This course will introduce you to the basic principles of Ayurveda, the Science of self-healing. It will also cover evidence based information available on Ayurvedic Medicine. Ayurveda emphasizes balance of body, mind and spirit to achieve the optimum health through natural means. Course content will include Ayurvedic constitutional types and practices including food, herbal medicine, detoxification and massage. You will examine how Ayurvedic principles and practices can be integrated into personal plans for health and well-being and how Ayurveda is being integrated into healthcare settings.

Visit z.umn.edu/CSPH5343 for more information.