



# SHASHVAT AYURVEDA ACADEMY

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SYSTEMS OF MEDICINE  
IN EXISTENCE,  
ORIGINATED IN INDIA  
OVER 3,000 YEARS AGO.**

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# AYURVEDA

## A Brief Introduction



**A**yurveda, one of the oldest systems of medicine in existence, originated in India over 3,000 years ago. Rooted in the Sanskrit words "Ayur" (life) and "Veda" (knowledge), Ayurveda translates to "the science of life." This ancient practice is deeply embedded in India's cultural and historical heritage, representing a rich tradition of knowledge and wisdom. Ayurveda is more than just a medical system; it is a way of life that emphasizes the balance of body, mind, and spirit.

Ayurveda's importance in India is profound, playing a crucial role in the country's healthcare system. Its holistic approach to health focuses on preventive care, promoting harmony within the body and mind. This timeless practice is increasingly relevant today as people worldwide seek natural and sustainable methods to manage lifestyle-related diseases and enhance overall well-being. As modern medicine continues to advance, Ayurveda is being integrated into contemporary healthcare practices, offering complementary therapies that enrich treatment options and promote comprehensive wellness.

India has become a global hub for Ayurvedic education and research, attracting students from around the world eager to explore this ancient science. The growing interest in Ayurveda has led to the expansion of career opportunities in the field. Recognizing this potential, Shashvat Ayurveda Academy, with over a decade of experience, has been at the forefront of Ayurvedic education. Having trained over 3,000 students across North India, the academy now offers formal courses affiliated with a renowned NAAC A+ university in Punjab. These courses are designed not only for regular students but also for homemakers, professionals, and medical practitioners who are passionate about building their careers in Ayurvedic practices.

As the world continues to embrace holistic health, the future potential of Ayurveda is immense. Whether through its integration into modern medicine or its role in promoting a balanced and healthy lifestyle, Ayurveda remains a vital and growing force in global wellness.



# ABOUT SHASHVAT AYURVEDA ACADEMY



**W**elcome to Shashvat Ayurveda Academy, a premier institution dedicated to providing high-quality Holistic Wellness education and training, where ancient wisdom meets modern education. Our institute is dedicated to the profound study and practice of Ayurveda, the timeless science of life that has nurtured health and harmony for millennia. At our institute, we believe in the power of nature to heal and rejuvenate the mind, body, and spirit.

At Shashvat Ayurveda Academy, we offer a diverse range of courses to cater to various educational needs. Our offerings include Certificate Courses and Short-term Programs for those seeking foundational knowledge, Diploma Courses for more in-depth study, Advanced Diplomas for comprehensive mastery, and Specialization Courses or Fellowship Programs for focused expertise in specific areas of Ayurveda.

We are committed to delivering an exceptional educational experience through a transparent fee structure and high-quality certification. Our curriculum is

designed to provide practical and theoretical knowledge, ensuring our students are well-equipped to excel in their professional journeys.

The collaboration with **Desh Bhagat University NAAC A+**, Mandi Gobindgarh (Pb.), enhances our ability to provide top-tier education and resources to our students. This partnership allows us to offer accredited programs that meet the highest standards of academic excellence.

Shashvat Ayurveda Academy aspires to be a leading institution in Ayurvedic education and training. We invite aspiring students to join us on their journey towards becoming proficient Ayurvedic practitioners, equipped with the ancient wisdom and modern skills necessary to make a significant impact in the field of holistic wellness. Embark on a transformative journey with Shashvat Ayurveda Academy and embrace the future with the profound wisdom of Ayurveda.





## ABOUT **FOUNDER**

Dr. Vikas Verma is a distinguished expert in Ayurveda and Yoga, with over 16 years of experience bridging traditional wisdom with modern scientific approaches. His unique blend of expertise makes him an ideal leader for our innovative academy.

Under Dr. Verma's guidance, Shashvat Ayurveda Academy aims to become a global center of excellence in Ayurveda and Yoga education. His vision is to create a new generation of practitioners who can effectively integrate these ancient sciences with modern medicine, promoting holistic health on a global scale.

Dr. Verma's extensive experience, academic background, and innovative approach position him as a leading authority in the field, making our academy an unparalleled choice for those seeking to deepen their understanding of Ayurveda and Yoga. Under Dr. Verma's visionary leadership, Shashvat Ayurveda Academy is set to become a premier institution for Ayurvedic and Yoga education. The academy aims to empower doctors, students, and international practitioners with the knowledge and skills necessary to harness the healing power of Ayurveda and Yoga, fostering a global community of health and wellness advocates



# PANCHKARMA

The Course in Ayurveda Panchkarma is an intensive program designed to provide a thorough understanding of the ancient Indian detoxification and rejuvenation system known as Panchkarma. This course covers the foundational principles of Ayurveda, the philosophy and techniques of Panchkarma, and practical training in the five main therapeutic procedures aimed at cleansing the body and restoring its natural balance. Students will gain hands-on experience with herbal medicines, dietary guidelines, therapeutic massages, and holistic practices that promote overall health and well-being.

Students will be well-prepared to embark on careers as Ayurvedic practitioners, wellness consultants, and Panchkarma therapists. They will have opportunities to work in Ayurvedic clinics, wellness centers, spas, and holistic health retreats. The growing global interest in natural and holistic health practices ensures a promising career trajectory, offering personal fulfillment and the ability to make a positive impact on individuals' health and wellness.

## Program offered in -

- One Year Advance Diploma
- Certification Course



AYURVEDA

# INFERTILITY MANAGEMENT

The One-Year Diploma Course in Ayurveda Infertility Management is specifically designed for practicing medical practitioners seeking to enhance their expertise in holistic reproductive health. This specialized program blends ancient Ayurvedic wisdom with modern medical knowledge, providing a comprehensive approach to diagnosing and treating infertility. The curriculum covers Ayurvedic diagnostics, herbal treatments, dietary guidelines, lifestyle modifications, and therapeutic procedures tailored to improve fertility and support reproductive health.

This course is ideal for practitioners looking to integrate natural and effective infertility solutions into their practice. Graduates will be equipped with advanced skills to offer personalized treatment plans that complement conventional medical approaches. Career prospects include expanding your practice as an Ayurvedic infertility specialist or wellness consultant, with opportunities to collaborate with fertility clinics, wellness centers, and holistic health retreats. As the demand for integrative and natural fertility treatments grows, this diploma offers a unique opportunity to enhance your practice and make a significant impact on patients' lives.

**Program offered in -**

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- Certification Course



AYURVEDA

# NUTRITION & DIETETICS

The Ayurveda Nutrition and Dietetics course offers an in-depth exploration of the ancient Indian science of health and nutrition. This comprehensive program combines the timeless wisdom of Ayurveda with modern nutritional science, teaching students how to create balanced and individualized dietary plans to promote health and prevent disease. The curriculum covers the principles of Ayurvedic nutrition, the qualities of different foods, dietary guidelines for various health conditions, and practical applications of diet therapy.

Graduates of this diploma course will be well-equipped to pursue careers as Ayurvedic nutritionists, dietitians, wellness consultants, and health coaches. They can find opportunities in wellness centers, Ayurvedic clinics, health retreats, and private practice. With the rising global interest in natural and holistic approaches to health, the field of Ayurvedic nutrition and dietetics offers a promising career path. Professionals in this field can make a meaningful impact on individuals' health and well-being while enjoying a fulfilling and dynamic career.

Program offered in -

- One Year Advance Diploma
- Certification Course





AYURVEDA COSMETOLOGY

# SKIN & BEAUTY CARE

The Ayurveda Cosmetology in Skin and Beauty Care offers an in-depth study of the ancient Ayurvedic principles applied to modern beauty and Skin care. This program blends traditional Ayurvedic wisdom with contemporary cosmetology techniques, focusing on natural and holistic approaches to skin and beauty care. Students will learn about Ayurvedic skin types, herbal treatments, natural cosmetics, and personalized beauty regimes designed to enhance and maintain healthy skin.

Graduates of this diploma course will be well-prepared for careers as Ayurvedic cosmetologists, beauty consultants, and skincare specialists. They can find opportunities in Ayurvedic spas, wellness centers, beauty clinics, and holistic health retreats. With the increasing demand for natural and organic beauty solutions, professionals in Ayurvedic cosmetology are well-positioned for a promising and fulfilling career. This field not only allows for personal and professional growth but also offers the opportunity to make a significant impact on clients' beauty and well-being using time-honored, natural methods.

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AYURVEDA

# PARASURGERY



Ayurveda Parasurgery offers a detailed exploration of ancient Ayurvedic surgical techniques, known as Shalya Chikitsa, complemented by modern medical knowledge. This unique program covers the principles of Ayurvedic parasurgery, including the use of herbal treatments, minor surgical procedures, and specialized techniques such as Kshar Sutra therapy for conditions like hemorrhoids and fistulas. Students will gain practical skills and in-depth knowledge of the tools, procedures, and patient care involved in Ayurveda parasurgery.

The course will be well-equipped to pursue careers as Ayurvedic parasurgeons, healthcare consultants, and wellness practitioners. They can find opportunities in Ayurvedic hospitals, clinics, wellness centers, and holistic health retreats. With the increasing global interest in natural and integrative healthcare approaches, the field of Ayurveda parasurgery offers a promising and rewarding career path. Professionals in this field can provide effective and minimally invasive treatments, making a significant impact on patients' health and well-being through time-honored Ayurvedic practices.

**Program offered in -**

- One Year Advance Diploma
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# FUTURE POTENTIAL



Students pursuing Ayurvedic education have a range of promising future potentials, including:

1. Clinical Practice
2. Healthcare Integration
3. Research and Development
4. Teaching and Academia
5. Pharmaceuticals and Herbal Industry
6. Wellness and Spa Industry
7. Public Health and Community Service
8. Publishing and Media
9. Corporate Wellness Programs
10. Government and Policy Making
11. Global Opportunities

Overall, the field of Ayurveda offers a diverse array of career paths that combine traditional wisdom with modern applications to promote health and wellness.





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