



Āyurvedic Practitioner: Educational Outline for Competency

Minimum Total Hours: 1500 (Including AHC 600 Hours)

SECTION 1: FOUNDATION OF ĀYURVEDA

Recommended Hours: 50- 100

CAAM Scope Description: The practitioner 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: AYURVEDIC PHYSIOLOGY

Recommended Hours: 100- 150

Twenty Qualities (Guṇas)

CAAM Scope Description: The practitioner has skills and competence in determining which guṇas(qualities) 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 (pathological condition)
- 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)

CAAM Scope Description: The practitioner 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]), aṣṭavidha and daśavidha parīkṣā)

The practitioner has knowledge of:

- Three-fold Diagnostic Method (Trividha Parīkṣā)
- Observation (Darśana)
- Touch (Sparśana)
- Questioning (Prašna)

Eight-fold Diagnostic Method (Aṣṭavidha Parīkṣā)

- Pulse Assessment (Nāḍī Parīkṣā)
- Urine Assessment (Mūtra Parīkṣā) (theoretical knowledge only)
- Stool Assessment (Mala Parīkṣā) (theoretical knowledge only)
- 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, (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 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 (pathological condition) 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 (pathological condition) 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)

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

- The practitioner 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) (note: not required to physically examine urine or stools)
- 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 life)
- 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
- Normal and abnormal functions of strotāmsi (pathways)

Agni- Āma-Malas

CAAM Scope of Description: The practitioner 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
- 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 (digestive fire)
- 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)

CAAM Scope Description: The practitioner is able to determine the state of prāṇa (vital energy), ojas (essence of life) and tejas (radiance)

The practitioner 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 low ojas (essence of life)
- Displaced ojas (essence of life)
- Factors causing imbalance in ojas (essence of life), tejas (radiance) and prāṇa (vital energy)

SECTION 3: SKILLS AND COMPETENCIES SECTION

Recommended Hours: 150- 200

COUNSELING SKILLS

CAAM Scope of Practice: The practitioner should have the necessary skills to provide counseling

In order to be competent, the student should have 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.

Related Pre-requisite or Complementary Knowledge:

- What the chief complaint is, based on initial consultation and the importance of mitigating factors such as: origin, duration, progress and factors that aggravate and relieve the symptoms.
- Past medical history, including: Illness, injuries, surgeries, hospitalizations
- Family history affecting vikṛti (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 Āyurvedic care
- Improving the understanding of the consultation
- Improvement of client compliance to any suggestions or guidelines given

Personal and Family Health History

CAAM Scope of Practice: The practitioner should have the necessary skills to be able to effectively take a detailed current and past, personal and family health history

In order to be competent, the student should have 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:

- What the chief complaint is, based on initial consultation and the importance of mitigating factors such as: origin, duration, progress and factors that aggravate and relieve the symptoms.
- Past medical history, including: Illness, injuries, surgeries, hospitalizations
- Family history affecting vikṛti (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

CAAM Scope Description: The practitioner should have the skills to be able to effectively taking 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 sites
- Normal and abnormal pulses

Blood Pressure

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

Respiration

- Determining respiration rate
- Normal and abnormal respiration

ETIOLOGICAL FACTORS (Nidāna)

CAAM Scope of Practice: The practitioner should be able to determine the etiological factors (nidāna) responsible for the doṣic imbalance and the disease

In order to be competent, the practitioner should have the ability to

- Interprets and understands the case history of the client
- The ability to interpret the case history to determine the specific etiological factors associated with each symptom and disease

Additional Related Pre-requisite or Complementary Knowledge:

- 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
- Knowledge of the specific etiological factors of each symptom and disease.

PATHOGENESIS (Samprāpti)

CAAM Scope Description: The practitioner should be competent to be able determine the full samprāpti (pathogenesis) of disease conditions.

In order to be competent, the practitioner should be able to:

- Describe the pathology in terms of the stage of disease along with the involvement of the doṣa, sub-doṣa, dhātu(tissues) and srotas (pathways) an in the disease and also determine the state of agni (digestive fire) in the disease.

Related Pre-requisite or Complementary Knowledge:

- Knowledge of all stages of disease (śaḍ kriyā kāla)
- Knowledge of the signs of disease at each stage including relocation, manifestation and diversification.
- Knowledge of the specific pathology related to disease conditions.

Vikṛti Vijñāna (Pathology)

CAAM Scope Description: The practitioner should be competent to be able to understand the pathogenesis of various diseases and diagnose them accurately.

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

In order to be competent, the practitioner should be able to:

- Identify doṣa vṛddhi (increase) and kṣaya (decrease)
- Identify dhātu vṛddhi (increase), kṣaya (decrease), and duṣṭi (abnormality)
 - Identify mala vṛddhi (increase) and kṣaya (decrease)
 - Understand doṣa gati (movement of dosas):
 - Ūrdhvaga (upwards), adhoga (downwards), and tīryak (horizontally)
 - From koṣṭha (GIT) to śākha (extremities) and from śākha (extremities) to koṣṭha (GIT)
 - In the 6 stages of samprāpti (Pathogenesis)
 - Understand causes of doṣas moving from koṣṭha (GIT) to śākha (extremities) and from śākha (extremities) to koṣṭha (GIT)
 - Understand relationship between the doṣas, dhātu (Tissues), and malas (waste)
 - Knowledge of srotāmsi (pathways):
 - Causes of srotovaiguṇya (abnormalities in the qualities of the pathways)
 - Causes and signs of sroto duṣṭi (pathological conditions associated with the pathways)
 - Knowledge of āvaraṇa (Aggravated doshas due to masking of other factors) pathology and its signs
 - Knowledge of various vyādhis (disease conditions):
 - Identify vyādhi lakṣaṇas (signs of disease)
 - Identify vyādhi avastha (state of pathology): sāma (with ama) or nirāma (without ama) state of doṣa, dhātu(tissues), and malas(waste)
 - Knowledge of vyādhi (disease) classifications:
 1. Nija (internal), āgantū (external), and mānasika (psychological)
 2. Santarpaṇa (Diseases due to over nourishment) and apatarpaṇa (diseases due to under nourishment) janya (generation)
 3. According to roga mārga (disease pathways): Bāhya (external), ābhyaṅtara (internal), or Madhya (intermediate)
 4. Sāmānyaja (General classification) or nānātmaja (specific classification – by specific doshas ie. 80 vata conditions, 40 pitta conditions and 20 kapha conditions)
 5. Prognosis: Sukha sādhyā (Easily curable), kaṣṭha sādhyā (Curable with difficulty), yāpyā (Manageable but incurable), or asādhyā (incurable)

- Knowledge of the following diseases:
 - According to srotas:
 - Prāṇavaha Srotas (Respiratory system): Kāsa (Cough), Śvāsa (Asthma / difficulty in breathing), Hicca (hiccups)
 - Annavaha Srotas (digestive system): Ajīrṇa (Indigestion), Aruci (Ageusia/ inability to taste), Cardi (vomiting), Amlapitta (Peptic ulcers), Ānāha (heartburn), Udara śūla (colic pain), Kṛmi (infection / parasites), Grahaṇi (Spru / IBS/ Celiac disease), Atisāra (Diarrhea), Arśhas (hemorrhoids)
 - Ambuvaha Srotas (Pathway for fluids): Tṛṣṇa (Morbid thirst), Prameha (Urinary disorders including diabetes), Śoṭha (Swelling / edema)
 - Rasavaha Srotas (Pathway for plasma): Jvara (All types of fevers), Pāṇḍu (Anemia)
 - Raktavaha Srotas (Pathway for blood): Raktapitta (Bleeding disorders), Dāha (burning sensation), Vātarakta (Rheumatoid arthritis / Gout), Kāmala (Jaundice)
 - Mamsavaha Srotas (Pathway for Muscle tissue): Granthi (Aneurysm), Galaganda (Goiter), Gandamala (mumps / Scrofula)
 - Medovaha Srotas (Pathways of fat): Staulya – obesity (Medo roga – disease of fatty tissue)
 - Asthivaha Srotas (Pathways of the bony tissue): Asthigata vāta (Abnormal vata localized in the joints), Sandhigata vāta (osteo arthritis), Āma vāta (Rheumatic fever)
 - Majjavaha Srotas (pathways of the bone marrow): Pakṣāvadhā (Paralysis associated with stroke), Ākṣepaka (Spasm / convulsions), Kampavāta (Parkinson's disease), Apasmāra (epilepsy), Gṛdrasi (sciatica)
 - Śukravaha Srotas (pathways of the reproductive tissue): Klaihya (impotency)
 - Ārtavavaha and Stanyavaha Srotas (pathway for female reproduction): Yoni vyāpat (disorders of the uterus), Pradara (Leukorrhea), Stanya rogas (disorders of the breasts), Artava virama (Menopause)
 - Manovaha Srotas (Pathways of the mind): Unmāda (Insanity), Smṛtibhramṣa (memory loss, lack of cognition)
 - According to organ:
 - Hrid roga (Heart Disease)
 - Tvak (Skin): Visarpa (Erysipelas), Sheetapitta (Urticaria), Kuṣṭha (Various types of Skin Disorders)
 - Vṛkka (Kidneys): Aśmari (Kidney calculi)

*Additional diseases: Gulma (Abdominal tumors), Arbuda (All types of Cancers)

COUNSELING SKILLS

CAAM Scope of Practice: The practitioner 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 client's trust

Related Pre-requisite or Complementary Knowledge of:

- Communicating effectively
- Demonstrating effective skills for counseling
- Recommending changes in diet and lifestyle as necessary, due to doshic tendencies and how they relate to challenges
- Supporting each person to make successful changes based on their constitutional type
- Supporting a rājasika (action and passion) and tāmasika (ignorance and inertia) 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

CAAM Scope Description: The Practitioner should be able to assess and determine the client's strengths and willingness to follow recommendations

In order to be competent, the student should be able to:

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

Related Pre-requisite or Complementary Knowledge:

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

Research

CAAM Scope Description: Āyurvedic Practitioners should be capable of appraising published health science literature and develop the attitude necessary for evidence-based practice. Ayurvedic practitioners should be capable of writing articles, contributing to professional conferences and presenting case studies.

In order to be competent, the student should be able to:

- Appraising published health science literature
- Write article using proper methods of citation
- Develop a presentation
- Related Pre-requisite or Complementary Knowledge
- Knowledge of how to organize a presentation
- Knowledge of how to properly cite references from books, journals and websites
- Knowledge of proper English grammar and spelling
- Knowledge of presentation software and how to use it.

SECTION 4: RECOMMENDATIONS, TREATMENT AND OTHER INTERVENTIONS Recommended Hours: 600- 800

Food/Diet

CAAM Scope Description: Recommendations Practitioners should be able to recommend or prescribe the appropriate food choices and proper eating behaviors (āhāravidhi) in accordance with the prakṛti (individual constitution), vikṛti (pathological condition), guṇas (qualities), rasa, season (ṛtu), digestive strength (agnibala) and age (vaya) of the patient.

CAAM Scope Description Treatment and Intervention: Practitioner should be able to demonstrate the selection and preparation of appropriate foods and spices according to prakṛti (individual constitution), vikṛti (pathological condition), guṇas (qualities), rasa, season (ṛtu), digestive strength (agnibala) and age, and demonstrate proper eating behaviors (āhāravidhi)

In order to be competent, the practitioner should be able to

General Knowledge of the six tastes

- Six tastes, their elemental make-up and qualities
- Rasa (6 tastes), 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 and malas
- Tastes that are nourishing (bṛmhaṇa) and those that are purification (laṅghana)
- Effect of the tastes and foods on agni and āma
- Elemental make up of foods (mahābhoutika āhāra)

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: 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

Lifestyle

CAAM Scope Description. Skills and Competencies: Practitioners should be able to recommend or prescribe appropriate daily (dinacaryā), seasonal (ṛtucaryā) and life cycle routines according to prakṛti (individual constitution), vikṛti (pathological condition), and guṇas (qualities). The practitioner should also be able to recommend at-home preventive and promotive (svasthavṛtta) measures, and positive conduct (sadvṛtta) measures.

Scope of Practice Description Treatment and Intervention

Practitioners should be able to demonstrate the appropriate daily (dinacaryā), seasonal (ṛtucaryā) and life cycle routines according to prakṛti (individual constitution), vikṛti (pathological condition), and guṇas (qualities). Demonstrating at-home preventive and promotive (svasthavṛtta) measures, and positive conduct (sadvṛtta) measures

In order to be competent, the practitioner should be able to recommend, prescribe or demonstrate the following:

Recommend daily routines (review techniques with client)

- Recommend proper oral hygiene (tongue cleaning, teeth brushing and flossing)
- Taking care of Eyes (eye wash)
- Self abhyaṅga(oil application)
- Drinking warm water in the morning (uṣāpāna)
- Tongue cleaning
- Eye washes
- Self abhyaṅga (oil application)
- Netī (Nasal salve)
- Activities to promote sleep before bed

Recommend adjustments to the daily routine based on season

Support the client to make lifestyle changes

- Adjusting bedtimes and wake up times according to dosha, as well as season
- Times to take food
- Instruct the client in modifying lifestyle in accordance with the seasons

Proper conduct (sadvṛtta)

- Encourage devotional and spiritual practices
- Encouraging mindfulness throughout the day
- Encourage to cultivate loving kindness, compassion, joy and equanimity
- The practitioner should be able to modify the daily, seasonal and lifecycle routines of the patient in accordance with their underlying disease.

Related Pre-requisite or Complementary Knowledge:

- 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
- Knowledge of how specific diseases alter general lifestyle recommendations

Herbs and Ayurvedic Formulations

CAAM Scope Description. Recommend: Āyurvedic Practitioners should be competent to safely recommend predesigned Ayurvedic formulations and other natural substances for internal or external use with consideration of the dose (mātra), vehicle (anupāna) and timing (auśadha kāla) for the purpose of balancing agni (digestive fire), eliminating āma (undigested material) while supporting the malas (waste) and protecting and building ojas (essence of life), and treating disease.

CAAM Scope Description. Treatment and Intervention: The Āyurvedic Practitioner should be competent to administer, combine, provide, compound, Ayurvedic formulations or other natural substances. Herbs may be used for internal or external use for the purpose of balancing agni (digestive fire) and eliminating āma (undigested material) while supporting the malas (waste) and protecting and building ojas (essence of life), as well as for treating specific diseases affecting any dhātu (tissues), upadhātu (by products of nutrition), malas (waste) or srotas (pathways) in any stage of the disease pathology.

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

- The practitioner 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 practitioner is able to recommend pre-designed herbal formulas or create custom herbal formulations that include the use of herbs, Ayurvedic formulations or other natural substances for internal or external use with consideration of dose (mātra), vehicle (anupāna) and timing (auśadha kāla).
- Prescribe herbal and related formulations for the purpose of treating disease.

RELATED PREREQUISITE AND COMPLEMENTARY KNOWLEDGE:

- 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 Saṁskṛta terminology, the Western terms should be known. When a unique action is described in Saṁskṛta 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
- Knowledge of the use of appropriate herb and herbal related medicines for the management of specific disease conditions.
- Knowledge of the effect an herb has on dhātu (tissues) and srota (pathways)
- Knowledge of different anupānas (adjuvants) to target different doṣas and dhātus (tissues).
- Knowledge of basic FDA regulations that affect daily practice
- (Example Section 201 (g)(1)(B) of the Federal Food, Drug, and Cosmetic Act (the Act) [21 U.S.C. § 321(g)(1)(B) states that herbs cannot make claims of support].
- Knowledge of those herbs restricted by the FDA.

Knowledge of the following herbs:

Saṁskṛta Name	Latin Name	Common Name
Āmalakī	Emblca officinalis	Indian Gooseberry
Anantamūla	Hemidesmus indicus	Sariva, Upalsari
Arjuna	Terminalia arjuna	
Aśoka	Saraca indica	
Aśvagandha	Withania somnifera	
Balā	Sida cordifolia	
Bhṛṅgarāja	Eclipta alba	
Bhūmyāmalakī	Phyllanthus amarus	Bhui -avala
Bilva	Aegle marmelos	Bael Fruit
Brahmī	Bacopa monnieri, Centella asiatica (active debate on this)	
Citraka	Plumbago zeylanica	
Dāruharidrā*	Berberis aristata	Daruhalad
Devadāru*	Cedrus deodara	Deodar
Dhānyaka	Coriandrum sativum	Coriander
Elā	Elettaria cardamomum	Cardamom
Eraṇḍa	Ricinus communis	Castor oil

Gokṣura	Tribulus terrestris	gokharu
Gudūcī	Tinospora cordifolia	Gulvel, Amrita
Guggulu	Commiphora mukul	Guggul
Haridrā	Curcuma longa	Turmeric
Harītakī	Terminalia chebula	Chebolic Myrobalan
Hīngu	Ferula assa-foetida	Asafoetida
Jaṭāmāmsī*	Nardostachys jatamansi	Indian spikenard
Jātīphalā	Myristica fragrans	Nutmeg
Jīraka	Cuminum cyminum	Cumin
Jyotiṣmatī*	Celastrus paniculatus	
Kalamegha*	Andrographis paniculata	King of Bitters
Kapikacchu	Mucuna pruriens	
Kaṭukī*	Picrorhiza kurroa	Kutki
Kirātatikta*	Swertia chirata	Kade chirait
Kumārī	Aloe barbadensis	Aloe
Kuṭaja	Holarrhena antidysenterica	Kuda
Laśuna	Allium sativum	Garlic
Lavaṅga	Syzygium aromaticum	Clove
Lodhra*	Symplocos racemosa	
Maṅḍūkapaṇḍī	Centella asiatica	Gotu kola
Mañjiṣṭhā	Rubia cordifolia	
Marica	Piper nigrum	Black Pepper
Meṣāśṅgī	Gymnema sylvestre	Gurmar, Shardunika
Methikā	Foeniculum foenum-graeceum	Fenugreek
Miśreya	Foeniculum vulgare	Fennel
Mustā	Cyperus rotundus	Nagarmotha
Nimba	Azadirachta indica	Neem

Padmaka	Nelumbo nucifera	Lotus
Pippali	Piper longum	Long Pepper
Punarnavā	Boerhaavia diffusa	
Rājikā	Brassica juncea	Mustard seeds
Rakta Candana	Pterocarpus santalinus	Red sandalwood
Raktapuṣpi	Hibiscus rosa	Hibiscus
Rāsnā	Alpina officinarum	Galangal
Saindhava Lavaṇa		Himalayam Pink Salt
Śallakī	Boswellia serrata	
Śaṅkhaṣpī	Evolvulus alsinoides	
Sat Isabgol	Plantago psyllium	Psyllium Husks
Śatāvārī	Asparagus racemosus	Asparagus root
Śīlājītu	Asphaltum	Mineral Pitch
Śuṅṭhī	Zingiber officinale	Ginger
Svarṇapatrī	Senna alexandrina	Senna
Tagara	Valeriana wallichii	Valerian
Tarunī	Rosa centifolia	Red rose petals
Tavakṣīrī	Maranta arundinacea	Arrowroot
Tila	Sesamum indicum	Sesame
Tulasī	Ocimum sanctum	Holy Basil
Tvak	Cinnamomum cassia	Cinnamon
Uśīra	Vetiveria zizanioides	Vetiver
Vacā	Acorus calamus	Sweet Flag
Vasaka	Adhatoda vasica	Malabar Nut
Vibhītakī	Terminalia belerica	Beleric
Viḍaṅga	Embelia ribes	

Vidārī Kanda	Ipomoea digitata	Indian ginseng
Yaṣṭi Madhu	Glycyrrhiza glabra	Licorice root
Yavānī	Carum copticum	Ajwain or Wild Celery

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

- Knowledge of various preparations of herbs and how they are made including: infusions, decoctions (kaṣāya), fresh juice (svarasa), jam (avalehya/lehyam), medicated ghee (ghṛta), powders (cūrṇa), medicated oils (taila), pills (vaṭi), moist bolus (kalka), and fermented preparations (āsava/ariṣṭa), including the following specific compound formulations:

Powders (Cūrṇa) or General Combinations?	Tablets (Vaṭi)	Decoctions (Kashaya)	Oil (Taila)	Ghee (Ghṛta)	Fermented Preparations (Āsava/Ariṣṭa)	Jams (Lehyam)
Avipattikara	Ārogyavardhinī Vaṭi	Indukantham	Aṇu Taila	Aśvagandha Ghṛta	Abhaya Ariṣṭa	Cyavanprāśa
Daśamūla	Candraprabhā Vaṭi	Dashamulam	Aśvagandha Bala Taila	Śatāvārī Ghṛta	Arjuna Ariṣṭa	Brahmiprash
Hiṅgavāṣṭaka	Citrakādi Vaṭi	Amrutotharam	Bhṛṅgarāja/ Mahābhṛṅgarāja Taila	Triphala Ghṛta	Aśoka Ariṣṭa	Draksha avelaha
avaṇabhāskara	Eraṇḍa Harītakī	More coming	Brāhmī Taila	Yaṣṭi Madhu (Licorice) Ghṛta	Aśvagandha Ariṣṭa	Ashwagandha avelaha
	Gokṣurādi Guggulu		Eraṇḍa (Castor) Taila		Bala Ariṣṭa	Adrak avelaha
Sitopalādi	Kaiṣora Guggulu		Kṣāra Taila		Candana Āsava	Pippali rasayana
Tālīsādi	Khadirādi Vaṭi		Mahāmaricyādi Taila		Daśamūla Ariṣṭa	
Trikaṭu	Laśunādi Vaṭi		Mahāṅārāyan Taila		Drakṣa Āsava	
Triphala	Lavaṅgādi Vaṭi		Mahāviṣagarbha Taila		Kumārī Āsava	
	Lākṣādi Guggulu		Nīlgiri (Eucalyptus) Taila		Lohāsava	

	Mahāsudarśana Vaṭi		Nimba (Neem) Taila			
	Maricyādi Vaṭi		Saindhavādi Taila			
	Punarnavādi Guggulu		Ṣaḍbindu Taila			
	Sārivādi Vaṭi					
	Simhanāda Guggulu					
	Śaṅkha Vaṭi					
	Trayodaśāṅga Guggulu					
	Yogarāja Guggulu					

Śamana (Pacification of Doṣas)

CAAM Scope Description. Recommendations: The practitioner should be able to recommend pacification (Śamana) therapies to balance the doṣas and eliminate āma (undigested material)

CAAM Scope Description. Treatment and Invention: The Practitioner should be able to design, implement and manage a plan for pacifying the doṣas and eliminating āma (undigested material).

In order to be competent, the practitioner should be 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-undigested material (pācana)
- **Diet:** See food section
- **Exercise** (vyāyāma)

Related Pre-requisite or Complementary Knowledge:

- Seven traditional forms of palliative therapy
 - Dīpana: Herbs/spices that increasing agni(digestive fire)
 - Pācana: Herbs/spices that digest āma (undigested material)
 - 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 ama(undigested material)
- Effective, safe and appropriate, application of diet, herbs, sensory therapies, exercise and heat treatments

Pañcakarma (Elimination of Aggravated of Doṣas)

CAAM Scope Description. Recommendations: The Practitioner should be able to recommend pañcakarma (Elimination of Aggravated of Doṣas) programs as well as individual treatments (shodhana chikitsa – elimination therapies), including: classical pañcakarma (Elimination of Aggravated of Doṣas), and treatments for individual conditions, including the use of specialized traditional body treatments.

CAAM Scope Description. Treatment and Intervention: Designing, implementing and managing pañcakarma (Elimination of Aggravated of Doṣas) programs as well as individual treatments (śodhana cikitsā – elimination therapies), including: classical pañcakarma (Elimination of Aggravated of Doṣas) and treatments for individual conditions, including use of specialized traditional body treatments. Includes pūrva karma (preoperational procedures) pradhāna karma (main procedure), (diet, lifestyle & herbs)

In order to be competent, the practitioner should be able to make the following recommendations and provide appropriate case management

Pūrva Karma (preoperative procedures)

- The practitioner should be able to properly design a pūrva karma (preoperative procedures) program and should be able to monitor the patient to be look for signs of over and under oleation (oil therapy).
- The practitioner should be able to manage the administration of the following therapies
 - Pūrva karma diet (preoperational procedures)
 - Abhyanga (oil application)

- Udvartana – Dry powder massage (as needed)
- Swedana – Sweating therapies
- Shirodhara – Pouring oil on the forehead
- Katibasti – oil well in lumbar region (As needed)
- Hridayasti – oil well in heart region (As needed)
- Udarabasti – oil well on abdomen (As needed)
- Netrabasti – oil well on eyes (As needed)

Pradhāna Karma

- The practitioner should be able to understand and explain pradhāna karma (main procedure) program.
 - Vamana – Medicated Emesis (not done routinely in US)
 - Virechana – Medicated Purgation
 - Basti – Medicated enemas
 - Nasya – Medicated nasal drops
 - Rakta Moksha – Bloodletting (not done routinely in US)

Paścāt Karma – Rehabilitative measures

The practitioner should be able to properly design a paścāt karma (rehabilitative measures) program and should be able to manage the patient as he/she goes through the program. It includes restoration of strong digestive fire to nourish, strengthen, and balance the newly detoxified tissues by recommending Rasayan (rejuvenative) herbs according to Prakriti (individual constitution).

Related Pre-requisite or Complementary Knowledge:

- Knowledge of āma pācana (digestion of undigested material)
- Knowledge of the process of pūrva karma (preparatory procedures)
- Knowledge of the process of pradhāna karma (main procedure)
- Knowledge of each pūrva karma (preparatory procedures) practice including indications and contraindications
- Knowledge of each pradhāna karma (main procedure) practice including indications and contraindications.
- Knowledge of the signs of successful and unsuccessful administration of each practice
- Knowledge of how to adjust the program if the administration of a therapy is not successful.
- Knowledge of the oils and medicines to be used in each practice.
- Knowledge of how to design a complete pañcakarma (Elimination of Aggravated of Doṣas) program including pūrva (preparatory), pradhāna (main) and paścāt (rehabilitative) karma (procedures).
- Knowledge of how to modify the complete pañcakarma (Elimination of Aggravated of Doṣas) program for patients with a vāta, pitta and kapha vikṛti (pathological conditions).

- Knowledge of how to modify the complete pañcakarma (Elimination of Aggravated of Doṣas) program for patients with various diseases.
- Knowledge of how to modify a pañcakarma (Elimination of Aggravated of Doṣas) program with consideration of the patients response to the therapies including but not limited to: Changes in appetite, elimination pattern , overall strength.

Rejuvenation (Rasāyana)

CAAM Scope Description. Recommendations: The practitioner should be able to recommend a post pañcakarma (Elimination of Aggravated of Doṣas) rejuvenation program (paścāt karma)

CAAM Scope Description. Treatments and Interventions: The practitioner should be able to design implement and manage a post pañcakarma rejuvenation (paścāt karma)

In order to be competent, the practitioner should be able to make the following recommendations and prescribe the appropriate treatments and interventions.

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

Related Pre-requisite or Complementary Knowledge:

- Knowledge of the principles and process of samsarjana karma (rehabilitating diet); including how restore healthy agni (digestive fire) while reintroducing foods into the diet.
- Knowledge of the use of herbs and herbal formulas in the rejuvenation process.
- Knowledge of the appropriate timing for the administration of rejuvenative herbs following pradhāna karma (Elimination of Aggravated of Doṣas).
- Knowledge of how to properly monitor a patient during the period of paścāt karma (rehabilitative procedures) and how to adjust a patients program in accordance with their response to care.

Types of Cikitsā (Treatment or therapies)

CAAM Scope Description: Practitioner should have a broad understanding of the different categories of cikitsā (treatment), as listed below:

Ekavidha: Nidāna parivarjana (removing the cause)

Dvidha:

1. Santarpaṇa and Apatarpaṇa (Strengthening and depleting)
2. Śodhana (cleansing of aggravated dosas) and Śamana (pacification of aggravated dosas)
3. Śīta (Cold) and Uṣṇa (hot)
4. Urjaskara (Strengthening the body/ rejuvenating) and Rogaghna (treatment of disease)
5. Roga praśamana (counteracting the disease) and Apunarbhava (prevention of reoccurrence)
6. Doṣa pratyānīka (therapies focused on the aggravated dosa)
7. Vyādhi pratyānīka (therapies focused on the disease)
8. Ubhaya pratyānīka (therapies focused on both aggravated dosa and disease)

Trividha:

1. Sattvavajaya (therapeutic measures aimed at strengthening the mind / psychotherapy)
2. Yukti Vyapashray (therapeutic measures based on rational thinking – three dosas, five elements and or three qualities of the mind etc.)
3. Daiva Vyapashraya (therapeutic measures appeasing conditions associated with the subtle body / faith therapy)

Caturvidha:

1. Śodhana (cleansing the aggravated dosas – panchakarma)
2. Śamana (pacification of aggravated dosas)
3. Āhāra (dietary regimen)
4. Ācāra (lifestyle regimen)

Pañcavidha:

1. Vamana (emesis therapy)
2. Virecana (purgation therapy)
3. Basti (enema therapy)
4. Nasya (medicated nasal drop therapy)
5. Raktamokṣaṇa (bloodletting therapy)

Saḍvidha:

1. Bṛīḥhaṇa (Nourishing therapy)
2. Lañghana (Reduction therapy)
3. Snehana (oleation therapy)
4. Rūkṣaṇa (Drying therapy)
5. Stambhana (Binding / blocking therapy)

6. Svedana (Sweating therapy)

Saptavidha:

1. Dīpana (Increasing digestive fire)
2. Pācana (Increasing digestion)
3. Kṣudhā Nigraha (Pacification of hunger)
4. Tṛṣṇā Nigraha (Pacification of thirst)
5. Vyāyāma (Exercise)
6. Ātapa sevana (Sun bathing)
7. Māruta sevana (Exposure to wind)

Srotas Based Chikitsa Principles- See Addendum to NAMA AP competency

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

CAAM Scope Description. Skills and Competency: The Practitioner should be able to recommend diet (ahāra), lifestyle (vihāra), herbs (dravya) and treatments (cikitsā) to manage pre-natal, natal, post-natal health and pathologies and care of newborns.

CAAM Scope Description. Treatment and Intervention: The Practitioner should be able to design, implement and manage diet (ahāra), lifestyle (vihāra), herbs (dravya) and treatments (cikitsā) to manage pre-natal, natal, post-natal health and pathologies and care of newborns.

In order to be competent, the practitioner should be able to make the following recommendations and provide the following treatments and interventions.

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

Related to Complementary and Pre-requisite knowledge

- 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 (rātricaryā)
- Transition of the seasons (ṛtusandhi)
- Rasāyana (rejuvenating) foods
- Vājīkaraṇa (aphrodisiac) foods
- Resisting and not resisting urges

Children's Health (Kaumārabhṛtya)

CAAM Scope Description. Recommendations – The practitioner should be able to offer appropriate recommendations for children of all ages

CAAM Scope Description. Treatment and Intervention: The practitioner should be able to design, implement and manage a plan to treat the imbalances in all the srotas (pathways).

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

- Recommend modifications in the diet
- Recommend lifestyle changes
- Practitioner should have a broad understanding of the different categories of cikitsā (treatment) of the conditions in children including Dantodbheda rogas (Teething disorders) and Phakka (Developmental delays),
- Recommend the proper herbal formulas
- Recommend, the proper Āyurvedic therapies
- Monitor patients' progress and make the appropriate adjustments to the treatment plan

Related to Complementary and Pre-requisite knowledge

- Knowledge of signs of imbalanced doṣas at kapha stage of life
- Knowledge of current samprāpti (pathogenesis)
- Knowledge of cardinal signs of diseases
- Knowledge of herbs, creating herbal formulas, their synergistic effects
- Knowledge of herbal preparations (oils, ghees etc)
- Knowledge of appropriate dosage, time of taking herbs,
- Knowledge of anupānas (adjuvants) in children

ENT / Head and Neck Region (ŚālākyaTantra)

CAAM Scope Description. Recommendations: The practitioner should be able to recommend preventative care and treatment for the head and neck

CAAM Scope Description. Treatment and Interventions: The practitioner should be able to offer therapies to treat imbalances of all the organs around and above the neck region. In order to be competent, the practitioner should be able to make the following recommendations and provide the following treatments and interventions
Prescribe herbal formulas, or herb preparations for diseases of all the organs around and above the neck region

Related prerequisite or complimentary knowledge

- Knowledge of the anatomy of all the structures at and above neck
- Knowledge of imbalanced doṣas, sub-doṣas, dhātus (tissues), upadhātus (by products of nutrition), at these regions
- Samprāpti (pathogenesis) of their diseases
- Nidān pañcaka (five stages of pathogenesis) of their diseases
- Knowledge of herbs, creating herbal formulas for these diseases
- Knowledge of herbal preparations (oils, ghees etc)
- Knowledge of appropriate dosage, time of taking herbs
- Knowledge of anupānas (adjuvants)
- Knowledge of designing and performing special Āyurvedic therapy
- Knowledge of indications and contraindications of such procedures

Ayurvedic Psychiatry (Bhūtavidyā/Manovijñāna)

CAAM Scope Description. Recommendations: The Practitioner should be able to competently recommend diet (āhāra), lifestyle (vihāra), positive conduct (acāra), herbs (dravya) and treatments (cikitsā) to treat pathologies of the mind.

CAAM Scope Description. Treatment and Invention: The Practitioner should be able to design, implement and manage a plan to pacify the doṣas within the mid and provide treatments to treat pathologies of the mind.

In order to be competent, the practitioner should be able to make the following recommendations and implement that following therapies with the goal of pacification of the doṣas.

- Herbal remedies for the balancing the doṣas of the mind, restoring a healthy balance of prāṇa (vital energy), tejas (radiance) and ojas (essence of life) and are an important part of treating specific disease conditions

- Dietary remedies that not only balance the doṣas of the mind and restore a healthy balance of prāṇa (vital force), tejas (radiance) and ojas (essence of life) but also are an important part of treating specific disease conditions
- Lifestyle remedies that not only balance the doṣas of the mind and restore a healthy balance of prāṇa (vital force), tejas (radiance) and ojas (essence of life) but also are an important part of treating specific disease conditions
- Conduct correction that not only balance the doṣas of the mind and restore a healthy balance of prāṇa (vital force), tejas (radiance) and ojas (essence of life) but also treating specific disease conditions
- Additional sensory therapies that not only balance the doṣas of the mind and restore a healthy balance of prana (vital force) –tejas (radiance) and ojas (essence of life) but also are an important part of treating specific disease conditions including visual (color), olfactory (aromas, netī (nasal salve), nasya – medicated nasal drops) , auditory (mantra and music) and touch (massage / oil therapies).
- Practitioner should have a broad understanding of the different categories of cikitsā (treatment) of the following conditions- Unmada, Vishada, Apasmara, Udvega/Manovikshipta

Related to Complementary and Pre-requisite knowledge

- Diagnosing the mental prakṛti (individual constitution) and vikṛti (pathological condition) by quantifying sattva, rajas, and tamas
- 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 force), tejas (radiance) and ojas (essence of life) and how to determine their state
- Three guṇas (qualities – sattva, rajas and tamas) 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
- Knowledge of the definitions and symptomatology of major diseases of the mind including anxiety and depressive disorders as well as degenerative conditions such as dementia.
- Knowledge that complementary Vedic science can support the ability to bring balance to the doṣa, subtle doṣas and the three guṇas (qualities – sattva, rajas and tamas) including Yoga, Jyotiṣa (vedic astrology) and Vāstu (vedic architecture). (see related sections of this document)

Yoga

CAAM Scope Description. Recommendation: The Practitioner should be able to refer patients to a practitioner of Ayurveda and Therapeutic Yoga for assessment and education on the general scope and value of Ayurveda and Therapeutic Yoga.

CAAM Scope Description. Treatment and Intervention: The Practitioner should be informed on Y Ayurveda and Therapeutic Yoga but its practice requires a separate certification.

In order to be competent, the practitioner should be able to:

- Refer the patient to practitioner of Ayurveda and Therapeutic Yoga.

RELATED PREREQUISITE OF COMPLEMENTARY KNOWLEDGE

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

Western Medicine

CAAM SCOPE DESCRIPTION: The Practitioner should be able to refer a patient for assessment and possible treatment by a medical practitioner.

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

- A referral to an appropriate Western Medicine Practitioner at the appropriate time.

RELATED PREREQUISITES OR COMPLEMENTARY KNOWLEDGE:

- The scope of practice of a Medical Practitioner , including which type of specialist is appropriate for the client's condition.
- Knowledge of red flag symptoms that require referral
- How a Western Medical Practitioner can complement the care being provided by the Āyurvedic Practitioner

Addendum to the NAMA AHC Competency Guidelines

Doṣa Śhodhana (Purification)

CAAM Scope Description. Recommendations: The counselor can understand the principles of śhodhana (purification) to balance the doṣas and eliminate āma (undigested material) and can refer clients for śhodhana to qualified practitioner or Ayurveda Doctor.

CAAM Scope Description. Treatment and Invention: The counselor can understand the principles of śhodhana of the doṣas and eliminating āma (undigested material).

The counselor can understand the principles of śhodhana (purification) and learn following concepts and śhodhana (purification) therapies with the goal of learning the methodologies to have an ability to refer the client for śhodhana (purification):

- **Principles of śhodhana (purification)-** Concept of purification through Pancakarma
- **Process of Panchakarma-** stages of śhodhana (purification) or Pancakarma
- **Purvakarma (Preparation for Panchakatma)-** Methods of dīpana - increase agni (digestive fire) and pācana (metabolize āma), Snehana (Oleation) and Swedana (Sudation)
- **Pradhana Karma (the Main Panchakarma therapies)-** Vamana (Therapeutic emesis), Virechana (Therapeutic purgation), Vasi/Basti (Therapeutic enemas), Nasya (Nasal administration) and Raktamoksha (Bloodletting)
- **Paschat Karma (Post-Panchakarma Recuperation)-** Principles of post-panchakarma recuperation- diet, lifestyle and herbs after the Panchakarma protocol
- **Rasayana (Rejuvenation) –** Methods of rasayana (rejuvenation)

Addendum to the NAMA AP Competency Guideline

Principles of Cikitsā Based on Srotases (Treatment or therapies)

CAAM Scope Description: Practitioner should have a broad understanding of the Srotas based cikitsā (treatment):

Srotas: Definition, function, classification of Srotases

Knowledge of the principles of Cikitsā for diseases of the following Srotases :

- Prāṇavaha Srotas (Respiratory system): Kāsa (Cough), Śvāsa (Asthma / difficulty in breathing), Hicca (hiccups)
- Annavaha Srotas (digestive system): Ajīrṇa (Indigestion), Aruci (Ageusia/ inability to taste), Cardī (vomiting), Amlapitta (Peptic ulcers), Ānāha (heartburn), Udara śūla (colic pain), Kṛmi (infection / parasites), Grahaṇi (Spru / IBS/ Celiac disease), Atisāra (Diarrhea), Arśhas (hemorrhoids)
- Ambuvaha Srotas (Pathway for fluids): Tṛṣṇa (Morbid thirst), Prameha (Urinary disorders including diabetes), Śoṭha (Swelling / edema)
- Rasavaha Srotas (Pathway for plasma): Jvara (All types of fevers), Pāṇdu (Anemia)
- Raktavaha Srotas (Pathway for blood): Raktapitta (Bleeding disorders), Dāha (burning sensation), Vātarakta (Rheumatoid arthritis / Gout), Kāmala (Jaundice)
- Mamsavaha Srotas (Pathway for Muscle tissue): Granthi (Aneurysm), Galaganda (Goiter), Gandamala (mumps / Scrofula)
- Medovaha Srotas (Pathways of fat): Staulya – obesity (Medo roga – disease of fatty tissue)
- Asthivaha Srotas (Pathways of the bony tissue): Asthigata vāta (Abnormal vata localized in the joints), Sandhigata vāta (osteo arthritis), Āma vāta (Rheumatic fever)
- Majjavaha Srotas (pathways of the bone marrow): Pakṣāvadhā (Paralysis associated with stroke), Ākṣepaka (Spasm / convulsions), Kampavāta (Parkinson's disease), Apasmāra (epilepsy), Gṛdrasi (sciatica)
- Śukravaha Srotas (pathways of the reproductive tissue): Klaiḃya (impotency)
- Ārtavavaha Srotas (pathway for female reproduction): Yoni vyāpat (disorders of the uterus), Pradara (Leukorrhea)
- Stanyavaha Srotas (pathway for lactation): Stana rogas (disorders of the breasts), Stanya rogas (disorders of the breastmilk)

- Manovaha Srotas (Pathways of the mind): Unmāda (Insanity), Smṛtibhramṣa (memory loss, lack of cognition)