

## Āyurvedic Doctor: Educational Outline for Competency

### SECTION 1: FOUNDATION OF ĀYURVEDA

**NAMA Scope Description:** The doctor has a strong understanding of the history, philosophy, fundamental principles and basic vocabulary of Āyurveda.

- Understands Definition of Āyurveda, History of Āyurveda, Aṣṭāṅga Āyurveda, Bṛhat Trayī, Laghu Trayī

*Related Pre-requisite or Complementary Knowledge of:*

- Origin myths of Āyurveda according to Susrut, Charak, Kasyapa and the Puranas
  - Origins of Āyurveda in the pre-Vedic era
  - History of herbalism and healing in the Vedic period
  - Vedas in brief and Āyurveda being Upaveda of Atharvaveda
  - Ashtanga Āyurveda in brief
  - Śad-Darshana in brief
  - History and background of Brihad Trayi
  - Important commentators: Jejjat, Chakrapannidutta, Dalhana, Gangadhar, Yogendranath Sen
  - History of Laghu Trayi
  - History of the Nighantu
  - Current context of Āyurveda in India and America
- Understands Sāṃkhya Philosophy:
    - *Prakṛti, Puruṣa*
    - *Mahat*
    - *Ahamkāra*
    - *Manas*

- *Pañca tanmātras*
- *Pañca jñānendriyas*
- *Pañca karmendriyas*
- *Pañca mahābhūtas*
- Relationship of *jñānendriyas, karmendriyas, tanmātras and mahābhūtas*

## **SECTION 2: CONCEPTS OF ĀYURVEDA**

### **Twenty Qualities (Guṇas)**

**NAMA Scope Description:** The doctor has skills and competence in determining which *guṇas* are predominant in *prakṛti* and *vikṛti* and demonstrates the following abilities:

- To determine the role and influence of the 10 pairs (or 20 total) of opposing qualities (*gurvādi guṇas*) in the *prakṛti* and *vikṛti* through the data received from the history and examination of the client.

*Related Pre-requisite or Complementary Knowledge of:*

- The 10 pairs of opposing qualities (*gurvādi guṇas*) associated with the five elements (*pañca mahābhūtas*) and the three *doṣas* and those that vitiate the *doṣas*.
- The *guṇas* causing *doṣas* to accumulate and become aggravated.
- How diet, climate, season and age impact the *guṇas* and subsequently contribute to the cause of disease.
- What constitutes excess, deficiency and the imbalance of the *guṇas* in *doṣa vikṛti*.
- The theory of similar and dissimilar and balancing the *guṇas* through proper daily and seasonal routines for a person of each constitutional type.

## Prakṛti and Vikṛti

**NAMA Scope Description:** The doctor has the skills required to assess the physical and mental prakṛti and doṣhic imbalance using Āyurvedic methodology (*trividha, aṣṭavidha* and *daśavidha parīkṣā*).

The doctor has knowledge of:

### Three-fold Diagnostic Method (Trividha Parīkṣā)

- Observation (*Darśana*)
- Touch (*Sparsana*)
- Questioning (*Praśna*)

### Eight-fold Diagnostic Method (Aṣṭavidha Parīkṣā)

- Pulse assessment (*Nāḍī parīkṣā*)
- Urine assessment (*Mūtra parīkṣā*)
- Stool assessment (*Mala parīkṣā*)
- Tongue assessment (*Jihvā parīkṣā*)
- Speech and voice assessment (*Śabda parīkṣā*)
- Skin assessment (*Sparsa parīkṣā*)
- Assessment of eyes (*Drika parīkṣā*)
- General appearance of external features: face, nose (*Ākṛti parīkṣā*)

### Ten-fold Diagnostic Method (Daśavidha Parīkṣā)

- *Dūṣyam* - Structural and functional abnormalities of the body
- *Deśam* - Geographical nature of the place where client lives
- *Balam* - Physical strength
- *Kālam* - The season and climatic conditions
- *Analām* - The digestive system of the client
- *Prakṛti* - Constitution
- *Vayas* - Age of the client
- *Sattvam* - Psychological nature of the client
- *Sātmīyam* - General and personal habits of the client (e.g. smoking)
- *Āhāram* - Nature of the patient's diet and sensory intake (e.g. vegetarian or non-vegetarian)

### Additional Items

- Quality of *dhātus* (*sāra*)
- Physical build (*samhanana*)
- Measurement of body: height, weight, posture, circumference of head (*pramāṇa*)
- Ability to adapt (*satmya*) to diet (*āhāra*), herbs (*dravya*) and lifestyle and behavior (*vihāra*)

- Ability to digest (*āhāra śakti*)
- Stamina, endurance and capacity to exercise (*vyāyāma śakti*)

*Related Pre-requisite or Complementary Knowledge of:*

- Tridoṣa theory including the 10 pairs of opposite qualities (*gurvādi guṇas*)
- Physical and mental attributes in a prakṛti, including but not limited to height, weight, color of eyes, skin, mental abilities, memory, intellect, diet, tastes, digestive fire, quality of skin, temperature, hair, appetite, elimination, stress factors
- Physical and mental attributes that change with time: diet, climate, season, stress and environment
- Changes in vikṛti due to changes in *agni*, *guṇas* resulting in digestive disorders, appetite and elimination changes
- Attributes (*guṇas*) that cause the doṣas to accumulate and become aggravated
- Diet (*āhāra*) and lifestyle (*vihāra*); how diet, climate, season and age impact the prakṛti and subsequently contribute to doṣa vikṛti and cause of disease
- What constitutes excess, deficient and the imbalance of doṣas within their own site
- Theory of similar and dissimilar and balancing the doṣa vikṛti through a proper daily routine, seasonal routine and basic six tastes (*rasa*) for a person of each constitutional type

## Doṣas, Sub-doṣas, Dhātus, Srotas

**NAMA Scope Description:** The doctor is able to show skill and competency in determining the state of doṣas, *sub-doṣas*, dhātus, *upadhātu* and *srotas*, then able to assess the following:

- The doctor is able to assess the state of doṣas, and sub-doṣas, dhātus, upadhātus, and srotas involved through observation (*darśana*) asking questions (*praśna*) and palpation (*sparśana*) and is able to interpret the information received.

### Interview/Questioning (*Praśna*)

- Asking questions about the current state of digestion, elimination, sleep, stress level, energy level and emotional level.

### Observation (*Darśana*)

- The ability to interpret information that has been received upon observation (*darśana*) to determine the involvement (*vitiation*) of doṣas, sub-doṣas, dhātus and srotas.

### Palpation (*Sparśana*)

- The ability to interpret information that has been received upon palpation (*sparśana*) to determine the involvement (*vitiation*) of doṣas, sub-doṣas, dhātus and srotas.

*Related Pre-requisite or Complementary Knowledge of:*

- Healthy dhātus (*dhātu sārata*).

- How to properly examine the client utilizing the methods of trividha, aṣṭavidha, daśavidha parīkṣā
- Definition, qualities, locations, actions and functions of the three doṣas and 15 sub-doṣas
- Causes of imbalance, signs of imbalance of the three doṣas and 15 sub-doṣas
- Definition, location and function of the dhātus and how they are formed.
- Definition of upadhātus and *dhātu malas*
- Relationship between dhātus, upadhātus and dhātu malas
- Definition, types, qualities and functions of *ojas*
- Relationship of doṣas and dhātus
- Definition, origin and function of the srotas
- Factors causing abnormality of dhātus
- Aggravation (*vṛddhi*) and depletion (*kṣaya*) of the doṣas and dhātus
- Normal and abnormal functions of *strotāṁsi*

## Agni, Āma, Malas

**NAMA Scope of Description:** The doctor is able to assess the state of the malas, agni and *āma* through questioning (*praśna*) and observation (*darśana*).

**In order to be competent, the doctor has the following skills:**

- Ability to determine the state of agni by questioning the client upon intake (*ruḡṇa patrakam*).
- Questioning about appetite, digestion and elimination
- Ability to recognize the signs and symptoms of *āma* in the body
- Questioning about digestion
- Observation of tongue, stools and body odor
- Ability to recognize the signs and symptoms of normal and vitiated mala
- Questioning about urination, elimination and sweat patterns
- Observation of the urine stools and sweat to include color, volume, odor, clarity

*Related Pre-requisite or Complementary Knowledge of:*

- Symptoms and signs of the four states of agni
- Definitions of *āma*, agni and mala
- How *āma* is formed

- Types agni and āma
- Functions of agni
- Signs and symptoms of the altered states of agni
- Signs and symptoms of āma in the urine (*mūtra*), feces (*purīṣa*), sweat (*sveda*), on the tongue (*jihvā*), eyes (*netra*), nails, skin, etc.
- Functions of the malas
- What constitutes the normal and abnormal quantity and qualities of malas

## Prāṇa, Tejas, Ojas

**NAMA Scope Description:** The doctor is able to determine the state of *prāṇa*, ojas and *tejas*.

**In order to be competent, the doctor is able to assess the following:**

- The state of *prāṇa*, *tejas* and ojas through observation and the interview process (consultation), which explores the state of *prāṇa*, *tejas* and ojas.

*Related Pre-requisite or Complementary Knowledge of:*

- Definition of *prāṇa*, *tejas* and ojas
- Relationship of *prāṇa*, *tejas* and ojas to *vata*, *pitta* and *kapha*
- Signs of healthy or balanced *prāṇa*, *tejas* and ojas
- Symptoms of high ojas
- Symptoms of low ojas
- Displaced ojas
- Factors causing imbalance in ojas, *tejas* and *prāṇa*

## SECTION 3: SKILLS AND COMPETENCIES

**NAMA Scope of Practice:** The doctor has the necessary skills to provide counseling.

**In order to be competent, the doctor has the following abilities:**

- Asks questions that gather the appropriate information necessary to understand the prakṛti and vikṛti of the client.

*Related Pre-requisite or Complementary Knowledge of:*

- What the chief complaint is, based on initial consultation and the importance of mitigating factors such as: origin, duration, progress and factors that aggravate and relieve the symptoms.
- Past medical history, including: Illness, injuries, surgeries, hospitalizations
- Family history affecting vikṛti of the client
- Social history affecting vikṛti of the client
- Roles of work relationships and home environment affecting vikṛti of the client
- Medications and supplements a client is taking
- Any allergies or intolerances the client has to drugs or foods
- Client's nutrition habits
- Good listening skills, eye contact and develops rapport with client
- How to ask open ended questions with each client
- The importance of obtaining a good health history and demonstrates this ability
- Accurate assessment and plan of action
- Client's satisfaction of Āyurveda methodology
- Improving the understanding of the consultation
- Improvement of client compliance to any suggestions or guidelines given

### Personal and Family Health History

**NAMA Scope of Practice:** The doctor has the necessary skills to be able to effectively take a detailed current and past personal and family health history.

**In order to be competent, the doctor has the following abilities:**

- Asks questions which gather the appropriate information necessary to understand the prakṛti and vikṛti of the client and refers a client for disease management care, when necessary.

*Related Pre-requisite or Complementary Knowledge of:*

- What the chief complaint is, based on initial consultation and the importance of mitigating factors such as: origin, duration, progress and factors that aggravate and relieve the symptoms.
- Past medical history, including: illness, injuries, surgeries, hospitalizations
- Family history affecting vikṛti of the client
- Social history affecting vikṛti of the client
- Roles of work relationships and home environment affecting vikṛti of the client
- Medications and supplements a client is taking
- Any allergies or intolerances the client has to drugs or foods
- Client's nutrition habits
- Good listening skills, eye contact and develops rapport with client
- How to ask open ended questions with each client
- The importance of obtaining a good health history and demonstrates this ability
- Accurate assessment and plan of action
- Client's satisfaction of Āyurveda methodology
- Improving the understanding of the consultation
- Improvement of client compliance to any suggestions or guidelines given

## Vital Signs

**NAMA Scope Description:** The doctor has the skills to be able to effectively taking basic vital signs such as blood pressure (*raktacāpa*). These abilities are demonstrated by:

- Assessing a client's height and weight
- Taking a client's pulse
- Taking the blood pressure

*Related Pre-requisite or Complementary Knowledge of:*

- Pulse
  - Able to interpret pulse rate, rhythm and volume
  - Taking pulse at appropriate sites
  - Normal and abnormal pulses
- Blood Pressure



- Determining what is blood pressure The systolic and diastolic pressure (normal, abnormal, physiology)
- Measuring blood pressure
- Respiration
  - Determining respiration: Normal and abnormal respiration

## Etiological Factors (Nidāna)

**NAMA Scope of Practice:** The doctor is able to determine the etiological factors (*nidāna*) responsible for the doṣhic imbalance and the disease.

**In order to be competent, the doctor has the ability to:**

- Interpret and understands the case history of the client
- Interpret the case history to determine the specific etiological factors associated with each symptom and disease

*Related Pre-requisite or Complementary Knowledge of:*

- The three fundamental causes of disease: *asātmyendriyārtha saṁyoga, prajñāparādha, pariṇāma*
- How the senses might be misused (over-used, under-used or wrongly used) in a manner that causes the doṣas to become aggravated
- How daily and seasonal routines impact the flow of the doṣas
- Qualities that cause the doṣas to go through the six stages of pathogenesis
- How constitution, climate, season and age impact the movement of the doṣas
- Additional causative factors (nidānas) in the disease process
- How the suppression of natural urges contributes to the disease process
- Knowledge of the specific etiological factors of each symptom and disease.

## Pathology (Vikṛti Vijñāna)

**NAMA Scope Description:** The doctor is competent to be able to understand the pathogenesis of various diseases and diagnose them accurately.

**(PLEASE NOTE:** The translations of the Sanskrit disease names are broad correlations of conventional diagnoses but not exclusive to those pathologies. Other conditions which present with similar symptoms and pathologies may also be included under some of the Āyurvedic disease names. There are many recent pathologies that may not have specific names in Āyurveda, but can be understood by the pathological changes in the doṣas and root cause etiology)

**In order to be competent, the doctor is able to:**

- Identify doṣa vṛddhi and kṣaya
- Identify dhātu vṛddhi, kṣaya, and *duṣṭi*
- Identify mala vṛddhi and kṣaya
- Understand *doṣa gati*:
  - *Ūrdhva* (upwards), *adhoga* (downwards), and *tīryak* (horizontally)
  - From *koṣṭha* to *sākha* and from *sākha* to *koṣṭha*
  - In the six stages of *samprāpti*
- Understand causes of doṣas moving from *koṣṭha* to *sākha* and from *sākha* to *koṣṭha*
- Understand relationship between the doṣas, dhātu, and malas
- Knowledge of srotāmsi:
  - Causes of *srotovaiguṇya*
  - Causes and signs of *sroto duṣṭi*
- Knowledge of *āvaraṇa* pathology and its signs
- Knowledge of various *vyādhis*:
  - Identify *vyādhi lakṣaṇas* (signs of disease)
  - Identify *vyādhi avastha*: *sāma* or *nirāma* state of doṣa, dhātu, and malas
- Knowledge of *vyādhi* classifications:
  1. *Nija, āgantva, and mānasika*
  2. *Santarpaṇa and apatarpaṇa janya*
  3. According to *roga mārga*: *bāhya, ābhyantara, or madhya*
  4. *Sāmānyaja* or *nānātmaja*
  5. *Sukha sādhyā, kaṣṭha sādhyā, yāpyā, or asādhyā*
- Knowledge of the *nanatmaja vikaras*: *vataja, pittaja* and *kaphaja*
- In-depth knowledge of the classical diseases listed below; including how they are described in Madhav Nidhan, any differences seen in the samhitas regarding these diseases and the opinions of the chief commentators
- Knowledge of the following diseases:
  - According to srotas:
    - *Prāṇavaha srotas*: *kāsa, śvāsa, hicca*
    - *Annavaha srotas*: *ajīrṇa, aruci, cardī, amlapitta, ānāha, udara sūla, kṛmi, grahaṇi, Atisāra, arśhas*
    - *Ambuvaha srotas*: *tṛṣṇa, prameha, śoṭha*
    - *Rasavaha srotas*: *jvara, pāṇḍu*
    - *Raktavaha srotas*: *raktapitta, dāha, vātarakta, kāmala*

- *Mamsavaha srotas: granthi, galaḡanda, gandamala*
- *Medovaha srotas: staulya (medo roga)*
- *Asthivaha srotas: asthigata vāta, sandhigata vāta, āma vāta*
- *Majjavaha srotas: pakṣāvadhā, ākṣepaka, kampavāta, apasmāra, grdrasi*
- *Śukravaha srotas: klaibya*
- *Ārtavavaha and stanyavaha srotas: yoni vyāpat, pradara, stanya rogas*
- *Manovaha srotas: unmāda, smṛtibhramṣa*
- According to organ:
  - *Hrid roga*
  - *Tvak: visarpa, kaṇḡu, kuṣṡha*
  - *Vṛkka: aśmari*
  - *\*Additional diseases: gulma, arbuda*
- Overview understanding of the western diseases listed below, including a general appreciation of epidemiology, causation, pathogenesis and clinical presentation:
  - *Jwara*
    - Influenza
    - Lyme Disease
    - STIs
    - *Visham jwara*
    - *Sannipataka jwara*
    - *Rajayakshma*
  - Common infectious diseases
    - RSV
    - Gastroenteritis
    - Food poisoning
  - Emerging infectious diseases
    - Lyme Disease & co-infections
    - Babesiosis
    - Bartonella
    - Ehrlichiosis
    - Mycoplasmosis
    - Tularemia
    - West Nile
    - HIV
  - *Annavaha srotas & purishavaha srotas*

- Chronic diarrhea
- Candidiasis
- Parasitic infections (krumi)
- Food allergies
- Chronic gastritis
- GERD
- Irritable bowel syndrome
- Gluten sensitivity and celiac disease
- Hemorrhoids.
- Inflammatory bowel disease (ulcerative colitis, Crohns, microscopic colitis)
- Ambuvaha srotas
  - Diabetes
  - Dehydration
- Pranavaha srotas
  - Sinusitis
  - Chronic bronchitis
  - Bronchial asthma
  - Allergies/hay fever
  - Walking pneumonia
- Rasavaha srotas
  - Hyperlipidemia
  - Eczema
  - Psoriasis
  - Urticaria
  - Acne
- Raktavaha srotas
  - Hypertension
  - Ischemic heart disease,
  - Arrhythmias
  - Peripheral vascular disease
  - Anemia
  - Chronic liver diseases: Hepatitis B & C and non-alcoholic fatty liver disease
  - Thrombophlebitis
- Mamsavaha srotas
  - Chronic pain syndromes

- Fibromyalgia
- Chronic fatigue syndrome
- Tendinitis
- Plantar fasciitis
- Medovaha srotas
  - Obesity
- Astivaha srotas
  - Osteoarthritis
  - Rheumatoid arthritis
  - Psoriatic arthritis
  - Gout
  - Osteoporosis
  - Scoliosis
- Majjavaha srotas
  - Sleep disorder
  - Migraine
  - MS
  - Headaches
  - Epilepsy
- Shukravaha srotas
  - Prostatitis
  - Prostate cancer
  - Erectile dysfunction
  - Infertility
- Artavavaha srotas
  - Menorrhagia
  - Dysmenorrhea
  - Amenorrhea
  - PMS
  - Support for normal pregnancy
  - Menopause
- Manovaha srotas
  - Anxiety
  - Panic attacks
  - Stress

- PTSD
- Eating disorders (anorexia nervosa, bulimia)
- Alcoholism
- Major depression
- Bipolar
- Schizophrenia
- Sthanyavaha srotas
  - Support for lactation
  - Tender breasts
  - Fibrocystic breast disease
  - Breast cancer
- Mutravaha srotas
  - UTI
  - Irritable bladder syndrome
  - Incontinence
- Metabolic disorders
  - Thyroid diseases
  - Adrenal fatigue
  - Diabetes

## Pathogenesis (Samprāpti)

**NAMA Scope Description:** The doctor is competent to determine the full samprāpti of disease conditions.

**In order to be competent, the doctor is able to:**

- Describe the pathology in terms of the stage of disease along with the involvement of the doṣa, sub-doṣa, dhātu and srotas in the disease and also determine the state of agni in the disease.

*Related Pre-requisite or Complementary Knowledge of:*

- All stages of disease (*śaḍ kriyā kāla*)
- Signs of disease at each stage including relocation, manifestation and diversification.
- Specific pathology related to disease conditions.

## Counseling Skills

**NAMA Scope of Practice:** The doctor has the necessary skills to provide counseling with the following abilities:

- Conveys information and ideas correctly (to educate)
- Listens and understands
- Supports a client to make positive changes in his/her life
- Earns the client's trust

*Related Pre-requisite or Complementary Knowledge of:*

- Communicating effectively
- Demonstrating effective skills for counseling
- Recommending changes in diet and lifestyle as necessary, due to doṣhic tendencies and how they relate to challenges
- Supporting each person to make successful changes based on their constitutional type
- Supporting a *rājasika* and *tāmasika* client to make changes
- Demonstrating good bedside manner

**The following areas of knowledge are generalized and no specific methodology has been determined. Schools are encouraged to include their own methodologies in their curriculum.**

No competencies will be evaluated in these areas:

- Understanding body language
- Understanding tone of voice
- Asking relevant questions
- Ability to paraphrase and summarize
- Demonstrates active listening
- Discern nonverbal communication
- Referring clients to theory references including books and other reference materials that support self learning

## Medical Reports

**NAMA Scope Description:** The doctor is able to interpret basic Western diagnostic and medical reports.

**In order to be competent, the doctor is able to:**

- Understand the diagnostic assessments of physician, chiropractor, physical therapists and other health and medical professionals.

*Related Pre-requisite or Complementary Knowledge of:*

- Nature of the diagnostic test (what it is) and why the test is performed.
- Normal and abnormal tests.

*Noted Limitation: The doctor is not required to be able to interpret raw data or the test results, but to understand the interpretation of the test from the expert who has reports the results.*

**Skills and Competencies**

- Recognize when test results might indicate “can’t afford to miss” diagnoses that require referral
- Recognize when tests, although technically normal, indicate less than optimal health, (such as a higher than optimal TSH or a lower than optimal vitamin D)
- Understand how to use tests to corroborate or support their Ayurvedic diagnostic methods
- Comprehend medical records brought in by a patient and grasp their significance in the overall history
- Be aware of which tests should be ordered to exclude a serious illness
- Know how to write a specific, targeted referral letter to support their patient in excluding or confirming important diagnoses requiring medical attention

**Blood Tests**

- Basic Chemistry Screen
  - Glucose
  - Urea nitrogen
  - Creatinine
  - EGFR
  - Serum sodium
  - Serum potassium
  - Serum chloride
  - Serum magnesium
  - Serum calcium
  - Serum phosphate
  - Serum uric acid
  - Serum albumin
  - Serum globulin
  - Total serum protein
  - Bilirubin (total \* direct\* indirect\*)
  - Alkaline phosphatase
  - Serum iron



- Ferritin
- GGT/GGTP
- Serum LD
- AST (SGOT)
- ALT (SGPT)
- Cholesterol
- Triglycerides
- HDL
- LDL
- Homocysteine (understand why it is not, but should be, a basic screen)
- Apolipoproteins (understand why it is not, but should be, a basic screen)
- Basic Hematology Tests
  - White blood count and differential
  - Hemoglobin
  - Hematocrit
  - Red blood cell indices:
    - MCV
    - MCH
    - MCHC
    - RDW (red blood cell distribution width)
    - Reticulocytes
  - Platelet count
- Commonly-assessed Hormone Tests
  - TSH
  - T3 T4
  - Cortisol
  - Testosterone
  - LH
  - FSH
- Vitamin D Level
- Inflammatory Markers
  - CRP
  - Rheumatoid factor
  - ANA
- HbA1c

- Tumor Markers
  - PSA
  - AFP
  - Ca 125
- Standard Urinalysis
  - Volume, color, turbidity
  - Specific gravity
  - Ph
  - Protein
  - Glucose
  - Ketones
  - Bilirubin
  - Heme
- Stool Tests
  - Fecal fat
  - Stool culture and sensitivity, O&P
  - FOB
- Imaging
  - Reasons for performing ultrasound studies
  - Abdominal ultrasonography
  - Echocardiography
  - Fetal ultrasound
  - Pelvic and transvaginal ultrasonography
  - Dangers, pitfalls & uses of CT scans
  - Calcium count/heart scan
  - Reasons for performing MRI & type of information obtained
  - Dangers & uses of x-rays
  - Dexascan for bone density
- Endoscopy
  - Reasons for performing upper GI & colonoscopy and type of information obtained
- Pathology
  - Understand cancer staging, grading report and hormone sensitivity

## Client Strengths and Assets

**NAMA Scope Description:** The doctor is able to assess and determine the client's strengths and willingness to follow recommendations.

**In order to be competent, the doctor is able to:**

- Assess the client's compliance
- Assess the memory of the client

*Related Pre-requisite or Complementary Knowledge of:*

- How the qualities noted above influence the outcome of a case.

## Research Skills

**NAMA Scope Description:** The doctor is an informed consumer of research pertaining to the Ayurvedic field and able to evaluate, discuss and integrate contemporary research within the context of Ayurvedic knowledge. The doctor is able to make significant contributions to the profession such as contributing to or participating in original research, review articles, conference teaching or presentation of case studies.

**In order to be competent, the doctor is able to:**

- Participate in original research
- Write scholarly review articles of the literature
- Present their research, reviews and case studies at conferences
- Critically read the reported data
- Identify flaws in studies (sample size, personal bias, etc)

*Related Pre-requisite or Complementary Knowledge of:*

- How to read research abstracts
- The purpose of research
- Basic research methods
- How different types of research are conducted

## SECTION 4: RECOMMENDATIONS, TREATMENT AND OTHER INTERVENTIONS

### Food/Diet

#### NAMA Scope Descriptions

**Recommendations:** The doctor is able to recommend or prescribe the appropriate food choices and proper eating behaviors (*āhāraavidhi*) in accordance with the prakṛti, vikṛti, guṇas, rasa, season (*ṛtu*), digestive strength (*agnibala*) and age (*vaya*) of the patient.

**Treatment and Intervention:** The doctor is able to demonstrate the selection and preparation of appropriate foods and spices according to prakṛti, vikṛti, guṇas, rasa, season (*ṛtu*), digestive strength (*agnibala*) and age, and demonstrate proper eating behaviors (*āhāraavidhi*).

In order to be competent, the doctor demonstrates the following competencies:

- General Knowledge of the six tastes
  - Six tastes, their elemental make up and qualities
  - Rasa, *vīrya* and *vipāka* of the tastes
  - The 10 pairs of opposite qualities (*gurvādi guṇas*) of each taste
  - Effects of each taste on doṣas, dhātus and malas
  - Tastes that are nourishing (*br̥mhaṇa*) and those that are reducing (*laighana*)
  - Effect of the tastes and foods on agni and āma
  - Elemental make up of foods (*mahābhoutika āhāra*)
- Dietary guidelines
  - Suggest proper guidelines for healthy eating
- Specific foods and spices
  - Foods in each major category (grains, meats, dairy, etc.) and their effect on their actions on the three doṣas
  - Spices and their effect upon the doṣas
- Fasting
  - Able to offer types of fasting
  - Liquid, juice, fruit, one meal per day
- Preparation of food
  - How processing food changes its qualities
  - How to prepare basic foods such as *kichari*, ghee and buttermilk
- Rituals of eating
  - Importance of eating mindfully and with gratitude
- Other

- Importance and intake of warm water in the mornings (*uṣāpāna*)

## Lifestyle

### NAMA Scope Descriptions

**Skills and Competencies:** The doctor is able to recommend or prescribe appropriate daily (*dinacaryā*), seasonal (*ṛtucaryā*) and life cycle routines according to *prakṛti*, *vikṛti*, and *guṇas*. The doctor should also be able to recommend at-home preventive and promotive (*svasthavṛtta*) measures, and positive conduct (*sadvṛtta*) measures.

**Treatment and Intervention:** The doctor should be able to demonstrate the appropriate daily (*dinacaryā*), seasonal (*ṛtucaryā*) and life cycle routines according to *prakṛti*, *vikṛti*, and *guṇas*. Demonstrating at-home preventive and promotive (*svasthavṛtta*) measures, and positive conduct (*sadvṛtta*) measures.

**In order to be competent, the doctor is able to recommend, prescribe or demonstrate the following:**

- Recommend Daily Routines (review techniques with client)
  - Recommend proper oral hygiene (tongue cleaning, teeth brushing and flossing)
  - Taking care of Eyes (eye wash)
  - Self *abhyāṅga*
  - Drinking warm water in the morning (*uṣāpāna*)
  - Tongue cleaning
  - Netī
  - Activities to promote sleep before bed
- Recommend adjustments to the daily routine based on season
- Support the client to make lifestyle changes
  - Adjusting bed times and wake up times according to dosha, as well as season
  - Times to take food
  - Instruct the client in modifying lifestyle in accordance with the seasons
- Proper conduct (*sadvṛtta*)
  - Encourage devotional and spiritual practices
  - Encouraging mindfulness throughout the day
  - Encourage to cultivate loving kindness, compassion, joy and equanimity
- The doctor is able to modify the daily, seasonal and lifecycle routines of the patient in accordance with their underlying disease.

*Related Pre-requisite or Complementary Knowledge of:*

- Doṣas increasing or decreasing during different times of the day and season

- Age affecting the doṣas and agni
- Influence of appropriate physical, devotional, spiritual practices on doṣas and guṇas
- Twenty guṇas, doṣas, agni, āma, ojas
- Three primal states (*mahāguṇas*: sattva, rajas, tamas)
- Drinking warm water in the morning (uṣāpāna)
- Lifestyle impacting digestion and elimination
- A regular routine influencing the doṣas
- Practice of abhyaṅga, the oils to be used for abhyaṅga, different types of abhyaṅga
- Effective use of daily routine
- Effective use of seasonal routine
- Devotional and spiritual practices affecting the mind and body
- Evening routine (*rātricaryā*)
- Transition of the seasons (*rtusandhi*)
- *Rasāyana* foods
- *Vājīkaraṇa* foods
- Resisting and not resisting urges
- Knowledge of how specific diseases alter general lifestyle recommendations

## Senses

### NAMA Scopes Descriptions

**Recommendations:** The doctor is able to recommend or prescribe the appropriate use of sight, smell, touch, taste and hearing (*sātmendriyārthasamyoga*) and administer the appropriate treatments.

**Treatment and Intervention:** The doctor is able to prescribe the appropriate use of sight, smell, touch, taste and hearing in the management of disease.

**In order to be competent, the doctor is able to recommend, prescribe and/ or demonstrate the following:**

### Aromatic Therapy

- The doctor is able to identify excessive utilization, deficient utilization and mis-utilization of the sense of smell and instruct the client to make adjustments to their aromatic environment to support the healing process. This might include identifying substances such as turpentine or

fabric softener that are disturbing the sense of smell as well as recommending the use of doshically appropriate aromatic herbs such as rose or sandalwood.

#### **Taste Therapy (Diet and Herbs)**

- The doctor is able to identify excessive utilization, deficient utilization and mis-utilization of the sense of taste and instruct the client to make adjustments to their gustatory environment (for more information see the food section) to support the healing process. This might include correcting a diet that is too salty, too pungent, too sweet, etc. and recommending a doshically appropriate balance of tastes.

## Touch Therapy (Self Massage)

- The doctor is able to identify excessive utilization, deficient utilization and mis-utilization of the sense of touch and instruct the client to make adjustments to their tactile environment to support the healing process, such as by instructing the client in Āyurvedic self-massage.

## Sound Therapy

- The doctor is able to identify excessive utilization, deficient utilization and mis-utilization of the sense of hearing and instruct the client to make adjustments to their auditory environment to support the healing process. This might include identifying exposure to loud music or work-related noise as well as recommending methods to mitigate such exposures.

## Visual Therapy

- The doctor is able to identify excessive utilization, deficient utilization and mis-utilization of the sense of vision and instruct the client to make adjustments to their visual environment to support the healing process.

### *Related Pre-requisite or Complementary Knowledge of:*

- Sensory and motor faculties
- The relationship of five elements (pañca mahābhūtas) to each sensory and motor faculty
- Effect of appropriate, excessive and absence of sensory stimuli on each of the five sensory faculties and mind
- Sensory stimuli affecting the doṣas
- Appropriate and inappropriate use of senses
- Different oils used for nasya
- Touch therapy including different forms of abhyaṅga and appropriate oils used for abhyaṅga
- Different tastes and influence on doṣas
- The mind is and its functions
- Relationship between the five elements and their respective *tanmātra*, sense and motor organs

# Herbs and Minerals

## NAMA Scope Descriptions

**Recommend:** The doctor is competent to safely recommend individualized herbal formulas, predesigned herbal medicines, minerals and other natural substances for internal or external use with consideration of the dose (*mātra*), vehicle (*anupāna*) and timing (*auśadha kāla*) for the purpose of balancing agni, eliminating āma while supporting the malas and protecting and building ojas, and treating disease. In addition, the doctor is aware of and able to negotiate herb-drug interactions.



**Treatment and Intervention:** The doctor is competent to administer, combine, provide, compound, and dispense herbal medicines, minerals, or other natural substances. Herbs may be used for internal or external use for the purpose of balancing agni and eliminating āma while supporting the malas and protecting and building ojas, as well as for treating specific diseases affecting any dhātu, upadhātu, malas or srotas in any stage of the disease pathology.

**In order to be competent, the doctor is able to make the following recommendations and provide the following treatments and interventions:**

- The doctor is able to recommend or prescribe the appropriate herbs to balance agni, eliminate āma and support the malas while protecting and building ojas.
- The doctor is able to recommend pre-designed herbal formulas or create custom herbal formulations that include the use of herbs, minerals or other natural substances for internal or external use with consideration of dose (mātra), vehicle (anupāna) and timing (auśadha kāla).
- Prescribe herbal and related medicines for the purpose of treating disease.
- *Related Pre-requisite or Complementary Knowledge of:*
  - Herb classification and their energetics based on taste (rasa), potency (vīrya), post-digestive effect (vipāka), quality (guṇa) and unique action (*prabhāva*)
  - The actions of herbs (*karma*). The doctor is well-versed in the karmas of each herb. When Western terminology matches the Saṃskṛta terminology, the Western terms should be known. When a unique action is described in Saṃskṛta that has no simple translation into English, then the Saṃskṛta terminology for that action should be known.
  - The effect an herb has on the agni, āma, doṣas, and malas
  - How to prepare powdered mixtures (*cūrṇa*)
  - Appropriate dosage (*mātra*) based on age, strength, doṣas, agni and pattern of elimination (*koṣṭha*)
  - Indications for using herbs and contraindications to assure safe use
  - Herbs based on storage, processing, purity and government regulations
  - Appropriate herb and herbal related medicines for the management of specific disease conditions.
  - Effect an herb has on dhātu and srota
  - Different anupānas to target different doṣas and dhātus.
  - Basic FDA regulations that affect daily practice
    - (Example Section 201 (g)(1)(B) of the Federal Food, Drug, and Cosmetic Act (the Act) [21 U.S.C. § 321(g)(1)(B) states that herbs cannot make claims of support])
    - Herbs restricted by the the FDA
  - The following herbs:

<b>Saṃskṛta Name</b>	<b>Latin Name</b>	<b>Common Name</b>
Āmalakī	Emblca officinalis	Indian gooseberry
Anantamūla	Hemidesmus indicus	Sariva, upalsari
Arjuna	Terminalia arjuna	
Aśoka	Saraca indica	
Aśvagandha	Withania somnifera	
Balā	Sida cordifolia	
Bhṛngarāja	Eclipta alba	
Bhūmyāmalakī	Phyllanthus amarus	Bhui-avala
Bilva	Aegle marmelos	Bael fruit
Brahmī	Bacopa monnieri, centella asiatica (active debate on this)	
Citraka	Plumbago zeylanica	
Dāruharidrā*	Berberis aristata	Daruhlad
Devadāru*	Cedrus deodara	Deodar
Dhānyaka	Coriandrum sativum	Coriander
Elā	Elettaria cardamomum	Cardamom
Eraṇḍa	Ricinus communis	Castor oil
Gokṣura	Tribulus terrestris	Gokharu
Gudūcī	Tinospora cordifolia	Gulvel, amrita
Guggulu	Commiphora mukul	Guggul
Haridrā	Curcuma longa	Turmeric
Harītakī	Terminalia chebula	Chebolic myrobalan
Hīṅgu	Ferula assa-foetida	Asafoetida
Jaṭāmāmsī*	Nardostachys jatamansi	Indian spikenard
Jātīphalā	Myristica fragrans	Nutmeg
Jīraka	Cuminum cyminum	Cumin
Jyotiṣmatī*	Celastrus paniculatus	
Kalamegha*	Andrographis paniculata	King of bitters
Kapikacchu	Mucuna pruriens	
Kaṭukī*	Picrorhiza kurroa	Kutki
Kirātatikta*	Swertia chirata	Kade chirait
Kumārī	Aloe barbadensis	Aloe
Kuṭaja	Holarrhena antidysenterica	Kuda
Laśuna	Allium sativum	Garlic
Lavaṅga	Syzygium aromaticum	Clove
Lodhra*	Symplocos racemosa	
Maṇḍūkapaṇḍī	Centella asiatica	Gotu kola
Mañjiṣṭhā	Rubia cordifolia	
Marica	Piper nigrum	Black Pepper
Meṣaśṛṅgī	Gymnema sylvestre	Gurmar, shardunika
Methikā	Trigonella foenum-graeceum	Fenugreek

Sanskṛta Name	Latin Name	Common Name
<i>Miśreya</i>	<i>Foeniculum vulgare</i>	Fennel
<i>Mustā</i>	<i>Cyperus rotundus</i>	Nagarmotha
<i>Nimba</i>	<i>Azadirachta indica</i>	Neem
<i>Padmaka</i>	<i>Nelumbo nucifera</i>	Lotus
<i>Pippali</i>	<i>Piper longum</i>	Long Pepper
<i>Punarnavā</i>	<i>Boerhaavia diffusa</i>	
<i>Rājikā</i>	<i>Brassica juncea</i>	Mustard seeds
<i>Rakta candana</i>	<i>Pterocarpus santalinus</i>	Red sandalwood
<i>Raktapuṣpi</i>	<i>Hibiscus rosa</i>	Hibiscus
<i>Rāsnā</i>	<i>Alpina officinarum</i>	Galangal
<i>Saindhava lavaṇa</i>		Mineral salt
<i>Śallakī</i>	<i>Boswellia serrata</i>	
<i>Śāṅkhapuṣpī</i>	<i>Evolvulus alsinoides</i>	
<i>Sat Isabgol</i>	<i>Plantago psyllium</i>	Psyllium husks
<i>Śatāvarī</i>	<i>Asparagus racemosus</i>	Asparagus root
<i>Śilājitu</i>	<i>Asphaltum</i>	Mineral pitch
<i>Śuṅṭhī</i>	<i>Zingiber officinale</i>	Ginger
<i>Svarṇapatrī</i>	<i>Senna alexandrina</i>	Senna
<i>Tagara</i>	<i>Valeriana wallichii</i>	Valerian
<i>Taruṇī</i>	<i>Rosa centifolia</i>	Red rose petals
<i>Tavakṣīrī</i>	<i>Maranta arundinacea</i>	Arrowroot
<i>Tīla</i>	<i>Sesamum indicum</i>	Sesame
<i>Tulasī</i>	<i>Ocimum sanctum</i>	Holy basil
<i>Tvak</i>	<i>Cinnamomum cassia</i>	Cinnamon
<i>Uśīra</i>	<i>Vetiveria zizanioides</i>	Vetiver
<i>Vacā</i>	<i>Acorus calamus</i>	Sweet flag
<i>Vasaka</i>	<i>Adhatoda vasica</i>	Malabar nut
<i>Vibhītakī</i>	<i>Terminalia bellerica</i>	Beleric
<i>Viḍaṅga</i>	<i>Embelia ribes</i>	
<i>Vidārī kanda</i>	<i>Ipomoea digitata</i>	Indian ginseng
<i>Yaṣṭi madhu</i>	<i>Glycyrrhiza glabra</i>	Licorice root
<i>Yavānī</i>	<i>Carum copticum</i>	Ajwain or wild celery

\*Herbs are difficult to obtain due to being protected species or endangered.

- Various preparations of herbs and how they are made including:
  - o Infusions
  - o Decoctions (*kaṣāya*)
  - o Fresh juice (*svarasa*)
  - o Jam (*avalehya, lehyam*)
  - o Medicated ghee (*ghṛta*)
  - o Powders (*cūrṇa*)

- Medicated oils (*taila*)
  - Pills (*vaṭi*)
  - Moist bolus (*kalka*)
  - Fermented preparations (*āsava, ariṣṭa*)
- The following specific compound formulations:

	Tablets (Vaṭi)	Decoctions (Kashaya)	Oil (Taila)	Ghee (Ghṛta)	Fermented Preparations (Āsava, Ariṣṭa)	Jams (Lehyam)
Avipattikara	*Ārogyavardhinī vaṭi	*Indukantham	*Aṇu taila	Āsvagandha ghṛta	Abhaya ariṣṭa	Cyavanprāśa
Daśamūla	*Candraprabhā vaṭi	Dashamulam	Āsvagandha bala taila	Śatāvarī ghṛta	Arjuna ariṣṭa	Brahmiprash
Hingvāṣṭaka	Citrakādi vaṭi	*Amrutotharam	Bhṛṅgarāja/ mahābhṛṅ garāja taila	Triphala ghṛta	Āśoka ariṣṭa	Draksha avelaha
Lavaṇa bhāskara	Eraṇḍa harītakī		Brāhmī taila	Yaṣṭi madhu (licorice) ghṛta	Āsvagandha ariṣṭa	Ashwagandha avelaha
	Gokṣurādi guggulu		Eraṇḍa (castor) taila		Bala ariṣṭa	Adrak avelaha
Sitopalādi	Kaiṣora guggulu		*Kṣāra taila		*Candana āsava	Pippali rasayana
Tālīsādi	Khadirādi vaṭi		*Mahāmari cyādi taila		Daśamūla ariṣṭa	
Trikaṭu	Laśunādi vaṭi		Mahāṇārāyan taila		Drakṣa āsava	
Triphala	Lavaṅgādi vaṭi		Mahāviṣa garbha taila		Kumārī āsava	
	*Lākṣādi guggulu		Nīlgiri (eucalyptus) taila		Lohāsava	
	Mahāsudarśana vaṭi		Nimba (Neem) taila			
	*Maricyādi vaṭi		*Saindhavādi taila			
	Punarna guggulu		*Ṣaḍbindu taila			

	Tablets (Vaṭi)	Decoctions (Kashaya)	Oil (Taila)	Ghee (Ghṛta)	Fermented Preparations (Āsava, Ariṣṭa)	Jams (Lehyam)
	*Sārivādi vaṭi					
	Simhanāda guggulu					
	*Śankha vaṭi					
	*Trayodaśāṅga guggulu					
	Yogarāj guggulu					

Note: Those marked with “\*” are either not easily available in USA or cannot be used as it is an herbomineral compound containing “heavy metal”. It is important to have knowledge of these products, but students would not be tested regarding the same.

## Pacification of Doṣas (Laṅghana/Śamana)

### NAMA Scope Descriptions

**Recommendations:** The doctor is able to recommend pacification (*shamana*) therapies to balance the doṣas and eliminate āma

**Treatment and Invention:** The doctor is able to design, implement and manage a plan for pacifying the doṣas and eliminating āma.

**In order to be competent, the doctor is able to make the following recommendations and implement the following therapies with the goal of pacification of the doṣas.**

- **Herbs and Spices:** Those that increase agni (*dīpana*) and metabolize āma (*pācana*)
- **Diet:** See food section (*kṣudhā nigraha*)
- **Sensory Therapies:** See sensory therapy section.
- **Exercise (*vyāyāma*)**
- **Heat Therapies (*agni* and *anagni cikitsā*)**

*Related Pre-requisite or Complementary Knowledge of:*

- Seven traditional forms of palliative therapy:

- Dīpana: Herbs/spices that increasing agni
- Pācana: Herbs/spices that digest āma
- *Kṣudhā nigraha*: Control over diet including the use of fasting
- *Tṛṣṇā nigraha*: Control over water and oil intake
- Vyāyāma: Use of exercise
- *Ātāpa sevana*: Forms of creating heat without directly increasing agni such as sunbathing
- *Māruta sevana*: Ways to cool the body to protect pitta dosha such as moon walks
- Āyurveda anatomy and physiology (qualities, elements, doṣas, sub-doṣas, dhātus, upadhātus, malas, srotas, agni, āma, ojas)
- Indications and contraindications for palliation therapy
- How to design a palliation program to correct an imbalance in each doṣa
- Effective application of each therapy noted above
- Assessing the client's state of agni, āma and ojas
- Assess digestion, tongue, stools and body odor as a means of identifying āma in the body
- Assessing doṣa vikṛti
- Use of herbs and spices for balancing agni and eliminating ama
- Effective, safe and appropriate, application of diet, herbs, sensory therapies, exercise and heat treatments

## Elimination of Aggravated Doṣas (Laṅghana: Pañcakarma)

### NAMA Scope Descriptions

**Recommendations:** The doctor is able to recommend *pañcakarma* programs as well as individual treatments (*śodhana chikitsa*), including classical *pañcakarma*, treatments for individual conditions, and specialized traditional body treatments.

**Treatment and Intervention:** The doctor is able to design, implement and manage *pañcakarma* programs as well as individual treatments (*śodhana cikitsā*), including classical *pañcakarma* and treatments for individual conditions, specialized traditional body treatments, *pūrva karma*, *pradhāna karma* (diet, lifestyle and herbs).

**In order to be competent, the doctor is able to make the following recommendations and provide appropriate case management:**

### Pūrva Karma

- The doctor is able to properly design a *pūrva karma* program and to monitor the patient to look for signs of over and under oleation.

- The doctor is able to manage the administration of the following therapies
  - Pūrva karma diet
  - Abhyanga
  - *Udvaartana* (as needed)
  - *Swedana*
  - *Shirodhara*
  - *Katibasti* (As needed)
  - *Hridbasti* (As needed)
  - *Udarabasti* (As needed)
  - *Netrabasti* (As needed)

### **Pradhāna Karma**

- The doctor is able to properly design a pradhāna karma program and to manage the patient as he/she goes through the program.
  - *Vamana* (medicated emesis, not done routinely in US)
  - *Virechana* (medicated purgation)
  - *Basti* (medicated enemas)
  - *Nasya* (medicated nasal drops)
  - *Rakta moksha* (blood letting, not done routinely in US)

### **Paścāt Karma**

- The doctor is able to properly design a paścāt karma program and to manage the patient as he/she goes through the program.
- This includes restoration of strong digestive fire to nourish, strengthen and balance the newly detoxified tissues by recommending rasayana herbs according to prakriti.

#### *Related Pre-requisite or Complementary Knowledge of:*

- Āma pācana
- The process of pūrva karma
- The process of pradhāna karma
- Each pūrva karma practice including indications and contraindications
- Each pradhāna karma practice including indications and contraindications.
- The signs of successful and unsuccessful administration of each practice
- How to adjust the program if the administration of a therapy is not successful.
- The oils and medicines to be used in each practice.
- How to design a complete pañcakarma program including pūrva, pradhāna and paścāt karma.

- How to modify the complete pañcakarma program for patients with a vāta, pitta and kapha vikṛti.
- How to modify the complete pañcakarma program for patients with various diseases.
- How to modify a pañcakarma program with consideration of the patient's response to the therapies, including but not limited to changes in appetite, elimination pattern and overall strength.

## Rejuvenation (Rasāyana)

### NAMA Scope Descriptions

**Recommendations:** The doctor is able to recommend a post pañcakarma rejuvenation program (paścāt karma).

**Treatments and Interventions:** The doctor is able to design, implement and manage a post pañcakarma rejuvenation (paścāt karma).

**In order to be competent, the doctor is able to make the following recommendations and prescribe the appropriate treatments and interventions.**

- Post pradhāna karma care (paścāt karma) for the purposes of rejuvenating the body and mind.

*Related Pre-requisite or Complementary Knowledge of:*

- The principles and process of samsarjana krama; including how restore healthy agni while reintroducing foods into the diet.
- The use of herbs and herbal formulas in the rejuvenation process.
- The appropriate timing for the administration of rejuvenative herbs following pradhāna karma.
- How to properly monitor a patient during the period of paścāt karma and how to adjust a patient's program in accordance with their response to care.

## Tonification (Bṛmhāṇa)

### NAMA Scope Descriptions

**Skills and Competency:** The doctor is competent to recommend tonification (bṛmhāṇa) therapy for the body and mind.

**Treatment and Intervention:** The doctor is competent to design, implement and manage a program of tonification (bṛmhāṇa) for sustaining the health of the body and mind.

**In order to be competent, the doctor is able to make the following recommendations and provide the following treatments and interventions:**

- Dietary therapies that promote tonification.
- Herbal therapies that promote tonification.



- Internal and external oil therapies (*snehana*).
- Daily routines and lifestyle that promote tonification.

*Related Pre-requisite or Complementary Knowledge of:*

- Indications and contraindications for tonification therapy.
- Designing a tonification program in accordance with the doṣa vikṛti.
- Managing a tonification program and making adjustments to the program in accordance with the client's progress.
- Assessing the state of agni, āma and ojas.
- Assessing the dhātus and the signs of depletion.

## SECTION 5: CATEGORIES OF CIKITSĀ

**NAMA Scope Description:** The doctor has a broad understanding of the different categories of cikitsā as listed below:

### Ekavidha

1. *Nidāna parivarjana* (removing the cause)

### Dvividha

1. *Santarpaṇa* and *apatarpaṇa* (strengthening and depleting)
2. *Śodhana* and *śamana* (purification and pacification)
3. *Śīta* and *uṣṇa* (cooling and heating)
4. *Urjaskara* (synonymous with rasyana, preventive treatment)
  - Rasayana chikitsa to build optimum dhātus, strong agni and immune system for long healthy life, increase strength and stamina, and sharpen memory.
  - *Vajikarana* to have strong vigor and vitality, and shukra dhātu to have healthy progeny.
5. Curative treatment
  - *Rogaprashamana chikitsa* - Palliative treatment by dosha shamana. Disease may recur if the cause is repeated.
  - *Apunarbhava* - Complete cure. Disease will not recur.
6. *Roga praśamana* (management of disease)
  - *Doshapratyanika*
  - *Vyadhipratyanika*
  - *Ubhayapratyanika*
  - *Apunarbhava* (permanently curative)
7. *Doṣa pratyānīka* (dosha specific treatment)
  - Use of therapies with opposite qualities of doshas, e.g. licorice (demulcent herb) to balance vata dryness; cooling herbs to balance heat quality of pitta
8. *Vyādhi pratyānīka* (disease specific treatment)
  - E.g. Astringent herbs (*patha* or *kutaja*) for diarrhea; turmeric in *prameha*
9. *Ubhaya pratyānīka* (dosha and disease specific treatment)
  - Use of dashamul decoction for vataja swelling (*shotha*) balances vata and reduces swelling

### Trividha

1. *Sattvavajaya* (mind therapy or psychotherapy)
  - Sattvic mental lifestyle, mind calming herbs, etc.
2. *Yukti vyapashray* (logical treatment)
  - Treat the disease by knowing the samprapti: dosha, dhātu, srotas involvement, state of agni, underlying nidān, etc.
3. *Daiva vyapashraya* (spiritual healing/faith healing)
  - Japa, Mantra

- Tantra therap
- Gem therapy
- Rituals

#### **Caturvidha**

1. Śodhana
2. Śamana
3. Āhāra
4. Ācāra

#### **Pañcavidha**

1. Vamana
2. Virecana
3. Basti
4. Nasya
5. Raktamokṣaṇa

#### **Saṣṭvidha**

1. Bṛmhaṇa (building dhātus or tonifying)
2. Laṅghana (lightening/depleting excess dhātus)
3. Snehana (Oiling or moistening)
4. Rūkṣaṇa (drying)
5. Stambhana (stopping outflow)
6. Svedana (Sweating)

#### **Saptavidha**

1. Dīpana (strengthen agni)
2. Pācana (digest ama)
3. Kṣudhā nigrāha (fasting, limit food intake)
4. Tṛṣā nigrāha (limit liquids)
5. Vyāyāma (exercise)
6. Ātapa sevana (being in the sun, warm weather)
7. Māruta sevana (being in a cool breeze)

## **Gynaecology (Stri Vignan)**

**NAMA Scope Description:** The doctor is able to offer appropriate recommendations for the specific needs of women of childbearing, menopausal and post-menopausal age.

**In order to be competent, the doctor is able to make the following recommendations and provide the following treatments and interventions:**

- Prescribe and prepare the proper herbal formulas
- Prescribe, administer proper Āyurvedic therapies
- Prescribe modifications in the diet
- Prescribe life style changes
- Monitor patients' progress and make the appropriate adjustments to the treatment plan

*Related Pre-requisite or Complementary Knowledge of:*

- Menstrual cycle from Western and Ayurvedic standpoint
- Normal and abnormal menopausal transition from Western and Ayurvedic standpoint
- Able to take a menstrual history
- Able to take a reproductive history
- Able to take a sexual history and assess issues with drive, desire, orgasm pain affecting sexual functioning
- Common diseases affecting the female reproductive system:
  - Vaginal infections and bacterial vaginosis
  - Fibroids
  - Endometriosis
  - Ovarian cysts
  - Ovarian cancer
  - Uterine hyperplasia
  - PCOS
  - Amenorrhea
  - Dysmenorrhea
  - Menorrhagia
  - Dysfunctional uterine bleeding
  - Cervical dysplasia & HPV
  - Cervical cancer
- Specific treatments for the female reproductive system:
  - Herbal douches (*uttarabasti*)
  - Vaginal application of medicated ghees

## Pre-natal, Natal, Post-natal (Prasūti Tantra)

### NAMA Scope Descriptions

**Skills and Competency:** The doctor is able to recommend diet (ahāra), lifestyle (vihāra), herbs (dravya) and treatments (cikitsā) to manage pre-natal, natal, post-natal health and pathologies and care of newborns.

**Treatment and Intervention:** The doctor is able to design, implement and manage diet (ahāra), lifestyle (vihāra), herbs (dravya) and treatments (cikitsā) to manage pre-natal, natal, post-natal health and pathologies and care of newborns.

**In order to be competent, the doctor is able to make the following recommendations and provide the following treatments and interventions:**

- The doctor is able to safely and supportively apply these practices to the pre-natal, natal and post-natal woman. See sections on food and lifestyle.
- Support couples experiencing infertility to restore normal procreative abilities
- Utilize herbs to support and treat pre-natal, natal and post-natal women
- Treat pre-natal, natal and post-natal woman who are experiencing illness
- Provide supportive care for newborn infants
- Provide treatment for newborn infants who are experiencing illness.

*Related Pre-requisite or Complementary Knowledge of:*

- Doṣas increasing or decreasing during different times of the day and season
- Age affecting the doṣas and agni
- Influence of appropriate physical, devotional, spiritual practices on doṣas and guṇas
- Twenty guṇas, doṣas, agni, āma, ojas
- Three primal states (mahāguṇas: sattva, rajas, tamas)
- Drinking warm water in the morning (uṣāpāna)
- Lifestyle impacting digestion and elimination
- A regular routine influencing the doṣas
- Practice of abhyaṅga, the oils to be used for abhyaṅga, different types of abhyaṅga
- Effective use of daily routine
- Effective use of seasonal routine
- Devotional and spiritual practices affecting the mind and body
- Evening routine (rātricyā)
- Transition of the seasons (ṛtusandhi)

- Rasāyana foods
- Vājīkaraṇa foods
- Resisting and not resisting urges
- Stages of normal pregnancy
- Disorders of pregnancy
- How herbs affect fertility
- Sage use of herbs during each trimester of pregnancy
- Herbs to support lactation

## Children's Health (Kaumārabhṛtya)

### NAMA Scope Descriptions

**Recommendations:** The doctor is able to offer appropriate recommendations for children of all ages

**Treatment and Intervention:** The doctor is able to design, implement and manage a plan to treat the imbalances in all the srotas.

**In order to be competent, the doctor is able to make the following recommendations and provide the following treatments and interventions:**

- Recommend and prepare the proper herbal formulas
- Recommend, administer proper Āyurvedic therapies
- Recommend modifications in the diet
- Recommend life style changes
- Monitor patients' progress and make the appropriate adjustments to the treatment plan

*Related Pre-requisite for Complementary Knowledge of:*

- Signs of imbalanced doṣas at kapha stage of life
- Current samprāpti
- Cardinal signs of diseases
- Herbs, creating herbal formulas, their synergistic effects
- Herbal preparations (oils, ghees, etc)
- Appropriate dosage, time of taking herbs,
- Anupānas for children
- History and chief texts of *kaumārabhṛtya*

- Normal child development
- Family dynamics and how they may affect a child's health and achievement
- How to take a history in an adolescent
- Overview of the most common pediatric disorders
  - o Autism spectrum disorders
  - o ADHD
  - o Dyslexia
  - o Failure to thrive
  - o Children with developmental delays
  - o Children with speech and language disorders
  - o Children with intellectual disabilities
  - o Management of gifted children
  - o Food allergies/sensitivities
  - o Environmental allergies (dust, mold, pollen, dander etc.)
  - o Asthma (*svasa*)
  - o Eczema
  - o Cradle cap
  - o Diaper rash
  - o Adolescent acne
  - o Infantile colic
  - o Celiac Disease
  - o Epilpesy/seizure disorder
  - o Juvenile Inflammatory Arthritis aka Juvenile Rheumatoid Arthritis
- Presentation of childhood malignancy and when to refer for investigation of a potential malignancy

## Geriatrics (Jara Chikitsa)

**NAMA Scope Description:** The doctor is able to offer appropriate recommendations for the specific needs of patients over the age of seventy.

**In order to be competent, the doctor is able to make the following recommendations and provide the following treatments and interventions:**

- Prescribe and prepare the proper herbal formulas
- Prescribe, administer proper Āyurvedic therapies
- Prescribe modifications in the diet

- Prescribe life style changes
- Monitor patients' progress and make the appropriate adjustments to the treatment plan

*Related Pre-requisite for Complementary Knowledge of:*

- Specific difficulties involved in taking the history and eliciting the chief complaint in an elderly patient, including: multiple complaints, vague or non-specific symptoms, difficulty in recall, potential need to use an informant other than the patient.
- Specific difficulties involved in taking the past medical history in an elderly patient, including lengthy history, jumbled sequencing, difficulty in recall, potential need to use an informant other than the patient.
- Specific difficulties involved in taking the family history in an elderly patient, including difficulty in recall, potential need to use an informant other than the patient
- Taking a social history in an elderly patient including financial and socio-economic status, living situation, hobbies, social life and support systems.
- Taking a sexual history in an elderly patient without embarrassment.
- Assessing activities of daily living in an elderly patient and to adjust treatment plan to any limitation in these activities.
- Working with a patient who has multiple pathologies.
- Working with a patient taking multiple prescription medications.
- Awareness and ability to negotiate special compliance issues in the elderly patient such as forgetfulness, difficulty swallowing herbs, limitations in preparing remedies etc.
- Most common diseases affecting the elderly population:
  - Cardiovascular disease
  - Hypertension
  - Cerebrovascular disease
  - Diabetes
  - Osteoporosis
  - Osteoarthritis
  - Parkinson disease
  - Dementia
  - Erectile dysfunction
  - Benign prostatic hyperplasia
  - Cancers including gastro-esophageal, colorectal, prostatic, breast, lung; other malignancies including chronic lymphoma, multiple myeloma.
  - General debilitation

## Surgery (Shalya Tantra)



- Understand the history, textual references and current Indian use of Ayurvedic surgical techniques in order to foster awareness of the achievements of Ayurvedic surgical tradition
- Understand basic surgical principles in order to support patients who are undergoing or have undergone surgery
- Understand commonly performed surgical operations in order to have a full appreciation of patients' past medical history and current options.

## ENT/Head and Neck Region (Śālākya Tantra)

### NAMA Scope Descriptions

**Recommendations:** The doctor is able to recommend preventative care and treatment for the head and neck.

**Treatment and Interventions:** The doctor is able to offer therapies to treat imbalances of all the organs around and above the neck region.

**In order to be competent, the doctor should be able to make the following recommendations and provide the following treatments and interventions:**

- Prescribe herbal formulas, or herb preparations for diseases of all the organs around and above the neck region

*Related Pre-requisite or Complimentary Knowledge of:*

- **Head and neck anatomy**
  - Anatomy of the eye as described in classical texts and modern anatomy
  - Anatomy of the ear as described in classical texts and modern anatomy
  - Anatomy of the nose, sinuses, pharynx and larynx
  - Clinical anatomy of the cranial nerves
  - Clinical anatomy of the musculature of the neck
  - Clinical anatomy is indicated by an adequate knowledge to appreciate clinical presentations such as Bells palsy, facial pain, tunnel vision, numbness of hand and how this relates to head and neck anatomy.
- **Netra rog**
  - Detailed knowledge (*hetu, purvarupa, rupa*, complications & *chikitsa*) of:
    - Eye diseases that could form a common part of their practice
  - Thumbnail knowledge of:
    - Other eye diseases which they are unlikely to see
- **Vartma roga**
  - Detailed knowledge of:
    - *Kumbhika pitika* (stye)
    - *Praklinna vartma* (blepharitis)

- *Vata hatha vartma* (ptosis)
- *Pakshma kopa* (trichiasis)
- Thumbnail knowledge of:
  - *Uthsangini* (chalazian cyst)
  - *Pothaki* (trachoma)
- ***Shukla mandala***
  - Thumbnail knowledge of:
    - *Arma* (pterygium)
    - *Shuktika* (xerophthalmia)
    - *Sira pidika* (scleritis)
- ***Krishna mandala***
  - Detailed knowledge of:
    - *Savrana sukla* (corneal ulceration)
    - *Avrana shukla* (corneal opacities)
  - Thumbnail knowledge of:
    - *Ajakajatha* (prolapsed iris)
    - *Akshi pakathyaya* (keratomalacia)
- ***Sarvagatha roga***
  - Detailed knowledge of:
    - Diseases that may spread or cause loss of vision
    - *Abhishyanda* (conjunctivitis)
    - *Adimantha* (glaucoma)
    - *Akshipak* (uveitis)
    - *Anila paraya* (shifting ocular pain due to trigeminal neuralgia)
    - *Anyatho vata* (referred pain in eye, sphenoidal or frontal sinusitis)
  - Thumbnail knowledge of:
    - *Shushaakshipak* (xerophthalmia)
    - *Amladyushtitha* (allergic chemosis)
    - *Siropatha* (episcleritis)
    - *Sira harsha* (acute orbital cellulitis)
- ***Drushti mandala***
  - Detailed knowledge of:
    - *Timira kacha* and *linganash* (the progressive stages of cataract).
  - Thumbnail knowledge of:
    - *Bahya linganash* (Loss of vision due to external causes such as head injury, poison.)
    - *Nayanabhigata* (injuries to eyeball)

- Retinal detachment
- Vitreous separation
- Drusen and macular degeneration
- **Netra chikitsa**
  - Knowledge of specialized treatments known as *netra kriya kalpas*:
    - *Seka* (eye irrigation):
      - > Snehan for vata
      - > *Ropan* for pitta
      - > *Lekhan* for kapha
    - *Aschyotana* (eye drops)
      - > Snehan for vata
      - > *Ropan* for pitta
      - > *Lekhan* for kapha
    - *Bidalaka* (topical application of pastes over eyelids)
    - *Pindi* (application of bolus of herbs wrapped in cloth)
    - *Tarpana* or netra basti
    - *Anjana* (coryllium application)
- **Karna rog**
  - *Karna shula* (earache)
  - *Karna nada* (tinnitus)
  - *Badirya* (deafness)
    - *Kaphaj* (conductive)
    - *Vataj* (perceptive)
  - Menier's disease
  - *Karna pratinaha* (perforated eardrum)
  - *Karna kandu* (itching in ear canal)
  - *Karna gutha* (impacted earwax)
  - *Puthi karna* (suppurative otitis media)
  - *Bahya karna rog* (otitis externa)
  - General management of ear diseases
  - Localized ear treatments:
    - *Karna puran* (ear drops)
    - *Karna dhupan* (ear fumigation)
    - *Karna prakshalan* (ear wash/syringing)
      - > Practiced by Western medicine; Āyurveda uses decoctions such as triphala
    - *Karna pramarjan* (dry mopping with sterile swab)

- **Nasa and gala rog**
  - Detailed knowledge of:
    - *Pratishay* (rhinitis)
    - *Apinasa and pinasa* (chronic rhinitis and chronic rhino-sinusitis)
    - Allergic fungal sinusitis
    - *Putinasa* (atrophic rhinitis)
    - *Kshavatu* (vasomotor rhinitis, allergic rhinitis)
    - *Parisrava* (rhinorrhea or runny nose)
    - *Nasa shosha* (rhinitis sicca)
    - *Nasanaha* (deviated septum)
    - *Nasa arsha* (nasal polyps)
    - *Galaganda* (goiter)
    - Pharyngitis
    - Tonsillitis
    - Laryngitis
    - Mononucleosis
  - Thumbnail knowledge of:
    - Diphtheria: vataj, pittaj, raktaj and kaphaj rohini
    - *Valaya* (tumours of throat)
    - *Mamsatana* (throat cancer)
    - *Kantha shakula* (adenoidal hypertrophy)
    - Vocal cord nodules
    - Knowledge of *kriya kalpa* for *shirorog* (specific therapies for diseases of head and neck)
    - *Shiras tarpana* therapies
      - > *Shiro abhyanga*
      - > *Shirodhara*
      - > *Shiro pichu*
      - > *Shiro basti*
      - > *Shiro lepa*
    - *Gandusha* (holding full mouthful of medicated fluid in mouth)
      - > *Shaman, shidhan* or *ropa* in nature, consisting of decoctions, oils, ghees, honey, meat soup, cow milk or bolus of herbal paste
    - *Kavala* (holding smaller amount of medicated fluid in mouth which allows for the fluid to be rotated)
    - *Dhuma pana* (medicated smoke therapies)
    - *Nasya karma* (nasal administration of herbs)
      - > May consist of powders liquids, oil or smoke

- Knowledge of specific *nasya yogas* for diseases of head
- Knowledge of symptoms above the neck that require referral to an ophthalmologist, neurologist or ENT surgeon.

## Psychiatry (Bhūtavidyā/Manovijñāna)

### NAMA Scope Descriptions

**Recommendations:** The doctor is able to competently recommend diet (*āhāra*), lifestyle (*vihāra*), positive conduct (*acāra*), herbs (*dravya*) and treatments (*cikitsā*) to treat pathologies of the mind.

**Treatment and Invention:** The doctor is able to design, implement and manage a plan to pacify the *doṣas* within the mind and provide treatments to treat pathologies of the mind.

**In order to be competent, the doctor is able to make the following recommendations and implement that following therapies with the goal of pacification of the *doṣas*:**

- Visual Therapy: Sāttvika intake of impressions and the proper use of color
- Auditory Therapy: Sāttvika intake of impressions and the proper use of sound
- Aromatic Therpay: Sāttvika intake of impressions and the proper use of aromas
- Gustatory Therapy: Sāttvika intake of impressions and the proper use of foods
- Tactile Therapy: Sāttvika intake of impressions and the proper use of touch
- Effective daily routines
- Changes to a person's behavior
- Herbal remedies for the balancing the *doṣas* of the mind, restoring a healthy balance of *prāṇa*, *tejas* and *ojas* and are an important part of treating treating specific disease conditions
- Dietary remedies that not only balance the *doṣas* of the mind and restore a healthy balance of *prāṇa*, *tejas* and *ojas* but also are an important part of treating specific disease conditions
- Lifestyle remedies that not only balance the *doṣas* of the mind and restore a healthy balance of *prāṇa*, *tejas* and *ojas* but also are an important part of treating specific disease conditions
- Conduct correction that not only balance the *doṣas* of the mind and restore a healthy balance of *prāṇa*, *tejas* and *ojas* but also treating specific disease conditions
- Additional sensory therapies that not only balance the *doṣas* of the mind and restore a healthy balance of *prana-tejas* and *ojas* but also are an important part of treating specific disease conditions including visual (color), olfactory (aromas, *netī*, *nasya*) , auditory (mantra and music) and touch (massage/oil therapies).

*Related to Pre-requisite or Complementary Knowledge of:*

- Diagnosing the mental *prakṛti* and *vikṛti* by quantifying *sattva*, *rajas*, and *tamas*
- The subtypes of *manas sattva*

- The effects of sensory input on the mind
- Effective use and misuse of the five senses
- Overuse, deficient use and misuse for each sense organ
- Prāṇa, tejas and ojas and how to determine their state
- Three guṇas and how to determine their state
- What constitutes healthy behavior
- Effect of sensory input on the mind
- Designing a treatment program utilizing diet, lifestyle, adjustments to behavior and how the senses are used
- Various approaches to implementing the treatment program including adjusting the pace of implementation of the program based on a client's prakṛti and vikṛti
- Effective case management
  - o How to conduct follow up visits to monitor progress and make adjustments to the treatment plan including
  - o Checking in on how the client is doing implementing assignment/homework plan and lifestyle changes
  - o An ability to support the client to be more successful in implementing the treatment plan
  - o An ability to assign additional homework / assignments or lifestyle changes at an appropriate time
  - o Utilizing the counseling process noted in the counseling section of this document
- Four aspects of mind: manas, citta, buddhi, ahaṁkāra
- Definition, qualities, location and functions of mind
- Definitions and symptoms of major diseases of the mind including anxiety and depressive disorders as well as degenerative conditions such as dementia.
  - o Schizophrenia
  - o Bipolar disorder
  - o Schizo-affective disorder
  - o Major depression
  - o Anxiety disorder
  - o Sleep disorder
  - o Post-partum depression
  - o PTSD
  - o Personality disorders

- Dementia
- Dissociative identity disorder
- Ability to take a psychiatric history from an Ayurvedic standpoint
- First rank symptoms requiring psychiatric referral
- Complementary Vedic sciences that support the ability to bring balance to the doṣa, subtle doṣas and the three guṇas including Yoga, Jyotiṣa and Vāstu. (See related sections of this document.)

## Toxicology (Agada Tantra)

**NAMA Scope Description:** The doctor has a strong understanding of the classical teachings on toxicology and can apply these teachings within the context of contemporary environmental and occupational challenges, with the following abilities:

- Able to take an occupational and environmental history
- Able to assess when a patient’s complaint could have an occupational or environmental basis.
- Able to provide appropriate treatment for occupational and environmental disorders.

*Related to Pre-requisite or Complementary Knowledge of:*

- Qualities and categories of poisons according to classical texts
- Food borne transmission of disease according to classical texts and contemporary context
- Vegetable poisons according to classical texts and contemporary context
- Insect bites according to classical texts and contemporary context
- Heavy metals and inorganic poisoning according to classical texts and contemporary context
- Most important zoonotic diseases and their Ayurvedic management.
  - Animal bites (in Āyurveda and in contemporary context)
  - Babesiosis
  - Cat scratch disease (bartonellosis)
  - Ehrlichiosis
  - Chagas disease
  - Lyme disease
  - Malaria
  - Rocky Mountain spotted fever
  - Toxoplasmosis

- Tularemia



# Yoga

## NAMA Scope Descriptions

**Recommendation:** The doctor should be able to refer patients to a practitioner of Āyurveda and therapeutic yoga for assessment and education on the general scope and value of Āyurveda and therapeutic yoga.

**Treatment and Intervention:** The doctor should be informed on Āyurveda and therapeutic yoga but its practice requires a separate certification.

**In order to be competent, the doctor should be able to:**

- Refer the patient to practitioner of Āyurveda and therapeutic yoga.

*Related Pre-requisite or Complementary Knowledge of:*

- Āyurveda and therapeutic yoga
- What a practitioner of Āyurveda and therapeutic yoga does
- The scope of practice of Āyurveda and therapeutic yoga
- How an Āyurveda and therapeutic yoga can complement client care
- Therapeutic tools utilized by a practitioner of Āyurveda and therapeutic yoga

## Jyotiṣa (Vedic Astrology) (This will not be tested in the exam)

## NAMA Scope Descriptions

**Recommendation:** The doctor is able to refer patients to a Vedic or Medical Jyotiṣi for assessment and education on the general scope and value of Vedic or Medical Jyotiṣi.

**Treatment and Intervention:** The doctor is informed on Vedic or Medical Jyotiṣi but its practice requires a separate certification.

**In order to be competent, the doctor should be able to:**

- Refer the patient to Vedic or Medical Jyotiṣi at the appropriate time.

*Related Pre-requisite or Complementary Knowledge of:*

- What a Vedic or Medical Jyotiṣi is.
- What a Vedic or Medical Jyotiṣi does.
- The scope of practice of Vedic or Medical Jyotiṣi.
- How a Vedic or Medical Jyotiṣi can complement client care.
- Therapeutic tools utilized by a Vedic or Medical Jyotiṣi.



## Vāstu Śāstra (Vedic Architecture)

*(This will not be tested on the exam)*

### NAMA Scope Descriptions

**Recommendation:** The doctor should be able to refer patients to a practitioner of Vāstu for assessment and education on the general scope and value of Vāstu.

**Treatment and Intervention:** The doctor should be informed on Vāstu but its practice requires a separate certification.

**In order to be competent, the doctor should be able to:**

- Refer the client to a practitioner of Vāstu at the appropriate time.

*Related Pre-requisite or Complementary Knowledge of:*

- What Vāstu is.
- What a Vāstu practitioner does.
- The scope of practice of Vāstu Śāstra.
- How a Vāstu can complement client care.
- Therapeutic tools utilized by a practitioner of Vāstu Śāstra.

## Western Medicine

**NAMA Scope Description:** The doctor should be able to refer a patient for assessment and possible treatment by a medical practitioner. Due to their overview knowledge of Western Medicine and their deeper clinical experience, the doctor understands when seemingly mild symptoms could indicate serious underlying disease and which disease to suspect based on the overall picture (e.g. constipation pointing to colon cancer, or to hypothyroid or to onset of Parkinson disease). Although an Ayurvedic Doctor is not permitted to diagnose a Western disease entity, they must be able to suspect such diseases and refer out appropriately.

**In order to be competent, the doctor should be able to make the following recommendations:**

- A referral to an appropriate Western Medicine Practitioner at the appropriate time.
- Write an effective referral letter
- Be aware of potential life-threatening diagnoses that need to be excluded and know what tests are required to exclude these diagnoses and which specialty to use for referral

*Related Pre-requisite or Complementary Knowledge of:*

- The scope of practice of a medical practitioner, including which type of specialist is appropriate for the client's condition.
-

- Indications that require a referral
- How a Western medical practitioner can complement the care being provided by the Āyurvedic doctor