



ANVI AYURVED
Treatment Centre And Training Institute

Syllabus

DIPLOMA IN AYURVEDA MASSAGE AND TREATMENT (Reference text- Charak Samhita)

This course provides a hands-on approach to Ayurvedic therapies, focusing on massage techniques, therapeutic applications, and herbal treatments. It is designed for beginners, wellness therapists, and spa professionals who want to gain practical experience in authentic Ayurveda treatments.

Duration: 10 Lessons

Mode: Practical-focused training with foundational Ayurvedic theory

WEEK 1

Day 1- Lesson 1: Fundamentals of Ayurveda & Abhyanga Massage

The course begins with an introduction to Ayurveda, its history, principles, and holistic approach. Students learn about the Tridosha concept (Vata, Pitta, Kapha) and its role in well-being.

The practical session covers Abhyanga (Ayurvedic oil massage), focusing on proper strokes, pressure techniques, and oil selection. Students practice full-body massage techniques in pairs.

Day 2- Lesson 2: Ayurvedic Oils & Head, Face, and Neck Massage

This lesson covers Sneha (Oleation Therapy) and its impact on Dosha balance. Students learn about the benefits of head massage for stress relief and mental clarity.

The practical session includes Shiro Abhyanga (head massage), focusing on scalp, forehead, and temple techniques. Students also practice Mukha Abhyanga (face massage) with Marma point stimulation and herbal pastes for skin rejuvenation.

Day 3- Lesson 3: Foot & Hand Massage (Pada Abhyanga & Hasta Abhyanga)

Students explore Ayurvedic reflexology, understanding how the hands and feet are linked to organ health. The lesson emphasizes the grounding and healing effects of foot massage.

During the practical session, students apply Pada Abhyanga (foot massage) techniques for relaxation and energy flow. They also practice Hasta Abhyanga (hand massage) for improved circulation and nerve stimulation.

Day 4-Lesson 4: Marma Therapy & Customizing Ayurvedic Massages

This lesson introduces Marma therapy, the science of vital energy points. Students learn how to activate these points and customize massage treatments based on Dosha imbalances.

The practical session focuses on identifying and working on key Marma points, applying pressure techniques, and adjusting massages for different body types.

Lesson 5: Potli Massage (Kizhi) & Udwartana (Herbal Powder Massage)

Students learn about Swedana (sweating therapy) and its detoxifying effects. The theory also covers Udwartana, an Ayurvedic dry herbal massage used for weight management and improved circulation. The practical session includes Potli massage (Kizhi) using heated herbal compresses for muscle relaxation. Students also perform Udwartana, learning effective scrubbing techniques with herbal powders.



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WEEK 2

Day 6-Lesson 6: Shirodhara Therapy – Oil Streaming for Mental Balance

This lesson covers Shirodhara, an Ayurvedic therapy that involves a continuous flow of warm oil on the forehead to calm the nervous system. Students explore the benefits of using different liquids such as medicated oil (Taila), buttermilk (Takra), and milk (Ksheera).

The practical session focuses on setting up and administering Shirodhara therapy, ensuring correct oil flow, temperature, and positioning for maximum relaxation.

Day 7- Lesson 7: Spine & Joint Therapies (Kati Basti, Greeva Basti, Janu Basti)

Students learn specialized Ayurvedic treatments for spine and joint health. The lesson covers Kati Basti (lower back therapy), Greeva Basti (neck therapy), and Janu Basti (knee therapy), explaining their benefits for pain relief and inflammation.

The practical session involves preparing dough wells for Basti treatments and administering warm oil therapy to target areas for deep tissue nourishment.

Day 8- Lesson 8: Tarpan (Eye Therapy)

This lesson covers Tarpan therapy, an Ayurvedic eye treatment that improves vision and soothes eye strain.

In the practical session, students perform Tarpan therapy, using medicated ghee in dough reservoirs around the eyes. .

Day 9-Lesson 9: Ayurvedic Scrubs, Face & Hair Packs

This lesson focuses on Ayurvedic beauty and rejuvenation treatments, teaching how herbal scrubs, face masks, and hair packs nourish the skin and scalp. Students learn to prepare treatments based on different skin and hair types.

In the practical session, students create and apply herbal body scrubs (Ubtan), face packs, and hair masks, using fresh Ayurvedic ingredients. They also learn techniques for integrating these treatments into a massage session.

Day 10- Lesson 10: Treatment Protocols, Business Guidance & Certification

The final lesson focuses on designing Ayurvedic treatment plans for clients, professional ethics, and business setup guidance for Ayurveda massage therapists.

The practical session includes a final hands-on assessment, where students demonstrate their skills. Upon successful completion, they receive a Diploma in Course Outcome

By the end of this course, students will:

- Master authentic Ayurvedic massage techniques
- Gain hands-on experience in Ayurvedic treatments
- Learn how to customize therapies based on individual needs
- Receive a Diploma in Ayurveda Massage & Treatment