

## **Ayurveda Practitioner**

The Ayurveda Practitioner program is designed for giving in-depth knowledge in Ayurveda pathology, advanced Ayurveda herbology and pharmaceuticals, Pachakarma II (Ayurvedic detoxification methods) and bodyworks, Marma points, Ayurvedic Rejuvenation, Ayurvedic physical examination and Ayurvedic disease managements. The program focuses on developing critical thinking skills in students for understanding imbalance in client's dosha.

Upon completion of this program, students will be able to determine causes, symptoms and signs of a disease and apply Ayurvedic diagnostic methods, treatment and prognosis. The student will be able to apply a deeper understanding of constitutional imbalance, determine the vikruti of the client by utilizing Ayurvedic diagnostic methods, will be able to apply an in depth history taking, Ayurvedic Physical examination and Ayurvedic techniques in their clinical practice. They will be able to design a complete treatment plan to realign and bring back to balance the state of doshas creating tailored disease management protocols.

Pre requisites: The prerequisite for admission to the Ayurveda Practitioner (AP) program is completion of the Ayurveda Lifestyle Consultant (ALC) or an equivalent program. Students who have completed a program equivalent to the ALC from other institutions will be required to undergo an interview process to determine their competency in Ayurveda theory and practices.

Ayurveda Practitioner (AP) program is of total 900 hours excluding peripheral 100 hours' programs. The course content will be taught in 12 modules.

Upon successful completion of the Ayurveda Practitioner program, you will be awarded with an Ayurveda Practitioner Certificate.

### **Ayurveda Practitioner course module description:**

#### **AIA 201 – Vikruti Vignyan (Ayurvedic Pathology)**

**Subject Description:** Fundamental of Ayurveda Vikruti vignyana introduces students to below topics but not restricted to

- Understanding Samprapty (Pathogenesis) in Ayurvedic view
- Study of Nadana Panchaka
- Detailed study of reaction between Dhatus with dosha
- Formation of tissues and their relation with disease type
- Classification of diseases per Ayurveda
- Chief causes of Rogotpatti

## **AIA 202 – Advance Panchakarma and Marma Therapy**

**Subject Description:** Advance study of Panchakarma and Marma therapy introduce students to below topics but not restricted to

- Study of Panchakarma – Vaman, Virechana, Basti karma, Nasya, Raktamokshana
- Details of Poorvakarma of Panchakarma
- Describing Paschata karma of Panchakarma procedure
- Types of Marma
- Different methods of marma therapy

## **AIA 203 – Dravyaguna Vignyan II (Ayurvedic Materia Medica II) & Bhaishajya Kalpana (Ayurvedic Herbal Formulations)**

**Subject Description:** Dravayaguna vigyana & Bhaishajya kalpana introduce students to below topics but not restricted to

- Additional methods of herbal; preparation (medicated oil, medicated ghee, routes of administration, times of administration, compounds, dosages, herbs for external application); Mineral, metallic, and gemstone medicinal preparations
- Commonly used multiple-herb formulations
- Select topics in Ayurvedic pharmacology
- Herbs and formulations for management of Dosha

## **AIA 204 – Therapeutic Yoga, Pranayama & Meditation for Ayurvedic Practitioners**

**Subject Description:** Fundamental of therapeutic yoga introduces students to below topic but not restricted to

- Use of Yoga postures in management of Dosha balance.
- Detail study of all limbs of Yoga with reference to enhancing individuals health
- Different types of Dhyana(meditations) Practices.
- Different applications of Pranayama

## **AIA205 – Ayurveda subtle therapies and Nadi Vignyanium (pulse examinations)**

**Subject Description:** Fundamental of Ayurveda subtle therapies & Nadi Vignyanium introduce students to below topics but not restricted to

- Discussing deferent types of Subtle therapies and their Ayurvedic applications
- Different sensory therapies used in Ayurveda
- Ayurvedic astrology
- Deeper understanding of Nadi analysis

### **AIA 206 – Ayurvedic Protocols I – Pranavaha, Annavaha, Udakavaha strotas (Respiratory & Digestive Systems) Wellness solution**

**Subject Description:** Fundamental of Ayurvedic protocol for Pranavaha, Annavaha, Udakavaha strotas wellness solutions introduce students to below topics but not restricted to

- Ayurvedic etiology and samprapti of Pranavaha, Annavaha , udakavaha imbalances
- Management of Vataj, Pittaj, Kaphaj Pranavaha disorders
- Management of Vataj, Pittaj, Kaphaj Annavaha disorders
- Discussion on Aama and Nirama conditions and Management

### **AIA 207 – Ayurvedic Protocols II – Rasavaha & Raktavaha (Lymphatic, Blood & Skin Systems) Wellness solution**

**Subject Description:** Fundamental of Ayurvedic protocol Rasavaha & Raktavaha strotas wellness solutions introduce students to below topics but not restricted to

- Ayurvedic etiology and samprapti of Rasavaha, Raktavaha strotas imbalances
- Management of Vataj, Pittaj, Kaphaj Rasavaha disorders
- Management of Vataj, Pittaj, Kaphaj Raktavaha disorders
- Methods of observing Agni states in respective imbalances

### **AIA 208 – Ayurvedic Protocols III – Mansavaha & Medovaha( Muscular and Fat Metabolism Systems) Wellness Solutions**

**Subject Description:** Fundamental of Ayurvedic Protocol for Mansavaha & Medovaha wellness solutions introduce students to below topics but not restricted to

- Ayurvedic etiology and samprapti of Mansavaha, Medovaha strotas imbalances
- Management of Vataj, Pittaj, Kaphaj Mansavaha disorders
- Management of Vataj, Pittaj, Kaphaj Medovaha disorders
- Methods of observing Agni in Mamsa and Medo dhatu.

## **AIA 209 – Ayurvedic Protocols IV – Asthivaha and Majjavaha Strotas (Skeletal & Nervous Systems) Wellness solutions**

**Subject Description:** Fundamental of Ayurvedic Protocol for Asthivaha & Majjavaha strotas wellness solutions introduce students to below topics but not restricted to–

- Ayurvedic etiology and samprapti of Asthivaha, Majjavaha strotas imbalances
- Management of Vataj, Pittaj, Kaphaj Asthivaha disorders
- Management of Vataj, Pittaj, Kaphaj Majjavaha disorders
- Methods of observing Agni in Asthi and Majjadhatu.

## **AIA 210 – Ayurvedic Protocols V – Shukravaha & Artavavaha strotas (Reproductive System) Wellness solutions**

**Subject Description:** Fundamental of Ayurvedic Protocol for Shukravaha strotas wellness solutions introduces students to below topics but not restricted to–

- Ayurvedic etiology and samprapti of Shukraavaha, Artavavaha strotas imbalances
- Management of Vataj, Pittaj, Kaphaj Shukravaha disorders
- Management of Vataj, Pittaj, Kaphaj Artavaavaha disorders
- Methods of observing Agni in Shukra and Artavadhatu.

## **AIA 211 – Ayurvedic Protocols VI – Balaroga, Jara vyadhi and Rasayana chikitsa (Pediatric, Geriatric & Rejuvenative Protocols) Wellness solutions**

**Subject Description:** Fundamental of Ayurvedi Balaroga, Jaravyadhi and Rasayana chikitsa wellness solution introduce students to below topics but not restricted to–

- Ayurvedic etiology and samprapti of Bala and Jara Roga
- Management of different Bala Roga
- Management of different Jara Roga
- Description of various types of Rasayana chikittsa

## **AIA 212 – Ayurvedic Protocols VII – Urdhvajatrugata (Ear, Nose, Throat, Eye & Head) wellness Solutions**

**Subject Description:** Fundamental of Ayurveda Urdhvajatrugata wellness solution introduces students to below topics but not restricted to–

- Management of different Karna roga
- Management of different Netra roga
- Management of different Nasa roga
- Management of different Mukha roga

Distribution of Total 920 hours:

- 192 hrs Classroom Sessions – Where you will get in-depth knowledge of Authentic Ayurveda for the appropriate level and scope of practice from our classically trained faculties.
- 288 hrs Clinical hours (Clients encounter, Clinical observation, Client directed study, Client case research, Client case presentation). At AIA, students are required to complete supervised clinical internship including contact with a minimum of 100 client encounters. This will also include clinical observation, Student client one- on- one clinical case studies, client directed studies, client case research and client case presentation. (Please note: Documentation of all client experiences must be submitted and signed by the observing Ayurvedic Physician. Students traveling to India will meet this requirement as 100 client encounters are built into the learning course competencies).
- 180 hrs Directed extramural Study
- 60 hrs Home assignments
- 100 hrs Projects
- 50 hrs Herbarium preparation
- 50 hrs Web based sessions (Webinars)