
INDU AMRITAM AYURVEDA
PRESENTS
FIRST TIME IN AYURVEDA HISTORY
AYURVEDA NEURO PANCHKARMA
9 DAYS MASTER CLASS
AYURVEDA NEURO SPINE THERAPY
STARTS
21 NOVEMBER 2026
Daily 1.5-hour live classes on Google Meet
ONLINE MASTERCLASS COVERS
Chikitsa Patra & Oil Selection
Therapy Selection & Anubhuta Yog
Emergency Management
Agnikarma Points
Wet Cupping & Alabu Chikitsa Points
Siravedha & Sthanik Basti
SPEAKER
VAIDYA ASHUTOSH
BAMS, M.D. Kayachikitsa
2-DAY OFFLINE HANDS-ON TRAINING | RISHIKESH
Sandhi Sandhan Chikitsa • Knee Management
Cervical Management
Practical training:
Agnikarma, Viddhakarma, Abhyanga,
Alabu Chikitsa, Raktamokshan, Pottali Chikitsa & more
FEES
ONLINE ONLY
₹2,999
ONLINE + OFFLINE
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Offline package includes
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Certificate
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Shalaka
REGISTRATION DEADLINE:
10 NOVEMBER 2026
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ayurgange.com

A focused clinical learning programme in Ayurveda Neuro Spine Therapy, designed around practical decision-making, therapy selection and hands-on exposure.

Programme	Ayurveda Neuro Panchkarma – 9 Days Master Class
Organised by	Indu Amritam Ayurveda
Speaker	Vaidya Ashutosh, BAMS, M.D. Kayachikitsa
Online classes	Daily 1.5-hour live sessions on Google Meet
Start date	21 November 2026
Offline training	2 days of hands-on training in Rishikesh
Registration deadline	10 November 2026

Learning approach

- Clinical reasoning for choosing an appropriate chikitsa approach.
- Understanding chikitsa patra, oil selection and therapy selection.
- Discussion of Anubhuta Yog and emergency-management considerations.
- Connecting classical Ayurvedic approaches with supervised practical demonstrations.

Important: This is an educational programme. Clinical procedures should be performed only by appropriately qualified practitioners, with suitable patient assessment, consent and safety protocols.

02 | Online Masterclass Curriculum

The online component focuses on clinical assessment, treatment planning and the selection of relevant Ayurvedic therapies.

Clinical planning & therapy selection

- **Chikitsa Patra:** principles for selecting and preparing the treatment setup.
- **Oil selection:** considerations for choosing oils according to the clinical context.
- **Therapy selection:** choosing an approach based on assessment and therapeutic goals.
- **Anubhuta Yog:** discussion of experiential formulations and clinical use considerations.

Procedure-focused learning topics

- **Agnikarma:** discussion of relevant points and safety considerations.
- **Wet cupping:** points and clinical considerations.
- **Alabu Chikitsa:** points and application considerations.
- **Siravedha:** principles, patient selection and safety considerations.
- **Sthanik Basti:** local basti concepts and practical planning.

Emergency management

Recognising situations that require urgent referral, identifying red flags, and understanding the limits of outpatient Ayurvedic management are important parts of responsible clinical practice.

Format: Daily 1.5-hour live classes on Google Meet, starting 21 November 2026.

ADDED CLINICAL MODULE | Panchkarma & Condition-Based Therapies

The masterclass also includes a case-based approach to Panchkarma, Basti Chikitsa and Marma Therapy as part of Ayurveda Neuro Spine clinical planning.

Panchkarma & Basti Chikitsa

MODULE	WHAT WILL BE COVERED	CLINICAL FOCUS
Niruha / Asthapana Basti	Principles of selection and planning of Niruha Basti; discussion of suitable **kadha (decoction)** and other formulation components based on the patient's condition.	Assessment-led selection, indications, contraindications and procedural safety.
Anuvasana Basti	Clinical reasoning for selecting an appropriate **oil** and planning Anuvasana Basti according to the presentation and patient profile.	Oil selection, suitability, precautions and follow-up.
Matra Basti	Condition-based discussion of suitable **medicated oils**, treatment goals and how Matra Basti fits into an individualised plan.	Patient selection, practical considerations and safety.

Case-based formulation discussion

Participants will discuss how the choice of decoction for Niruha Basti and the choice of oil for Anuvasana / Matra Basti may vary with the clinical presentation, dosha assessment, agni, bala, age, bowel status, co-morbidities and treatment objective. Specific examples will be taught in the class rather than treating one kadha or oil as suitable for every patient.

Marma Therapy as per the Condition

A condition-oriented introduction to Marma Therapy for neuro-musculoskeletal presentations, including clinical assessment, selection of relevant marma points, gentle technique principles, precautions and when referral or other evaluation is needed.

CLINICAL AREA	LEARNING DISCUSSION
Cervical / neck concerns	Assessment-led marma selection, precautions and integration into an overall care plan.
Low back / sciatica-type presentations	Condition-based point selection and recognition of neurological red flags.
Knee / joint concerns	Supportive marma approach alongside appropriate joint assessment and therapy planning.
Shoulder / limb stiffness	Gentle technique principles, individualisation and contraindications.

Safety note: Basti procedures and Marma techniques require appropriate training, individual assessment, contraindication screening and supervision. This course content is educational and does not replace clinical judgement or emergency referral when indicated.

03 | Rishikesh Hands-on Training

The two-day offline component is intended to provide guided practical exposure and demonstrations in Rishikesh.

Clinical focus areas

- **Sandhi Sandhan Chikitsa** – joint-focused clinical approach.
- **Knee management** – assessment and therapy-planning concepts.
- **Cervical management** – clinical approach and treatment considerations.

Practical demonstrations & hands-on exposure

Agnikarma	Viddhakarma
Abhyanga	Alabu Chikitsa
Raktamokshana	Pottali Chikitsa
Additional practical topics	As covered during training

Hands-on learning principles

- Demonstrations led by the teaching team.
- Emphasis on procedure selection, preparation and safe practice.
- Patient assessment, contraindications, hygiene and informed consent.
- Practical training is subject to eligibility, supervision and venue protocols.

Venue: Rishikesh. Exact venue and reporting instructions should be confirmed with the organisers after registration.

04 | Registration & Course Fees

Choose the learning format that suits your schedule and training goals.

ONLINE ONLY	ONLINE + OFFLINE
₹2,999	₹5,999
9-day online masterclass Live Google Meet sessions	Online masterclass + 2-day Rishikesh hands-on training

Included with the online + offline package

- Food and accommodation.
- Certificate.
- Training kit.
- Shalaka.

Before registering

- Registration deadline: **10 November 2026**.
- Confirm eligibility, schedule, venue and accommodation details with the organisers.
- Keep your contact details available for course updates and joining instructions.

Course dates at a glance

21 November 2026	Online classes begin
2 offline days	Hands-on training in Rishikesh; dates to be confirmed by organisers
10 November 2026	Last date for registration

05 | Learn with Vaidya Ashutosh

Vaidya Ashutosh

BAMS, M.D. Kayachikitsa

Join this focused learning programme to explore clinical approaches in Ayurveda Neuro Spine Therapy, therapy selection and supervised hands-on training.

REGISTER NOW

Call / WhatsApp
7017709422

Website
ayurgange.com

Registration closes: 10 November 2026

A learning journey from clinical understanding to practical exposure.

Please verify the final offline dates, venue details, course inclusions and joining instructions directly with the organisers before making travel arrangements.