

Topics 21-day schedule French stage program**Vata general management up to Vata Vyadhi specific examples****"Treat Vata as a friend"****Educational subthemes of this internship:**

- 1 Medical, therapeutical and clinical implications of treatment of Vata dosha - from basics up to some examples in Vata Vyadhi
- 2 Medical/therapeutical Abhyanga as a treatment modality and as a clinical examination tool
- 3 Understanding consultations from a classical clinical perspective
- 4 Understanding few major Vata-related herbs and remedies
- 5 Practising/demonstrating few more Vata-related treatment methods
- 6 General confidence building in practice

| Day nr | Main topic (2 hr) pure lecture with some interaction | Secondary topic (1 hr) more interactive | Primary practical (1.5 hr) demo and/or pure practice | Secondary practical (1.5 hr) practical |
|---------------|---|--|---|---|
| Sun 1 | Arrival & Welcome intro | | | |
| Mon 2 | 1 Vata management, king amongst doshas Main Vata treatments ('as a friend'): overview | Dinacharya | Dinacharya procedures | Tour of clinic |
| Tue 3 | 2 Locations of Vata: overview | Abhyanga | Abhyanga procedure 1: demonstration | Explanation Agni hotra |
| Wed 4 | 3 Vata's location: spearpoint skin | Snehana & Taila's | Abhyanga procedure 2: front demo | Abhyanga practice (on each other) |
| Thu 5 | 4 Vata's location: spearpoint colon | Care of Kostha (various) | Abhyanga procedure 3: back demo | Abhyanga practice (on each other) |
| Fri 6 | 5 Vata & Nutrition; Langhana & Brumhana | Consultation with patient 1 | Nutrition demo - kitchen; preparing foods | Pharmacy: some Vata herbs |
| Sat 7 | Rest | | | |
| Sun 8 | Boat tour with lunch, all | | | |
| Mon 9 | 6 Prana vayu: description and implications | Consultation with patient 2 | Shirodhara demo & explanation | Abhyanga practice (on each other) |
| Tue 10 | 7 Udana vayu: description and implications | Consultation with patient 3 | Udvartana demo & explanation | Abhyanga practice (on each other) |
| Wed 11 | 8 Vyana vayu: description and implications | Consultation with patient 4 | Vesthana & Lepa's demo & explanation | Bandage practice (on each other) |
| Thu 12 | 9 Samana vayu: description and implications | Consultation with patient 5 | Vata (Agni) herbs: pharmacy | Abhyanga practice (on each other) |
| Fri 13 | 10 Apana vayu: description and implications | Basti treatments | Basti treatment demo & explanation | Abhyanga practice (on each other) |
| Sat 14 | Fort Kochi visit, optional | | | |
| Sun 15 | Rest | | | |
| Mon 16 | 11 Vata Vyadhi; general intro | Follow up with patient 1 | Vata groups of herbs (pharmacy) | Udvartana practice (on each other) |
| Tue 17 | 12 Vata in Pakvashaya | Follow up with patient 2 | Vata remedies Pakvashaya Gata Vata | Udvartana practice (on each other) |
| Wed 18 | 13 Vata in Amashaya | Follow up with patient 3 | Vata remedies Amashaya Gata Vata | Practice (on request) |
| Thu 19 | 14 Vata in Tvak & Rakta | Follow up with patient 4 | Vata remedies Tvak/Rakta Gata Vata | Practice (on request) |
| Fri 20 | 15 Written test | Follow up with patient 5 | Preparing a meal together (for dinner) | Closure & certificates |
| Sat 21 | Departure | | | |