A man with a mustache, wearing a white shirt, is shown in profile, looking down at an open book he is holding. The book has yellowed pages with text in Devanagari script. The background is a plain, light-colored wall.

3-Year Healing PATH TRAINING WORKBOOK

Session I:
What is the 3-Year Healing PATH?
(Practitioner Training in Ancient Healing
Secrets of Siddha-Veda)

January 15, 2022

- PRESENTED BY -

ayushakti
since 1987



Ancient Secrets of a
Master Healer



**St. Elisabeth
Universitaet**

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Definition of Ayurveda

Ayurveda is the branch of science that deals with the knowledge about the _____ and _____ of life from the purview of:

- Sukha Ayu (happy life)
- Dukha Ayu (unhappy life)
- Hita Ayu (beneficial life)
- Ahita Ayu (non-beneficial life)

Sukha Ayu (happy life)

The characteristics of Sukha Ayu (happy life) are as follows:

- Well wisher of all _____
- Refrains from taking other's possessions
- Truth speaking and calm
- Takes every action after thinking carefully
- Worshipping the worthy people and elders
- Devoted to _____
- Serenity and purity of mind
- Controlling the impulses of envy, intoxication, greed, anger, hatred and conceit

Hita Ayu (beneficial life)

The characteristics of Hita Ayu are as follows:

- Not afflicted by physical or _____ disorders
- Capable with, strength, energy and prowess
- Possessing knowledge
- Strong _____ organs
- Having the useful resources
- Capable of doing any kind of work

Ayurveda translated means "*The Science of Life.*"

_____:

Respects, recognizes and honors other ancient traditional healing methods, yet it goes a step beyond / _____ in many areas.

Another name for Siddha-Veda is Siddha Raharshayam.

The Ancient History of Healing Siddha-Veda & Dr. Naram

Dr. Naram's master, Baba Ramdas, lived to the age of 125 years young.

The three most important things to achieve in this life are:

- 1) To _____ what you want
- 2) To ACHIEVE what you want
- 3) To _____ what you have achieved

Dr. Naram trained for _____ days with his master, discovering the lost art and science of ancient healing secrets.

Siddha-Veda

- is not associated with any _____.
- is a school of thought, welcoming people from all backgrounds and traditions.
- has been passed down master to student for more than 2,500+ years as a lineage of _____.
- when taught by a master you can receive a 'Siddhi', which is a grace, or in this healing lineage a special ability to serve.

Six Keys or Instruments of Siddha-Veda

- Diet
- Home _____
- Herbal Remedies
- Marmaa
- Asthakarma _____
- Lifestyle

What is Health according to Ayurveda & Siddha-Veda?

समदोषः समग्निश्च समधातुमलग्नः | प्रसगत्मेन्द्रियमनाः खग इत्यभिधीयते ||

A Swastha (HEALTHY) person is one in whom the

- three Doshas, seven Dhatus and _____ Malas are in the state of equilibrium with normal functioning
- sensory organs are functioning properly
- soul and _____ are calm and peaceful

Definition of Health According to WHO

"Health is a state of complete physical, mental and social _____ and not merely the absence of disease or infirmity."

How to be Healthy?

Different aspects of _____ (treatment) that you will learn in this course:

- The Best Tool to Understand State of Body, Mind and Emotions is _____ Reading.
- Daily and Seasonal Regimen balances the _____ in the body.
- Detailed knowledge of Ayurveda & Siddha-Veda _____ and principles.
- Diet and Lifestyle to resolve various _____ issues and to maintain your health.
- Deep knowledge about herbs.
- Understanding the Manufacturing Process of Ayushakti _____ remedies.
- Deep _____ about Ayushakti's herbal remedies.
- Detox Therapy
- Healthy Cooking
- Effective and proven home remedies (kitchen _____).
- Treatment principles of ancient _____.
- Secrets for a Successful _____.

Ayushakti Proven Treatment Protocol

- Pulse _____
- Diet
- Detox
- Herbal Remedies
- Marmaa _____
- Counseling
- Rasayana
- Home Remedies

Chikitsa (treatments) of Ayurveda & Siddha-Veda

चिकित्सितं व्याधिहरं पथ्यं साधनमौषधम् |
प्रायश्चित्प्र शमनं प्रकृतिगपनं हितम् | |

Different aspects of _____ (treatment)

- Vyadhihara (disease removal)
- Pathya (wholesome agents)
- Sadhana (means of treatment)
- Aushadha (medicines)
- Prayaschitta (_____ measures)
- Prashamana (alleviation)
- Prakrutisthapana (restoration)
- Hitam (beneficial)

After Completing This Course, You Will Be Able To:

- Understand Ancient Science – Siddha-Veda _____ and philosophy on a deeper level.
- Apply the secret of a successful practice, to generate the best results - and it will bring more referrals.
- Determine the _____ in body, mind and emotions through Pulse Reading. 55+ health problems can be found by Pulse Reading methods.
- Know all the details of the herbs - ingredients of herbal formulas; where and when to use them.
- Advise Ayushakti Herbal Supplements after thoroughly studying them.
- Do Panchakarma procedures with Excellence. You can be a master of Marmaa (vital energy points) techniques. It is the most effective and fastest way to generate results for chronic health conditions.
- Advise personalized lifestyle and diet plan for many health problems so patients will get a customized approach for healing.

This Course Will Help You To:

- Advise personalized lifestyle and _____ plans for healthy persons, so they can maintain their health status.
- Guide others to boost their immunity in natural ways.
- Provide long lasting results for chronic health problems by providing customized treatment plans.
- Know the pathology of 100+ Chronic Illness & Health conditions as per Siddha-Veda point of view.
- Identify the root causes of various diseases and eliminate them. This will help to reduce the intensity and recurrence of many health problems.
- Give TESTED, PROVEN, _____ SOLUTIONS for various chronic health challenges like indigestion, gas & acidity, various musculo-skeletal illness, metabolic disorders like obesity, diabetes, high cholesterol, heart & kidney conditions, skin diseases, auto-immune disorders, pregnancy & lactation, psychological illness & many more.
- You will be able to help yourself and others enrich the experience of body, mind, and senses.

What's Your Dream?

- Learn Ancient Secrets that can help you achieve the deepest _____ in the next 3 years - and be closer to achieving your dream than ever before.

"Knowing is not Doing, Doing is Doing."

~ Dr. Pankaj Naram

Introduction to Ayurveda and Siddha-Veda Classics

Briha Trayee - The Great Triad (Of Compositions)

Charaka Samhita - Main classic to treat physical and _____ diseases

Sushruta Samhita - Main classic to treat _____ diseases

Ashtang Hridaya - Blend of principles from the above two classics

Laghu Trayee - The Lesser Triad (Of Compositions)

Madhava Nidana - Main classic for diagnosis and _____ of

diseases Bhav Prakash - Main classic to understand _____

Sharangdhara Samhita - Main classic to understand preparation & properites of
Ayurveda _____

Eight Branches of Ayurveda & Siddha-Veda

- Kayachitsa (_____)
- Balroga (pediatrics)
- Agadatantra (toxicology)
- Shalyatantra (surgery)
- Shalakyatantra (ENT & _____)
- Rasayana (geriatrics)
- Vajikarana (aphrodisiac)
- Grahachikitsa (psychiatry)

Science is the systematic study of the nature and behavior of the _____ and physical universe, based on observation, experiment, and measurement, and the formulation of laws.

Ancient Science is a science which has been in existence for many years. Prolonged time has skilled this science in terms of knowledge, experience, and understanding of the nature and behavior of natural things.

Ancient science like _____ observed the universe and nature and found the key for being healthy.

Human Body – Cosmos Principle

Lok – Purush Samya Principle

Lineage of Ancient Science of Siddha-Veda

Siddha-Veda lineage starts with Master _____ who was the physician for Buddha. He helped many souls to heal things that seemingly no one else could.

Master Jivaka was and is for many traditional _____ an icon and a source of inspiration. Master Jivaka is known for effective methods of healing and wellness.

The manuscripts received by Baba Ramdas contain ancient _____, remedies, and methods used for healing people of all walks of life and with all sorts of ailments and _____ - including many who came when all other science had run its course and there was nothing more that could be done for them.

Ayushakti

Ayushakti...

- was founded to spread this knowledge of Ancient Science around the globe.
- is your _____ for vibrant health.
- it's mission is to create transformation in your health.
- has been focused on the vision of creating a wonderful world of health, happiness, and blissful life around the world since 1987.
- has served more than a million people around the world through our chain of Ayushakti _____.

Ayushakti Visionaries

Founder – Vaidya Smita Naram

Vaidya Smita Naram is a well-accomplished Ayurvedic _____, pharmaceutical herbalist, and nutritionist. Over the last 34 years, she has helped more than 200,000 people worldwide create significant life changes. Through her training of doctors in the Ayushakti way of healing, she has helped more than 1 million people worldwide, and authored two books.

She has appeared on television and radio programs in 160+ _____.

Dr. Naram has been honored with many prestigious awards for her contributions to medical research, social projects, business leadership, and medical associations.

- “AYUSH Kamal Bhushan Award” (2017). AYUSH Ministry for Ayurveda, Government of India.
- “Medscape India Award” (2014). Excellence in Ayurveda & Medical Practice.
- “Bharat Gaurav Ratan Award” (2012). Global Achiever’s Foundation in the field of Ayurveda.
- “Kashyap Award” (2009). European Ayurveda Association, Sydney.
- “Honorary Doctor of Medicine” (1990). Medicina Alternativa, Spain.
- “Ph.D. of Medicine”. Spain Congress of Medicinal Alternativa.
- “National Citizen Excellence Award” (2009)

Founder – Late Vaidya Pankaj Naram

- Vaidya Pankaj Naram was a Master _____ Reader, Siddha-Veda practitioner, and innovator of hundreds of herbal remedies.
- His patient list comprised a host of Indian and international celebrities like St. Mother Teresa, Nelson Mandela, and the Dalai Lama.
- He practiced and popularized _____ among hundreds of thousands of patients around the world, notably, the U.S.A., Canada, Europe, Australia, South Africa and the Arab World.
- Dr. Naram also lectured at prominent universities globally, hosted a series of television shows on the Ancient Secrets in India and abroad, and a book about his life and teachings called *Ancient Secrets of a Master Healer* is being translated into 30+ languages.

*"My master told me 'world class' is not enough.
We need to create the world's greatest."
- Dr. Naram*

Ayushakti Vaidyas - Your Mentors

Ayushakti has 50 well-trained expert Vaidyas in its services.

A team of 100 Western medical doctors, naturopaths and chiropractors practicing in the U.S.A., Europe, Australia, New Zealand and Russia are associated with Ayushakti.

Our team of highly-trained and qualified Vaidyas travel across the world to Germany, the United Kingdom, U.S.A., and Australia for personal health consultations for clients and to conduct workshops and training courses on Pulse Reading and Ayurveda.

Dr. Deepali Shastri, Dr. Komal Gawali, Dr. Ketki Trivedi, Dr. Neetu Patel, Dr. Rohit, Dr. Archana Singh, Dr. Tushar, Dr. Ashwini Borate, Dr. Ronak, Dr. Rajeshri Mehta, Dr. Meera Soni, Dr. Pranav Gujarathi, Dr. Ramchandra Konduskar, and Dr. Priyanka Shukla.

Over 1.5 Million People Worldwide Have Experienced the
Ayushakti Way of _____

WELCOME TO THE SIDDHA-VEDA FAMILY!

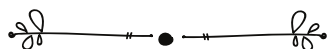
The Siddha-Veda consists of Ancient _____, with an aim in helping people discover and achieve what they want. The first question we ask during a consultation is: 'What do you want?'

Dr. Naram wanted to know how to help people have vibrant health, unlimited energy, and peace of mind. Both Dr. Smita and Dr. Pankaj Naram have dedicated their lives to study the ancient _____ and transform this knowledge into an easily teachable form.

They were entrusted with a mission to help these Ancient Secrets spread and benefit every home and every heart on earth.

Now you are part of that mission!

THANK YOU!



NAMASTE!

Contact Information and Important Links:

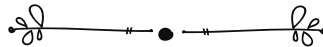
ANCIENT SECRETS

For questions and support with course logistics
staff@AncientSecretsNow.com

Join the 3-Year Healing PATH WhatsApp group with this link:
chat.whatsapp.com/DWVXLJe9eldFNEexW2lhHq

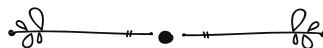
Here is the link to book a video consultation with a
"Vaidya"/doctor in India who can help customize
the Ancient Secrets to You:

www.AncientSecretsFoundation.org/Consultation
(when booking through this link, money is automatically
donated for the orphan home in Nepal)



Student Portal:

<https://Ayushakti.edmingle.com>



AYUSHAKTI

For questions about the online learning portal, navigation of the
website, and technical questions, please email:

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