

CORSO DI MEDICINA AYURVEDICA AD INTEGRAZIONE E COMPLEMENTO DELLA PRATICA MEDICA MODERNA 2026

Formazione a Distanza

50 crediti ECM

Data inizio 19/1/2026 – Data fine 18/1/2027

Durata: 50 ore (36 ore lezioni video, 14 ore approfondimento)

Materiale didattico: Video

Professioni accreditate: tutte le professioni sanitarie

Responsabile scientifico: Dott. Antonio Morandi

Obiettivo formativo: MEDICINE NON CONVENZIONALI: VALUTAZIONE DELL'EFFICACIA IN RAGIONE DEGLI ESITI E DEGLI AMBITI DI COMPLEMENTARIETÀ

PROGRAMMA

L'obiettivo del corso è di considerare le possibili applicazioni della medicina Ayurvedica, definita "scienza della lunga vita" nella realtà occidentale. La conoscenza tecnica di una medicina tradizionale, ed in particolare l'Ayurveda o medicina tradizionale indiana, offre importanti strumenti pratici sia diagnostici che terapeutici facilmente integrabili nella moderna pratica medica per un suo miglioramento della qualità effettiva e anche di quella percepita dal paziente. Di particolare interesse sono la visione psicosomatica dell'Ayurveda e l'utilizzo di preparati erborali di sostegno alla moderna terapia farmacologica, alcuni di questi in grado di ridurre gli effetti collaterali dei farmaci di sintesi chimica e dei chemioterapici.

Durante il corso verranno trattate, oltre ad un inquadramento metodologico e diagnostico generale, sia la prevenzione che la cura di comuni patologie di larga diffusione nel nostro paese mediante l'utilizzo dell'approccio terapeutico multidimensionale dell'Ayurveda. Le terapie verranno trattate a confronto con la terapia medica moderna e includeranno l'utilizzo di preparati fitoterapici, la cura dell'alimentazione, la regolamentazione dello stile di vita e la prescrizione di trattamenti fisici. Verranno condotte sia lezioni teoriche che di applicazione pratica.

Il corso è strutturato in modo tale da offrire basi sufficienti ai medici per una valutazione iniziale del paziente secondo i principi dell'Ayurveda e operare una possibile integrazione con la pratica medica moderna.

ELEMENTI DI PROGRAMMA	DOCENTE	TITOLO	DURATA in minuti
Elementi teorici della medicina ayurvedica			
	FABIO GARUTI	FILOSOFIA VEDANTA NASTIKA	
	FABIO GARUTI	FILOSOFIA SAMKHYA	
	ANTONIO MORANDI	SATTVA RAJAS TAMAS 1	
	ANTONIO MORANDI	SATTVA RAJAS TAMAS 2	



AKESIOS
FORMAZIONE & CONGRESSI GROUP

	ANTONIO MORANDI	SUBDOSHA e SROTA	
	ANTONIO MORANDI	CONCETTO DI PRAKRITI	
	ANTONIO MORANDI	SAPTA DATHU	
	BARBARA BERGNACH	CONCETTO AGNI AMA MALA	
			528
Elementi diagnostici di base in ayurveda: confronto e complemento con la moderna clinica e semeiotica medica			
	FABIO GARUTI	NIDANA SESTUPLICE TERAPIA	
	ANTONIO MORANDI	DINAMICA RELAZIONALE AMBIENTE	
	ANTONIO MORANDI	SEGNI PREMONITORII DI MORTE	
	MARIA CRISTINA MINNITI	CASI CLINICI 1	
	MARIA CRISTINA MINNITI	CASI CLINICI 2	
			307
Elementi di clinica specialistica in Ayurveda e confronto con la moderna pratica medica			
	ANTONIO MORANDI	LA MENTE IN AYURVEDA 1	
	ANTONIO MORANDI	LA MENTE IN AYURVEDA 2	
	ANTONIO MORANDI	LA MENTE IN AYURVEDA 3	
	ANTONIO MORANDI	PSICOLOGIA IN AYURVEDA	
	ANTONIO MORANDI	MANASROGA	
	MARIA CRISTINA MINNITI	GRAVIDANZA IN AYURVEDA	
	MARIA CRISTINA MINNITI	KAUMARABRITYA 1	
	MARIA CRISTINA MINNITI	KAUMARABRITYA 2	

	MARIA CRISTINA MINNITI	KAUMARABRITYA 3	
			475
Principi di farmacologia ayurvedica: confronto e complemento con la farmacologia moderna			
	FABIO GARUTI	AUSHADHA DRAVYA 1 F.CLASSICHE	
	FABIO GARUTI	AUSHADHA DRAVYA 2 F.CLASSICHE	
	FABIO GARUTI	DRAVYA GUNA FORM.CORRENTI	
	MARIA CRISTINA MINNITI	VALUTAZIONE FARMACI DI SINTESI PARTE 1	
	MARIA CRISTINA MINNITI	VALUTAZIONE FARMACI DI SINTESI PARTE 2	
	MARIA CRISTINA MINNITI	VALUTAZIONE FARMACI DI SINTESI PARTE 3	
	FABIO GARUTI	FARMACOLOGIA ERBE OCCIDENTALI	
	BARBARA BERGNACH	RASAYANA 1	
	BARBARA BERGNACH	RASAYANA 2	
			292
La modalità terapeutica multidimensionale dell'ayurveda: terapie fisiche e disintossicanti a complemento della moderna pratica medica			
	ANTONIO MORANDI	LOGICA DEI TRATTAMENTI AYURVEDICI	
	ANTONIO MORANDI	Teoria del Vasti, Niruha ed Anuvasana	
	ANTONIO MORANDI	VAMANA / VIRECHANA / RAKTAMOKSHANA	
	ANTONIO MORANDI	KERALYA PANCHAKARMA	
			401
La cultura della prevenzione primaria in Ayurveda ad integrazione e complemento della moderna pratica medica			

	BARBARA BERGNACH	INTRODUZIONE ALIMENTAZIONE 1	
	BARBARA BERGNACH	INTRODUZIONE ALIMENTAZIONE 2	
	BARBARA BERGNACH	INTRODUZIONE ALIMENTAZIONE 3	
	BARBARA BERGNACH	AYURVEDA E RICETTE ITALIANE	
			168
TOTALE MINUTI DI LEZIONE			2171

COGNOME	NOME	PROFESSIONE	DISCIPLINA	ENTE DI APPARTENENZA LIBERA PROFESSIONE	DESCRIZIONE ATTIVITA' PROFESSIONALE/FORMATIVA
BERGNACH	BARBARA	MEDICO CHIRURGO	MEDICINA GENERALE; CONTINUITA ASSISTENZIALE; MEDICINA AYURVEDICA	LIBERO PROFESSIONISTA	Studio Medici Pasion di Prato; Docente di Medicina Ayurvedica
GARUTI	FABIO STEFANO	MEDICO CHIRURGO	ANESTESIA E RIANIMAZIONE; MEDICINA SUBACQUEA	LIBERO PROFESSIONISTA	Dirigente medico del Centro di medicina Subacquea e Iperbarica presso A.O. Niguarda Ca' Granda, Milano
MINNITI	MARIA CRISTINA	MEDICO CHIRURGO	EMATOLOGIA; MEDICINA AYURVEDICA	LIBERO PROFESSIONISTA	Docente di Medicina Ayurvedica, Direttore del Corso Medici della Scuola di Medicina Ayurvedica- Ayurvedic Point di Milano
MORANDI	ANTONIO	MEDICO CHIRURGO	NEUROLOGIA; MEDICINA AYURVEDICA	LIBERO PROFESSIONISTA	Docente di Medicina Ayurvedica, Presidente e Direttore della Scuola di Āyurveda “Ayurvedic Point” di Milano

Il provider dichiara ai sensi dell'art. 76 del DPR n.445/2000:

- di aver fornito all'interessato l'informativa sul trattamento dei dati personali (art. 13 del Regolamento europeo 2016/679; artt. 68, 70, 76, 96 Accordo Stato-Regioni 2017 “La formazione continua nel settore salute”- Rep. Atti 14/CSR del 2.2.2017 - Par. 4.6, lett. j) Manuale Nazionale di Accreditamento per l'Erogazione di Eventi ECM);
- di aver informato l'interessato che il programma dell'evento ECM, di cui le suddette informazioni contribuiscono a formarne il contenuto minimo, verrà inserito nel catalogo degli eventi E.C.M. tenuto dall'ente accreditante;

CURRICULUM VITAE

Dr. ANTONIO MORANDI, MD

1. PERSONAL INFORMATION

Date of birth

Birthplace

Citizenship

Marital Status

Spoken languages: Italian (mother tongue)
English (fluent)
French (basic)

Technical Skills: Evolute computer user (Apple/Windows/Linux platforms)
with programming skills

Home address

Work address

Telephone

e-mail

Skype name

Fiscal Code

Fiscal ID

2. PRESENT POSITIONS

- **AYURVEDIC POINT srl**
President, CEO and Founder from 2001
Director and Chief Physician
Clinic of Ayurvedic Medicine "Ayurvedic Point" - Milano, Italy from 2001
Director and Teacher
School of Ayurvedic Medicine "Ayurvedic Point" - Milano, Italy from 2001
 ISO9001 certified
 2nd Lev. Qual. Training Inst. for Tech. in Ayurveda
 UNI 11756:2019 - FAC Certifica
- **SOCIETÀ SCIENTIFICA ITALIANA DI MEDICINA AYURVEDICA**
(Italian Scientific Society of Ayurvedic Medicine)
Milano, Italy
President and Founder from 2002
- **WHO - WORLD HEALTH ORGANIZATION**
Consultant -
Member of the Working Group for the definition of international Benchmarks for Practice of Ayurveda from 2018
Member of the Working Group for the definition of international Benchmarks for Education in Ayurveda from 2018
Member of the Working Group for the definition of international Benchmarks for Standard Terminology of Ayurveda from 2020
Member of the Reviewing Group for the definition of Module 2 (Traditional Medicine)
International Classification of Diseases (ICD) 11th from 2023
Topic Group Member for Artificial Intelligence applications in Traditional Medicine, AI4Health Project, International Telecommunications Union (ITU) and WHO from 2023
- **UNIVERSITY OF MILAN, ITALY FACULTY OF MEDICINE AND SURGERY**
Elective Course of Introduction to Ayurveda
Teacher of Ayurveda from 2018

- **UNIVERSITY OF MILAN, ITALY**
Department of Pharmacological and Biomolecular Sciences
Advanced course in 'Health properties of natural products'
Teacher of Ayurvedic Medicine from 2022
- **DATTA MEGHE INSTITUTE OF HIGHER EDUCATION & RESEARCH**
(Deemed to be University), Faculty of Ayurveda
Sawangi (Meghe), Wardha, India
Adjunct Faculty from 2023
- **ANCIENT SCIENCE OF LIFE**
Chief Editor - International Office from 2014
- **INDRA**
International Network for the Development of Research in Ayurveda
Co-Head, Scientific Board from 2014
- **S-VYASA UNIVERSITY, Bangalore, India**
Expert External Reviewer - PhD program
Yoga & Life Sciences Research Area from 2014
- **UNI - NATIONAL INSTITUTE OF STANDARDS**
Working Group for the acknowledgement of
the Profession of Ayurveda Technician
Coordinator 2013 - 2019
- **MEDICAL PROFESSIONAL BOARD, Milan, Italy**
Member of Non Conventional Medicines Committee
with the coordination of Ayurveda Register from 2009
- **PERMANENT CONSENSUS COMMITTEE ON CAMs IN ITALY**
Co-Founder and Member, Boards of Directors from 2003
- **EUROPEAN INSTITUTE OF VEDIC STUDIES,**
Montreaux, Switzerland
Head of Medical Education and Member of Advisory Board from 2006
- **EUROPEAN RESEARCH GROUP ON METAPHYSICAL MEDICINE**
Lugano, Switzerland
Ayurveda Project Leader from 2004

- **WORLD AYURVEDA CONGRESS**
Member - National Steering Committee from 2022
- **MEMBER, RESEARCH ADVISORY BOARD**
Ayurvedic Institute Ashtavaidyan Thaikat Moss' SNA Oushadhasala, Thrissur, Kerala, India from 2003
AVTAR-AVT Institute for Advanced Research, The Ayurvedic Trust Coimbatore, India from 2011
- **MEMBER, SCIENTIFIC ADVISORY PANEL**
Ancient Science of Life - Rheumatology in Ayurveda Ayush-Samiti, Bhilai, India from 2010
International Ayurvedic Medical Journal Karnataka, India from 2013
- **MEMBER, EDITORIAL AND REVIEW BOARDS**
Journal of Ayurveda and Integrative Medicine from 2009
Annals of Ayurvedic Medicine from 2013
AYU from 2015
Journal of Ayurveda Case Reports (AyuCaRe) from 2017
Scienza e Conoscenza 2018-2021
Journal of Drug Research in Ayurvedic Sciences (JDRAS) from 2019
Journal of Research in Ayurvedic Sciences (JRAS) from 2019

3. PAST PROFESSIONAL EXPERIENCE and ACHIEVEMENTS

UNIVERSITY OF FIRENZE, Medical School

Firenze, Italy

- Dept. of Neurology
 - Student Fellow,** 1978 - 1984
 - Research Fellow,** 1984 - 1986
 - Co-investigator** 1984 - 1986
- CNR (National Research Council) project :
 - "Study of the genetic linkage in familiar Alzheimer's disease."* (P.I. Prof. L. Amaducci)
 - Resident in Neurology,** 1984 - 1988

ITALIAN ARMY, Medical Corp

Firenze, Italy

- Military Psychological Consultory "Monte Uliveto"
 - Medical Assistant** 1985 - 1986

CASE WESTERN RESERVE UNIVERSITY, Medical School

Cleveland, OH, USA

- Division of Neuropathology
 - Senior Research Associate,** 1986 - 1989
 - Head, Cell Culture Laboratory** 1986 - 1989
 - Co-investigator**
 - NIH (National Institute of Health) research program: 1986 - 1988
 - "Aging changes in neuronal functions and structure"* (P.I. Prof. R. J. Lasek)
 - NIA (National Institute of Aging) research project: 1987 - 1989
 - "Studies in synaptosomes and axons"* (P.I. Prof. P. Gambetti)

FIDIA RESEARCH LABORATORIES

Abano Terme, Italy

- Department of Neuroscience
 - Senior Scientist** 1989 - 1990
 - Head, Laboratory of neuropathology of aging** 1990 - 1991
- Research & Development Division
 - Drug Development Manager** 1991 - 1992
 - Developed the Research and Clinical program on *"Neurogenic Inflammation"*

- Organized the international "Symposium on neurogenic inflammation " Roma, 1991
- Member of Fidia " Drug Development Committee"

Head, Research & Development Project Management 1992 – 1993

GERIATRIC INSTITUTE "P. REDAELLI"

Milano, Italy

- **Psychogeriatrist** 1994 - 1998
- **Member**, "Diagnoses Related Groups for Geriatry" study group 1996 - 1998

ITALFARMACO S.p.A.

Milano, Italy

- **Preclinical Research** 1994 - 1999
Preclinical Projects Coordinator (Preclinical Research Director Staff)
- **Business Development Division**
Scientific Advisor 1996 - 1999

ELI LILLY and COMPANY

Indianapolis, USA

- **Lilly Research Laboratories**
Consultant in Research & Development 1996 - 2000

UNIVERSITY OF MILANO-BICOCCA, Italy

Teacher and Head of Ayurveda section

Post-Graduate course in "*Health Systems, Traditional and Non Conventional Medicine*" 2011 - 2018

UNIVERSITY OF FIRENZE, Italy

Teacher of Ayurveda

Post-Graduate course in "*Natural Medicine*" 2011 - 2012

OLOS MEDICA, Milan, Italy

Scientific International Association of Traditional Medicines

Member, Boards of Directors 2007 - 2013

UNIVERSITY OF BOLOGNA, ITALY

Professor and Head of Ayurveda section

Post-Graduate course in "*Sociology of Health and Non-Conventional Medicine*" 2008 - 2010

DEPARTMENT (Now MINISTRY) OF AYUSH (Ayurveda, Yoga, Unani, Siddha and Homoeopathy), Ministry of Health, Government of India.

- **Co-Chairman for Europe**
Research and Clinical Care Working Group 2010 - 2014
- **Member**
International Education Working Group 2009 - 2014

LECTURER IN AYURVEDA

Course of Non-Conventional Medicines

Faculty of Medicine - University of Brescia, Italy 2007-2011

Faculty of Pharmacy - University of Milano, Italy 2006-2013

SCIENTIFIC DIRECTOR

- 1st International Congress on Ayurveda:
the meaning of life - awareness, environment and health
21-22 Marzo 2009, Milan, Italy 2009
- 1st International Seminar of Research on Ayurveda - IRSA
14-15 Settembre 2014, Birstein, Germany 2014
- 2nd International Seminar of Research on Ayurveda - IRSA
21 Settembre 2015, Birstein, Germany 2015
- 3rd Meeting
International Network For Development Of Research In Ayurveda - INDRA
19 Settembre 2016, Milan, Italy 2016
- 3rd International Congress on Ayurveda:
the meaning of life - the future in the tradition
16-19 Settembre 2016, Milan, Italy 2016

INTERNATIONAL COORDINATOR AND SCIENTIFIC ADVISORY COMMITTEE MEMBER

- *4th World Ayurveda Congress*
9-13 December 2010, Bangalore, India 2010
- *Co-Chairman of the Plenary Opening Session on "Public Health"* 2010
- *2nd International Seminar on Ayurveda - Ayurveda Redefined*
4 December 2010 - Thrissur, Kerala, India 2010
- *International Conference on Recent Advances in Safety and Efficacy of Ayurvedic Formulations*
24-26 February 2011, Banaras Hindu University, Varanasi, India 2011

- *World conference on Ayurveda, Yoga and Naturopathy and Unani systems of Indian Medicine and Arogya Expo*
5-8 January 2012, Pune, India 2012
- *5th European Congress of Integrative Medicine*
21-22 September 2012, Florence, Italy 2012
- *5th World Ayurveda Congress*
7-10 December 2012, Bophal, India 2012

4. EDUCATION

- **Undergraduate**

- **Scientific High School Degree**

- Liceo Scientifico "G. Battaglini", Taranto, Italy*

1971-1976

- **Graduate**

- **Master's Degree in Medicine and Surgery**

- University of Firenze, Faculty of Medicine, Italy*

1976-1984

- **Postgraduate**

- **Italian Medical Council Examination**

- Physicians' professional board n. 41228 - Milan, Italy*

1984

- **Specialist (PhD) in Neurology**

1984-1988

- Department of Neurology*

- Universita' di Firenze, Medical School, Italy*

- **Training in Neuropathology**

1986-1989

- Division of Neuropathology*

- Institute of Pathology, Medical School*

- Case Western Reserve University*

- Cleveland, OH, USA*

- **Course on Molecular Biology of Hormone Action
in Endocrinology and Pharmacology**

1990

- Fondazione Giovanni Lorenzini, Milan, Italy*

- **Course in General Management**

1992

- ISTUD (Institute for Business and Managerial Studies)*

- FIDIA Pharmaceutical, Abano Terme, Italy*

- **Course in Project Management**

1992

- ISTUD (Institute for Business and Managerial Studies)*

- Stresa (Novara), Italy*

- **Training in Gestalt Psychotherapy**

1997-2001

- CSTG Centro Studi di Terapia della Gestalt*

- Siena, Italy*

Training in Ayurveda <i>Maharishi Vedic University</i> <i>Valkenburg (Netherlands – Italy)</i>	1996-1999
Degree in Ayurveda (<i>Ayurveda Vaidya</i>) <i>Joytinat International College of Ayurveda (Italy)</i> <i>and Ayurveda Academy (Pune, India)</i>	1997-2000
Specialist in Ayurvedic Panchakarma <i>Ayurvedic Institute Ashtavaidyan Thaikat Moss' SNA</i> <i>Oushadhasala (Thrissur, Kerala, India)</i>	2002-2006
Physician Expert in Ayurveda <i>Ordine provinciale dei Medici Chirurghi, Milan, Italy</i> <i>(Provincial Medical Council, Milan, Italy)</i>	2010

5. HONORS & AWARDS

Britton Fellowship in Neuropathology <i>Division of Neuropathology,</i> <i>Institute of Pathology, Medical School</i> <i>Case Western Reserve University</i> <i>Cleveland, OH, USA</i>	1988-1989
Ayurveda Acharya (<i>honorary doctorate</i>) <i>Ayurvedic Institute Ashtavaidyan Thaikat Moss' SNA</i> <i>Oushadhasala (Thrissur, Kerala, India)</i>	2003
IASTAM Zandu International Award (Indian Association for the Study of Asia Medicine) <i>Excellence in the Field of Ayurvedic and/or Natural Products</i>	2017
ESIM (European Society for Integrative Medicine) Award for best clinical publication in 2019 Co-author <i>"Diagnosis for Knee Osteoarthritis Patients: A Nested Diagnostic Study Within a Randomized Controlled Trial"</i>	2019

Holzschuh Award for Complementary Medicine

2020

Co-author

“Effectiveness of an Ayurveda treatment approach in knee osteoarthritis - a randomized controlled trial”

6 . PATENTS

(Apr, 2 1992: WO1992/005278)

"Method for the determination of the differential expression of mRNA for the Amyloid Precursor Protein (APP)"

Inventors: Della Valle Francesco, **Morandi Antonio**, Negro Alessandro, Callegaro Lanfranco

(Jul, 22 1992: CN1062925)

"Method for determination of differential expression of mRNA for Amyloid Precursor Protein"

Inventors: Della Valle Francesco, **Morandi Antonio**, Negro Alessandro, Callegaro Lanfranco