

Ayurvedic Clinical Assessment Program ~ 2013

Sponsored by

University of Connecticut School of Medicine
Office of Community and Continuing Medical Education & CASC

In Collaboration with:

The International Society for Ayurveda and Health (ISAH) and
National Institute of Ayurveda, Jaipur & All India Institute of Ayurveda, New Delhi

Program Director and Speaker: Amala Guha, PhD, MPH

Ayurvedic Clinical Assessment Program ~ 2013

Program #1	March 15-17	Introduction to Ayurveda: Yoga, Philosophy & principles
	April 19-21	Ayurvedic Anatomy & Physiology
	April 21-22	Ayurvedic Diagnostics and Clinical Assessments
	May 16-19	Ayurvedic Pharmacology (Dravya Guna) and Herbology (Rasapanchak)
	June 7-9	Ayurvedic Approach to Mental Health and interventions
	September 20-22	Introduction to Ayurvedic Nutrition & Diet
	October 18-20	Ayurvedic Spirituality and Ritual Practices (AC) / Beyond Genes

Ayurvedic Mental and Spiritual Health Program ~ 2013

Program #2	March, 15-17	Introduction to Ayurveda: Yoga, Philosophy & principles
	April 19-21	Ayurvedic Anatomy & Physiology
	May 16-19	Ayurvedic Pharmacology (Dravya Guna) and Herbology (Rasapanchak)
	May 19-20	Ayurvedic Approach to Aging
	June 7-9	Ayurvedic Approach to Mental Health and interventions
	September 20-22	Introduction to Ayurvedic Nutrition & Diet
	October 18-20	Ayurvedic Spirituality and Ritual Practices (AC) / Beyond Genes

Ayurvedic Preventative and Nutritional Health ~ 2013

Program #3	March, 15-17	Introduction to Ayurveda: Yoga, Philosophy & principles
	April 19-21	Ayurvedic Anatomy & Physiology
	May 16-19	Ayurvedic Pharmacology (Dravya Guna) and Herbology (Rasapanchak)
	June 7-9	Ayurvedic Approach to Mental Health and interventions
	June 15-16	Life style and skin care
	September 20-22	Introduction to Ayurvedic Nutrition & Diet
	October 18-20	Ayurvedic Spirituality and Ritual Practices (AC) / Beyond Genes

Time: Thursday & Friday 1:30 pm-8 pm; Friday, Saturday & Sunday 9am-8pm; Monday 8am-6pm. (1 hr lunch, 15 min Tea break)

Location: UCONN Health Center / Large ARB Conference Room (EG013)

Target Audience: Clinicians training in Ayurvedic medicine, integrated medicine and **all other health care professionals:**

Learning Objectives: Participants will (*be able to*):

1. Recite critical principles and concepts of Ayurvedic Medicine with an approach to Clinical Assessment in Health and Wellness
2. Identify differences between principles Ayurvedic Medicine and concepts of health in the mainstream U.S. Health Care System
3. Describe what evidence would be necessary for Ayurvedic Medicine principles to become part of the standard of care in the U.S. health care system.

Disclaimer: The above programs, courses and materials offered are for educational purpose only.

**For registration/ information, please e-mail Dr. Amala Guha e-mail: aguha1@att.net or
*PI visit websites Complementary Alternative Supportive Care (CASC): <http://casc.uconn.edu>**

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Accredited CME session Information

The Ayurvedic Clinical Assessment Program segments, noted below, have been awarded
14 AMA PRA Category 1 Credit(s)TM

Program Director and Speaker: Amala Guha, PhD, MPH

March 15: 6:15-7:15 pm	<u>Understanding Human Constitution (Vata, Pita & Kapha) and its Role in Wellness</u> Learning Objectives: Participants will (<i>be able to</i>): <ol style="list-style-type: none">1. Develop an understanding of an Ayurvedic approach to how human constitution/genetics is composed of Universal Elements (i.e. fire, water, etc)2. Describe the functional role of these Universal Elements in health and wellness
March 16: 10:00-11:00 am	<u>Nature, Nurture, and Wellness</u> Learning Objectives: Participants will (<i>be able to</i>): <ol style="list-style-type: none">1. Understand and describe how a deep connection with the universe will maintain a healthy balance through daily and seasonal Ayurvedic routines/practices
April 19: 6:15-7:15 pm	<u>In Search of Optimal Health</u> Learning Objectives: Participants will (<i>be able to</i>): <ol style="list-style-type: none">1. Discuss the Ayurvedic definition of Optimal Health (how mind, body spirit/consciousness) are connected).2. Understand the components of the Ayurvedic approach to body physiology, metabolic process
April 20: 11:00-12:00 Noon	<u>An Approach to Ayurvedic Understanding of Pathogenesis (Nidan Panchak)</u> Learning Objectives: Participants will (<i>be able to</i>): <ol style="list-style-type: none">1. Develop an understanding of the Ayurvedic approach pathogenesis (how disease is formed).2. Discuss the state of staging of disease.
April 21: 11:00-12 Noon	<u>Ayurvedic Clinical Assessment</u> Learning Objectives: Participants will (<i>be able to</i>): <ol style="list-style-type: none">1. Develop an understanding of an Ayurvedic approach to clinical assessment (identifying factors and route of imbalances).2. Review the methodology of case presentations
May 18: 10:00-12:00 Noon	<u>Understanding Components of Ayurvedic Herbology and their application Using Selected therapeutic Herbs</u> Learning Objectives: Participants will (<i>be able to</i>): <ol style="list-style-type: none">1. Discuss the principles of Ayurvedic pharmacology.2. Understand how these principles apply to selected herbs along with their therapeutic indications and contraindications.
May 19: 10:30-11:00pm	<u>Ayurvedic Approach to Aging</u> Learning Objectives: Participants will (<i>be able to</i>): <ol style="list-style-type: none">1. Understand Ayurvedic staging of a healthy life span.2. Understand the role of anti-aging herbs.

June 7: 5:30-6:30 pm

Mind, Matter and Consciousness

Learning Objectives: Participants will (*be able to*):

1. Develop and understanding of the Ayurvedic approach to “mind” and its function.
2. Discuss the attributes of “mind” and its connection to consciousness

June 8: 11:00-12 noon

Ayurvedic Approach to Mental Health

Learning Objectives: Participants will (*be able to*):

1. Understand and discuss the disconnects of “mind” and its imbalances

June 15: 10:30-11:00am

Life style and skin care

Learning Objectives: Participants will (*be able to*):

1. Discuss cultural practices that are adopted to influence the balance of health and wellness.
2. Discuss the Ayurvedic perspective of skin as an indicator of health

Sept 20: 6:00-7:00 pm

Use of Herbs in Diet: Kitchen Pharmacy

Learning Objectives: Participants will (*be able to*):

1. Review the Ayurvedic approach to diet, nutrition; selection of food.
2. Discuss the role of selected herbs; their properties and use in diet and nutrition

Sept 21: 11:00-12 noon

Introduction to Ayurvedic Approach to diet and Nutrition

Learning Objectives: Participants will (*be able to*):

1. Discuss the Ayurvedic approach to diet and the bioenergy of food and how it influences mind, body, and spirit.

Oct 18: 6:00-7:00 pm

Subtle Energies and their Role in Daily life

Learning Objectives: Participants will (*be able to*):

1. Develop an understanding of what subtle energy is (sound, light, etc.).
2. Discuss the application of bioenergy in health and wellness.

Oct 19: 11:00-12 noon

Understanding Ayurvedic approach to spirituality and its role in Health & Wellness

Learning Objectives: Participants will (*be able to*):

1. Understand the Ayurvedic perspective of Spirituality in health, wellness, disease and medicine.
2. Discuss the benefits and contraindications of selected spiritual practices and their role in health and wellness (Yoga and Meditation)

Accreditation: The University of Connecticut School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of Connecticut School of Medicine designates these live activities for a maximum of **14 AMA PRA Category 1 Credit(s)**[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

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The activity director, planning committee members, nor the speaker, Dr. Amala Guha, has a financial interest or affiliation with any organizations that could be perceived as a real or apparent conflict of interest in the context of the subject of this presentation.

Dr. Guha will not be discussing the off-labeled use of any product.

This CME activity has no commercial support associated with it.
