

# **IDENTIFICATION AND USES OF COMMON INDIAN HERBS AND SPICES**

**TWO WEEKS PROGRAM (60 HOURS)**

**COURSE FEE – US\$ 300**

## **FEATURES**

- Introduction to Ayurveda
- Common herbs & spices and their properties
- Shadrasa (Six tastes)
- Virya (potency)
- Vipaka (post digestive effect)
- Guna (Attributes)
- Dosha
- Actions
- Vata balancing herbs & spices
- Pitta balancing herbs & spices
- Kapha balancing herbs & spices
- Rasayana herbs & spices
- Vajikarana (Aphrodisiac) herbs & spices
- Herbs for beauty
- Herbs for common ailments



## **SCHEDULE**

**On third Monday of every month**

Course fee is including course material, theory & practical sessions, material that use in course etc. Maharshi Charak Ayurveda gives you a certificate after completing the course.

Accommodation charges for single or double occupancy are INR 1000/- (US\$ 16) per day per room and meals (Morning tea, Breakfast, Launch, Evening tea & Dinner) in INR 500/- (US\$ 8) per day per person.

For reservation contact at [info@charakayurveda.com](mailto:info@charakayurveda.com) visit us at [www.charakayurveda.com](http://www.charakayurveda.com)