

Ayurvedic Health Counselor (AHC) Program

Objectives of the AHC Program

- Knowledge of Ayurveda, its basics, Diet & Lifestyle
- To determine the body & mind constitution and dosha imbalance if any, of self or a client
- To suggest the needed diet, lifestyle changes and home remedies for client who are healthy as well as with dosha imbalance
- We aim to cultivate Ayurveda counselors who are well versed in Ayurveda, possessing technical proficiency and professional excellence. They should also exhibit empathy towards clients and practice the ancient science with updated knowledge that suits the present era, while adhering to the ethical principles.

Duration & commencement

Duration of the course- 1 year

Commencement of course – March 12th and April 15th 2024

Distribution of Classes

- 8 hours of live stream sessions per week – 2 hours each session on Monday, Wednesday, Thursday; 8 PM - 10 PM Eastern Time. And group mentoring session on Saturday/Sunday 10 AM - 12 PM Eastern Time.
- Assignments will be given every week.
- You may need additional 4– 5 hours for assignments, tests and self-studies per week.
- Practical sessions will be conducted live stream and onsite.
- The onsite practical sessions will be conducted earlier next year (2025) at our wellness center.
- Dates will be confirmed as per the convenience of the students and our team.

About our Center

Amruth Ayurveda Wellness Center, situated in Alpharetta, GA, is a meticulously maintained and clean facility offering Ayurveda consultations, therapies, and Panchakarma detoxification. Our compassionate team comprises certified Ayurveda doctors, practitioners, counselors, and dedicated staff who prioritize our clients' needs and well-being, offering personalized support. During an Ayurveda consultation, we assess your body and mind constitution, identify dosha imbalances, and provide guidance on diet, lifestyle changes, herbs, and therapies. We also conduct training programs to promote Ayurveda, encouraging individuals to live in harmony with nature. We carry diverse range of Ayurveda products. Our guiding motto is 'Loka Samastha Sukhinobhavanthu,' reflecting our commitment to the well-being of all living beings in the world.

Our Team



Nagesh Kasam, the Founder of Amruth Ayurveda, boasts over 15 years of experience in the field of Ayurveda. He is a NAMA certified Ayurveda Doctor and Practitioner. His dedication to the comprehensive well-being of his clients is reflected through a range of endeavours, including interactive workshops, webinars on diverse Ayurvedic topics and personalized consultations. These encompass diet, nutrition, dietary supplements, Nadi Pariksha (pulse reading), yoga asanas, pranayama, meditation, and the profound Ayurvedic panchakarma for cellular detoxification.

Nagesh Kasam holds several esteemed certifications, including Ayurveda Doctor and Ayurveda Practitioner certifications by NAMA, Certified Yoga Therapist by the International Association of Yoga Therapists, a Certified RYT200 Yoga Teacher by the Yoga Alliance, a Licensed Massage Therapist sanctioned by the Georgia Board of Massage Therapy, and a Certified Manual Lymph Drainage Therapist (MLD-C). Notably, he has undergone Panchakarma Training at the esteemed KLE Ayurveda Medical College in Belagavi, India. For 15 years, he has also selflessly volunteered his expertise and guidance to yoga enthusiasts in the Atlanta Area, concurrently serving as the Coordinator of the Patanjali Yog Peeth, Atlanta Chapter.



Dr Parvathy Rajeev is a dedicated and accomplished Ayurvedic professional from Kerala, India, with a strong academic foundation, practical skills, and a wealth of experience in clinical practice, research, and international training in Ayurveda since the last 16 years.

She completed a Bachelor of Ayurvedic Medicine and Surgery (BAMS) degree from Amrita School of Ayurveda, Kollam, India.

She also practiced Ayurveda in North India, including Punjab & Jaipur and, with her diverse knowledge, she conducted research in Ayurveda management of Alopecia, Ayurveda Dental care etc. and managed Ayurveda Pharmacy and conducted Ayurveda training globally. She has demonstrated proficiency in performing Panchakarma or Ayurveda detoxification therapies, also preparing and developing Ayurvedic formulations & products. Throughout her career, Dr Rajeev has held various roles, working as a senior consultant physician at Chakrapani Ayurveda Clinic & Research Center, Jaipur for almost a decade and also served as the Head of Research & Development there, and conducted global Ayurveda retreats & training programs. Additionally, Dr. Rajeev has international experience, having conducted training programs, consultations, and Ayurveda retreats in countries such as Ukraine, Russia, Belarus, Brazil, and Singapore. She worked as an Ayurveda Physician and managed the clinic under JBS Ayurvedic Healthcare in Singapore.

Currently, she is doing her private practice in Kerala and is remotely involved in training programs & webinars in Amruth Ayurveda, Georgia. Also involved in providing mentorship and oversight for consultations for Bhumi Ayurveda, Melbourne, Australia, and for many of her students worldwide, showcasing her commitment to sharing her expertise in Ayurveda globally.



Ms. Susan Eldhose is an experienced Ayurveda practitioner and wellness consultant with over 17 years of experience in India and the United States. Her career objective emphasizes her aim to promote holistic wellness of mind & body through her expertise in Ayurveda.

Ms. Susan graduated with a Bachelor of Ayurvedic Medicine and Surgery (BAMS) from SDM College of Ayurveda, Hassan, India. After her graduation, she has practiced Ayurveda throughout Kerala, with the pioneer institutions like Vembily Ayurveda Hospital, Thodupuzha, Kerala; Koppambil Ayurveda Hospital, Perumbavoor, Kerala; Peringattu Ayurveda Clinic, Pazhamthottam, Kerala. She has served as the Ayurveda physician in Kottackal Arya Vaidya Sala Bopodi, Pune, India. She is well experienced in areas of Ayurveda like Marma Therapy, Diet & Lifestyle management of metabolic disorders.

She is adept at providing personalized guidance and support to individuals seeking optimal health and well-being through Ayurvedic principles. She is proficient in creating tailored plans encompassing diet, lifestyle, stress management and natural remedies. She has a strong background in educating clients and conducting workshops on Ayurvedic philosophy and has a collaborative approach with healthcare professionals to ensure holistic care for her clients. Currently, she is practicing in Georgia, USA.



Ms. Usha Lavanya Pappu, originally from Visakhapatnam, Andhra Pradesh, India, completed Ayurveda practitioner certification from Ayurveda Institute of America in California in 2003. Since then, she has been practicing in the USA and helping nonprofit organizations. Currently, Ms. Usha has been practicing at Amruth Ayurveda wellness center since 2017. She provides Ayurveda consultations and helps her clients to restore their health through Ayurveda diet, lifestyle and Panchakarma detoxification. She is certified in Ayurvedic food & nutrition, also in Ayurvedic Health Care of Mother & Child.

Live stream & Onsite studies

Total AHC Program hours – 600 hours

- Live stream Classes – 300 hours (2-hour sessions on weekdays)
- Live stream Group monitored Peer-learning seminars (Case discussion & presentation by students on weekends) –90 hours
- Herbal cooking and healthy recipes (live stream & onsite) -10 hours
- Onsite monitored Hours at our wellness center – 50 hours
- Self-study, Assignments & Exams – 150 hours (4-5 hrs per week)

Live stream Sessions -300 hours

- Section 1 – Ayurveda Introduction and History – Definitions of Ayurveda, History & descent, branches of Ayurveda, Brihatrayi, Laghutrayi, Introduction to Darshana, Sankhya Darshana – **(10 hours)**
- Section 2 – Basic Principles of Ayurveda/ Ayurveda Physiology- Dosha & Subtypes, Dhatu & Upadhatu, Mala, Srotas, Agni, Ama, Avastha paka, Koshta, Ojas, Prakriti, dhatu sara purusha – **(90 hours)**
- Section 3 – Ayurveda Herbology/ Dravya guna vigynana – Rasa, guna, virya, vipaka, Prabhava, karma, single herbs, formulations. **(28 hours)**
- Section 4- Ayurveda Swasthavrita/ Preventive Ayurveda -Dinacharya, Ritucharya, Trayopathamba – Ahara, Nidra & Brahmacharya, Adharaneeya vega, Chatushpada **(60 hours)**
- Section 5- Introduction to Ayurveda Psychology – Manas, mano dosha, Manasa prakriti & subtypes **(8 hours)**
- Section 6 – Roga Nidana- Vyadhi & Types, Vyadhi kaarana, Roga pareeksha – Nidana panchaka, shad kriyakala, Rogi pareeksha – Trividha, Ashta vidha, Dashavidha pareeksha **(22 hours)**
- Section 7-Yoga **(14 hours)**
- Section 8 – Marma therapy **(12 hours)**
- Section 9- Panchakarma Therapies Introduction **(6 hours)**
- Section 10- Consultation & Remedies **(20 hours)**
- Section 11 Case study – **(26 hours)**
- Section 12- How to set up your own business **(4 hours)**

Index for Training

Section -1 (10 hours)

1. Definition of Ayurveda
2. History & Descent of Ayurveda
3. Ashtanga Ayurveda (As per Charaka & Susrutha)
4. Brihat Trayi – (Charaka Samhita, Susrutha Samhita & Ashtanga Sangraha and their Stanas and commentaries)
5. Laghu Trayi- (Madava Nidana, Sharangadhara Samhita, Bhavaprakasha & commentaries)
6. Sankhya darsha & Satkarya vada
7. Srishti Utpatti krama as per Panchvimshati tattva of sankhya
8. Indriya – Pancha jnanendriya, Pancha Karmendriya, Ubhayendriya/ manas
9. Panchatanmatra and Panchamahabhutas

Section -2 (90 hours)

9. Tridosha
 - Definition
 - Qualities
 - Location
 - General Functions
 - Relation with Panchamahabhuta
 - Subtypes of Vata & Functions
 - Subtypes of Pitta & Functions
 - Subtypes of Kapha & Functions
 - Dosha variation as per age, time of day & night, Type of GIT, Seasons
 - Dhatus & Mala
 - Dosha causing disease
10. TriDosha Vikriti
11. Dosha Vikriti Causes, Lakshana of increase & decrease

12. Dosha Subtypes Vikriti

- Location, Normal functions, Causes of Vitiation, Symptoms of vitiation, disease caused, Treatment

13. Dhatu – formation, function, srotas associated, vitiation of srotas, treatment of vitiation of srotas, dhatu sara purusha lakshana, modern aspect.

- Rasa
- Rakta
- Mamsa
- Meda
- Asti
- Majja
- Shukra

14. Upadhatu

15. Mala (normal functions, symptoms of increased and decreased stage/ vitiation)

16. Relation between dosha and dhatu

17. Dhatugata dosha lakshana

18. Dhatu vridhi and kshaya Lakshana

19. Srotas location & Normal functions, Dusti karana, Lakshana & treatment

20. Agni 13 types Vishama, Teekshana, manda, sama Agni

21. Avastha paka / stages of digestion & dosha involved

22. Koshta, Ashaya, Kostanga

23. Ama and treatment, Sama mala lakshana

24. Koshta types

25. Prana, Tejas, ojas

26. Ojas increase and decrease

27. Prakriti – deha prakriti & manasa prakriti

28. Dhatu sara purusha

Section 3 –(28 hours)

29. 20 Gurvadi guna

- In terms of objects, herbs & diet, effect on dosha, dhatu, mala, systemic functions of body, examples

30. Rasa guna veerya vipaka & Prabhava

31. Karma or Pharmacological actions of herbs

32. Single herbs 21 herbs

Amalaki	Jeeraka	Rajika/ mustard
Dhanyaka	Lashuna	Shunti
Ela	Lavanga	Ardraka
Haridra	Maricha	Tila
Haritaki	Methika	Twak
Hingu	Mishreya	Vibhitaki
Jayaphal	Pippali	Yavani/ carom seeds/Ajwain

33. Herbal Formulations

- Trikatu
- Triphala
- Hingivashtaka churnam/ Ashtachurnam
- Chyavanaprasha

Section 4 – 60 hours

34. Trayopastamba – Ahara Nidra Brahmacharya

35. Ahara – Matra and dietary rules

36. Ahara and mind relation

37. Rasa

- Shadrasa
- Functions & Actions
- Effect of excessive and less intake on body & doshas
- Veerya, Vipaka- types , action on body and doshas
- Effect of rasa on dosha, dhatu, mala, agni, ama, health
- Rasa & Disease
- Prabhava and types

38. Rasa for Brimhana & Langhana

39. Healthy eating/ Ashtavidha Ahara Vishesha Ayatana

40. Varga –

- Shuka Dhanya/ corns etc
- Shami Dhanya/ pulses
- Mamsa Varga / meat
- Shakha Varga / vegetables
- Phala Varga / fruits
- Harita Varga/ raw veg
- Madya Varga/ alcoholic preparations
- Ambu Varga/ water
- Dughda Varga/milk
- Ikshu Varga/ Sugarcane
- Kritanna Varga/ food preparations
- Ahara Upayogi / Accessory food articles – spices, salt, kshara

41. Rasayana foods
42. Vajikarana foods
43. Ahara Parinamakara Bhava/ biotransformation of food
44. Kichadi, ghee, buttermilk, Virudhahara
45. Ushapana & Nasa pana
46. Diet & Lifestyle of Vata, Pitta & Kapha prakriti 4 hours
47. Balancing Pitta Vata dosha
48. Balancing Pitta Kapha dosha
49. Balancing Vata Kapha dosha
50. Kshutnigraha / fasting
51. Importance of prayers before meals
52. Dinacharya
53. Ritucharya
54. Sadvritta
55. Dosha predominance with age, time of day, season
56. Nidra Brahmacharya
57. Adharaneeya Vega
58. Chatushpada of treatment and their qualities

Section 5- (8 hours)

59. Manas, Atma, Bhuddhi, Ahamkara
60. Mind – Qualities, location, Functions, Njana utpatti krama
61. Panchapanchaka
62. Satva Rajas & Tamas influence of tridosha
63. Dharaneeya Vega
64. Ahara vihara for mental health
65. Relationship of food with mind
66. Manasa Prakriti

Section 6 –(22 hours)

67. Vyadhi & Types

68. Vyadhi Nidana – Asatmyaindriya samyoga, Pranjaparadha, Parinaama

69. Roga Pareeksha & Rogi Pareeksha

70. Nidana Panchaka detailed

71. Shadkriyakala

72. Trividha pareeksha –

- Darshana/ Observation
- Sparshana/ Palpation
- Prashana /Questioning

73. Ashtavidha Pareeksha

Nadi Pariksha	Shabda Pariksha
Mutra Pariksha	Sparsha Pariksha
Mala Pariksha	Drik Pariksha
Jihwa Pariksha	Aakruti Pariksha

74. Dashavidha Pareeksha

- Dushyam / Structural and functional abnormalities of the body
- Desham / Geographical nature of the place where one lives
- Balam / Physical strength
- Kalam/ Climatic and Seasonal conditions
- Anala/ Digestive Fire of the Client
- Prakruti / Constitution
- Vayas / Age of the client
- Sattva / Psychological Nature of the client
- Saatmya / General and personal habits accustomed by the client

Section- 7 (14 hours)

- 75. Yoga & Doshas
- 76. Yogasana & Doshas
- 77. Tridosha balancing pranayama, meditation & spiritual practices
- 78. Jyotisha
- 79. Ayurveda & Yoga therapy

Section- 8 (12 hours)

- 80. Marma therapy Introduction
- 81. Details of 107 Marmas and its mode of action

Section- 9 (6 hours)

- 82. Panchakarma introduction & Mode of action

Section- 10 (20 hours)

- 83. Shamana Chikitsa – 7 Palliative treatment
- 84. Herbal formulations – different forms, dose, Aushada Kala
- 85. Prenatal and Post natal care
- 86. Child Care
- 87. Understanding diseases for suggesting life style & dietary changes
- 88. Home remedies

Section -11 (26 hours)

- 89. Case study & discussion

Section- 12 (4 hours)

- 90. Business set up

For further details & queries about the course and registration process, please contact:

Mr Nagesh Kasam – (678) 648-2506

Location of our wellness center (for onsite sessions)

AMRUTH AYURVEDA

5354 McGinnis Ferry Road STE 218

Alpharetta, GA 30005

Website – amruthayurveda.com