



Basic Ayurveda Course

Istanbul & Latvia – Online

180 Hours

Weekend Sessions

Beginner Friendly

Discover the foundations of Ayurveda.

A structured online programme for international learners and beginners, covering classical Ayurvedic concepts, lifestyle, diet, Panchakarma and women's health.

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Course Overview

The **Basic Ayurveda Course** is an introductory programme designed for international learners and beginners who wish to understand the **fundamental concepts of Ayurveda**.

The course provides a strong foundation in classical Ayurvedic principles through live online teaching, interactive discussions, advance-shared PPT materials, and real-time Turkish translation.

Target Group

- International learners
- Beginners with no prior Ayurveda background

Course Format

Mode	Online
Schedule	Weekends
Session Duration	5 hours per class
Total Duration	180 hours
Teaching	Live lectures using PPT
Study Materials	PPTs shared 3 working days before sessions
Translation	Real-time Turkish translation by a translator
Interaction	Interactive discussions

Key Features

- Introduction to Ayurveda and its classical foundations
- Fundamental concepts of Dosha, Dhatu, Agni and Mala
- Ayurvedic lifestyle and dietary principles
- Live interactive online learning
- Real-time Turkish translation

Course Structure

The programme introduces key Ayurvedic concepts in a structured sequence:

- 1. History and Philosophy of Ayurveda
- 2. Concept of Tridosha
- 3. Dhatus and Malas
- 4. Dinacharya, Ritucharya, and Ratricharya
- 5. Shat Kriyakala
- 6. Concept of Agni
- 7. Concept of Koshta
- 8. Concept of Prakriti
- 9. Nidana Panchaka
- 10. Trividha Dukha, Samskara, and Vipaka
- 11. Concept of Panchakarma
- 12. Rajawalacharya
- 13. Ayurveda and Manas (Mind)
- 14. Garbhini Paricharya
- 15. Suthika Paricharya
- 16. Women's Health in Ayurveda

Learning Methodology

- Live lectures supported by structured PPT presentations
- PPT materials shared 3 working days before each session
- Real-time Turkish translation during sessions
- Interactive discussions and learner participation

Learning Outcomes

By the end of the course, participants will be able to:

- ✓ Understand the history, philosophy and foundational principles of Ayurveda
- ✓ Explain the basic concepts of Dosha, Dhatu, Mala, Agni and Prakriti
- ✓ Understand Ayurvedic approaches to daily and seasonal routines
- ✓ Develop a foundational understanding of disease concepts such as Shat Kriyakala and Nidana Panchaka
- ✓ Understand the basic concept and purpose of Panchakarma
- ✓ Explore the Ayurvedic understanding of mind, pregnancy, postnatal care and women's health
- ✓ Apply foundational Ayurvedic concepts to everyday learning and further study

Who Is This Course For?

■ Beginners	No prior Ayurveda background required
■ International Learners	Designed for learners joining from different countries
■ Ayurveda Enthusiasts	For those seeking a structured introduction to classical Ayurveda



Enrolment Open

Begin Your Ayurveda Learning Journey

Course: Basic Ayurveda Course

Format: Live Online Weekend Sessions

Duration: 180 Hours

Location: Istanbul & Latvia – Online

Language: English with real-time Turkish translation

Certificate: Certificate of Completion

■ ENROL NOW

Contact us for registration, upcoming batch details and course fee.

■ Brochure & Registration

For course fee, upcoming batch dates, registration process, and further information, please contact the course team.

Note: This course is intended for educational purposes and provides foundational knowledge of Ayurveda. Professional practice should follow the applicable regulations of the participant's country.