



Scope of Practice for the Ayurvedic Profession

Finalized August 2018

The following listing of Professional categories for the practice of Ayurveda in the United States represents the current state of the profession and also the potential for the growth of the profession moving forward. These three categories are distinguished by their focus on health and wellness as well as the educational and experiential background needed to be competent as a professional in each category.

Ayurvedic Health Counselor: This category represents an entire field of Ayurvedic professionals versed and educated to serve the community in the area of prevention and health promotion with a focus on diet and lifestyle.

Ayurvedic Practitioner: This category represents the Ayurvedic professional with full clinical training in disease pathology, as seen through the Ayurvedic model. These professionals also practice prevention and health promotion through the focus on diet and lifestyle

Ayurvedic Doctor: This category represents more specialized training in Ayurvedic medicine and overview training in western allopathic medicine to enable this level professional the skills and knowledge to provide an integrative medical approach to their patients.

**The use of the term “doctor” may be limited by individual state licensure regulations.*

This document is broken into four divisions clarifying the scope of practice in each category:

1. Description
2. Skills and Competencies
3. Recommendations
4. Treatment and Intervention Skills

Three Professional Categories

General Description of the Scope of Practice

Category	Category I Āyurvedic Health Counselor	Category II Āyurvedic Practitioner	Category III Doctor of Āyurveda
General Description	<p>Āyurvedic Health Counselors are competent in health promotion and disease prevention (<i>svasthavṛtta</i>). They utilize the principles of Āyurvedic medicine to create diet and lifestyle (<i>āhāra</i> and <i>vihāra</i>) recommendations according to their assessment of the patient's Āyurvedic constitution and imbalances (<i>prakṛti</i> and <i>vikṛti</i>), state of the <i>doṣas</i>, <i>agni</i>, <i>dhātus</i>, <i>malas</i>, and <i>manas</i> (mind).</p> <p>They educate, motivate and counsel patients in order to support them to be successful in implementing the principles of Āyurveda into their lives. Āyurvedic Counselors refer patients whose disease state (<i>samprāpti</i>) is beyond the third stage to Āyurvedic Practitioners or Doctors of Āyurveda for diagnosis (<i>nidāna</i>) and</p>	<p>Āyurvedic Practitioners are competent in managing and treating disease from the Āyurvedic perspective, using Āyurvedic etiology, (<i>nidāna</i>), <i>pathology</i> (<i>samprāpti</i>), diagnosis and management of diseases (<i>kāya cikitsā</i>), in addition to being in the prevention of disease and promotion of health (<i>svasthavṛtta</i>).</p> <p>In addition to diet and lifestyle (<i>āhāra vihāra</i>), Āyurvedic Practitioners use herbs as medicine (<i>dravyaguṇa vijñāna</i>) and Āyurvedic purification (<i>śodhana cikitsā</i>) and rejuvenative therapies (<i>rasāyana</i>). They also understand the basics of Western anatomy, physiology and pathology. They should be able to contribute to the profession such as by writing articles, contributing to research, teaching at professional conferences or presenting case studies.</p>	<p>The general scope of practice of the Āyurvedic Doctor is similar to the Āyurvedic Practitioner, but they have more extensive, in-depth education and relevant clinical experience in <i>Aṣṭāṅga</i> Āyurveda (all 8 branches of Āyurvedic medicine⁽¹⁾). They also have additional experience in teaching⁽⁵⁾, demonstrations, practical <i>pañcakarma</i> training, and research methods.</p> <p>Doctors of Āyurveda understand disease from an Āyurvedic perspective, while possessing a working knowledge of Western medical diagnostic and treatment terminology and practices, sufficient to enable them to correlate those terms and diagnosis into Āyurvedic understanding and practice.</p> <p>Doctors of Āyurveda have a working knowledge of Western medical pathology, pharmacology, diagnostic reports, and treatments, in order to interface with the Western medical community and modify the Āyurvedic management of cases accordingly, as needed. But they are not required to order Western diagnostic tests and do not prescribe Western medicines.</p> <p>Āyurvedic Doctors have an informed awareness of public health and epidemiology (<i>janapadoddhvamsa</i>) from the Western and Āyurvedic</p>

	treatment (<i>cikitsā</i>) of disease		perspectives. They are informed consumers of research pertaining to the Āyurvedic field, and are able to evaluate, discuss, and apply contemporary research within the context of Āyurvedic knowledge. They are able to make significant contributions to the profession such as contributing to or participating in research, review articles, conference teaching, or presentation of case studies. ⁽²⁾
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Notations

1. *Aṣṭāṅga* Āyurveda: Internal Medicine (*Kāya Cikitsā*), ENT (*Śālākya Tantra*), Pediatrics (*Kaumārabhṛtya*), Psychology (*Bhūtavidyā/Manovijñāna*), Rejuvenation (*Rasāyana*), Fertility (*Vājīkaraṇa*), Toxicology/Epidemiology (*Agada Tantra*), Surgery (*Śalya Tantra*) - the latter confined to theoretical knowledge of contemporary practice and historical overview and understanding of Āyurvedic surgery.
2. The intention behind creating this separate category is to set the bar high for the development of the Āyurvedic profession. While many schools may not feel ready to offer this level of training, it carves out the direction for on-going development, while also identifying a category for existing highly trained and experienced practitioners.

General Notes:

1. Throughout this document, “disease” refers to disease according to Āyurvedic diagnosis and treatment.

Skills and Competencies

The professional should be able to show skill and competency in each of the following categories.

Category	Category I: Āyurvedic Health Counselor	Category II: Āyurvedic Practitioner	Category III: Doctor of Āyurveda
Communication	Counseling skills, “bedside manner” and cultural competency to their patient base.		
Personal & Family Health History	Taking a detailed current and past personal and family health history		
Basic Vital Signs	Taking basic vital signs such as blood pressure (<i>raktacāpa</i>)		
Etiology(Nidāna)	Determining the etiological factors (<i>nidāna</i>) responsible for the <i>doṣic</i> imbalance	Determining the etiological factors (<i>nidāna</i>) responsible for the <i>doṣic</i> imbalance and the disease	
Prakṛti & Vikṛti	Assessing physical and mental <i>prakṛti</i> and <i>doṣa</i> imbalance using Ayurvedic diagnostic methodology (<i>trividha, aṣṭavidha</i> and <i>daśavidha parīkṣā</i>)		
20 Guṇas	Determining which <i>guṇas</i> are predominant in <i>prakṛti</i> and <i>vikṛti</i>		
Doṣas/Sub-doṣas	Identifying which sub- <i>doṣas</i> are involved in a presenting imbalance	Identifying which sub- <i>doṣas</i> are involved in a presenting disease	
Dhātus/Srotāmsi	Determining <i>dhātu, upadhātu, and srotāmsi</i> involvement (<i>sāmyata, vṛddhi/ kṣaya, duṣṭi</i>) in a presenting imbalance		
Malas and Dhātumalas	Assessing the state of the <i>malas</i> through questioning (<i>praśna</i>)	Assessing the state of the <i>malas</i> through questioning (<i>praśna</i>) and special tests, including <i>tailabindu parīkṣā, mūtra</i> and <i>purīṣa darśana</i> .	
Agnis: Jāṭhara, dhātu, bhūta	Determining the clinical state of <i>agnis</i> by questioning (<i>praśna</i>) and observation (<i>darśana</i>)		
Āma	Determining the clinical state of <i>āma</i> by questioning (<i>praśna</i>) and observation (<i>darśana</i>)		
Prāṇa, Ojas & Tejas	Determining the state of <i>prāṇa, ojas</i> and <i>tejas</i>		
Samprāpti	Determining the stage of <i>samprāpti</i> by observations (<i>darśana</i>), touch (<i>sparsana</i>) and questioning (<i>praśna</i>)	Determining the full <i>samprāpti</i> of disease conditions	
Western Diagnostic Reports	n/a		Understand basic Western diagnostic and medical reports
Patient Strengths/Assets	Assessing and determining patients strengths and willingness to follow recommendations		
Research Skills	Able to create and collect case studies	They are informed consumers of	They are informed consumers of research

	to contribute to research on health promotions and disease prevention (<i>svasthavṛtta</i>)	Āyurvedic medical research. They may be capable of writing articles, contributing to professional conferences and presenting case studies.	pertaining to the Āyurvedic field, and are able to evaluate, discuss, and integrate contemporary research within the context of Āyurvedic knowledge. They may make significant contributions to the profession such as contributing to or participating in original research, review articles, conference teaching, or presentation of case studies.
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Recommendations

The professional should have the knowledge within their prescribed scope of practice as noted under the General Description to be able to recommend / prescribe the follow approaches to restore balance and support the healing process.

Category	Category I: Āyurvedic Health Counselor	Category II: Āyurvedic Practitioner	Category III: Doctor of Āyurveda
Food (<i>Āhāra</i>)	Recommending appropriate food choices according to <i>prakṛti</i> , <i>vikṛti</i> , <i>guṇas</i> , <i>rasa</i> , season (<i>ṛtu</i>), digestive strength (<i>agnibala</i>) and age (<i>vaya</i>), and proper eating behaviors (<i>āhāra vidhi</i>)		
Lifestyle (<i>Vihāra</i>)	Recommending appropriate daily routines (<i>dinacaryā</i>), seasonal routines (<i>ṛtucaryā</i>) and life cycle routines according to <i>prakṛti</i> , <i>vikṛti</i> , <i>guṇas</i> . Recommending and educating patients about at-home preventive and promotive measures (<i>svasthavṛtta</i>), and positive conduct measures (<i>sadvṛtta</i>).		
Senses (<i>Indriyārthasāmyoga</i>)	Recommending appropriate use of sight, smell, touch taste and hearing (<i>sātmyendriyārthasāmyoga</i>)		
Herbs (<i>Dravya</i>)	Recommending predesigned or creating custom herbal formulas, herbal medicines, minerals, or other natural substances for internal or external use with consideration of dose (<i>mātra</i>), vehicle (<i>anupāna</i>), timing (<i>auśadha kāla</i>) and their safe use for the purpose of balancing <i>agni</i> , eliminating <i>āma</i> while supporting the <i>malas</i> and protecting and building <i>ojas</i> .	Recommending predesigned or creating custom herbal formulas, herbal medicines, minerals, or other natural substances for internal or external use with consideration of dose (<i>mātra</i>), vehicle (<i>anupāna</i>), timing (<i>auśadha kāla</i>) and their safe use for the purpose of balancing <i>agni</i> , eliminating <i>āma</i> while supporting the <i>malas</i> , protecting and building <i>ojas</i> , and treating disease.	
Yoga	Referring patients to an Āyurveda Yoga Therapist for further assessment and possible treatment related to Āyurvedic Yoga therapies. Able to educate patients on general scope and value of		

	Āyurvedic Yoga Therapies and the value of practicing yoga for promotion of health and the prevention of disease (<i>svastha</i>).	
Pacification (<i>Śamana</i>)	Recommending pacification (<i>śamana</i>) therapies to balance the <i>doṣas</i> and eliminate <i>āma</i> .	
<i>Lañghana: Pañcakarma (Śodhana)</i>	n/a	Recommending <i>pañcakarma</i> programs as well as individual treatments (<i>śodhana cikitsā</i>), including: classical <i>pañcakarma</i> , and treatments for individual conditions, including use of specialized traditional body treatments. Includes <i>pūrva karma</i> , <i>pradhāna karma</i> , (diet, lifestyle & herbs)
Rejuvenation(<i>Rasāyana</i>) & Reproductive Vitality/Tonification (<i>Vājīkaraṇa</i>)	n/a (see below)	Recommending post <i>pañcakarma</i> rejuvenation (<i>paścāt karma</i>)
Building/Tonification Therapies (<i>Bṛmhaṇa Cikitsā</i>)	Recommending tonification (<i>bṛmhaṇa</i>) for the body and mind.	Recommending tonification (<i>bṛmhaṇa</i>) therapies for the body and mind.
Pre-natal, Natal and Post natal Care for Mother and Baby(<i>Kaumārabhṛtya</i>)	Recommending basic diet (<i>āhāra</i>) and Lifestyle (<i>vihāra</i>) guidelines for pre-natal and post natal women	Recommending diet (<i>āhāra</i>), lifestyle (<i>vihār</i>), herbs (<i>dravya</i>) and treatments (<i>cikitsā</i>) to manage pre-natal, natal, post natal health and pathologies and care of newborns
Children's Health (<i>Bālāvastha</i>)	Application of appropriate recommendations for children over the age of 5	Application of appropriate recommendations for children of all ages
Internal Medicine (<i>Kāya Cikitsā</i>)	Recommending a plan to pacify the <i>doṣas</i> that affect the digestive system (<i>annavahasrotas</i>)	Recommending a plan for the elimination of presenting pathologies and the restoration of health in all systems of the body.
Head & Neck Region (<i>ŚālākyaTantra</i>)	Recommending preventative care for the head and neck region, including ears, eyes, nose and throat	Recommending preventative care and treatment for conditions of the head and neck region, including ears, eyes, nose and throat
Psychiatry (<i>Manovijñāna / Bhūtavidyā</i>)	Recommending diet (<i>āhāra</i>), Lifestyle (<i>vihāra</i>) and positive conduct (<i>ācāra</i>) to maintain a healthy mind.	Recommending diet (<i>āhāra</i>), Lifestyle (<i>vihāra</i>) and positive conduct (<i>ācāra</i>), herbs (<i>dravya</i>) and treatments (<i>cikitsā</i>) to treat pathologies in the mind.
<i>Jyotiṣa</i>	Referring patients to a <i>Jyotiṣi</i> for assessment and educating patients on general scope and value of <i>Jyotiṣa</i>	
<i>Vāstu</i>	Referring patients to a <i>Vāstu</i> practitioner for assessment and educating patients on general scope and value of <i>Vāstu</i>	
Western Medical Approaches, (drugs, surgery, diagnostic procedures)	Referring patients to a practitioner of Western medical approaches for assessment and possible treatment (presumes a general understanding of the scopes of practice of various western medical disciplines)	

Treatment and Intervention (*Cikitsā*) Skills

The professional should have the knowledge and skill to be able to utilize the following treatment approaches and /or intervention skills to support the healing process (1)

Category	Category I: Āyurvedic Health Counselor	Category II: Āyurvedic Practitioner	Category III: Doctor of Āyurveda
Food (<i>Āhāra</i>)	Demonstrate the selection and preparation of appropriate foods and spices according to <i>prakṛti</i> , <i>vikṛti</i> , <i>guṇas</i> , <i>rasa</i> , season (<i>ṛtu</i>), digestive strength (<i>agnibala</i>) and age, and demonstrating proper eating behaviors (<i>āhāra</i> vidhi)		
Lifestyle (<i>Vihāra</i>)	Demonstrate the appropriate daily routine (<i>dinacaryā</i>) seasonal routine (<i>ṛtucaryā</i>) and life cycle routines according to <i>prakṛti</i> , <i>vikṛti</i> , <i>guṇas</i> . Demonstrating at-home preventive and promotive (<i>svasthavṛtta</i>) measures, and positive conduct (<i>sadvṛtta</i>) measures.	Demonstrate the appropriate daily routine (<i>dinacaryā</i>), seasonal routine (<i>ṛtucaryā</i>) and life cycle routine components for the treatment of the underlying conditions. Demonstrating at-home preventive and promotive (<i>svasthavṛtta</i>) measures, and positive conduct (<i>sadvṛtta</i>) measures.	
Senses/Sensory therapies (<i>Sātmyendriyārthasamyoga</i>)	Demonstrate appropriate use of sight, smell, touch, taste and hearing	Demonstrate appropriate use of sight, smell, touch, taste and hearing, and administer appropriate treatments	
Herbs (<i>Dravya</i>)	Administer, combine, provide, compound, and dispense herbal medicines, minerals, or other natural substances. Herbs are to be used for internal or external use for the purpose of balancing <i>agni</i> and eliminating <i>āma</i> while supporting the <i>malas</i> and protecting and building <i>ojas</i> .	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 <i>agni</i> and eliminating <i>āma</i> while supporting the <i>malas</i> and protecting and building <i>ojas</i> , as well as for treating specific diseases affecting any <i>dhātu</i> , <i>upadhātu</i> , <i>malas</i> or <i>srotas</i> in any stage of the disease pathology.	
<i>Laṅghana</i>: Pacification (<i>Śamana</i>)	Designing, implementing and managing pacification (<i>śamana</i>) therapies directed to balance the <i>doṣas</i> and elimination of <i>āma</i>		

	of a patient.	
Langhana: Pañcakarma (Śodhana)	n/a	Designing, implementing and managing <i>pañcakarma</i> programs as well as individual treatments (<i>śodhana cikitsā</i>), including: classical <i>pañcakarma</i> and treatments for individual conditions, including use of specialized traditional body treatments. Includes <i>pūrva karma</i> , <i>pradhāna karma</i> , (diet, lifestyle & herbs)
Rejuvenation (Rasāyana) & Reproductive Vitality/Tonification (Vājīkaraṇa)	n/a (see below)	Designing, implementing and managing post <i>pañcakarma</i> rejuvenation (<i>paścāt karma</i>)
Building/Tonification Therapies (Bṛmhāṇa Cikitsā)	Designing, implementing and managing tonification (<i>bṛmhāṇa</i>) for sustaining the health of the body and mind.	Designing, implementing and managing tonification (<i>bṛmhāṇa</i>) for sustaining health and correcting imbalances of the body and mind.
Pre-natal, Natal and Post natal Care for Mother and Baby (Kaumārabhṛtya)	Designing, implementing and managing basic diet (<i>āhāra</i>) and lifestyle (<i>vihāra</i>) guidelines for pre-natal and post natal women	Designing, implementing and managing diet (<i>āhār</i>), lifestyle (<i>vihāra</i>), herbs (<i>dravya</i>) and treatments (<i>cikitsā</i>) to manage pre-natal, natal, post natal health and pathologies and care of newborns.
Children's Health (Bālāvastha)	Designing, implementing and managing diet (<i>āhāra</i>), lifestyle (<i>vihāra</i>), herbs (<i>dravya</i>) and treatments (<i>cikitsā</i>) in children over the age of 5, and diet (<i>āhāra</i>) and lifestyle (<i>vihāra</i>) for children under 5.	Designing, implementing and managing diet (<i>āhāra</i>), lifestyle (<i>vihāra</i>), herbs (<i>dravya</i>) and treatments (<i>cikitsā</i>) to treat pathologies in babies and children
Internal Medicine (Kāya Cikitsā)	Designing, implementing and managing a plan to pacify the <i>doṣas</i> within the digestive system (<i>annavahasrotas</i>)	Designing, implementing and managing a plan for the elimination of presenting pathologies and the restoration of health.
Head & neck region	Teach preventative	Teach preventative care and provide

<i>(ŚālākyaTantra)</i>	care for the head and neck region, including eyes, ears, nose and throat	treatment (<i>cikitsā</i>) for the head and neck region, including eyes, ears, nose and throat
<i>Psychiatry (Manovijñāna / Bhūtavidyā)</i>	Designing, implementing and managing a plan to pacify the <i>doṣas</i> within the mind.	Designing, implementing and managing a plan to pacify the <i>doṣas</i> within the mind and providing treatments (<i>cikitsā</i>) to treat pathologies in the mind.
<i>Yoga</i>	All categories should be informed on yoga therapies but its practice requires a separate certification.	
<i>Jyotiṣa</i>	All categories should be informed on <i>Jyotiṣa</i> but its practice requires a separate certification.	
<i>Vāstu</i>	All categories should be informed on <i>Vāstu</i> but its practice requires a separate certification.	
Notations		
1. All treatment and intervention skills for each category are based on the scope of practice of that category. Thus, treatment modalities for the Āyurvedic Health Counselor are limited to the management of the first three stages of the pathological process.		
Note on Saṃskṛta For All Sections: The final document will use the international transliteration font that is more universal and accurate for each term.		