

## Introduction to Ayurvedic Medicine

Jan 20-23 2017, Fri-Sun 12:30-6:30 pm  
taught by Sarasvati Buhrman, Ph.D., RYT(E-500)

Ayurveda is one of the world's oldest medical systems. While India's earliest anatomically modern human inhabitants are believed to have used specific local plants for healing many thousands of years ago, the first written records of the existence of herbal medicine in ancient India are found in the Rg Veda and may date to 1600 BCE or earlier. Fully developed medical texts may have existed as early as 200 BCE. Nevertheless, Ayurvedic medicine is today a recognized, government-supported health care system in both India and Nepal, and an increasingly popular complementary medicine modality in the west. A number of modern research studies have borne out not only the efficacy of the herbs used in Ayurvedic medicine, but also several of its basic treatment principles. Ayurveda is an excellent healing modality to successfully address preventative health care concerns, digestive disorders, allergies and sinus problems, depression and anxiety, chronic degenerative disorders, and menstrual and menopausal issues, as well as some common infectious illnesses.

Join us for a three-day introductory workshop on fundamental principles and treatment options in Ayurveda including: Ayurvedic definitions of health, causes and symptoms of imbalances, the development of disease, assessment of constitution (prakriti) and imbalances (vikrti) including symptomology, pulse, and tongue diagnosis. A beginning understanding of the basic healing modalities of the Ayurvedic medicine toolkit will be presented, including: lifestyle, diet, therapeutic Yoga, panchakarma, and properties and uses of 30 Ayurvedic herbs.

### **Location and Registration:**

**Colorado School of Clinical Herbalism, [clinicalherbalism.com](http://clinicalherbalism.com)**

**2900 Valmont Rd, Ste F-1, Boulder, Co 80301 720-406-8609**

**Cost: \$295**

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