

First week

Day	10 to 11 am	11 to 12 am	2 to 3 pm	3 to 4 pm
1	Theory: introduction to Ayurveda	Theory: Bhaishajya kalpana	Theory: Panchmahabhoot	Theory: Concept of Vata
2	Theory: Concept of Pitta & Saptadhatu		Theory: Concept of Kapha & Rasa	
3	Theory: Concept of Dravya & Guna		Theory: Veerya, Vipaka & Prabava	Theory: Agni, Koshta & Ojus
4	Theory: Prakriti	Theory: Trimala, Ama	Theory : Karma	Theory: Anupana
5	Theory: Sneha kalpana	Theory: Sandhana kalpana	Theory & Practical: Herbal study Dasamoola & Trikatu	
6	Theory: Dina Charya & Ritu charya		Theory & Preparation of Pinda Taila	
7	Day Off			

Second week

Day	10 to 11 am	11 to 12 am	2 to 3 pm	3 to 4 pm
8	Theory & Preparation: Panchavida Kashaya kalpana		Herbal study: Rock salt, Honey, Ashwagandha & Shatavari	
9	Theory & Preparation: Triphala ghritam		Herbal study: Thulasi, Nimba & Nalpamara	
10	Theory & Preparation: Brahmi ghritam & Marma gulika		Theory: Rasayana & Vajikarana	
11 12	Theory & Preparation: Karpooradi Thailam Theory & Preparation: Oils for Hair		Theory: Saveeryathavadhi Pulse diagnosis Theory: Agryoushada, Bhaishajya Kala & Matra	
13	Theory & Preparation: Kushmanda rasayana		Review	Exam
14	Day Off			