

## **HLT52615 - Diploma of Ayurvedic Lifestyle Consultation**

(CRICOS CODE 089378G)

These details are from the training package: HLT52615 –Diploma of Ayurvedic Lifestyle Consultation and can be viewed on the [www.training.gov.au](http://www.training.gov.au) site.

All training and assessment in the Diploma course must be at the Diploma Level (AQF Level V) with mandatory 200 clinic work hours to be completed.

(Very clearly the Training Package states that these units must be taught and assessed in appropriately equipped training places/ work places/ clinics and cannot be by correspondence, online or webinars).

The following content is the minimum content that must be taught and assessed as per the Training Package requirements. Ayurveda College does much more.

### **Qualification Description**

This qualification reflects the role of Ayurvedic lifestyle consultants who provide advice, selected remedies and therapies according to Ayurvedic principles. People working at this level may be self-employed independent practitioners or work in a larger health service.

To achieve this qualification, the candidate must have completed 200 hours of work as detailed in the Assessment Requirements of units of competency. Assessments will be held every two wks. and may be Oral, Written, Assignment, practical demonstration, Scenario, Case taking, Providing therapy, Providing detox, Making and providing prescriptions, cooking food and Ayurvedic medicine for various conditions, therapeutic Yoga, Meditation, Relaxation techniques etc. The following mandatory requirements must be completed.

In the clinic under supervision:

In the Diploma course the following Practical work and assessments are completed in 200 Hours of supervised Clinic

HLTAYV001 communicated about the Ayurveda framework to meet the information needs of at least 3 different individuals or groups

HLTAYV002 prepared for and managed at least 25 different Ayurvedic lifestyle assessments

HLTAYV003 prepared for and managed at least 25 different Ayurvedic bodywork sessions.

HLTAYV004 prepared for and managed at least 25 different Ayurvedic lifestyle sessions.

HLTAYV005 prepared for and managed at least 25 different lifestyle sessions.

Massage units- 40 massages completed

Work Clinic hours may be performed at Ayurveda College Clinics or any commercial clinics (provided they have professional Ayurveda Practitioners With a minimum of 5 years of industry experience who will be willing to work with you and the Ayurveda College supervisors and all their requirements)

### ***Highlights of what you will learn in the Diploma course***

review and reflect on information from a range of sources about Ayurveda

evaluate and articulate requirements for sustainable Ayurvedic practice

communicated about the Ayurveda framework to meet the information needs of at least 3 different individuals or groups

establish a personal health strategy that reflects the values and philosophies of Ayurveda

develop goals for own practice that reflect the values, philosophies and principles of Ayurveda

develop a set of actions to support professional practice goals

philosophies and principles of Ayurveda, what they mean and how they are applied in practice:

history of Ayurveda and its development from inception

dynamic interchange between the physical, mental, emotional, spiritual, social, environmental and landscape

shad darshanas (the six philosophies)

pancha mahabhutas (five great elements)

trigunas (the three gunas)

prana (primordial life supporting energy)

indriyas (sense organs)

tridosha - vata, pitta and kapha, the ayurvedic concept of the three principal energies with intelligence found in the living body and throughout nature

agni (13 type)

ama

sapta dhatu

malas (bodily wastes)

prapaka and vipaka  
 deepana, pachana, anulomana  
 ojas  
 prakrti, vikrti  
 ahara, vihara and aushadh  
 maand, peya, yavagoo, yush, krishara  
 virudha ahara  
 abhyanga  
 shad upkarmas  
 snehna - self abhyanga, abhyanga, shiroabhyanga, shirodhara, katti basti, uro basti, ubtans  
 atyayik chikitsa  
 sat karma - cleanses neti, nasya, kunjala, baghi, basti  
 srtoas, srotarodha  
 rasayna and vajikarana  
 chikitsa  
 dosha vrudhi and kashaya  
 shath rasa  
 dinacharya, ratricharya, rtucharya  
 tribidha chikitsa  
 ashtvidh achikitsa  
 dashvidha pariksha  
 yoga chikitsa  
 simran (meditation, daily practices for the mind, body, emotions and the soul)  
 historic significance, basic purpose, use and structure of the following reference texts:  
 ashtanga hridaya samhita  
 charaka samhita  
 sushruta samhita  
 key features of other complementary therapies used in conjunction with Ayurveda  
 place of Ayurveda in the national health care system in Australia  
 professional networks and industry bodies  
 different models of Ayurvedic practice and their key features:  
 Ayurvedic practitioners at different levels  
 sole practitioners, joint practices, multi-disciplinary practices  
 employment, further study, research and industry opportunities  
 limitations of Ayurveda practices in Australia  
 components of sustainable practice:  
 economic opportunities and viability, planning, management and marketing  
 environmental  
 human personal health, professional development  
 social responsibility  
 legal and ethical considerations (national and state/territory) and how these are applied in individual  
 practice:  
 children in the workplace  
 codes of conduct  
 continuing professional education  
 discrimination  
 dignity of risk  
 duty of care  
 human rights  
 infection control  
 informed consent  
 insurance requirements  
 mandatory reporting  
 practitioner/client boundaries  
 privacy, confidentiality and disclosure  
 records management  
 Therapeutic Goods Administration (TGA) and its regulatory roles  
 work role boundaries responsibilities and limitations  
 Ayurvedic moral, civil, spiritual codes of conduct for all Ayurveda Practitioners including the need for  
 mentorship and respect for the system during study and in clinical practice after graduation

Manage at least 25 different Ayurvedic lifestyle assessments. Clients must include males and females from different stages of life used the Ayurvedic lifestyle assessment framework and appropriate techniques to assess clients needs, including:  
questioning according to Ayurvedic principles  
trividha pariksha (three fold examination)  
ashtvidha pariksha (eight fold examination)  
interacted effectively with clients:  
clearly articulated information about services, treatment options and rationale  
engaged clients in decision making

Knowledge of:

legal and ethical considerations (national and state/territory) for client assessment:

duty of care

informed consent

mandatory reporting

practitioner/client boundaries

privacy, confidentiality and disclosure

records management

work role boundaries

working within scope of practice

presenting symptoms that require referral to a medical practitioner

work health and safety

referral options for practitioners

professional health services including complementary health modalities and medical practitioners

community resources and support services

types and availability of further medical assessment

factors and barriers that may impact on assessment

physical

psychological

cultural

seasonal

demographic

influence of alcohol, drugs

stress factors to consider in assessment and how to respond:

age - infants, children, young adult, adults, elders

demographic

gender specific issues

physical/mental strength, gunas, vikriti

agni

dosha

vikriti (inherited and congenital)

infection

odour

seasons

stress

modern radical lifestyle including dependence on fast foods, incompatible foods, addictions

alcohol and other mind altering drug addictions

atheist, anti social and other contradictory practices detrimental to health according to Ayurvedic framework

emergencies

trividha pariksha (three fold examination) and ashtvidha pariksha (eight fold examination)

client information required for Ayurvedic assessment and the scope and depth of information needed around:

client expectations

client history and its components

client current state of wellness

protocols for performing Ayurvedic health assessments:

Ayurvedic clinic environment

equipment  
client privacy  
client instructions

Provide Ayurvedic therapeutic treatment according to the Ayurvedic framework:

obtain required client information prior to treatment

evaluate and responded appropriately to any contraindications

selecte and used herbalised oils appropriate to the client

selecte and used techniques and sequences according to established Ayurvedice practice, including:

abyhanga

shirodhara

kati basti

principles of Ayurvedic framework and therapies

legal and ethical considerations (national and state/territory) for bodywork therapies:

presenting symptoms that require referral to a medical practitioner

work health and safety

client information required prior to relaxation treatment

stress

allergies

current prescription medication/self medication/supplementation

vikruti (inherited and congenital)

general appetite and sleep patterns

aches and pains

recent emotional/physical trauma

influence of alcohol/drugs

self care routines and when to use them:

chanting mantras

prayer

meditation

music

yoga

pranayama

factors to consider in assessment and how to respond:

age - infants, children, young adult, adults, elders

demographic

gender specific issues

physical/mental strength, gunas, vikruti

agni

dosha

vikruti (including inherited and congenital)

features of Ayurvedic abhyanga

definitions

history of massage

types of massage

time, frequency and duration

types of touch e.g. heavy, light, friction

massage and constitution

fomentation, swedana

use of oils

curing oils

types of abhyanga/snehana (the application of base or medicated oil, herbal paste, decoction, herbal

chooranas, ubtans and lepas to the body)

protocols for conducting Ayurvedic therapeutic techniques in relation to:

environment

equipment

massage oils and powders

protocol

client privacy

responding to client instructions

precautions to be taken in Ayurvedic massage

basic structure and function of systems and regions of the body within Ayurvedic framework:  
agni, ama, vikruti, srotarodha, saptadhatu, updhatus  
mental gunas (emotional states in response to stress, trauma and pain)  
possible reactions and contra-indications and when to refer to a medical practitioner:  
physical, emotional, mental trauma or illness  
intoxication, pain

25 different Ayurvedic lifestyle sessions. Clients must include males and females from different stages of life  
provide lifestyle advice appropriate to client needs according to the Ayurvedic framework  
interact effectively with clients providing clear, accurate and supportive information and guidance

presenting symptoms that require referral to a medical practitioner  
work health and safety  
key principles underpinning Ayurvedic lifestyle advice:  
panchamahabhuta theory and how it interacts within and outside the body  
dosha theory  
gunas and their attributes  
agni  
malas  
ama  
ojas  
prakriti  
vikriti

Ayurvedic counselling, psychology and spirituality  
Ayurvedic daily lifestyle routines dinacharya, ratricharya, rtucharya and vegadharan,  
Ayurvedic seasonal routines:  
six seasons in Ayurveda and correlation with geographical difference  
effects of different seasons on the body  
environment and human being  
shath rasa, predominant rasa in each rtu, accumulation, aggravation and pacification of doshas in various seasons  
eliminatory therapies and seasons  
transitional period between two seasons  
role of other lifestyle practices, their relevance for different client types, key aspects of how they are practise and how clients may access relevant services, including:  
yoga  
meditation  
necessity to take into consideration suggestions for the soul, mind, emotions and the body for every client  
detrimental effects of excessive rajasic and tamasic diet and lifestyle  
virudha ahara  
necessity to reconcile, forgive, practice compassion and to make necessary changes in diet and lifestyle  
working within scope of practice including limitations of nutritional advice to be provided  
presenting symptoms that require referral to a medical practitioner  
work health and safety  
role of Ayurvedic nutritional advice in lifestyle and preventative contexts  
ama, its causes, signs and symptoms  
basic principles of Ayurvedic nutrition:  
ahara vidhi vidhan  
panchamahabhuta (elemental composition of food)  
gunnas (properties of food)  
shath rasa, gunnas, virya, vipaka, prabhava  
triguna theory and its relationship to diet and nutrition  
tridosha theory in relation to diet and nutrition  
prapaka, vipaka (digestive processes)  
agnis and their role in transformation of nutrients  
function of fibre in the body  
Ayurvedic food classifications, categories and composition  
fruit

vegetables  
dairy  
animal foods  
oils  
sweeteners  
nuts and seeds  
grains  
beans and legumes  
herbs and spices  
best utility of ahara  
gruels  
virudha ahara  
pratinidhi ahara  
ahara to suit various prakruti and vikruti  
features of herbs and spices used in Ayurvedic lifestyle consultation and their wellbeing benefits,  
including  
ajwain  
dadima  
dhanyaka  
ella  
haridra  
hingu  
ikshu  
jeeraka  
lasuna  
lavana  
lavanga  
maricha (pungent chilli/peppers)  
methika, narikela  
nimbuka, palandu  
patra, rason  
shatapushpa  
sunthi/ adraka  
til, tulasi  
twak, yava  
features of other herbs used in Ayurveda, their safe use and their wellbeing benefits, including  
amalaki  
ajmoda  
alukam  
amra  
ashoka  
ashvagola/isabgol  
ashwagandha  
atasi  
bala  
bhringaraja  
bibhitaka  
bilva  
champaka  
chitraka  
draksha  
gokshura  
guggulu  
haritaki  
kharjura  
karpura  
kumari  
kutaja  
misreya  
mudga

mushra  
nimba  
pippali  
punarnava  
rajika  
chandana  
shatavari  
shigru  
svarnapatri  
svetajirakatulasi  
ushira  
safed musali  
pippali  
yasthimadhu  
yava

Ayurvedic herbal combinations for use in daily life, rasayana, and their safe use:

avaleha lehyam

pravahi

chyawanprash

ghritam

kashayam

choorana

Ayurvedic cooking and food preparation techniques and variations to suit different vikruti and seasons  
rasa, guna, virya and vipaka, prabhava

*With a strong emphasis on hands on training in:*

*cooking food for the healthy and the unhealthy, cooking medicine*

*providing self-care and healthy lifestyle advice and support*

*Sat karma and yoga Kriyas*

*Meditation and the Gunnas of the mind etc.*

*To address all the Four quadrants of our beings- Spirit, Mind, Sense organs and the Body to achieve health through the principles of Ahara, Vihara and Aushadhi.*

## HLT62615 – Advanced Diploma of Ayurveda (CRICOS CODE 089379G)

These details are from the training package: HLT62615 – Advanced Diploma of Ayurveda and can be viewed on the [www.training.gov.au](http://www.training.gov.au) site.

All training and assessment in the Advanced diploma course must be at the Advanced Diploma Level (AQF Level VI) with mandatory 400 clinic work hours to be completed.

(Very clearly the Training Package states that these units must be taught and assessed in appropriately equipped training places/ work places/ clinics and cannot be by correspondence, online or webinars).

The following content is the minimum content that must be taught and assessed as per the Training Package requirements. Ayurveda College does much more.

### Qualification Description

This qualification reflects the role of Ayurvedic practitioners who possess well developed cognitive and communication skills plus specialised knowledge of Ayurvedic medicine that allows them to formulate responses to specific therapeutic needs. Practitioners at this level may be self-employed as independent practitioners or work in a larger health service.

To achieve this qualification, the candidate must have completed 400 hours of work as detailed in the Assessment Requirements of units of competency. Assessments will be held every two wks. and may be Oral, Written, Assignment, practical demonstration, Scenario, Case taking, Providing therapy, Providing detox, Making and providing prescriptions, cooking food and Ayurvedic medicine for various conditions, therapeutic Yoga, Meditation, Relaxation techniques etc. The following mandatory requirements must be performed:

*[In the Diploma course the following Practical work and assessments are completed in 200 Hours of supervised Clinic*

*HLTAYV001 communicated about the Ayurveda framework to meet the information needs of at least 3 different individuals or groups*

*HLTAYV002 prepared for and managed at least 25 different Ayurvedic lifestyle assessments*

*HLTAYV003 prepared for and managed at least 25 different Ayurvedic bodywork sessions.*

*HLTAYV004 prepared for and managed at least 25 different Ayurvedic lifestyle sessions.*

*HLTAYV005 prepared for and managed at least 25 different lifestyle sessions.*

*Massage units - 40 massages completed]*

In the Advanced Diploma course, the following Practical work and assessments are completed in 400 Hours of supervised Clinic

HLTAYV006 performed the activities outlined in the performance criteria of this unit during a period of at least 400 hours of Ayurvedic client consultation work  prepared for and managed at least 40 different case taking sessions

HLTAYV007 prepared for and managed at least 40 client sessions

HLTAYV008 prepared for and managed at least 40 different remedial therapies sessions, including at least 20 massages

HLTAYV009 prepared at least 40 different nutritional plans

HLTAYV010 created at least 40 different client prescriptions

HLTAYV011

Prepared at least 20 Ayurvedic medicines, including all of the following at least twice:

avaleha/pravahi  kashaya  kwatha choorana  guggulu  ghrita  choorana  taila  vati- gautika  lepa/ ubtan  swarsa  kalka

kwatha  hima  phanta  kshirapaka  ubtan lepa

Dispensed each of the following at least once:

arishta  arka  asava  avaleha  choorana  dravaka  ghrita  guggulua preparations  kashaya  lauh  lepa/ ubtan  talia  vati

HLTAYV012 managed at least 40 different Ayurveda assessment and treatment sessions - clients must include males and females from different stages of life with varied presentations

monitored and evaluated treatments provided to at least 10 different clients presenting with at least 2 sessions per client

***Highlights of what you will learn in the Advanced Diploma course***

***We will revise in brief, the fundamental knowledge and skills covered in the Diploma course on which the Advanced Diploma course is built. Extensive notes are provided to all students.***

**Charaka Samhita Classic Ayurveda Text**

This reference text has the following Eight Sthanas (Sections), out of which the Advanced Diploma course includes Sutra sthana, Nidana sthana, Sarira sthana, Vimana sthana and the Indriya sthanas:

**Sutra sthana (Includes 30 chapters of Charaka Samhita)**

These chapters cover the fundamental principles of Ayurveda, sciences of life, maintenance Of health and prevention and cure of ill health.

**Nidana sthana (Includes 8 chapters of Charaka Samhita)**

These chapters cover aetiology, pathogenesis and introduction to diagnosis of disease

**Vimana sthana (Includes 8 chapters of Charaka Samhita)**

These chapters include the principles governing the mind/ body factors that cause disease as well the principles governing herbs, foods and medications with their curative values.

**Sarira sthana (Includes 8 chapters of Charaka Samhita)**

These chapters deal with principles governing the birth and death

**Indriya sthana (Includes 12 chapters of Charaka Samhita)**

These chapters deal with diagnostic and prognostic signs and symptoms

**Chikitsa sthana (Includes 30 chapters of Charaka Samhita)**

These chapters mainly deal with Ayurvedic treatment of diseases of the mind and body

**Kalpa sthana (Includes 12 chapters of Charaka Samhita)**

These chapters mainly deal with formulations and their administration for Shodhana therapies

**Siddhi sthana (Includes 12 chapters of Charaka Samhita)**

These chapters mainly deal with the principles governing the administration of elimination therapies

Notes on these chapters from Charaka Samhita are provided with comprehensive translations and contain the very fundamental principles of Ayurvedic practice.

Professional health services including complementary health modalities and other healthcare practitioners

Inherited, congenital and acquired Vikruti factors that affect individual health status:

Prakruti

Vikruti

Spiritual, mental, emotional and physical state assessment

Use of mantra recitation, prayer, meditation, Sat karma cleanses, yoga therapies and a variety of specific Ayurvedic therapies to suit Prakruti and Vikruti

Client information required for assessment and the scope and depth of information needed around:

Trividha pariksha

Ashtavidha pariksha

Dasavidha pariksha)

Examination and diagnosis, including:

comprehensive questioning to elicit all required information

made physical examination and assessment

identified situations where there is need for further screening or testing

correctly interpreted medical information and related information appropriately to the Ayurvedic Principles of Ayurvedic clinic practice for consultations and therapies

Developed evidence based diagnosis according to Ayurvedic principles

used all 21 health assessments to conclude diagnosis and clearly and sensitively communicated diagnosis to the client

Nidana, Purva rupa, Rupa, Samprapti, Upashaya

Eye diagnosis, Tongue diagnosis, Nail and Pulse diagnosis, Nabhi diagnosis, diagnosis through observation and palpation etc.

In depth study and practice of Shat kriya akal principles (Sanchaya, Prakopa, Prasara, Sthana samshreya, Vyakta and bheda)

Srotas in detail covering all the mind and body systems, their assessments and treatments

Pranavaha srotas

Udakavaha srotas

Annavaha srotas

Rasavaha srotas

Raktavaha srotas  
Mamsavaha srotas  
Medhovaha srotas  
Astivaha srotas  
Majjavaha srotas  
Shukravaha srotas  
Artavavaha srotas  
Stanyavaha srotas  
Svedovaha srotas  
Mutravaha srotas  
Purishavaha srotas  
Manovaha srotas

Various stages of disease, the clients strength and ability to go through cleansing, remedial and yoga therapies, diet and nutrition supplementation and regular health assessments.

further testing and assessment options and procedures for different types of condition

Charaka samhita, with particular reference to Sutra sthana, Nidana sthana, Vimana sthana and Indriya sthana

**Provide each of the following snehana therapies:**

abhyanga  
bala abhyanga  
shiro abhyanga  
nabhi - naval vijnanam and massage  
karna purana (oil in ear)  
nasya, pratimarsha (oil in nose)  
sat karma - kunjala, neti, baghi, basti, bhastrika, nauli  
shad upkarmas  
langhana  
brimhana  
rukshana  
snehna  
svedana  
sthambana  
chavitti  
pregnancy massage (part of abhyanga)  
massage after pregnancy (mother massage)  
udvartana (massage with pressure, dry and unctuous)  
udgharshana  
navarakizi  
yoga chikitsa

**provided Ayurvedic therapeutic dhara treatments, including each of the following:**

shiro dhara  
parisheka  
pizichil  
pinda sweda  
lepas, basti  
bhaspa sweda  
cleanses

**provided Ayurvedic therapeutic basti treatments, including each of the following:**

hrud basti - snehan over the cardiac region (hridaya)  
kati basti - snehan over the lumbrosacral region (kati)  
created and maintained complete and accurate client records  
interacted effectively with clients during treatments, providing clear, accurate and supportive information and guidance

Ayurvedic remedial therapies and how to apply them:

what each therapy does  
what effects it might have  
what the cautions and contraindications are  
herbalised oils and powders used  
Ayurvedic massage oils and powders

tailas (herbalised oils) lepas, pastes, bolusses and powdered herbs and how to prepare/ dispense them  
science of marma:  
classifications  
marma points and their reflex points  
additional marmas in the body  
techniques of marma massage (107 important points)  
theory of panchakarma  
potential reactions during treatment and how to respond  
potential reactions following treatment and appropriate client advice  
methods of monitoring treatment progress  
re-assessment  
client feedback  
types of advice and resources that can be provided to clients for their use outside the clinical environment  
barriers to therapeutic progress and ways to respond within an Ayurvedic framework  
documentation requirements for recording treatment details  
types of symptoms within each body system that may be treated with Ayurvedic tactile therapies

Principles of Ayurvedic nutrition and diet:

ahara, vihara aushadhi principle  
prakruti and vikruti specific  
variations necessary with the changing seasons  
digestive processes  
rasa, virya and vipaka, prabhawa and gunnas  
agnis and their functions  
shath rasa - the six tastes  
tridosha theory  
triguna theory and its relationship to food  
virudha ahara  
Ayurvedic food classifications, categories, composition and therapeutic uses:  
fruit  
vegetables  
dairy  
animal foods  
oils  
sweeteners  
nuts and seeds  
grains  
beans and legumes  
herbs and spices  
best utility of ahara  
gruels  
virudha ahara  
Pratinidhi ahara  
Ahara to suit various prakruti and vikruti  
types and features of culinary herbs and spices in Ayurveda  
Rasayana, Vajikarana & Chikitsa principles and preparations  
types and features of foods containing macronutrients and micronutrients, vitamins and minerals, carbohydrates, fats and proteins  
function of fibre in the body  
Types and features of foods that affect the mind and moods, and the body:  
food additives  
preservatives  
colouring  
alcohol/drug consumption  
virudha ahara  
fast food dependence  
wrong diet choices for prakruti  
Ayurvedic cooking and food preparation techniques for major food classifications  
features of ama, its causes signs and symptoms (emotional, mental and physical)

nutritional supplements in the Ayurvedic framework:  
 main Ayurvedic nutritional supplements used for each system/condition/mind state  
 appropriate safe dosage levels for different groups  
 potential adverse effects  
 Principles of formulation - including dosage, dosage form, and duration of treatment according to reference texts  
 Drug-nutrient and nutrient-nutrient interactions  
 amino acids (essential and non-essential)  
 Potential impact of supplementation on the condition or disease state, including preventative action  
 types of dietary modifications and their indications for use:  
 exclusions  
 inclusions  
 increased consumption  
 decreased consumption  
 Environmental factors and their relationship to nutritional status, including:  
 pollution  
 demographic  
 rutcharya and sandhis  
 Main types and culinary characteristics of diets that are part of contemporary Australian society  
 meaning of:  
 drug food interactions  
 food allergy  
 food intolerance  
 Key health and legal consequences of failing to address special requirements:  
 allergic reactions  
 anaphylaxis  
 food sensitivity or intolerance reactions  
 basic biochemistry as it relates to diet and nutrition make up of carbohydrates, proteins, fats  
 contra-indications of treatment - in vikruti, particular seasons, diseases and age groups  
 principles and techniques for preparing nutritional plans to suit vikruti, with duration and costs  
 cultural restrictions on diet and nutritional supplementation  
 Pathya kalpana (therapeutic nutrition) and preparation for:  
 manda (clear rice water)  
 peya (light rice soup)  
 yavagu (concentrated rice soup )  
 krsara (cooked wet rice with cereals)  
 yusha (mung dhal soup)  
 avaleha  
 Brahma rasayana  
 Ashwagandhadi lehyam  
 Haritakyadi rasayana  
 Chyawanprash  
 Triphala rasayana  
 Vilvadi lehyam  
 Drakshavelha  
 Bilvadilehyam  
 madhu  
 Shilajatu rasayana

Creat at least 40 different client prescriptions. Clients must include males and females from different stages of life with varied presentations  
 selected medicines based on Ayurvedic principles, determining appropriate medicines based on the diagnosis, including:  
 information about the condition including phase or stage  
 prevalent season and sandhi  
 agni, prapaka, vipaka, malas  
 triguna/state of mind  
 available vikruti/medical data  
 ahara, vihar, aushadhi  
 kaya chikitsa

bhaishajya kala  
available medical data  
particular client issues or preferences  
contraindications  
planned strategies to balance rajasic and tamasic gunnas, to reduce ama generation, to eliminate the excessive build up of doshas, to open all srotamsi, to maintain optimum agni, to restore balance and ojas and to sustain health at all the four levels

Dravyaguna, including:  
gunas, rasapanchaka and uses of:  
minimum of 100 dravya  
current scheduled or restricted Ayurvedic herbs  
culinary herbs  
groups of herbs used in Ayurveda, their contraindications, identification and distinguishing features, interrelationships and incompatibilities  
Ayurvedic herbs with respect to their use for general symptoms, energetic, psychological and physiological indications  
active principles of the medicines used for each dosha/condition/system  
methods of administration for medicines  
ubtans, lepas, base, essential and herb oils, resins, extracts, clays, balms, washes, lubricants, pastes, decoctions  
contraindications to treatments  
ways to address excessive ama/doshas  
principles of chikitsa to achieve the following:  
shad upkarma  
vyadhiharam  
prakrutisthapanam  
prakrutivighataka  
nidanparivarjana (ch. vi)  
dhatushamya chikitsa (ch. su)  
vishudha chikitsa (ch. ni)  
svabhava chikitsa (ch. su)  
pharmacodynamics of pharmaceutical and medicines and the theory of drug action, factors modifying drug effect and dosage, drug toxicity and toxicology  
pharmacokinetics of Ayurvedic medicines drug administration, absorption, distribution, metabolism and excretion  
possible obstacles to cure and responses to treatments  
Supplementary measures in the management of the condition/system:  
dietary considerations  
exercise  
lifestyle  
stress  
interaction of treatments with foods, other herbs, nutritional supplements and drugs  
principles of formulation (including dosage and duration of treatment) for:  
Avaleha  
Chitrakharitaki  
Drakshavelha  
Erand pak  
Haridrai khanda  
Haritakyadi rasayana  
Kutjavelha  
Musali pak  
Saubhagya shounthi pak  
Shilajatu rasayana  
Supari pak  
Triphala rasayana  
Ghritam - a minimum of 5  
Kashayam - a minimum of 5  
Choorana - a minimum of 10

Guggulu a minimum of 7  
Vati - a minimum of 5  
Lauh mandoor a minimum of 2  
Asava and Arishta a minimum of 10  
Bhasmas - a minimum of 5  
Arka - a minimum of 2  
Shad bindu taila- a minimum of 5  
swarsa  
kalka  
kwatha  
hima  
phanta  
ubtan,  
dravaka  
ghrita  
lavana kshara  
lepa  
mandoora  
pishti  
sattva  
taila  
varti

Prepared at least 20 Ayurvedic medicines, including all of the following at least twice:

Avaleha/pravahi  
Kashaya  
Kwatha choorana  
Guggulu  
Ghrita  
Choorana  
Taila  
Vati- gutika  
Lepa/ ubtan  
Swarsa  
Kalka  
Kwatha  
Hima  
Phanta  
Kshirapaka  
Ubtan

Dispensed each of the following:

arishta  
arka  
asava  
avaleha  
choorana  
dravaka  
ghrita  
guggulua preparations  
kashaya  
lauh  
lepa/ ubtan  
talia  
vati

followed dispensing processes that meet the Ayurvedic formulary of India and the Ayurvedic pharmacopoeia of India guidelines and legal requirements:

correctly interpreted prescription or order  
checked materials and equipment  
made accurate calculations and measurements  
packed and accurately label dispensed materials

completed accurate documentation

Format and requirements of the Ayurvedic formulary of India and the Ayurvedic pharmacopoeia of India guidelines

Sources of Ayurvedic medicines and their raw, semi processed, processed and manufactured ingredients and methods to determine quality

Key features of dravya used for Ayurvedic medicines:

plants used

botanical keys

plant anatomy

plant classifications and nomenclature

types of Ayurvedic medicines, what they are, how they are prepared

preparation techniques for sahapana and anupanas

non-medicinal ingredients used in the preparation of Ayurvedic medicines

chemical and physical incompatibilities

techniques to prepare medicines from source materials as per Ayurvedic guidelines

Ayurvedic medicine and allopathic drug interactions, both complementary and contra indicatory

Ayurvedic medicine dispensing principles and methods

significance and methods of monitoring control points within the dispensing process

equipment and instrumentation components, purpose and operation

work health and safety hazards and controls for Ayurvedic medicines

waste handling requirements and procedures

recording requirements and procedures

environmental conditions required to maintain integrity of medicines before, during and after preparation

types of instructions that must accompany Ayurvedic medicines

procedures to prevent contamination of Ayurvedic medicines

Manage at least 40 different Ayurveda assessment and treatment sessions - clients must include males and females from different stages of life with varied presentations

monitored and evaluated treatments provided to at least 10 different clients presenting with at least 2 sessions per client

types of criteria by which Ayurvedic treatments are evaluated, including regular client follow-ups and feedback

typical complications associated with different treatments and therapies and how to respond in an ongoing treatment plan

Expectations of treatment for different conditions and client groups, and factors that impact on those expectations:

client history

contraindications

compliance

interactions with other treatments

timeframes for expected health benefit

sources of research and evidence that support Ayurvedic practice

principles underpinning continuation or variation of treatment and the Ayurvedic rationale that underpins these

*With a strong emphasis on hands on training in:*

*cooking food for the healthy and the unhealthy, cooking medicine*

*providing self-care and healthy lifestyle advice and support*

*Sat karma and yoga Kriyas*

*Meditation and the Gunnas of the mind etc.*

*To address all the Four quadrants of our being- Spirit, Mind, Sense organs and the Body and to achieve health through the principles of Ahara, Vihara and Aushadhi.*