay Pal ,Bank Transfer or UPI transfer or use payment gateway on our landing Web Page.
- The training can be completed in a maximum time frame of 1 year. So enough time is available to complete the training, but the certificate will be issued for assigned hours after the student passes the final examination.





ABOUT AYURVEDA TRAINING ACCREDITATION BOARD:

ATAB: Ayurveda Training Accreditation Board (ATAB), operating under Rashtriya Ayurveda Vidyapeeth (RAV), is a board established by the Ministry of Ayush, Govt. of India vide gazette notification dated December 2019. Its primary objective is to accredit Ayurveda training courses being conducted both within India and abroad.

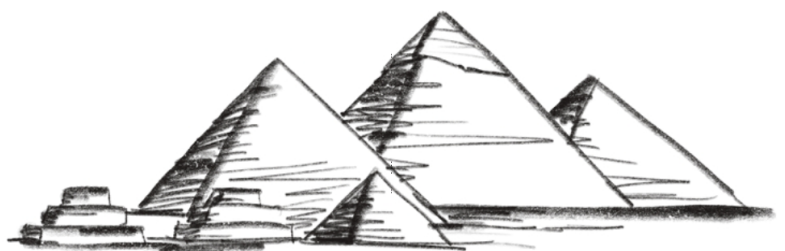
ATAB serves as a mechanism to ensure the uniformity, quality and standardization of Ayurveda training programs, thereby enhancing the credibility and effectiveness of Ayurvedic education. By accrediting these courses, ATAB aims to uphold the integrity of Ayurvedic teachings, promote excellence in training methodologies, and safeguard the interests of students and practitioners alike.

Through its accreditation process, ATAB evaluates various aspects of Ayurveda training programs, including curriculum content, faculty qualifications, infrastructure, and teaching methodologies through its pre-defined ATAB standards. Accredited Ayurveda courses receive recognition for meeting predefined standards of quality and excellence, thereby assuring students and stakeholders regarding the credibility and authenticity of the training provided.

Overall, the establishment of ATAB represents a significant step towards ensuring the quality and integrity of Ayurveda training programs, both within India and internationally, contributing to the promotion and preservation of Ayurvedic knowledge and practices.

2. Global Standardization: *The board aims to bring uniformity and standardization to non-formal Ayurveda education globally.*

3. Future Career Benefits: *Accreditation enhances the credibility and value of the education received, potentially opening up opportunities for professional skill development. up opportunities for professional skill development.*





TRAININGS WE OFFER

Basic Level Certificate in Ayurveda Fundamentals



A BRIEF INTRODUCTION

It is a beginner-level training program for people interested in pursuing Ayurveda in the future for improved life, business, and professional chances. This training provides an overview of Ayurveda and its core principles.

ELIGIBILITY

Anyone over the age of 16 with 10+2/Senior Secondary Education and Higher, such as graduation or post-graduation in any field and a fair grasp of the English language, can take this training.

WHO SHOULD ATTEND

Anyone interested in implementing Ayurveda Healthcare for self and family care.

Entrepreneurs interested in learning about Ayurveda

Practitioners of Yoga, Naturopathy, Acupuncture, Chiropractors, Dieticians, Nurses, and Western Doctors, can learn the fundamentals to enrich their professional expertise.

SYLLABUS

1. Introduction to Ayurveda: Philosophies in Ayurveda, Origin of Ayurveda, History of Ayurveda, Aim of Ayurveda, Uniqueness of Ayurveda, Ashtang Ayurveda, Idea of Mind, Body, Soul integration, Panch Kosha.
2. Ayurvedic Principles: Five Elements Theory, Tridosha Theory, Dosha, Sub-Doshas, Updhatu, Prakruti, and Shad Rasa.
3. Understanding Digestion & Metabolism: Agni/The Digestive Fire & Metabolism, Ama/Toxins, Digestion, Ahar, Rules of Eating, Understanding Common Incompatible Foods.
4. Ayurveda recommends a healthy lifestyle: Dincharya (ideal daily routine), Ritucharya (seasonal routines)
5. Introduction To A Few Ayurvedic specialties: Introduction to Rasayan Chikitsa/Rejuvenation, Panchakarma chikitsa (5 purificatory measures), Nadi Pariksha (Pulse Examination)

DURATION

40 hours

10



Advanced Level Certificate in Ayurveda Fundamentals



A BRIEF INTRODUCTION

It is an Advanced Level training for people who intend to pursue the field of Ayurveda in the future to study many advanced concepts of Ayurveda for a better life, business, and professional opportunities.

This program provides an extensive understanding of Ayurveda and specifics on its core concepts.

ELIGIBILITY

Anyone over the age of 16 with 10+2/Senior Secondary Education and Higher, such as graduation or post-graduation in any field and a fair grasp of the English language, can take this training.

WHO SHOULD ATTEND

Anyone interested in implementing Ayurveda Healthcare for personal and domestic care.

Entrepreneurs interested in learning about Ayurveda

Practitioners of Yoga, Naturopathy, Acupuncture, chiropractors, dieticians, nurses, and Western doctors, can learn the advanced topics of Ayurveda for enriching their knowledge.

SYLLABUS

1. Introduction to Ayurveda: Philosophies in Ayurveda, Origin of Ayurveda, History of Ayurveda, Aim of Ayurveda, Uniqueness of Ayurveda, Ashtang Ayurveda, Idea of Mind, Body, Soul integration, Panch Kosha.
2. Ayurvedic Principles: Five Elements Theory, Tridosha Theory, Dosha, Sub-Doshas, Updhatu, Prakruti, and Shad Rasa.
3. Understanding Digestion & Metabolism: Agni/The Digestive Fire & Metabolism, Ama/Toxins, Digestion, Ahar, and Eating Rules, Understanding Common Incompatible Foods.
4. Ayurveda recommends a healthy lifestyle: Dincharya (ideal daily routine), Ritucharya (seasonal routines)
5. Pathology: Ayurveda concept of Pathogenesis, Means of Diagnosis (rog and rogi pariksha): Trividh, Panchvidh, Astha Vidh , Dashvidh Pariksha etc.
6. Introduction about Ayurveda pharmaceuticals (Bhaishajya Kalpana and Ras Shatra)
7. Few more principles: Understanding Strotas, Adharniya Vegas (Natural urges)
8. Few specialties of Ayurveda: Introduction to Rasayan Chikitsa(Rejuvenation), Panchakarma Chikitsa(5 Purificatory Measures), Nadi Pariksha (Pulse Examination)
9. Home remedies for the management of common diseases.

DURATION

80 hours

11





Ayurveda Diet & Nutrition



A BRIEF INTRODUCTION

It is an Advanced Level training for people who intend to pursue the field of Ayurveda in the future to study many advanced concepts of Ayurveda for a better life, business, and professional opportunities.

This program provides an extensive understanding of Ayurveda and specifics on its core concepts.

ELIGIBILITY

Anyone over the age of 16 with 10+2/Senior Secondary Education and Higher, such as graduation or post-graduation in any field and a fair grasp of the English language, can take this training.

WHO SHOULD ATTEND

Anyone interested in implementing Ayurveda Healthcare for personal and domestic care.

Entrepreneurs interested in learning about Ayurveda

Practitioners of Yoga, Naturopathy, Acupuncture, chiropractors, dieticians, nurses, and Western doctors, can learn the advanced topics of Ayurveda Diet & Nutrition.

PURPOSE

To be able to understand basic concept of Agni, Ama, Digestion in Ayurveda, to understand Indications and Qualities of Common Eatables and to design meals for healthy as well as diseased persons for healthy life.

SYLLABUS

1. Introduction to Ayurveda: Philosophies in Ayurveda, Origin of Ayurveda, History of Ayurveda, Aim of Ayurveda, Uniqueness of Ayurveda, Ashtang Ayurveda, Idea of Mind, Body, Soul integration, Panch Kosha.
2. Ayurvedic Principles: Five Elements Theory, Tridosha Theory, Dosha, Sub-Doshas, Updhatu, Prakruti, and Shad Rasa.
3. Understanding Digestion & Metabolism: Agni/The Digestive Fire & Metabolism, Ama/Toxins, Digestion, Ahar, and Eating Rules, Understanding Common Incompatible Foods.
4. Ayurveda recommends a healthy lifestyle: Dincharya (ideal daily routine), Ritucharya (seasonal routines), Ritu Charya, Concept of Satmaya , Asatmava
5. Common Cooking Methods and their Benefits, Food Groups (Ahar Varg) and their properties in detail.
6. The Meal planning for healthy individual on basis of their Prakruti
7. Meal planning in common disease conditions
8. Various Healthy Recipes with their method of preparation and benefits.

DURATION

80 hours

12



Few More Details

STUDY MATERIAL

1. PDFs
2. Videos
3. Audio Files
4. Live Classes
5. Doubt Sessions

TESTS

We administer multiple-choice questions (MCQs) encompassing a wide array of topics from the syllabus to ensure comprehensive coverage. Students' grades are determined based on their performance in these MCQs, which assess their understanding across various subjects.

FEE STRUCTURE

Basic Level Fundamental

40 Hours

Online

INR- Rs 9,000/-

Euros / Dollars - 120

Advanced Level Fundamentals

80 Hours

Online

INR- Rs 18,000

Euros / Dollars – 220

Ayurevda Diet and Nutrition

80 Hours

Online

INR- Rs 18,000

Euros / Dollars – 220



TESTIMONIAL

FROM OUR TRAINEE



Neelam Kapoor



I did the advanced course - fundamentals of ayurveda under the guidance of Dr. Sandeep , the course has in detail content which has helped me understand ayurveda. Dr. Sandeep is very kind and helpful in explaining any concept and answering queries. I would recommend this course to anybody who has interest in Ayurveda.

TESTIMONIAL

FROM OUR TRAINEE



Elizabeth Saunders



I have just seen my son's certificates and am so pleased with the training he has received from Dr.Sandeep Madaan at Aastha Ayurvedic Clinic. The quality of his teaching, flexibility, patience, sincerity and professionalism stands far above others. Thank you for your skills and motivation to help others achieve their goals in this fascinating field. It was a pleasure dealing with you and it is my wish to receive treatment in the near future. I will certainly be recommending your services to friends and colleagues. Wishing you all the best! Elizabeth Saunders..

TESTIMONIAL

FROM OUR TRAINEE



Huang Jiejie

Thank you very much Dr. Sandeep for the opportunity to study Ayurveda in India. I desired to learn basics of Ayurveda like Vata Pitta Kapha, about my constitution (Prakruti) and what I should follow in Diet and Routine. After the Advanced training I am confident to help my family and friends with Ayurveda Wisdom. The reason I chose to study with Dr. Sandeep is because he replied me rapidly, asked for my aim and preferences and is experienced and highly qualified Dr. He helped me in advice about accommodation and travel. During the class he tried to give daily examples to understand Ayurveda easily. I wish to come again and do more training with his team. All the best and thanks a lot.

TESTIMONIAL

FROM OUR TRAINEE



Catherine Ralph



Dr. Madaan is a phenomenal teacher. He took time and consideration throughout the course to ensure that I both understood the materials and got as much out of the course as possible.

TESTIMONIAL

FROM OUR TRAINEE



Cecilia Bejarano Alonso



Myself Cecilia from Mexico. I highly recommend Aastha Ayurveda training for learning Authentic Ayurveda material. The teachers are very cooperative and knowledgeable. The premises , Staff and everyone is cooperative. I gained practical knowledge and I will confidently apply all the knowledge. I am very happy.

TESTIMONIAL

FROM OUR TRAINEE



Laura Zozimus



I took an Ayurveda course with Dr. Madaan. It has been a great experience. His material is very thorough and covers everything from basic to advance knowledge in this short course. He is patient and is eager to help you with any questions in a timely manner. For someone who has a full time job, trying to manage family and start a independent business this course was easy to follow on my own timeline. He was supportive for that and patient. Thank you Dr. Madaan! Hope to take more courses with you in the future.

CONTACT US



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New Delhi , India



www.asthaayurveda.in



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[FaceBook](#)



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SCANNING CODES



Aastha Ayurveda



Registration

