



NAMA CERTIFICATION BOARD

AYURVEDIC HEALTH COUNSELOR

**CERTIFICATION EXAM
STUDY GUIDE**

2017 Edition

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As an emerging healthcare profession in the U.S., your participation in the Ayurvedic Health Counselor National Certification Exam process is an important one. Building off of educational competencies and standards developed by the National Ayurvedic Medical Association, NAMACB certification is the first well-established credentialing process for Ayurvedic medicine in the U.S.

The following study guide will help you prepare to successfully pass the NAMACB Ayurvedic Health Counselor certification exam, particularly the beta test available from January 8 - 25, 2017.

The AHC Exam beta test is an exam of 150 multiple choice questions. Test-takers will be given four hours to complete. The results of the beta test will help the NAMA Certification Board to finalize the office AHC Exam questions and allotted testing time. NAMA and the NAMA Certification Board would like to thank all beta test takers, volunteers and participants involved in this inaugural exam process.

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Ayurvedic Health Counselor Study Guide Outline

1. Introduction to Ayurveda

a. Śad Darśana

i. Sāṃkhya

1. 24 tattvas (Caturviṃśati tattvas)

ii. Yoga

1. Aṣṭāṅga Yoga

iii. Nyāya

iv. Vaiśeṣika

1. Pratyakṣa pramāṇa

2. Anumāna pramāṇa

3. Upamāna pramāṇa

4. Śabda / Āptopadeśa pramāṇa

5. Yukti (mentioned in Caraka) pramāṇa

v. Pūrva Mīmāṃsa

vi. Uttara Mīmāṃsa / Vedānta

b. Nava Dravya

i. Pañca Mahā Bhūta (elements)

ii. Kāla - time

iii. Dik - Direction

iv. Ātma - Soul

v. Manas - mind

c. Definition of Āyurveda, Historical background and origins

d. Bṛhad Treya - Caraka Saṃhitā, Śusruta Saṃhitā, Aṣṭāṅga Saṃgraha & Aṣṭāṅga Hṛdayam

e. Aṣṭāṅgas of Āyurveda -

i. Kāya Cikitsā (General Medicine)

ii. Bāla Cikitsā (Pediatrics)

iii. Graha Cikitsā (Vedic Astrology)

iv. Ūrdhvāṅga Cikitsā (ENT and Ophthalmology)

v. Śalya Cikitsā (Surgery)

vi. Dāṃṣṭra Cikitsā / Agada Tantra (toxicology)

vii. Jarā Cikitsā (Rasāyana - rejuvenation)

viii. Vṛṣa Cikitsā (Vājīkarana - Fertility)

f. Concept of Macrocosm and Microcosm

2. Āyurvedic Fundamental principles

a. Doṣas

i. Definition

ii. Elemental composition of each doṣas

iii. Location of doṣas in the body (predominant areas - sthāna)

iv. Doṣa functions

- v. Predominance in time of day, night, digestion, season and stage of life
 - vi. Guṇas (qualities) of each doṣa
 - vii. Vāta subdoṣas
 - viii. Pitta subdoṣas
 - ix. Kapha subdoṣas
 - x. What aggravates Vāta, Pitta and Kapha
 - xi. Signs and symptoms of doṣa vṛddhi (aggravated)
 - xii. Signs and symptoms of doṣa kṣaya (decreased)
 - xiii. General measures of doṣa upakrama (Pacification of doṣa)
- b. Dhātu -
- i. Definition
 - ii. Functions
 - iii. Elemental composition of dhātus
 - iv. Relation between doṣa and dhātus
 - v. Causes, signs and symptoms of aggravated dhātus
 - vi. How to pacify aggravated dhātus
 - vii. Causes, signs and symptoms of decreased dhatūs
- c. Malas
- i. Definition
 - ii. Functions
 - iii. Relation between doṣa and malas
 - iv. Causes, signs and symptoms of aggravated malas
 - v. How to pacify aggravated malas
 - vi. Causes, signs and symptoms of decreased malas
 - vii. Elimination frequency various qualities of waste products - indications
 - viii. Types of Koṣṭha
- d. Srotāṃsi
- i. Definition, origin, associated organs, pathway and associated disorders of each srotas.
 - ii. Types of Sroto duṣṭi - abnormalities
 1. Atipravṛtti (Increased Flow)
 2. Saṅga (Obstructed)
 3. Vimārga gamana (Diverted flow)
 4. Sira Granthi (Nodules in channels)
 - iii. Prānavaha srotas
 - iv. Annavaha srotas
 - v. Udakavaha / Ambuvaha srotas
 - vi. Rasavaha srotas
 - vii. Raktavaha srotas

- viii. Māṃsavaha srotas
 - ix. Medovaha srotas
 - x. Asthivaha srotas
 - xi. Majjavaha srotas
 - xii. Śukravaha srotas
 - xiii. Purīṣavaha srotas
 - xiv. Mūtravaha srotas
 - xv. Svedovaha srotas
 - xvi. Arthavavaha /Rajovaha srotas
 - xvii. Stanyavaha srotas
 - xviii. Manovaha srotas
3. Prakṛti – Constitution types
 - a. Vāta – characteristics, qualities and associated signs and symptoms
 - b. Pitta - characteristics, qualities and associated signs and symptoms
 - c. Kapha - characteristics, qualities and associated signs and symptoms
 - d. Combination of two or more doṣas in a constitution
 - e. Method of assessment
 - f. Aṣṭasāra Puruṣa (8 types of ideal constitution)
 4. Prāṇa, Tejas and Ojas
 - a. Definitions of each
 - b. Factors which increase each and signs, symptoms and diseases related
 - c. Factors which decrease each and signs, symptoms and disease related
 5. Svastha – Definition and importance
 - a. Methods for maintenance of health
 - b. Factors that promote mental health
 - c. Factors that promote spirituality
 6. Trayopasthamba - Three Pillars of life
 - a. Āhāra - Food & Digestion
 - i. Agni
 1. Definition
 2. Types (13)
 3. Types of Jaṭharāgni (4)
 4. Association of agni with doṣas
 5. What affects the normal and abnormal variations of agni
 6. Methods to enhance agni (Dīpana, Pācana etc.)
 - ii. Digestion

1. Dosas involved in digestion in the Āmāśaya
 2. Stages of digestion and predominance of doṣas
 3. Factors which influence the rate and quality of digestion
 4. Appropriate quantity of food
 5. Health eating habits (Āhāra sevana vidhi)
 6. Unhealthy eating habits
 7. Definition of Sātmya and Oka-sātmya
- iii. Āma
1. Definition
 2. Causes
 3. Signs & Symptoms
 4. Methods of assessment
 5. Sāma doṣa signs and symptoms
 6. Nirāma doṣas signs and symptoms
 7. Sāma malas signs and symptoms
 8. Nirāma malas signs and symptoms
 9. Management of āma- with diet, lifestyle and / or spices
- iv. Rasa (taste)
1. Types and elemental composition
 2. Rasa that aggravate and pacify each doṣa
 3. Effects, qualities and examples of each rasa
 4. Effects of excessive or inadequate consumption of each rasa
 5. Examples of food predominant in each rasa
- v. Guṇas (qualities)
1. 20 types
 2. Effect on doṣas
- vi. Vīrya (Potency)
1. Uṣṇa vīrya, effect on doṣas, and uses
 2. Śīta vīrya, effect on doṣas and uses
- vii. Vipāka (post digestive effect)
1. Definition
 2. Types and effect on doṣas
- viii. Prabhāva (Specialized therapeutic effect)
1. Definition and uses
- b. Food regimens
- i. Quantity of food to be consumed according to doṣa, agni, age
 - ii. Pathya - Healthy eating habits, time for meals etc.
 - iii. Apathya - Unhealthy food habits

- iv. Definition of sātmya
 - v. Uṣṇodaka - Boiled water
 - vi. Foods that aggravate Vata, Pitta and Kapha
 - vii. Foods that pacify Vata, Pitta and Kapha
 - viii. Viruddha Āhāra - Incompatible food
 - ix. Examples of food that are Rasāyana (rejuvenative)
 - x. Examples of food that are Vājikaraṇa (Aphrodisiac)
7. Nidra - Sleep
- a. Importance of sleep
 - b. Rātricarya
 - c. Causes and Effects of Rātri Jagaraṇa (Night vigil)
 - d. Methods to induce healthy sleep
8. Dinacaryā
- a. Brahma mūhurta - ideal time for waking up
 - b. Malotsarga - elimination of wastes
 - c. Danta Dhāvana - brushing teeth, tongue scraping
 - d. Gaṇḍūṣa & Kavala - Oil pulling
 - e. Vyāyāma - Exercise, effects, types appropriate for each dosa and benefits
 - f. Abhyaṅga - Oil application / massage - effects, indications and benefits,
 - g. Snāna - Bath / shower effects and benefits
 - h. Nasya - nasal drops
 - i. Sadvṛtta - good conduct and ethics
9. Ṛtu Caryā - Seasonal regimens
- a. Four seasons and predominance of dosas
 - b. Ṛtu sandhi - management of seasonal transition and cleanses
 - c. Seasonal related signs and symptoms
10. Nidāna Pañcaka
- a. Nidāna - Etiology
 - i. Trividha kāraṇa - three general causes for disease
 - 1. Asātmya indriya artha saṃyoga - hīna, mithya and atī yoga of indriya and artha
 - 2. Prajñāparādha - willful transgression
 - 3. Pariṇāma - seasonal related disorders
 - ii. Classification of disease
 - iii. 4 Types of prognosis in Ayurveda
 - iv. Sāmānya / Viśeṣa
 - v. Nija / Āghantu
 - vi. Primary / Secondary
 - vii. Doṣa Hetu
 - viii. Vyādhi Hetu

- ix. Ubhaya Hetu
- x. Vyanjaka / Utpādaka
- xi. Prākṛta
- xii. Vaikṛta
- xiii. Sāma / Nirāma
- xiv. Śāririka
- xv. Mānasika
- xvi. Ātmaja
- xvii. Karmaja
- xviii. Annaja
- xix. Kṛmija
- xx. Vyvasāya
- xxi. Abhighātaja
- xxii. Auśadhaja
- xxiii. Adhyātmika
- xxiv. Adibhoutika
- xxv. Adidaivika
- b. Pūrva Rūpa
 - i. Sāmānya - General
 - ii. Viśeṣa - Specific
- c. Śad Kriya Kala - 6 stages of Saṃprāpti
- d. Rūpa - Signs & symptoms
- e. Upaśaya & Anupaśaya - Differential diagnosis
- f. Saṃprāpti - Pathogenesis and manifestation of disease
- 11. Roga Marga - Pathway for disease
- 12. Parīkṣā - Examination
 - a. Trividha Parīkṣā
 - i. Darśana - definition, utilization, and methods

The ability to interpret information that has been received upon observation to determine the vitiation of doṣas, sub-doṣas, dhātus (tissues) and srotas.
 - ii. Sparśana - Definitions, methods and utilization

The ability to interpret information that has been received upon palpation to determine the vitiation of doṣas, sub-doṣas, dhātus and srotas.
 - iii. Praśna - methods and utilization
 1. Client intake process
 2. Social history
 3. Medication history
 4. Vital signs
 5. Family History
 6. Medical history

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

- b. Daśa Vidha Parīkṣā
 - i. Duśya (Structural and functional abnormalities of the body)
 - ii. Deśa (Geographical nature of the place where client lives)
 - iii. Bala (Physical strength)
 - iv. Kāla (season and climatic conditions)
 - v. Anala (Digestive fire of the client)
 - vi. Prakṛti (Constitution)
 - vii. Vaya (Age of the client)
 - viii. Sattva (Psychological nature of the client)
 - ix. Sātmya (General and personal habits of the client)
 - x. Āhāra (Nature of the patients diet)
- c. Aṣṭa Vidha Parīkṣā
 - i. Naḍī (Pulse diagnosis)
 - ii. Mala (Stool Assessment)
 - iii. Mūtra (Urine Assessment)
 - iv. Jihva (Tongue Assessment)
 - v. Śabda (Speech and Voice Assessment)
 - vi. Sparśa (Palpation and Skin assessment)
 - vii. Dṛk (Assessment of Eyes)
 - viii. Ākṛti (General Appearance of external features - Face, Nose)
- d. Assessment of state of mind
 - i. Sattva qualities of mind
 - ii. Rajas qualities of mind
 - iii. Tamas qualities of mind
- e. Assessment of Vital Signs
Methods of assessment, interpretation of findings and when to refer clients:
 - i. Raktacapa (Blood Pressure)
 - ii. Taking pulse
 - iii. Respiration

13. Types of therapies
- a. Preventative Therapies:
 - i. Dīpana
 - ii. Pācana
 - iii. Kṣut Nigraha
 - iv. Tṛṣṇa
 - v. Vyāyāma
 - vi. Ātapa sevana

- vii. Māruta Sevana
 - b. Āhāra (Diet)
 - i. Determine appropriate dietary guidelines for the client
 - c. Vihāra (Lifestyle)
 - i. Determine appropriate lifestyle guidelines for the client
 - ii. Self abhyaṅga (oil application)
 - iii. Uṣnodaka (Drinking boiled water)
 - iv. Tongue cleaning
 - v. Sadvr̥tta (Good moral conduct) etc.
 - d. Auśadha (medicines including single herbs and simple formulas - see below)
 - e. Sensory Therapies
 - i. Aromatic therapy
 - ii. Taste therapy
 - iii. Touch therapy
 - iv. Sound Therapy
 - v. Visual therapy
- 14. Pre Natal, and Post Natal therapies
- 15. Vedic Psychology
- 16. Children's Health
- 17. Jyotiṣa (Vedic Astrology)
- 18. Vastu Śāstra (Vedic Architecture)

Basic Herbs List for the Ayurvedic Health Counselor

Samskr̥ta Name	Latin Name
Āmalakī	<i>Emblica officinalis</i>
Dhānyaka	<i>Coriandrum sativum</i>
Elā	<i>Elettaria cardamomum</i>
Haridrā	<i>Curcuma longa</i>
Harītakī	<i>Terminalia chebula</i>
Hiṅgu	<i>Ferula assa-foetida</i>
Jātīphalā	<i>Myristica fragrans</i>
Jīraka	<i>Cuminum cyminum</i>
Laśuna	<i>Allium sativum</i>
Lavaṅga	<i>Syzygium aromaticum</i>
Marica	<i>Piper nigrum</i>
Methikā	<i>Trigonella foenum-graeceum</i>
Miśreya	<i>Foeniculum vulgare</i>
Pippali	<i>Piper longum</i>
Rājikā	<i>Brassica juncea</i>
Śuṅṭhī	<i>Zingiber officinale</i>
Tīla	<i>Sesamum indicum</i>
Tvak	<i>Cinnamomum cassia</i>
Vibhītakī	<i>Terminalia belerica</i>
Yavānī	<i>Carum copticum</i>

Qualities of each herb including Rasa (taste), Guṇa (qualities), Vīrya (Potency), Vipāka (post digestive effect), and Prabhāva (Specialized therapeutic effect) as well as the dose, frequency and duration of administration.

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).

- o Trikaṭu cūrṇa

- o Triphala cūrṇa
- o Hīṅvāṣṭaka cūrṇa
- o Cyavanprāśa

Ayurveda and Medical Yoga Therapy
Western Medical approaches

AHC Vocabulary List

Saṃskṛt Term	English Translation
Abhighātaja	Disease due to injury
Abhyaṅga	Oil application and massage
Adhyātmika	Disease due to impressions from a past lives
Adibhoutika	Disease due to variations in the 5 elements
Adidaivika	Disease due to planetary influence
Agada Tantra	Toxicology
Āghantu	External
Agni	Fire; Digestive fire
Ahaṃkāra	Ego principle
Āhāra	Food or diet
Āhāra sevana vidhi	Healthy eating habits
Āhāraśakti	Power of digestion and assimilation
Ahiṃsa	Non-violence
Ākāśa	Ether element
Ākṛti	General appearance of external features
Ālocaka	Sub type of pitta, influences visual perception
Āma	Undigested food or nourishment
Āmāśaya	Stomach
Ambuvaha srotas	Pathway or channel of water / Fluid
Amla	Sour
Amla Vipāka	Sour post digestive effect
Annaja	Disease caused by unhealthy diet
Annavaha srotas	Pathway or channel of Anna (food)
Anumāna pramāṇa	Inference as a means of knowledge
Anupaśaya	Differential diagnosis
Āpa	Water
Apāna	Sub type of Vāta, aids in initiation of natural urges moving downward
Aparigraha	Non-attachment
Apathya	Unhealthy food habits
Āptopadeśa pramāṇa	Expert testimony as a means of knowledge
Artha	Pursuit of wealth, Livelihood
Ārthava	Female reproductive tissue
Arthavavaha srotas	Pathway or channel of the Ovulation
Asādhya	Incurable prognosis
Āsana	Seated posture, postures of yoga
Asātmya indriya artha saṃyoga	Unwholesome contact of senses with their corresponding sensory objects
Aṣṭa Vidha Parīkṣā	8 biological factors for examination
Aṣṭāṅga Hṛdayam	Third oldest text on Āyurveda written by Vagbhatta Maha Ṛṣi. A concise version of Aṣṭāṅga Saṃgraha

Aṣṭāṅga Saṃgraha	Third oldest text on Āyurveda written by Vagbhatta Maha Ṛṣi
Aṣṭāṅga Yoga	8 limbs of Yoga philosophy
Aṣṭāṅgas of Āyurveda	8 divisions of Āyurveda
Aṣṭasāra Puruṣa	Eight types of ideal constitution
Asteya	Non stealing
Asthi Dhātu	Bony tissue
Asthi Sāra Puruṣa	Individual with excellent asthi dhātu
Asthivaha srotas	Pathway or channel of Asthi
Atipravṛtti	Increased flow of Srotas
Ātma	Soul
Ātmaja	Disease caused by abnormal effects on the soul
Auṣadhaja	Disease due to side effects of medication
Avalambaka	Sub type of kapha, provides stability to chest, shoulders, arms, neck and heart.
Avara	Inferior
Āyuh	Life
Āyurveda	The Science or knowledge of Life
Bala	Strength / Immunity
Bāla Cikitsā	Pediatrics
Bheda	Classification of disease
Bheṣaja	Medicine
Bhrajaka	Sub type of pitta, aids in skin metabolism
Bhūta Vidya	Āyurvedic Psychology
Bodhaka	Sub type of kapha, aids in perception of taste
Brahma mūhurta	Ideal time for waking up (4 - 6am)
Brahmacarya	Celibacy, First 25 years of life - years of education
Bṛhad Treya	Caraka Saṃhitā, Śusruta Saṃhitā, Aṣṭāṅga Saṃgraha, Aṣṭāṅga Hṛdayam (Both Aṣṭāṅga texts were written by Vagbhatta. Aṣṭāṅga Hṛdayam is the essence version of the Aṣṭāṅga Saṃgraha text, hence both included under this category)
Bṛmhaṇa	Nourishing Therapies
Buddhī	Intellect
Cala	Moving or unstable
Caraka Saṃhitā	Oldest authoritative text on Āyurveda, written by Caraka Maha Ṛṣi
Caturviṃśati tattvas	24 components of evolution / existence
Caya	Mild increase of Doṣa
Daivyavyapaśraya	Devine or religious therapies
Dāṃṣṭra Cikitsā	Toxicology
Danta Dhāvana	Brushing teeth

Darśana	Observational examination
Daśa Vidha Parīkṣā	10 aspects of examination
Deha	Body
Dhāraṇa	Concentration
Dharma	Conformity to one's duty and nature
Dhātu	Bodily tissue
Dhātu kṣaya	Decreased dhātu
Dhātu vṛddhi	Aggravated dhātu
Dik	Direction
Dinacaryā	Daily regimen
Dīpana	Increases digestive fire
Dīrgha breath	Three part breath
Doṣa	Bodily humors/ That which spoils, vitiator or aggravator
Doṣa Hetu	Causation for aggravation of doṣas
doṣa kṣaya	Decreased doṣa
doṣa upakrama	Measures to pacify the doṣas
doṣa vṛddhi	Aggravated doṣa
Drava	Liquid or dilute
Dṛk Parīkṣā	Assessment of eyes
Duḥkha	Sadness/ misery
Duṣya	Aggravated doṣa, dhātu or mala
Gaṇḍūṣa	Oil pulling
Graha Cikitsā	Vedic Astrology
Guru	Heavy; also teacher
Hima	Cold
Indriyas	Senses
Ísvara pranidhāna	Devotion to god
Jala	Water
Jarā Cikitsā	Rejuvenation Therapies
Jaṭharāgni	Digestive fire
Jihva	Tongue
Jihvā Parīkṣā	Tongue assessment
Jñānendrya	Sense organs: Eyes, Nose, Ears, Tongue & Skin
Kāla	Time / Season
Kalekapoṭa nyāya	Nutrient absorption as a selective process similar to pigeons feeding
Kapālabhati	Skull shining breath
Karmaja	Disease due to an individual's actions
Karmandriya	Motor organ: vocal cords, hands, feet, urino-genitals & anus
Kaṣaya	Astringent taste
Kaṭhina	Hard
Kaṭu	Pungent

Katu Vipāka	Pungent post digestive effect
Kaval	Mouth gargle
Kāya	Body
Kāya Cikitsā	General Medicine
Kedār kulya nyāya	Distribution of nutrients similar to a paddy irrigation field
Khara	Rough or gritty
Kledaka	Sub type of kapha, Aids in moistening food
Koṣṭha	Types of colon associated with doṣa predominance
Kṛcchra sādhyā	Curable but challenging prognosis
Kṛmija	Disease caused by bacteria, viruses or parasites
Kṣīra dadhī nyāya	Assimilation of nutrients similar to transformation of milk to various dairy products
Laghu	Light
Lañghana	Depleting therapies
Lavaṇa	Salty
Madhura	Sweet
Madhura Vipāka	Sweet Post digestive effect
Madhyama	Medium, moderate
Mahat / Buddhi	Causative intelligence
Majja	Bone marrow & Nerve tissue
Majja Dhātu	Bone marrow and nervous tissue
Majja Sāra Puruṣa	Individual with excellent majja dhātu
Majjavaha srotas	Pathway or channel of Majja
Mala	Bodily waste
Mala Parīkṣā	Stool assessment
Malotsarga	Elimination of waste
Māmsa	Muscles
Māmsa Dhātu	Muscle tissue
Māmsa Sāra Puruṣa	Individual with excellent māmsa dhātu
Māmsavaha srotas	Pathway or channel of Māmsa
Manas	Mind
Mānasika	Disease manifesting in the mind
Manda	Slow
Manda agni	Slow digestive fire
Manovaha srotas	Pathway or channel of the mind
Medaḥ Sāra Puruṣa	Individual with excellent medo dhātu
Medas	Fat
Medo Dhātu	Fatty tissue
Medovaha srotas	Pathway or channel of Medas
Mṛdu	Soft
Mūtra	Urine

Mūtra Parīkṣā	Urine assessment
Mūtravaha srotas	Pathway or channel of Mūtra
Nāḍī	Channel
Nāḍī Parīkṣā	Pulse assessment
Nāḍī śodhana	Cleansing of the channels, alternate nostril breathing techniques
Nakha	Nails
Nasya	Nasal drops
Nava Dravya	Nine types of matter (5 elements, time, direction, mind and soul)
Netra	Eyes
Nidāna	Etiology or causation
Nidāna Pañcaka	Five aspects of Pathology
Nidra	Sleep
Nija	Internal
Nirāma	Without Āma
Nīyama	Ethical observances
Nyāya	Indian philosophy written by Gautama
Ojas	Essence of life
Ojo Kṣaya	Diminished ojas
Ojovisrama	Displaced or dislodged ojas
Ojovyāpat	Impairment or derangement of ojas
Oka- sātmya	Unhealthy habits
Pācaka	Sup type of pitta, aids in digestion
Pācana	Enhances digestion of food and āma
Pacyamānāśaya	Small intestines
Pakvāśaya	Colon or large intestines
Pañca jñānendriyas	Five sensory organs of cognition
Pañca karmendriyas	Five organs of action
Pañca Mahā Bhūta (elements)	Five Great Elements
Pañca tanmātras	Five subtle principles
Parīkṣā	Examination
Pariṇāma	Change/ transformation
Pathya	Healthy dietary regimen
Picchila	Cloudy or slimy
Prabhāva	Specialized therapeutic effect
Prajñāpradha	Intellectual transgression
Prakopa	Moderate increase of Doṣa
Prākṛta	Natural and expected cause for disease
Prakṛti	1. Primordial Nature 2. Constitution Type
Pramāṇa	Measurement of Body- Height, Weight, Posture, Circumference of Head

Prāṇa	Vital energy
Prāṇavaha srotas	Pathway or channel of Prāṇa
Prāṇayāma	Breathing exercises
Prasara	Significant increase of Doṣa
Praśna	Questioning for examination
Pratyahara	Withdrawal from senses
Pratyakṣa pramāṇa	Sensory observation as a means of knowledge
Pravara	Optimum, best
Ṙṥthvī	Earth element
Purīṣa	Fecal matter
Purīṣavaha srotas	Pathway or channel of Purīṣa
Puruṣa	1. (Eternal cause) 2. Man or individual
Pūrvā Mīmāṃsā	Indian philosophy written by Jaimini
Pūrvā Rūpa	Premonitory signs and symptoms
Rajas	One of the three maha gunas, a doṣa of the mind, energy of action
Rajo / Rajas	Menstruation
Rajovaha srotas	Pathway or channel of Menstruation
Rakta Dhātu	Blood
Rakta Sāra Puruṣa	Individual with excellent rakta dhātu
Raktavaha srotas	Pathway or channel of Rakta
Raṅjaka	Sub type of pitta, aids in pigmentation
Rasa	Plasma/ taste
Rasavaha srotas	Pathway or channel of Rasa
Rasāyana	Rejuvenation Therapies
Rasāyana	That which nourishes all the dhātus
Rātri Jagaraṇa	Night vigil
Rātricarya	Nightly regimen
Roga Marga	Pathway for disease manifestation
Ṙtu Caryā	Seasonal regimen
Ṙtu sandhi	Seasonal transition
Ṙtucharya	Seasonal routine
Rugṇa patrakam	Client intake form
Rūkṣa	Dry
Rūpa	Signs and Symptoms
Śabda Parīkṣā	Sounds and voice assessment
Śabda pramāṇa	Word or reliable testimony as a means of knowledge
Śad darśana	Six perennial philosophies of India
Ṣaḍ Rasa	Six tastes
Sādhaka	Sub type of pitta, aids in cognition and intelligence
Sadvṛtta	Good conduct and ethics

Śalya Cikitsā	Surgery
Sāma	With Āma
Sama Agni	Balanced digestive fire
Sāma dhātu	Dhātu mixed with āma
Sāma doṣa	Doṣa mixed with āma
Sāma mala	Mala mixed with āma
Samādhi	Enlightenment
Samāna	Sub type of Vāta, Aids in igniting the agni
Sāmānya	General, in reference to type of causative factor as well as type of disease
Samhanana	Physical build
Sāmḅhya	Indian philosophy written by Kapila
Samḅraprti	Pathogenesis
Sāndra	Solid or dense
Saṅga	Obstruction of Srotas
Santośa	Contentment
Sara	Flowing
Śāririka	Disease manifesting in the body
Sātmya	Habits
Sattva	One of the maha gunas. The pure quality of the mind.
Sattva Sāra Puruṣa	Individual with excellent sattva or mind
Sattvāvajaya	Measure which build the strength and stability of the mind/ psyche
Satya	Truth
Sira Granthi	Nodules in srotas
Śīta	Cold
Śīta vīrya	Cold Potency
Śītakarī	Cool breathing through teeth and flattened tougue
Śītali	Cool breathing with curled tongue
Ślakṣaṇa	Slippery
Slakṣṇa	Smooth
Śleṣaka	Sub type of kapha, provides lubrication to joints
Snāna	Bath
Snigdha	Unctuous or oily
Sparśa Parīkṣā	Skin assessment
Sparśana	Palpation and touch examination
Srotāṃsi	Channels or pathways including arteries, veins etc. (plural)
Srotas	Channel, pathway (singular)
Sroto duṣṭi	Abnormalities in Srotas
Stanya	Breast Milk
Stanyavaha srotas	Pathway or channel of Stanya (breast milk)

Sthāna Saṃśraya	Aggravated Doṣa conglomerating with other Doṣa or dhatu
Sthira	Stable
Sthūla	Gross or big
Sthula Śārīra	Gross body
Sukha	Happiness
Śukra Dhātu	Reproductive tissue (Sperm in male)
Śukra Sāra Puruṣa	Individual with excellent śukra dhātu
Śukravaha srotas	Pathway or channel of Śukra
Sūkṣma	Small or minute
Sukṣma Śārīra	Subtle body
Susādhya	Easily curable prognosis
Śusruta Saṃhitā	Second oldest authoritative text on Āyurveda, written by Śusruta Maha Ṛṣi
Svadhyāya	Self study
Svastha	Optimum state of health
Sveda	Sweat
Svedas	Sweat
Svedovaha srotas	Pathway or channel of Svedas
Tamas	One of the three maha gunas, energy of darkness
Tanmatra	Subtle elements
Tapas	Sacrifice
Tarpaka	Sub type of kapha, nourishes the sensory organs
Tejas	Essence of fire and pitta doṣa
Tikṣṇa	Sharp/ penetrating
Tikṣṇa agni	Intense digestive fire
Tikta	Bitter taste
Trayopasthamba	Three pillars of life
Trividha Parīkṣā	Three methods of examination
Tvak	Skin
Tvak Sāra Puruṣa	Individual with excellent skin
Ubhaya Hetu	Causation for aggravation of both doṣas and disease
Udakavaha srotas	Pathway or channel of water /Fluid
Udāna	Sub type of Vāta, allows for production of sound
Ujjayi	Ocean sounding breath
Upadhātus	Byproducts of nutrition
Upamāna pramāṇa	Comparison or analogy as a means of knowledge
Upaśaya	Exploration therapy (diagnostic aid)
Ūrdhvāṅga Cikitsā	ENT and Ophthalmology
Uṣṇa	Hot
Uṣṇa vīrya	Hot potency

Uṣṇodaka	Boiled water
Uttara Mīmāṃsā / Vedānta	Indian philosophy comprised of the “end” or last section of the vedas
Vaikṛta	Unnatural and unexpected cause for disease
Vaiśeṣika	Indian philosophy written by Kanada
Vājīkaraṇa	Fertility Therapies
Vāyu	Air element
Vidāhi	Causing burning sensation
Vihāra	Activities
Vikṛti	Pathological state
Vimārga gamana	Diverted flow of srotas
Vipāka	Post digestive effect
Viruddha Āhāra	Incompatible food
Vīrya	Potency
Viśada	Clear or non-slimy
Viṣama agni	Irregular digestive fire
Viśeṣa	Specific, in reference to type of causative factor as well as type of disease
Vṛṣa Cikitsā	Fertility Therapies
Vyādhi Hetu	Causation for aggravation of disease
Vyakti	Manifestation of disease
Vyāna	Sub type of Vāta, allows for circulation and movement all over the body
Vyāyāma	Exercise
Vyvasāya	Occupational causative factors for disease
Yama	Moral restraints
Yāpya	Palliative or manageable but non-curable prognosis
Yoga Darśana	Indian philosophy written by Patañjali
Yukti pramāṇa	Reasoning as a means of knowledge
Yuktivyapaśraya	Physical / material therapies including diet, herbs and treatments.

Classical Texts References for AHC Guidelines

The following references are regarding the list of topics enumerated in the Ayurvedic Health Counselor guidelines published by NAMA. Classical texts such as Bṛhad Treya and Laghu Treya were used for referencing. Translation of topics have not been included as there may be controversies regarding the correlation of certain Āyurvedic terms especially with rogas and western diagnosis.

List of Classical texts, sections and abbreviations:

Caraka Saṃhitā	C.S.
Suśruta Saṃhitā	S.S.
Aṣṭāṅga Samgraha	A.S.
Aṣṭāṅga Hṛdayam	A.H.
Śāraṅgadhara Saṃhitā	Sha. Sa.
Bhāva Prakāśa Nighantu	Bha. Ni.
Mādhava Nidāna	M.N.
Sūtra Sthāna	Su.
Sāra Sthāna	Sa.
Nidāna Sthāna	Ni.
Vimāna Sthāna	Vi.
Cikitsa Sthāna	Chi.
Indriya Sthāna	In.
Kalpa Sthāna	Ka.
Siddhi Sthāna	Si.
Prathama Khanda	Prat.
Madhyama Khanda	Madh.
Uttara Khanda	Utt.

Method of referencing:

The classical referencing indicates first the classical text, followed by the section in the text, then the chapter number and the verse number. Various versions of the same classical texts were published by various companies, however regardless of the edition, or publisher, the section, chapter and verse number are consistent as to the original text. Therefore this method of classical referencing is considered standard and widely used for Āyurvedic texts.

Ex. C.S. Su. 1/56 = Caraka Saṃhitā, Sūtra Sthāna, Chapter 1, verse 56.

Topic / Heading	Classical Reference
Abhyaṅga	C.S. Su. 5/85-93
Abhyaṅga definition	A.S. Su. 3/55-60
Adāna Kāla	C.S. Su. 6/6
Adharaṇīya vegās	A.S. Su. 5/2
Āghantu Vyadhi	A.S. Su. 5/37-38
Āghantuja Rogas	C.S. Su. 7/51-52
Āghantuja roga prevention	C.S. Su. 7/53-55
Agni Types	C.S. Vi. 6/12
Āhāra - Dina carya	A.S. Su. 3/75-79
Ākāśa mahābhūta	A.S. Su. 17/8
Āma	A.S. Su. 21/36-37
Ambuvaha srotas	C.S. Vi. 5/11
Amla rasa	C.S. Su. 26/42.2
Añjana	C.S. Su. 5/14-19
Annavaha rotas	C.S. Vi. 5/12
Anulomana definition	Sha. Sa. Prat. 4/4
Anumāna pramāna	C.S. Su. 11/21-24, C.S. Vi. 4/8
Anupāna definition	A.S. Su. 1/11-12
Ap mahābhūta	A.S. Su. 17/5
Āptopadesa pramāna	C.S. Su. 11/18-19
Ārogya kārana	A.S. Su. 1/40, A.S. Su. 22/6
Asādhyā definition	A.S. Su. 2/32
Asātmya Indriya artha saṃyoga	A.S. Su. 22/6
Aṣṭa āhāra viśeṣa āyatana	C.S. Vi. 1/21
Aṣṭa ninditīya	C.S. Su. 21/3
Aṣṭaṅga of Ayurveda	A.S. Su. 1/4-13
Asthāpana dravya	C.S. Su. 2/11-14
Asthivaha srotas	C.S. Vi. 5/17
Ātapa sevana	A.S. Su. 12/91
Auśadha kāla	A.S. Su. 23/12-21
Āyurveda definition	C.S. Su. 1/41
Āyus synonyms	C.S. Su. 1/42
Bṛṃhaṇa	C.S. Su. 22/10
Cedana definition	Sha. Sa. Prat. 4/9-10
Cūrṇa kalpana	Sha. Sa. Madh. 6/1-165
Danta dhavana	A.S. Su. 3/12-17
Definition of svastha	S.S. Su. 15/41
Dhāraṇīya vegas	C.S. Su. 7/26-29
Dhātu functions	A.S. Su. 1/29
Dhātu Pariṇāma	C.S. Su. 28/4
Dina carya	A.S. Su. 3
Dīpana	Sha. Sa. Prat. 4/1
Doṣa body and mind	C.S. Su. 1/51
Doṣa dhātu relationship	A.S. Su. 19/8
Doṣa gati	C.S. Su. 17/112-114
Doṣa sthāna	A.S. Su. 1/23

Gandha mālya - aromatherapy	C.S. Su. 5/96
Gandharva graha	MN 20/20
Gaṇḍūṣa	A.S. Su. 3/28-30
Gaṇḍūṣa - oil pulling	C.S. Su. 5/78-80
Ghee Properties	C.S. Su. 13/14, C.S. Su. 13/41-43
Ghee properties	A.S. Su. 6/68-71
Guṇas	Sha. Sa. Prat. 2/16-17 C.S. Su. 1/49
Head oil massage	C.S. Su. 5/81-83
Hima	Sha. Sa. Madh. 4/1-8
History of Ayurveda	A.S. Su. 1/4-13
Ikṣu varga	A.S. Su. 6/76-85
Indriya & Mahābhūtas	A.S. Su. 1/36-37
Indriya & Tanmātra	Sha. Sa. Prat. 5/67-69
Indriyas and mahābhūtas	C.S. Su. 8/14
Janapadodhvamsa	A.S. Su. 9/71-80 C.S. Vi. 3/5-18
Kāla definition	A.S. Su. 4/2
Kalka	Sha. Sa. Madh. 5/1-28
Kapha guṇas	A.S. Su. 1/28
Kapha kṣaya	C.S. Su. 17/52-61
Kapha pacifying herbs	A.S. Su. 14/7
Kapha prakṛti	A.H. Sa. 3/96-103
Kapha subdoṣa	A.S. Su. 20 /4
Kapha upakrama	A.S. Su. 21/3-4
Kapha vṛddhi	C.S. Su. 17/52-61
Kapha vyādhi (nānātmaja)	A.S. Su. 20/11, C.S. Su. 20/17
Karna pūraṇa	C.S. Su. 5/84
Kaṣāya rasa	C.S. Su. 26/42.6
Kaṭu Rasa	C.S. Su. 26/42.4
Kitchari (Mudga Yuṣa)	C.S. Su. 15/16, C.S. Su. 27/265-267
Kṛcchra sādhya definition	A.S. Su. 2/29
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Kṣudha nigraha	A.S. Su. 13/2
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Lavaṇa Rasa	C.S. Su. 26/42.3
Lavaṇa Types	C.S. Su. 1/88-92
Lekhana definition	Sha. Sa. Prat. 4/10-11
Madhu (Honey)	C.S. Su. 27/249
Madhu/ ikṣhu	A.S. Su. 6/86-93
Madhura rasa	C.S. Su. 26/42.1
Madhya Varga	A.S. Su. 6/109-134
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Malas	A.S. Su. 19/2
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Manovaha srotas	C.S. Vi. 6/5-6
Māruta sevana	A.S. Su. 12/86-90
Mūtra varga	A.S. Su. 6/135 - 142
Mūtravaha srotas	C.S. Vi. 5/20
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Nija vyādhi	A.S. Su. 1/39
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Pāda catuṣṭaya	C.S. Su. 9/3 A.S. Su. 2/27
Pañca indriya adhiṣṭāna	C.S. Su. 8/10
Pañca indriya artha	C.S. Su. 8/11
Pañca indriya buddhya	C.S. Su. 8/12
Panca indriya dravyas	C.S. Su. 8/9
Pañca indriyas	C.S. Su. 8/8
Pañca jñanendriya	Sha. Sa. Prat. 5/64
Pañca karmendriya	Sha. Sa. Prat. 5/65
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Pitta pacifying herbs	A.S. Su. 14/7
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Pitta subdoṣa	A.S. Su. 20/3
Pitta upakrama	A.S. Su. 21/2
Pitta vṛddhi	C.S. Su. 17/52-61
Pitta vyādhi (nānātmaja)	A.S. Su. 20/10, C.S. Su. 20/14
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Samkhya philosophy - Mahad	Sha. Sa. Prat. 5/57
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Virecana dravyas	C.S> Su. 2/9-10
Viruddha 18 types	C.S. Su. 26/86-101
Vīrya	A.S. Su. 17/14-16
Vīrya	Sha. Sa. Prat. 2/17-18
Visarga kāla	C.S. Su. 6/5,7
Vyavāyi definition	A.S. Su. 1/37
Vyāyāma	A.S. Su. 3/61-64
Yāpya definition	A.S. Su. 2/30 - 31
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Saṁskṛta Name	Latin Name	Reference (Ayurveda)
Āmalakī	<i>Emblīca officinalis</i>	Bha. Ni. 6(2)/38-41
Anantamūla	<i>Hemidesmus indicus</i>	Bha. Ni. 6(4)/236-238
Arjuna	<i>Terminalia arjuna</i>	Bha. Ni. 6(6)/16-17
Aśoka	<i>Saraca indica</i>	Bha. Ni. 6(5)/47-48
Aśvagandha	<i>Withania somnifera</i>	Bha. Ni. 6(4)/189-190
Balā	<i>Sida cordifolia</i>	Bha. Ni. 6(4)/142-146
Bhṛṅgarāja	<i>Eclipta alba</i>	Bha. Ni. 6(4)/239-241
Bhūmyāmalakī	<i>Phyllanthus amarus</i>	Bha. Ni. 6(4)/277-278
Bilva	<i>Aegle marmelos</i>	Bha. Ni. 6(4)/13 Bha. Ni. 6(7)/56-60
Brahmī	<i>Bacopa monnieri, Centella asiatica (active debate on this)</i>	Bha. Ni. 6(4)/179-181
Citraka	<i>Plumbago zeylanica</i>	Bha. Ni. 6(2)/70-71
Dāruharidrā*	<i>Berberis aristata</i>	Bha. Ni. 6(2)/201-202
Devadāru*	<i>Cedrus deodara</i>	Bha. Ni. 6(3)/24-25
Dhānyaka	<i>Coriandrum sativum</i>	Bha. Ni. 6(2)/86-88
Elā	<i>Elettaria cardamomum</i>	Bha. Ni. 6(3)/63
Eraṇḍa	<i>Ricinus communis</i>	Bha. Ni. 6(4)/60-63
Gokṣura	<i>Tribulus terrestris</i>	Bha. Ni. 6(4)/44-46
Gudūcī	<i>Tinospora cordifolia</i>	Bha. Ni. 6(4)/1-9
Guggulu	<i>Commiphora mukul</i>	Bha. Ni. 6(3)/32-45
Haridrā	<i>Curcuma longa</i>	Bha. Ni. 6(2)/196-197
Harītakī	<i>Terminalia chebula</i>	Bha. Ni. 6(2)/1-37
Hiṅgu	<i>Ferula assa-foetida</i>	Bha. Ni. 6(2)/100-101
Jaṭāmāmsī*	<i>Nardostachys jatamansi</i>	Bha. Ni. 6(3)/89
Jātīphalā	<i>Myristica fragrans</i>	Bha. Ni. 6(3)/54-55
Jīraka	<i>Cuminum cyminum</i>	Bha. Ni. 6(2)/81-85
Jyotiṣmatī*	<i>Celastrus paniculatus</i>	Bha. Ni. 6(2)/171-172
Kalamegha*	<i>Andrographis paniculata</i>	
Kapikacchu	<i>Mucuna pruriens</i>	Bha. Ni. 6(4)/129-131

Kaṭukī*	<i>Picrorhiza kurroa</i>	Bha. Ni. 6(2)/151-152
Kirātatikta*	<i>Swertia chirata</i>	Bha. Ni. 6(2)/153-155
Kumārī	<i>Aloe barbadensis</i>	Bha. Ni. 6(4)/229-230
Kuṭaja	<i>Holarrhena antidysenterica</i>	Bha. Ni. 6(4)/116-118
Laśuna	<i>Allium sativum</i>	Bha. Ni. 6(2)/217-219
Lavaṅga	<i>Syzygium aromaticum</i>	Bha. Ni. 6(3)/58-59
Lodhra*	<i>Symplocos racemosa</i>	Bha. Ni. 6(2)/215-216
Maṇḍūkapaṇḍī	<i>Centella asiatica</i>	Bha. Ni. 6(4)/279-281
Mañjiṣṭhā	<i>Rubia cordifolia</i>	Bha. Ni. 6(2)/188-191
Marica	<i>Piper nigrum</i>	Bha. Ni. 6(2)/59-61
Meṣaśṛṅgī	<i>Gymnema sylvestre</i>	Bha. Ni. 6(4)/253-255
Methikā	<i>Trigonella foenum-graeceum</i>	Bha. Ni. 6(2)/93-95
Miśreya	<i>Foeniculum vulgare</i>	Bha. Ni. 6(2)/89-92
Mustā	<i>Cyperus rotundus</i>	Bha. Ni. 6(3)/92-94
Nimba	<i>Azadirachta indica</i>	Bha. Ni. 6(4)/93-94
Padmaka	<i>Nelumbo nucifera</i>	Bha. Ni. 6(5)/1-13
Pippali	<i>Piper longum</i>	Bha. Ni. 6(2)/53-58
Punarnavā	<i>Boerhaavia diffusa</i>	Bha. Ni. 6(4)/231-233
Rājikā	<i>Brassica juncea</i>	Bha. Ni. 6(9)/69-71
Rakta Candana	<i>Pterocarpus santalinus</i>	Bha. Ni. 6(3)/16-17
Raktapuṣpi	<i>Hibiscus rosa</i>	Bha. Ni. 6(5)/58
Rāsnā	<i>Alpina officinarum</i>	Bha. Ni. 6(2)/162-164
Saindhava Lavaṅga		AH. Su. 6/144
Śallakī	<i>Boswellia serrata</i>	Bha. Ni. 6(6)/22-23
Śankhapuṣpī	<i>Evolvulus alsinoides</i>	Bha. Ni. 6(4)/269-270
Sat Isabgol	<i>Plantago psyllium</i>	
Śatāvārī	<i>Asparagus racemosus</i>	Bha. Ni. 6(4)/184-188
Śilājitu	<i>Asphaltum</i>	Bha. Ni. 6(8)/78-82
Śuṅṭhī	<i>Zingiber officinale</i>	Bha. Ni. 6(2)/44-48
Svarṇapatrī	<i>Senna alexandrina</i>	
Tagara	<i>Valeriana wallichii</i>	Bha. Ni. 6(3)/18-19
Tarunī	<i>Rosa centifolia</i>	Bha. Ni. 6(5)/22-23

Tavakṣīrī	<i>Maranta arundinacea</i>	AH. Su. 30/51
Tīla	<i>Sesamum indicum</i>	Bha. Ni. 6(9)/63-65
Tulasī	<i>Ocimum sanctum</i>	Bha. Ni. 6(5)/62-63
Tvak	<i>Cinnamomum cassia</i>	Bha. Ni. 6(3)/64-65
Uśīra	<i>Vetiveria zizanioides</i>	Bha. Ni. 6(3)/84-88
Vacā	<i>Acorus calamus</i>	Bha. Ni. 6(2)/102-103
Vasaka	<i>Adhatoda vasica</i>	Bha. Ni. 6(4)/88-90
Vibhītakī	<i>Terminalia belerica</i>	Bha. Ni. 6(2)/36-37
Viḍaṅga	<i>Embelia ribes</i>	Bha. Ni. 6(2)/111-112
Vidārī Kanda	<i>Ipomoea digitata</i>	Bha. Ni. 6(4)/180-182
Yaṣṭi Madhu	<i>Glycyrrhiza glabra</i>	Bha. Ni. 6(2)/145-146
Yavānī	<i>Carum copticum</i>	Bha. Ni. 6(2)/75-77