



AMERICAN ACADEMY OF YOGA AND MEDITATION

[A 503 (C) Non-Profit Organisation]



COURSES

COURSE BROCHURE



Course 1 | CLINICAL YOGA THERAPY

• College Credits	2:0	• Time	Every Saturday
• Term	Spring 2022		5.30 am to 7am PST, during standard time
• Duration	17 Weeks		6.30 am to 8am PDT, during daylight saving time
• Media	Internet-based	• Start Date	Every Month
	– Zoom Asynchronous	• End Date	17 week after the start date

Goal of this course

The goal this course is to give the student basic medical knowledge of the disease and it's yogic Management to facilitate comprehension of the physiological basis of health and disease. We study the aadhi/vyadhi concept of disease, and the physiology of psycho-somatic ailments. In this course, we focus on the following disorders: Respiratory, cardio-vascular, endocrinal/metabolic, and excretory systems.

Prerequisites: Bachelor of Science in Botany, Zoology or Human Physiology or Yoga Teachers Training

Objectives

After the completion of the program, the students should be able to

- Handle a patient and provide yoga therapy;
- Appreciate the relative contribution of each organ system to the homeostasis;
- Explain the pathological aspects of disease;
- Illustrate the physiological response and adaptations to environmental stresses;
- List physiological principles underlying pathogenesis and disease management.

Skills

After the completion of the programs, the students should be able to:

- Interpret experimental/investigative data;
- Take medical, psychological and Yogic assessments
- Understand the yogic basis of treatment of various non communicable diseases including heart disease, cancer etc.

In Unit-1 we learn, how yoga therapy work for the below mentioned ailments.

(A) Introduction to common ailments

- i) Introduction to stress - Physiology of stress-Psychosomatic ailments
- ii) Introduction to Yoga therapy – Adhija Vyadhi concept, IAYT

(B) Respiratory Disorders

- i) Bronchial asthma, Allergic Rhinitis
- ii) COPD - Chronic Bronchitis, Emphysema
- iii) Chronic Respiratory Infection – Example -Tuberculosis

(C) Cardiovascular Disorders

- i) Cardiovascular disorders
- ii) Hypertension
- iii) Atherosclerosis / Coronary artery disease / Ischemic Heart disease
- iv) Congestive Cardiac Failure / Cardiomyopathy
- v) Cardiac asthma

In Unit-2, we will learn, how does the yoga therapy work for the below mentioned ailments.

(A) Endocrinal and Metabolic Disorder

1. Diabetes Mellitus (I&II)
3. Obesity, Metabolic Syndrome

(B) Psychiatric Diseases



Course 2 | ADVANCED CLINICAL YOGA THERAPY

• College Credits	2:0	• Time	Every Saturday
• Term	Spring 2022		5.30 am to 7am PST, during standard time
• Duration	17 Weeks		6.30 am to 8am PDT, during daylight saving time & 6pm to 7.30pm IST
• Media	Internet-based	• Start Date	Every month
	– Zoom Asynchronous	• End Date	17 weeks from the start date

Goal of this course

The goal of this course is aimed at giving the student comprehensive medical knowledge of the different disease and its yogic management of the organ systems of the body to facilitate comprehension of the physiological basis of health and disease and training to handle patients with these diseases.

Prerequisites: Bachelor of Science in Botany, Zoology or Human Physiology or Yoga Teachers Training

Objectives

After the completion of the program, the students should be able to

- Independently handle a patient and administer yoga therapy
- Appreciate the relative contribution of each organ system to the homeostasis
- Explain the pathological aspects of disease
- Illustrate the physiological response and adaptations to environmental stresses
- List physiological principles underlying pathogenesis and disease

Skills

After the completion of the programs, the students should be able to:

- Teach Yoga Therapy
- Interpret experimental/investigative data
- Take medical, psychological, and Yogic assessments
- Effectively treat the patient with various important NCD

Unit 1 Over view

(A) Obstetrics and Gynecological Disorders :

1. Yoga for Pregnancy and Childbirth

(B) Gastroenterology

1. Gastritis, Peptic Ulcers
2. Irritable Bowel Syndrome
3. Inflammatory Bowel Disease

(C) Musculo-Skeletal Disorders

1. Back Pain
2. Arthritis - (a) Rheumatoid Arthritis
(b) Osteoarthritis

In Unit-2, we will learn, how does the yoga therapy work for the below mentioned ailments.

(A) Neurological Disorders

1. Cerebrovascular accidents
2. Headaches - (i) Migraine (ii) Tension headache

(B) Psychiatric disorders

1. Anxiety & Depression
2. Stress Management
3. Substance Abuse – alcohol, tobacco, cannabis abuse

(C) Cancer



Course 3 **CLINICAL YOGA THERAPY FOR PHYSICIANS WITH & WITHOUT CME (Continuing Medical Education) CREDIT**

• College Credits	2:1	• Time	Every Saturday 6.30 am to 7am PST/PDT & 6pm to 7.30pm IST
• Term	Spring 2022	• Start Date	Every month
• Duration	17 Weeks	• End Date	After five months
• Media	Internet-based – Zoom Asynchronous		

COURSE OVERVIEW

Yoga therapy has provided significant benefits for several chronic health conditions. In this course, through evidence-based studies and asynchronous lecture presentations, clinician and basic scientist faculty (i) review the anatomy of body systems and basic pathophysiology of cardiovascular, metabolic, and mental health disorders and, (ii) analyze the use of Yoga therapy in supportive management of these health challenges. No formal training in yoga is required.

Prerequisites: MD, MBBS, BHMS or BAMS.

Objectives

Upon successful completion of this course, physicians will:

- Understand basic pathophysiology and apply yoga therapy in various cardiovascular, metabolic, and mental health disorders.
- Analyze evidence-based research studies done to support the use of Yoga therapy in the management of the above health conditions.
- Recognize the choices of various Yoga techniques for effective management of each health condition.

Week 1-2: Let's drive into the Yogic concept

(1.5 hr of recordings + 30 min study materials)

Introduction

- Why this course?
- What are the possible outcomes after the completion of this course?

About Yoga

- What is yoga? • What is yogic lifestyle?
- Why there is need for yoga?

Yoga in the healthcare

Concept of mind-body medicine

Relevance of yoga in the modern era of evidence-based medicine

No. of Assignments in this week: 2

Week 3-4: Mechanism of Yoga in the body

(1.5 hr+ 30 min study materials)

- Neurobiology mech.
- Endocrinological mech. Epigenetics
- Concept of allostasis

No. of Assignments in this week: 1

Week 5-6: Yoga for Stress

(1 hr+ 20 min study materials)

- Concept of stress in the healthy body.
- Role of stress in the development of various diseases
- Mechanism of yoga acting on stress

No. of Assignments in this week: 1

Week 7: (Break)



Course 3 (Contd.)

Week 8-9: Yoga for Mental Health

(1.5 hr+ 30 min study materials)

- Yoga for Depression, Anxiety and substance abuse disorder, sleep disorder

No. of Assignments in this week: 2

Week 10-11: Yoga for NCDs

(1.5 hr+ 30 min study materials)

Role of yogic lifestyle and methods in the prevention of NCDs Yoga for

- HTN
- DM and other endocrinal disorders
- Cancer
- Rheumatological disorders
- Stroke
- Ischemic heart diseases

No. of Assignments: 2

Week 12-13: Miscellaneous

(1.5 hr+ 30 min study materials)

Yoga for

- Common respiratory illness (COPD, asthma etc.)
- Common neurological diseases
- Common GI diseases (IBS, etc.)

No. of Assignments in this week: 2

Week 14:

Concept of Yogic Diet

Week 15: (Break)

Week 16: Final Examination





PROGRAM DIRECTOR



DR. INDRANILL BASU-RAY

MBBS, MD(Med), DNB (Card), FACP, FACC

Dr. Indranill Basu Ray is a physician and a yogi in the Kriya Yoga tradition. He is the founder-Chairman of The American Academy for Yoga and Meditation. He is a Cardiologist and a Cardiac Electrophysiologist & the Director of Cardiovascular Research at the VA Medical Center in Memphis, TN, USA. Dr. Basu Ray is also a Visiting Professor of Cardiology and Head of Integrative Cardiology at the All-India Institute of Medical Sciences at Rishikesh, UK, India, and a Professor at the School of Public Health the University of Memphis. He is also a LinQ faculty at MIT, Boston, Massachusetts, USA. In addition, he has been a former faculty at multiple distinguished schools, including the Harvard Medical School and Tulane University.

Dr. Basu Ray was chosen by the American Heart Association (AHA) as an eminent cardiologist worldwide to write the practice guidelines on the role of 'meditation in cardiovascular diseases.' AHA is the world's largest organization of cardiologists, cardiovascular surgeons, and vascular specialists. He is the author of over a hundred peerreviewed articles in academic journals of cardiology and medicine. In addition, Dr. Basu Ray is the Editor of the world's first reference book written by multiple authors worldwide called "The Principle and Practice of Yoga in Cardiovascular Diseases." It is being published by Springer Nature. Dr. Basu Ray also has two other books in publication, including a medical textbook, "Yoga for Cardiovascular Disease and Cardiac Rehabilitation," published by Elsevier and Yoga and Heart Health for Cardiotext Publications, MN, USA.

Dr. Basu Ray has trained in Medicine & Cardiology in India and completed his American training at Harvard, Tulane University, and Baylor. Dr. Basu Ray has been simultaneously contributing to research in the frontiers of medicine and yoga. His pioneering research suggested a newer cause of stroke in patients with atrial fibrillation. He also developed several tools to treat atrial fibrillation and ventricular tachycardia, two complex arrhythmias affecting millions of people worldwide. Dr. Basu Ray's original article on the role of yoga in coronary artery disease almost two decades back launched the drive to research yoga as a tool to prevent and treat cardiac diseases. Since then, he has been relentlessly trying to introduce yoga in the modern medical curriculum in the US. This has led to many medical schools imbibing yoga as a scientific preventive and therapeutic mode for noncommunicable diseases.

Dr. Basu-Ray has been meditating since the age of six. He was initiated to kriya yoga of Maha Avatar Babaji by Swami Hariharananda Giri, the brother disciple of Paramhansa Yogananda of the "Autobiography of a Yogi" fame and a disciple of the venerated Paramguru Yukteshwar Giri. He has been practicing, teaching, and researching meditation for over three decades now. His research centers on the use of meditation and yoga in cardiovascular diseases. He has founded and led AAYM since 2019. This organization has been organizing the world's largest conferences in Yoga and Meditation. The "World's first conference on the role of Meditation in



Cardiovascular Diseases" was organized at AIIMS, Rishikesh, in March 2019. Dr. Basu Ray was the organizer and the program director. It was attended by over a thousand physician delegates from all over the world. It had invited faculty from the worlds' top universities, including Harvard, Emory, AIIMS-New Delhi, and PGI-Chandigarh, to name a few. The second conference was recently held by AAYM virtually throughout June under the stewardship of Dr. Basu Ray. This had over a hundred speakers and over 50 sessions. The inaugural session included Dr. David Frawley, Dr. H R Nagendra, Dr. Deepak Chopra & Ms. Nivedita Bhide, to name a few. The faculty included the world's top scientists, physicians, and researchers to talk about the latest research in yoga. Dr. Basu Ray has delivered invited lectures worldwide on yoga and meditation to prevent and treat cardiovascular diseases. He has delivered lectures to audiences at Harvard, MIT, Mayo Clinic, Case Western, Georgia Tech, to name a few. He also addressed the prestigious Indian Science Congress on Yoga and Cardiovascular Diseases in early 2020.

Dr. Basu-Ray played a pioneering role in developing scientific methods to research Yoga using the latest technology. His current research uses Artificial Intelligence and other parameters like blood level of inflammatory markers to determine the risk of heart diseases and yoga to prevent it.

Dr. Basu-Ray has spearheaded public education to use yoga to prevent COVID-19 as an eminent physician and a professor in public health. He has written for multiple newspapers both in India and the US including having regular blog in The Times of India and the Huffington Post. He has been advising through multiple Indian and US TV channels on social isolation, meditation, and yoga during lockdown to decrease anxiety, depression and increasing immunity against viral infection. He has also been advising the media and the public on the latest developments in the field, based on practical experience treating patients with severe cardiac afflictions. He has appeared on multiple television channels in this country and abroad, talking about cardiac electrophysiology and yoga. He recently concluded a set of four programs on Yoga and Heart Disease, Diabetes, Covid and Cancer for the Doordarshan News which was seen and responded well to by millions of viewers.

- World's top faculty recruited from renowned universities in USA & India, includes Harvard, Emory, University of Memphis, MD Anderson Cancer Centre
- VaYU faculty routinely collaborate on research projects with world renowned research institutions such as UC San Francisco, UT Austin, U of Texas MD Anderson Cancer Research Center and more.



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