

Āyurvedic Counselor: Educational Outline for Competency

SECTION 1: FOUNDATION OF ĀYURVEDA

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

- **Understands Definition of Āyurveda, History of Āyurveda, Aṣṭāṅga Āyurveda (Eight branches of Ayurveda), Bṛhat trayī (Three primary texts of Ayurveda), Laghu trayī (Three secondary texts of Ayurveda)**
- **Understands Sāṃkhya Philosophy**
 - Prakṛti (Primordial nature), Puruṣa (Eternal cause)
 - Mahat (Causative Intelligence)
 - Ahaṃkāra (Ego Principle)
 - Manas (Mind)
 - Pañca tanmātras (Five subtle elements)
 - Pañca jñānendriyas (Five sense organs)
 - Pañca karmendriyas (Five organs of action)
 - Pañca mahābhūtas (Five gross elements)
 - Relationship of jñānendriyas(Five sense organs), karmendriyas(Five organs of action), tanmātras(Five subtle elements) and mahābhūtas(Five gross elements)

SECTION 2: CONCEPTS OF ĀYURVEDA

Twenty Qualities (Guṇas)

NAMA Scope Description: The counselor has skills and competence in determining which guṇas are predominant in prakṛti (individual constitution) and vikṛti (pathological condition) and demonstrates the following ability/abilities:

- **To determine the role and influence of the 10 pairs (or 20 total) of opposing qualities (gurvādi guṇas) in the prakṛti (individual constitution) and vikṛti (pathological condition) 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 (qualities) causing doṣas to accumulate and become aggravated

- How diet, climate, season and age impact the guṇas(qualities) and subsequently contribute to the cause of disease
- What constitutes excess, deficiency and the imbalance of the guṇas (qualities) in doṣa vikṛti (Abnormal doṣa variance)
- The theory of similar and dissimilar and balancing the guṇas (qualities) through proper daily and seasonal routines for a person of each constitutional type

Prakṛti (Individual constitution) and Vikṛti (Pathological condition)

NAMA Scope Description: The counselor has the skills required to assess the physical and mental prakṛti (individual constitution) and doṣic imbalance using Āyurvedic methodology (trividha [three fold diagnostic method] aṣṭavidha[eight fold diagnostic method] and daśavidha parīkṣā [tenfold diagnostic method])

The counselor has knowledge of:

Three-fold Diagnostic Method (Trividha Parīkṣā)

- Touch (Sparśana):
- Observation (Darśana)
- 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 (Sparśa 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
- Analam -The digestive system of the client
- Prakṛti – Constitution
- Vayas -Age of the client
- Sattvam- Psychological nature of the client
- Sātmyam- General and personal habits of the client (ie. smoking)
- Āhāram- Nature of the patients 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).

- Sātmya or client's ability to adapt to Āhāra (Diet), Dravya (Herbs), Vihāra(Lifestyle and Behavior)}
- Ability to Digest (Āhāra Śakti)
- Stamina, endurance and capacity to exercise(Vyāyāma Śakti)

Related Pre-requisite or Complementary Knowledge of:

- Tridoṣa (three humors) theory including the 10 pairs of opposite qualities (gurvādi guṇas)
- Physical and mental attributes in a prakṛti (individual constitution) 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 (pathological condition) due to changes in agni (Digestive fire), guṇas (qualities) 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 (individual constitution) and subsequently contribute to doṣa vikṛti (aggravation of doṣa) 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 (aggravation of doṣa) through a proper daily routine, seasonal routine and basic six tastes (rasas) for a person of each constitutional type

Doṣas, Sub-doṣas, Dhātus (Tissues), Srotas (Pathways)

NAMA Scope Description: The counselor is able to show skill and competency in determining the state of doṣas, sub-doṣas, dhātus, upadhātu (By products of nutrition) and srotas (pathways), then able to assess the following:

The counselor is able to assess the state of doṣas, and sub-doṣas, dhātus (tissues), upadhātus (By products of nutrition), and srotas (pathways) 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 (tissues) and srotas(pathways).**

Palpation (Sparśana)

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

Related Pre-requisite or Complementary Knowledge of:

- Healthy dhātus – tissues (dhātu sārata – Signs of ideal tissues).
- How to properly examine the client utilizing the methods of trividha (three fold clinical assessment), aṣṭavidha (eight fold clinical assessment), daśavidha parīkṣā (ten fold clinical assessment)
- 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 (tissues) and how they are formed.
- Definition of upadhātus (By products of nutrition) and dhātu malas (waste products of nutrition)
- Relationship between dhātus (tissues), upadhātus (By products of nutrition) and dhātu malas (waste products of nutrition)
- Definition, types, qualities and functions of ojas (Essence of Nutrition)
- Relationship of doṣas and dhātus (tissues)
- Definition, origin and function of the srotas (pathways)
- Factors causing abnormality of dhātus (Tissues)
- Aggravation (vṛddhi) and depletion (kṣaya) of the doṣas and dhātus (tissues)
- Normal and abnormal functions of srotāṁsi (pathways)

Agni (Digestive fire) – Āma (Undigested material)-Malas (Waste)

NAMA Scope of Description: The counselor is able to assess the state of the malas (waste), agni (digestive fire), and āma (undigested material) through questioning (praśna) and observation (darśana).

The counselor has the following skills:

- Ability to determine the state of agni (digestive fire) by questioning the client upon intake (rugṇa patrakam).
- Questioning about appetite, digestion and elimination
- Ability to recognize the signs and symptoms of āma (undigested material) 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 (waste)
- 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 (digestion)
- Definitions of āma (undigested material), agni (digestive fire) and mala (waste)

- How āma (undigested material) is formed
- Types agni (digestive fire) and āma (undigested material)
- Functions of agni (Digestive fire)
- Signs and symptoms of the altered states of agni (digestive fire)
- Signs and symptoms of āma (undigested material) in the urine (mūtra), feces (purīṣa), sweat(sveda), on the tongue(jihvā), eyes (netra), nails, skin, etc.
- Functions of the malas (waste)
- What constitutes the normal and abnormal quantity and qualities of malas (waste)

Prāṇa (vital energy) –Tejas (radiance) –Ojas (essence of life)

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

The counselor is able to assess the following:

The state of prāṇa (vital energy), tejas (radiance) and ojas (essence of life) through observation and the interview process (consultation) which explores the state of prāṇa (vital energy), tejas (radiance) and ojas (essence of life).

Related Pre-requisite or Complementary Knowledge of:

- Definition of prāṇa (vital energy), tejas (radiance) and ojas (essence of life)
- Relationship of prāṇa (vital energy), tejas (radiance) and ojas (essence of life) to vata, pitta and kapha
- Signs of healthy or balanced prāṇa (vital energy), tejas (radiance) and ojas (essence of life)
- Symptoms of high prāṇa (vital energy), high tejas (radiance) and high ojas (essence of life)
- Symptoms of low prāṇa (vital energy), low tejas (radiance) and low ojas (essence of life)
- Displaced ojas (essence of life)
- Factors causing imbalance in prāṇa (vital energy), tejas (radiance) and ojas (essence of life)

SECTION 3: ASSESSMENT AND DIAGNOSIS

Personal and Family Health History

NAMA Scope of Practice: The counselor has the necessary skills to be able to effectively take a detailed current and past, personal and family health history with the following ability/abilities:

- **Asks questions which gather the appropriate information necessary to understand the *prakṛti individual constitution* and *vikṛti* (pathological condition) 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, factors that aggravate and relieve the symptoms.
- Past medical history, including: Illness, injuries, surgeries, hospitalizations
- Family history affecting *vikṛti* (Pathological condition) of the client
- Social history affecting *vikṛti* (Pathological condition) of the client
- Roles of work relationships and home environment affecting *vikṛti* (Pathological condition) 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 counselor has the skills to be able to effectively take basic vital signs such as blood pressure (*raktacāpa*).

These abilities are demonstrated by:

- Taking a client's measurements: (Requires a description of measurements)
- 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 site
 - 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 Description: The counselor has the skills to determine the etiological factors (*nidāna*) responsible for the *doṣic* imbalance and demonstrates the following ability/abilities:

- **Interprets and understands the case history of the client**
- **Conveys the factors causing the general *doṣic* imbalance with the client**

Related Pre-requisite or Complementary Knowledge of:

- The three fundamental causes of disease: *Asātmyendriyārtha saṁyoga* (abnormal interaction of senses and their objects), *prajñāparādha* (intellectual transgression) , *pariṇāma* (change due to time)
- 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

PATHOGENESIS (Samprāpti)

NAMA Scope Description: The counselor is able to determine the current stage of *samprāpti* by observation (*darśana*), touch (*sparśana*) and questioning (*praśna*) by assessing the following:

- Evaluate the client and determine the stage of pathology the client is experiencing.
- Discerning the difference between the stages of accumulation (*sañcaya*), aggravation (*prakopa*) and overflow (*prasara*) and relocation, manifestation and differentiation in order to have knowledge of the limitations of the scope of practice.

Related Pre-requisite or Complementary Knowledge of:

- Each stage of *samprāpti* (pathogenesis)
- General signs and symptoms all stages of *samprāpti* (pathogenesis)
- How the stages of pathology are affected/influenced by season, climate and age

COUNSELING SKILLS

NAMA Scope of Practice: The counselor has the necessary skills to provide counseling with the following ability/abilities:

- Conveys information and ideas correctly (to educate)
- Listens and understands
- Supports a client to make positive changes in his/her life
- Earns the clients 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 doṣic tendencies and how they relate to challenges
- Supporting each person to make successful changes based on their constitutional type
- Supporting a rājasika (hyperactive /motivated) and tāmasika (Dull/ disassociated) 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

Client Strengths and Assets

NAMA Scope of Practice: Assessing and determining clients strengths and willingness to follow recommendations

The counselor is able to assess the following:

- Client's compliance
- Memory of the client

Related Pre-requisite or Complementary Knowledge of:

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

Research

NAMA Scope of Practice: The counselor is able to collect case studies to contribute to research on health promotion and disease prevention (*svasthavṛtta*)

The counselor is able to prepare a case study based on the clients who have become a part of the practice.

Related Pre-requisite or Complementary Knowledge of:

How to write up a case study including the proper format to summarize the following:

- **Patient information**
 - Age
 - Sex
 - Occupation
 - Client's goals
 - *Prakṛti* (individual constitution) and *Vikṛti* (pathological condition)
 - Patients state of *agni* (digestive fire), *āma* (undigested material), *ojas* (essence of life) and *mala* (waste)
- **Treatment plan**
 - Diet
 - Lifestyle
 - Herbs
 - Frequency of appointments
- **Progress of each appointment**
- **Adjustments to the plan at each visit**

- **Final outcome**
- **Comments about what aspects of case management were most successful and what aspects were least successful**
- **Comments about what could have been done different that may have produced a more positive outcome**

SECTION 2: RECOMMENDATIONS, TREATMENT AND OTHER INTERVENTIONS

Food/Diet

NAMA Scope Description: Recommendations The counselor is able to recommend or prescribe the appropriate food choices and proper eating behaviors (*āhāra vidhi*) in accordance with the *prakṛti* (individual constitution), *vikṛti* (pathological condition), *guṇas* (qualities), *rasa* (taste), season (*ṛtu*), digestive strength (*agnibala*) and age (*vaya*) of the client.

NAMA Scope Description Treatment and Intervention: The counselor is able to demonstrate the selection and preparation of appropriate foods and spices according to *prakṛti* (individual constitution), *vikṛti* (pathological condition), *guṇas* (qualities), *rasa* (Taste), season (*ṛtu*), digestive strength (*agnibala*) and age as well as demonstrate proper eating behaviors (*āhāra vidhi*) through their own practice.

The counselor is able to:

- Recommend appropriate food and dietary guide lines to promote and restore balance based on *prakṛti* (individual constitution), *vikṛti* (Pathological condition), *agni* (digestive fire) and *āma* (undigested material).
- Recommend fasting when appropriate
- Teach and support the client to implement proper dietary guidelines into their lives
- Prescribe specific foods and spices
- Discuss with the client how to properly prepare the food/meals
- Discuss and teach the proper rituals of eating
- Discuss and teach how to adapt diet to the season and age of a client

Pre requisite and Complementary Knowledge:

- **General Knowledge of the six tastes**
 - Six tastes, their elemental make up and qualities

- *Rasa* (taste), *vīrya* (potency) and *vipāka* (post digestive effect) of the tastes
- The 10 pairs of opposite qualities (*gurvādi guṇas*) of each taste
- Effects of each taste on *doṣas*, *dhātus* (tissues) and *malas* (waste)
- Tastes that are nourishing (*br̥mhaṇa*) and those that are purification (*laṅghana*)
- Effect of the tastes and foods on *agni* (digestive fire) and *āma* (undigested material)
- Elemental make up of foods (*mahābhoutika āhāra – five elements in food*)
- **Dietary Guidelines**
 - Suggests 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**
 - 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 saying grace before meals
- **Other**
 - Importance and intake of warm water in the mornings (*uṣāpāna*)

Lifestyle

NAMA Scope Description. Skills and Competencies: The counselor is able to recommend or prescribe appropriate daily (*dinacaryā*), seasonal (*rtucaryā*) and life cycle routines according to *prakṛti* (individual constitution), *vikṛti* (pathological condition), and *guṇas* (qualities). The counselor is able to recommend at-home preventive and promotive (*svasthavṛtta*) measures and positive conduct (*sadvṛtta*) measures.

Scope of Practice Description Treatment and Intervention:

The counselor is able to demonstrate the appropriate daily (*dinacaryā*), seasonal (*rtucaryā*) and life cycle routines according to *prakṛti* (individual constitution), *vikṛti* (pathological condition), and *guṇas* (qualities). By demonstrating at-home preventive and promotive (*svasthavṛtta*) and positive conduct (*sadvṛtta*).

The counselor is able to recommend, prescribe and 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* (oil application)
 - Drinking warm water in the morning (uṣāpāna)
 - Tongue cleaning
 - Eye washes
 - Netī (nasal saline)
 - Activities to promote sleep before bed
- **Recommend adjustments to the daily routine based on season**
- **Support the client to make life style 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

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* (digestive fire)
- Influence of appropriate physical, devotional, spiritual practices on *doṣas* and *guṇas*(qualities)
- Twenty *guṇas* (qualities), *doṣas*, *agni* (digestive fire), *āma* (undigested material), *ojas* (essence of life)
- 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 *abhyāṅga* (oil application), the oils to be used for *abhyāṅga* (oil application), different types of *abhyāṅga* (oil application)
- 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 (*ṛtusandhi*)
- *Rasāyana* (rejuvenating) foods
- *Vājīkaraṇa* (aphrodisiac) foods
- Resisting and not resisting urges

Senses

NAMA Scope of Practice Description. Recommendations: The counselor is able to recommend or prescribe the appropriate use of sight, smell, touch, taste and hearing (*sātmvendriyārthasāmyoga*).

Scope of Practice Definition. Treatment and Intervention: The counselor is able to demonstrate appropriate use of sight, smell, touch, taste and hearing.

The counselor is able to recommend, prescribe and/or demonstrate the following:

- **Aromatic Therapy:** The counselor 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 aromatic environment (the counselor is not required to have specific knowledge of aromas form of therapy but only that may be utilized as a form of therapy)
- **Taste Therapy (diet and herbs):** The counselor 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)
- **Touch Therapy (self massage):** The counselor 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 (the counselor is not required to have specific knowledge of types of touch as a form of therapy but only that may be utilized as a form of therapy)
- **Sound therapy:** The counselor 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 (the counselor is not required to have specific knowledge of mantras or music as a form of therapy but only that may be utilized as a form of therapy)
- **Visual Therapy:** The client 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 (the counselor is not required to have specific knowledge of color or other specific visual stimuli)

Related Pre-requisite or Complementary Knowledge of:

- The sensory and motor faculties
- 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 (oil application) and appropriate oils used for abhyaṅga (oil application)
- Different tastes and influence on doṣas
- The mind is and its functions
- Relationship between the five elements and their respective tanmātra (five subtle elements), sense and motor organ

Psychiatry

NAMA Scope Description: The counselor is able to recommend diet (*āhāra*), lifestyle (*vihāra*) and positive conduct (*ācāra*) to maintain a healthy mind.

NAMA Scope Description: The counselor is able to design, implement and manage a plan to pacify the *doṣas* within the mind.

The counselor is able to recommend, prescribe and implement the following therapies with the goal in mind to pacify the *doṣas*, balance *prāṇa* (vital energy), *tejas* (radiance) and *ojas* (essence of life) and cultivate *sattva* (purity and knowledge).

- Visual Therapy: *Sāttvika* (purity and knowledge). intake of impressions and the proper use of color
- Auditory Therapy: *Sāttvika* (purity and knowledge) intake of impressions and the proper use of sound
- Aromatic Therapy: *Sāttvika* (purity and knowledge) intake of impressions and the proper use of aromas
- Gustatory Therapy: *Sāttvika* (purity and knowledge) intake of impressions and the proper use of foods
- Tactile Therapy: *Sāttvika* (purity and knowledge) intake of impressions and the proper use of touch
- Effective daily routines
- Changes to a person's behavior

Related Pre-requisite or Complementary Knowledge of:

- Diagnosing the mental *prakṛti* (individual constitution) and *vikṛti* (pathological condition) by quantifying *sattva* (purity and knowledge), *rajas* (action and passion), and *tamas* (ignorance and inertia)
- 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* (vital energy), *tejas* (Radiance) and *ojas* (essence of life) and how to determine their state
- Three *guṇas* (qualities) 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* (individual constitution) and *vikṛti* (*pathological condition*)
- Effective case management
 - Knowledge of how to conduct follow up visits to monitor progress and make adjustments to the treatment plan including
 - Checking in on how the client is doing implementing assignment/homework plan and lifestyle changes
 - An ability to support the client to be more successful in implementing the treatment plan
 - An ability to assign additional homework / assignments or lifestyle changes at an appropriate time
 - Utilizing of the counseling process noted in the counseling section of this document
- **Knowledge of four aspects of mind- *manas, citta, buddhi (intellect), ahaṁkāra (ego)***
- **Knowledge of definition, qualities, location and functions of mind**

Pacification of Doṣas (*Śamana*)

NAMA Scope Description. Recommendations: The client is able to recommend pacification (*śamana*) therapies to balance the *doṣas* and eliminate *āma* (*undigested material*).

NAMA Scope Description. Treatment and Invention: The counselor is able to design, implement and manage a plan for pacifying the *doṣas* and eliminating *āma* (*undigested material*).

The counselor is able to make the following recommendations and implement that following therapies with the goal of pacification of the *doṣas*:

- **Herbs and spices:** Those that increase *agni* – digestive fire (*dīpana*) and metabolize *āma* (*pācana*)
- **Diet:** See food section (*kṣudhā nigraha* – *controlling hunger*)
- **Sensory Therapies:** See sensory therapy section.
- **Exercise** (*vyāyāma*)
- **Heat therapies** (*agni* and *anagni cikitsā* – *therapies with and without fire*)

Related Pre-requisite or Complementary Knowledge of:

- **7 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* (tissues), *upadhātus* (by products of nutrition), *malas* (waste), *srotas* (pathways), *agni* (digestive fire), *āma* (undigested material), *ojas* – essence of life)**
- **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* (digestive fire), *āma* (undigested material) and *ojas* (essence of life)**
- **Assess digestion, tongue, stools and body odor as a means of identifying *āma* (undigested material) in the body**
- **Assessing *doṣa vikṛti* (pathological condition)**
- **Use of herbs and spices for balancing *agni* (digestive fire) and eliminating *āma* (undigested material)**
- **Effective, safe and appropriate, application of diet, herbs, sensory therapies, exercise and heat treatments**

Tonification (*Bṛmhāṇa*)

NAMA Scope Description. Skills and Competency: The counselor is able to recommend tonification (*bṛmhāṇa*) therapy for the body and mind.

NAMA Scope Description. Treatment and Intervention: The counselor is able to design, implement and managing a program of tonification (*bṛmhāṇa*) for sustaining the health of the body and mind.

The counselor is able to make the following recommendations and provide the following treatments and interventions:

- Dietary therapies that promotes tonification
- Herbal therapies that promotes tonification
- Internal and external oil therapies (*snehana*)
- Daily routines and lifestyle that promotes tonification

Related Pre-requisite or Complementary Knowledge of:

- Indications and contraindications for tonification therapy
- Designing a tonification program in accordance with the *doṣa vikṛti*(pathological condition)
- Managing a tonification program and make adjustments to the program in accordance with the client’s progress
- Assessing the state of *agni* (digestive fire), *āma* (undigested material) and *ojas* (essence of life)
- How to assess the *dhātus* (tissues) and the signs of depletion

Pre-natal, Natal, Post Natal

NAMA Scope Description. Skills and Competency: The counselor is able to recommend basic diet (*ahāra*) and lifestyle (*vihāra*) for the mother.

NAMA Scope Description. Treatment and Intervention:

The counselor is able to support a woman to implement dietary (*ahāra*) and lifestyle (*vihāra*) recommendations.

The counselor is able to make the following recommendations and provide the following treatments and interventions:

See Sections on Food/Diet and lifestyle. The counselor is able to safely and supportively apply these practices to the pre natal, natal and post natal woman

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 (digestive fire)
- Influence of appropriate physical, devotional, spiritual practices on doṣas and guṇas (qualities)
- Twenty guṇas (qualities), doṣas, agni (digestive fire), āma (undigested material), ojas (essence of life)
- 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 (oil application), the oils to be used for abhyaṅga (oil application), different types of abhyaṅga (oil application)
- Effective use of daily routine
- Effective use of seasonal routine
- Devotional and spiritual practices affecting the mind and body
- Evening routine (rātrīcaryā)
- Transition of the seasons (ṛtusandhi)
- Rasāyana (rejuvenating) foods
- Vājīkaraṇa (aphrodisiac) foods
- Resisting and not resisting urges

Children's Health

NAMA Scope Description. Recommendations – The counselor is able to recommend or prescribe appropriate recommendations to children above the age of five.

NAMA Scope Description. Treatment and Intervention: The counselor is able to design, implement and manage diet (*ahāra*), lifestyle (*vihāra*), herbs/spices (*dravya*) and treatments (*cikitsā*) in children over the age of five

The counselor is able to make the following recommendations and provide the following treatments and interventions:

- Teach the parents of a young child the proper diet appropriate for their child's constitution and *vikṛti* (pathological condition) with due regard to the child's age and stage of life
- Teach the parents of a young child the proper lifestyle appropriate to the child's constitution and *vikṛti* (pathological condition) with due regard to the child's age and stage of life
- Utilize herbs appropriate to the child's constitution and *vikṛti* (pathological condition) with due regard to the child's age and stage of life
- Utilize sensory therapies appropriate to the child's constitution and *vikṛti* (pathological condition) with due regard to the child's stage of life
- The counselor is able to offer guidelines about caring for children with due regard to the child's age and stage of life utilizing the following intervention tools:
 - Doṣas increasing or decreasing during different times of the day and season
 - Age affecting the doṣas and agni (digestive fire)
 - Influence of appropriate physical, devotional, spiritual practices on doṣas and guṇas (qualities)
 - Twenty guṇas (qualities), doṣas, agni (digestive fire), āma (undigested material), ojas (essence of life)
 - Three qualities (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 (oil application), the oils to be used for abhyaṅga (oil application), different types of abhyaṅga (oil application)
 - Effective use of daily routine
 - Effective use of seasonal routine
 - Devotional and spiritual practices affecting the mind and body
 - Evening routine (rātrīcaryā)
 - Transition of the seasons (ṛtusandhi)
 - Rasāyana (rejuvenating) foods
 - Resisting and not resisting urges

Related Pre-requisite or Complementary Knowledge of:

- Relationship of between the *doṣas* and life cycle
- *Kapha* balancing diet, life style and herbal recommendations
- The factors that vitiate *kapha doṣa*

Internal Medicine

NAMA Scope Description. Recommendations The counselor is able to recommend or prescribe a plan to pacify the *doṣas* that affect the digestive system (*annavaḥasrotas*) and prevent overflow (*prasara*) of the *doṣas*.

NAMA Scope Description. Treatment and Intervention Skills: The counselor is able to design, implement and manage a plan to pacify the *doṣas* within the digestive system (*annavaḥasrotas*).

The counselor is able to make the following recommendations and provide the following treatments and interventions:

- Appropriate diet
- Effective eating behaviors
- Effective herbs
- Routines to support healthy elimination
- Monitor client's progress and make the appropriate adjustments to the treatment plan

Related Pre-requisite or Complementary Knowledge of:

- Supporting digestion and balance the patients *agni* (*digestive fire*)
- Prevention and treatment *āma*(*undigested material*)
- Supporting healthy elimination
- Six tastes
- 13 types and 4 states of *agni* (*digestive fire*).
- Identifying *āma*(*undigested material*)
- Healthy and unhealthy food combinations
- First three stages of *samprāpti* (*pathogenesis*)
- The signs of three *doṣas* at each stage of *samprāpti* (*pathogenesis*)
- Foods, lifestyle and herbs that pacify the *doṣas* in the digestive system
- Factors that cause imbalance in the *doṣas* (*nidāna*)

ENT / Head and Neck Region

NAMA Scope Description. Recommendations: The counselor is able to recommend preventative care for all of the organs above the neck.

NAMA Scope Description. Treatment and Interventions: The counselor is able to offer therapies to pacify *doṣas* at all the organs in and above neck as prevention.

The counselor is able to make the following recommendations and provide the following treatments and interventions:

- Prescribe and teach/demonstrate oil massage for head face, neck muscles
- Prescribe and teach/demonstrate oleation for ears, nose, eyes and mouth
- Prescribe and teach/demonstrate protection of the head/ face from extreme weather

- Prescribe diet, lifestyle and herbs to support the goal of pacifying the *doṣas* within the head
- Prescribe *nasya* (oleation of the nose) when appropriate to pacify the *doṣas* of the head and neck

Related Pre-requisite or Complementary Knowledge of:

- **Daily routines (*dinacaryā*) for good health (*svasthavṛtta*)**
- **Procedures for oleation**
- **Precautions to take during procedures**
- **The benefits of following procedures:**
 - The indications and contraindications for each procedure
 - Utilizing diet, lifestyle and herbs to pacify the *doṣas* in the head and neck
 - The techniques of head massage (*śiro abhyaṅga*), oleation of the eyes (*netra tarpaṇa*), oleation of the ears (*karṇa pūraṇa*), oleation of the nose (*nasya*) and oleation of the gums (*kavalagraha*) and teeth (*gaṇḍūṣa*)
 - Techniques for massaging the face and neck

Jyotiṣa - Vedic astrology

NAMA Scope Description. Recommendation: The counselor is able to refer clients to a *Jyotiṣi* (vedic astrology) for assessment and education on the general scope and value of *Jyotiṣa* (vedic astrology).

NAMA Scope Description. Treatment and Intervention: The counselor is informed on *Jyotiṣa* (vedic astrology) but its practice requires a separate certification.

The counselor is able to:

- Refer the patient to *Jyotiṣi* (vedic astrology) at the appropriate time.

Related Pre-requisite or Complementary Knowledge of:

- What *Jyotiṣa* (vedic astrology) is
- What a *Jyotiṣi* (vedic astrology) does
- The scope of practice of *Jyotiṣa*(vedic astrology)
- How a *Jyotiṣi* (vedic astrology) can complement client care
- Therapeutic tools utilized by a *Jyotiṣi* (vedic astrology)

Vāstu Śāstra – Vedic Architecture

NAMA Scope Description. Recommendation: The counselor is able to refer clients to a practitioner of *Vāstu* (vedic architecture) for assessment and education on the general scope and value of *Vāstu* (vedic architecture).

NAMA Scope Description. Treatment and Intervention: All categories should be informed on *Vāstu* (vedic architecture) but its practice requires a separate certification.

The counselor is able to:

- Refer the client to a practitioner of *Vāstu* (vedic architecture) at the appropriate time.

Related Pre-requisite or Complementary Knowledge of:

- What *Vāstu* (vedic architecture) is
- What a *Vāstu* (vedic architecture) practitioner does
- The scope of practice of *Vāstu śāstra* (vedic architecture)
- How a *Vāstu* (vedic architecture) can complement client care
- Therapeutic tools utilized by a practitioner of *Vāstu śāstra* (vedic architecture)

Herbs

NAMA Scope Description. Recommendation: The counselor is able to recommend or prescribe the appropriate herbs to balance *agni* (digestive fire), eliminate *āma* (undigested material) and support the *malas* (waste) while protecting and building *ojas* (essence of life).

The counselor 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*).

NAMA Scope Description. Treatment and Intervention: The counselor is able to administer, combine, provide, compound, and dispense herbal medicines, minerals or other natural substances for internal or external use.

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 counselor is informed of the major actions of an herb. When Western terminology matches the *Samśkrta* terminology, the Western terms should be known. When a unique action is described in *Samśkrta* that has no

simple translation into English, then the *Saṁskṛta* terminology for that action should be known

- The effect an herb has on the *agni* (digestive fire), *āma* (undigested material), *doṣas*, and *malas* (waste)
- How to prepare powdered mixtures (*cūrṇa*)
- Appropriate dosage (*mātra*) based on age, strength, *doṣas*, *agni* (digestive fire) and pattern of elimination (*koṣṭha*)
- The indications for using herbs and contraindications to assure safe use
- Herbs based on storage, processing, purity and government regulations
- Best times for administration of herbs

Basic Herb List for the Ayurvedic Health Counselor

<i>Saṁskṛta</i> Name	Latin Name	Common Name
<u>Āmalakī</u>	<i>Embllica officinalis</i>	Indian Gooseberry
<i>Dhānyaka</i>	<i>Coriandrum sativum</i>	Coriander
<i>Elā</i>	<i>Elettaria cardamomum</i>	Cardamom
<i>Haridrā</i>	<i>Curcuma longa</i>	Turmeric
<u>Harītakī</u>	<i>Terminalia chebula</i>	Chebulic Myrobalan
<i>Hīṅgu</i>	<i>Ferula assa-foetida</i>	Asafoetida
<i>Jātīphalā</i>	<i>Myristica fragrans</i>	Nutmeg
<i>Jīraka</i>	<i>Cuminum cyminum</i>	Cumin
<i>Laśuna</i>	<i>Allium sativum</i>	Garlic
<i>Lavaṅga</i>	<i>Syzygium aromaticum</i>	Clove
<i>Marica</i>	<i>Piper nigrum</i>	<u>Black Pepper</u>
<i>Methikā</i>	<i>Trigonella foenum-graeceum</i>	Fenugreek
<i>Mīśreya</i>	<i>Foeniculum vulgare</i>	Fennel
<u>Pippalī</u>	<i>Piper longum</i>	Long Pepper
<i>Rājīkā</i>	<i>Brassica juncea</i>	Mustard seeds
<i>Śuṅṭhī</i>	<i>Zingiber officinale</i>	Ginger
<i>Tila</i>	<i>Sesamum indicum</i>	Sesame
<u>Tvak</u>	<i>Cinnamomum cassia</i>	<u>Cinnamon</u>
<u>Vibhītakī</u>	<i>Terminalia belerica</i>	Beleric

Yavānī	Carum copticum	Ajwain or Wild Celery
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Knowledge of the most traditional herbal formulations from classical Āyurvedic texts that support *agni* (digestive fire) and reduce *āma* (undigested material) as well as *rasāyanas* (rejuvenators).

- Trikaṭu cūrṇa
- Triphala cūrṇa
- Hiṅgvāṣṭaka cūrṇa
- Cyavanprāśa

YOGA

NAMA Scope Description. Recommendation: The counselor is able to refer clients to a practitioner of Yoga or Āyurvedic Yoga Therapy for assessment and education on the general scope and value of Āyurvedic Yoga Therapy/Medical Yoga Therapy.

NAMA Scope Description. Treatment and Intervention: The counselor is informed on Āyurvedic Yoga Therapy/Medical Yoga Therapy but its practice requires a separate certification.

The counselor is able to:

- Refer the patient to practitioner of Āyurvedic and Medical Yoga Therapy.

Related Pre-requisite or Complementary Knowledge of:

- Āyurvedic and Medical Yoga Therapy
- What a practitioner of Āyurvedic and Medical Yoga Therapy does
- The scope of practice of Āyurvedic and Medical Yoga Therapy
- How an Āyurvedic and Medical Yoga Therapy can complement client care
- Therapeutic tools utilized by a practitioner of Āyurvedic Yoga Therapy and Medical Yoga Therapy

WESTERN MEDICAL APPROACHES

NAMA SCOPE DESCRIPTION: The counselor is able to refer a client for assessment and possible treatment by a medical practitioner.

The counselor is able to make the following recommendations:

- A referral to a competent Western Practitioner at the appropriate time.

Related Pre-requisite or Complementary Knowledge of:

- The scope of practice of a Medical Practitioner
- Indications that require a referral
- How a Western Medical Practitioner can complement the care being provided by the Āyurvedic Health Counselor
- The counselor is able to explore lifestyle issues that may be affecting the client's sleep and make lifestyle recommendations. Chronic refer.