



# Postgraduate Certificate in Ayurveda for Health Professionals

Issued by Alma Mater Europaea – ECM University ([AMEU](#))  
Accredited by International Maharishi AyurVeda Foundation  
([IMAVF](#))

30 ECTS Credits

## PROSPECTUS

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### 1.1 What the Certificate will Qualify You to Achieve

This program provides a unique educational opportunity for eligible health professionals who wish to expand the scope and effectiveness of their health care practice, qualifying them to begin a new career or to supplement their existing career with the profound, time tested natural wisdom of Ayurveda.

Maharishi AyurVeda is the comprehensive and modern formulation of the world's oldest system of natural health care: prevention-oriented, free from harmful side-effects, and

consciousness based<sup>i</sup>. Course participants will learn to apply the profound principles and practical skills of Maharishi Ayurveda in their clinical practice, for the prevention, diagnosis and treatment of common diseases, and the cultivation of optimum well-being.

They will also learn personalized self-care programs (including [Transcendental Meditation](#)) to increase learning ability, job satisfaction, and general well-being in their own personal lives.

The AMEU Postgraduate Certificate in Ayurveda entitles the holder to practice Ayurveda professionally in any country where they are legally allowed to diagnose and treat patients.

## **1.2 Evidence-Based Practices in Integrative Medicine**

The changing environment of healthcare is now placing greater emphasis on integrative approaches to treating patients. These approaches have the potential to improve the health of a large number of patients, while reducing overall health care costs. However, it is important that physicians and other health care providers incorporate integrative practices that are evidence-based. This program will present an extensively evidence-based approach to integrative medicine, providing training in the time-tested and practical approaches of Maharishi AyurVeda.

## **1.3 Educational Objectives of the Postgraduate Certificate in Ayurveda**

Upon completion of the program, participants will be able to:

1. Integrate fundamental principles and practical procedures of Maharishi AyurVeda into their healthcare practice; to promote wellness, and prevent, as well as treat, disease.
2. Discuss peer-reviewed published research on Maharishi AyurVeda, including the Transcendental Meditation® technique, and Ayurveda.
3. Evaluate a patient's constitutional type (Prakriti) and underlying patterns of imbalance (Vikriti) through Ayurvedic principles of diagnosis.
4. Apply the fundamentals of Maharishi AyurVeda Pulse Diagnosis (Nadi Vigyan) in clinical practice.
5. Utilize Ayurvedic principles to optimize digestive health and nutrition.
6. Restore biological rhythms through daily and seasonal behavioural regimens.
7. Promote longevity through anti-aging modalities.
8. Instruct patients in personalized self-care programs, including individualized dietary, behavioural, exercise, and detoxification regimens, and methods of stress management
9. Prescribe Ayurvedic herbal food supplements to enliven the self-repair and healing mechanisms of the body.
10. Implement multi-modality clinical protocols to address a wide range of common chronic conditions encountered in medical practice.
11. Practice Aroma Therapy.
12. Gain a profound scientific understanding of the relationship between consciousness and health.
13. Increase their own resilience, overall wellbeing, and job satisfaction, reducing symptoms of fatigue and burnout, through personalized self-care programs, including the practice of [Transcendental Meditation](#)®.

## **2. The Contribution of International Maharishi AyurVeda Foundation (IMAVF)**

A leading organisation in the worldwide revival of Ayurveda, IMAVF has many years' experience in the training of Ayurveda practitioners. Please visit [IMAVF.org](http://IMAVF.org) for more information.

The syllabus of the AMEU Postgraduate Certificate in Ayurveda has been provided by IMAVF, and the Faculty teaching the program are affiliated to IMAVF. IMAVF is the accrediting body for the AMEU Postgraduate Certificate in Ayurveda.

## **3. Entry Requirements**

**3.1 Applicants for the Alma Mater Europaea Postgraduate Certificate in Ayurveda should have at least basic training in western medicine and be legally entitled by the government of their country to diagnose and treat patients.**

In all countries this includes medical doctors, osteopaths, chiropractors, and homeopaths. In Germany it includes heilpraktiker. In many countries it includes dentists, clinical psychologists, psychotherapists, occupational therapists, pharmacists and naturopaths. If your profession is not listed here but you consider yourself eligible for the program, please apply. If you have questions, please contact Thomas Dyball by email at [Thomas.Dyball@almamater.si](mailto:Thomas.Dyball@almamater.si)

The reason for this entry requirement is that, in addition to learning Maharishi AyurVeda's approaches to preventive health care and perfect health, participants will be trained in the Ayurvedic protocols for treating medical conditions through an Integrative approach that combines Maharishi Ayurveda and western medicine.

**3.2** The applicant must have sufficient access to patients to complete 10 clinical practice assignments during each of the six courses in the program. If you don't have access to patients who are attending a professional clinic it is acceptable to examine family members, friends and others for clinical practice.

**3.3** The applicant must have sufficient language proficiency in English to follow the course.

**3.4** Applications will be considered on a case by case basis by an academic board.

## **4. Option to Complete the [Alma Mater Europaea -- ECM Masters in Health Sciences](#)**

If you have a Bachelor's degree or equivalent in medical or health science worth 180 ECTS or more, you may, if you wish, use the 30 ECTS credits of the Postgraduate Certificate in Ayurveda to complete the Alma Mater Master's in Health Science, Integrative Health Sciences Module.

To complete this diploma, you will need to earn a further 90 ECTS credits. You can earn these credits after completing the Postgraduate Certificate in Ayurveda.

The Postgraduate Certificate in Ayurveda constitutes one of the two years of study required for an AME Master's in Health Sciences.

The Ayurveda courses will be offered as an option in the Integrative Health Sciences module of the Master's in Health Sciences.

[At this link](#) you will see a list of the other courses you may study to complete the Integrative Health Sciences module of the Master's in Health Sciences.

## 5. Schedule

**Schedule of the AMEU Postgraduate Certificate in Ayurveda  
2021 -- 2022**

Course 1 Basic Principles of Prevention, Diagnosis and Treatment, and Course 2 Basic Principles of Prevention, Diagnosis and Treatment continued		
<p>Spring 2021:</p> <p>9-day Residential Block at AME, Maribor, Slovenia.</p> <p>4 days x 8 hours of faculty contact, Course 1.</p> <p>4 days x 8 hours of faculty contact, Course 2.</p>	<p>Spring - Summer 2021:</p> <p>7 weeks of home study Course 1.</p> <p>7 hours of online webinars with faculty.</p> <p>90 hours of individual study / clinical practice. This will include practice of Maharishi AyurVeda Pulse Diagnosis and regular daily practice of Transcendental Meditation. Credit will be awarded for these activities, which will be recorded in a journal.</p>	<p>Summer 2021:</p> <p>About 7 weeks of home study Course 2.</p> <p>7 hours of online webinars with faculty.</p> <p>90 hours of individual study / clinical practice.</p>

Course 3 Basic Principles of Prevention, Diagnosis and Treatment completed, and Course 4 Herbal Medicine and Aroma Therapy		
<p>Summer 2021:</p> <p>8-day Residential Block at AME, Maribor, Slovenia.</p> <p>4 days x 8 hours of lectures and workshops, Course 3.</p> <p>4 days x 8 hours of lectures and workshops, Course 4.</p>	<p>Summer - Autumn 2021:</p> <p>7 weeks of home study Course 3.</p> <p>7 hours of online webinars with faculty.</p> <p>90 hours of individual study / clinical practice.</p> <p>2 week Summer break.</p>	<p>Autumn 2021:</p> <p>A little more than 7 weeks of home study Course 4.</p> <p>7 hours of online webinars with faculty.</p> <p>90 hours of individual study / clinical practice.</p>

Course 5 Dermatology and Bodily Tissues, and Course 6 Bodily Tissues continued and Channels of Circulation:		
Autumn - Winter 2021:  8-day Residential Block at AME, Maribor, Slovenia.  4 days x 8 hours of lectures and workshops, Course 5.  4 days x 8 hours of lectures and workshops, Course 6.	Winter 2022:  7 weeks of home study Course 5.  7 hours of online webinars with faculty.  90 hours of individual study / clinical practice.  1 week holiday break December 21 – 28	Winter - Spring 2022:  A little more than 7 weeks of home study Course 6.  7 hours of online webinars with faculty.  90 hours of individual study / clinical practice.

Final Exams and Celebration:		
Spring 2022  2-day Residential Block at AME, Maribor, Slovenia with faculty.		

## 6. Assessment on the Postgraduate Certificate in Ayurveda Program

Assessment will be a blend of written and oral examinations with individual written assignments, including a journal and reports on clinical practice.

## 7. Language of Instruction

English

## 8. Faculty

The program will be taught by qualified western medical doctors and Indian Vaidyas with extensive knowledge, qualifications and experience in teaching Maharishi AyurVeda to health professionals.

**Dr. Gordana Marković, PhD, the Principal Professor Leading the Program.**



A Western medical doctor of 16 years' experience, Dr Gordana Marković, is Head of the Specialist Medical Departments at the Primary Health Center of Zemun, one of the largest primary healthcare institutions in the Balkans. She contributes to specialist education at the Department of Social Medicine at the Faculty of Medicine at the University of Belgrade, and is a member of the working group of the Ministry of Health of the Republic of Serbia drafting the rulebook on conditions and procedures for practicing traditional medicine.

Dr. Marković has studied Ayurvedic medicine in India, the Netherlands, Switzerland, Austria and Belgrade. She is the most experienced practitioner of Maharishi Ayurveda in Southeastern Europe, and has published over 50 articles on Maharishi Ayurveda and Aromatherapy. The Alma Mater Postgraduate Certificate in Ayurveda for Health Professionals will be the third professional training course on Maharishi AyurVeda that Dr Marković has taught.

"After many years of practicing Western medicine I can say that I became a much better doctor when I learned Maharishi Ayurveda and pulse diagnosis. Ayurveda can be used as a separate system, but it is easily integrated as a great support to conventional Western medicine. By integrating the best of these two medical systems, we can significantly improve the health of our patients in the best way possible and reach more patients in need of medical help, who otherwise wouldn't have been able to afford it."

**Professor Dr Subhash Ranade**



Professor Dr Subhash Ranade, one of the world's foremost experts on Ayurveda, will be contributing as a guest lecturer on the program. Dr Ranade is a leading academician and physician in the field of Ayurveda. He is the author of one hundred and twenty-seven books on Ayurveda and Yoga, which have been published in fifteen languages. He has worked as Professor and Head of the Department of the

Interdisciplinary School of Ayurveda, Professor and Head of the Department of Ayurveda at Pune University and Principal of Ashtang Ayurveda College, Pune, India. At present he is Chairman of the International Academy of Ayurveda, Pune, and Honorary Dean of Kerala Ayurveda Academy, USA.

## **Dr Wolfgang Schachinger**



Dr Wolfgang Schachinger from Austria will also be contributing as a guest lecturer. A general practitioner of western medicine since 1983, Dr Schachinger became an expert in Maharishi AyurVeda and founded the Maharishi Ayurveda Health and Seminar Centre in Ried in 1993. He has lectured extensively, co-authored five books on Ayurveda, and founded three Ayurveda medical associations. Dr Schachinger has received multiple awards for his pioneering work with Ayurveda in Europe.

Guest contributions are expected from other experienced Maharishi AyurVeda Vaidyas and western medical doctors from India, America and Europe.

## **9. Tuition Fees**

EUR 3.300 (30 credit points)

### **9.1 Payment by Instalments**

Tuition Fees may be paid in up to 4 instalments. If you would like to pay by instalments, please enquire for further information.

## **10. Enrolment Deadline**

To be announced in the Prospectus (see Section 16)

## **11. Starting date**

The exact starting date has yet to be finalised. It will be announced at least six months in advance, in the Prospectus (see Section 16.)

## **12. Continuing Medical Education (CME) Accreditation**

We will publish information on CME accreditation for this program in the online version of this Prospectus (see Section 16.) as soon as it is available.

## **13. Accommodation on Residential Blocks**

**13.1** Accommodation is not provided by Alma Mater Europaea ECM. Students are required to arrange their own accommodation on the residential blocks.

**13.2** Alma Mater Europaea ECM can advise course participants on suitable accommodation in Maribor ([international@almamater.si](mailto:international@almamater.si)).

**13.3** Usually the cost of bed and breakfast for one night in Maribor is about 35 to 40 Euros. Simple meals in a restaurant cost between 5 and 10 Euros.

## **14. Travel to Maribor**

Students are asked to make their own travel arrangements to the Residential Blocks.

## **15. How to Apply**

For information about how to apply for the program please visit [Ayurveda.Almamater.si](http://Ayurveda.Almamater.si) and click the 'HOW TO APPLY?' button.

## **16. How to Receive Updated Information**

The Prospectus for the program is posted at [Ayurveda.Almamater.si](http://Ayurveda.Almamater.si). Updated versions will be posted at that address. To receive notifications about these updates, including information about CME credits, and the exact dates of the program, please return the Contact Form at that page. Optional: We'd be grateful if you would include information about your qualifications and current occupation in the message section of the Contact Form.

## **17. Enquiries**

If you have any questions about the Postgraduate Certificate in Maharishi AyurVeda at Alma Mater Europaea – ECM, please contact Thomas Dyball [Thomas.Dyball@Almamater.si](mailto:Thomas.Dyball@Almamater.si)

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1. Consciousness-based medicine recognises the significance of consciousness for health. It includes consciousness-based approaches to health, such as Transcendental Meditation.