

# **SCOPE OF PRACTICE FOR AYURVEDA HEALTH COUNSELORS AND PRACTITIONERS**

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

**Ayurvedic Health Counselor/ Ayurvedic Educator:** This category represents Ayurvedic professionals educated to serve the community in the area of prevention and health promotion through Ayurvedic guidance on diet, lifestyle, rejuvenating herbs and spices, bodywork therapies, basic yoga and meditation practices.

**Ayurvedic Practitioner:**

This category represents the Ayurvedic professionals with clinical training in pathology and diagnosis based on Ayurvedic principles. These professionals practice prevention and health promotion as well as restoring the balance of body and mind from imbalanced states with a focus on diet, lifestyle, herbs, body work therapies, yoga and meditation.

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

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

## Description of the Categories of Practice

### Identifying roles of the Ayurvedic Health Counselor and Ayurvedic Practitioner

Category	Category I Āyurvedic Health Counselor	Category II Āyurvedic Practitioner
<b>General Description</b>	<p>Āyurvedic Health Counselors are competent in health promotion and preventative care (svasthavṛtta). They utilize the principles of Āyurvedic medicine to create diet and lifestyle (āhāra and vihāra) recommendations according to their assessment of the patient's Āyurvedic constitution and imbalances (prakṛti and vikṛti) in state of the doṣas, agni, dhātus, malas, and manas (mind).</p> <p>They educate, motivate and counsel patients in order to support them to be successful in implementing the principles of Āyurveda into their lives.</p> <p>Āyurvedic Counselors refer patients whose state of imbalance beyond the third stage of samprāpti to Āyurvedic Practitioners or Doctors of Āyurveda for diagnosis (nidāna) and Ayurvedic treatment (cikitsā) of imbalance.</p>	<p>Āyurvedic Practitioners are competent in managing and treating imbalances from the Āyurvedic perspective, using Āyurvedic etiology, (nidāna), pathology (samprāpti), diagnosis and management of imbalance (kāya cikitsā), in addition to being in the prevention of imbalances and promotion of health (svasthavṛtta).</p> <p>In addition to diet and lifestyle (āhāra vihāra), Āyurvedic Practitioners use herbs as remedies (dravyaguṇa vijñāna) and Āyurvedic purification (śodhana cikitsā) and rejuvenative therapies (rasāyana). They also understand the basics of Western anatomy, physiology and pathology. They should be able to contribute to the profession such as by writing articles, contributing to research, teaching at professional conferences or presenting case studies.</p> <p>They are able to support healthy women during the pre-natal, and post-natal periods.</p> <p>They can recommend Ayurvedic care for healthy newborns and to offer appropriate recommendations for children of all ages suffering from common, minor conditions of imbalance.</p> <p>They can recommend preventative care and treatment for common conditions of the head and neck, and to treat mild pathologies of the mind.</p>

		<p>They refer more serious conditions to an Ayurvedic Doctor or to their Primary Healthcare Professional.</p>
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## Skills & Competencies of the AHC & AP

The professional should have the knowledge and skills identified below

Category	Category I: Āyurvedic Health Counselor	Category II: Āyurvedic Practitioner
<b>Etiology(Nidāna)</b>	Determining the etiological factors ( <i>nidāna</i> ) responsible for the doṣic imbalance	Determining the etiological factors ( <i>nidāna</i> ) responsible for the doṣic imbalances in any the stages of Samprapthi
<b>Doṣas/Sub-doṣas</b>	Identifying which sub-doṣas are involved in a presenting imbalance	Identifying which sub-doṣas are involved in a presenting imbalances in any the stages of Samprapthi
<b>Dhātus/Srotāmsi</b>	Determining <i>dhātu</i> , <i>upadhātu</i> , and <i>srotāmsi</i> involvement ( <i>sāmyata</i> , <i>vṛddhi/ kṣaya</i> , <i>duṣṭi</i> ) in a presenting imbalance	Determining <i>dhātu</i> , <i>upadhātu</i> , and <i>srotāmsi</i> involvement ( <i>sāmyata</i> , <i>vṛddhi/ kṣaya</i> , <i>duṣṭi</i> ) in a presenting imbalance
<b>Malas and Dhātumalas</b>	Assessing the state of the malas through questioning ( <i>praśna</i> )	Assessing the state of the malas through questioning ( <i>praśna</i> ) and special tests
<b>Samprāpti</b>	n/a	Determining the full <i>samprāpti</i> of conditions of imbalance
<b>Western Diagnostic Reports</b>	n/a	Understand basic Western diagnostic and medical reports
<b>Research Skills</b>	n/a	They are informed consumers of Āyurvedic medical research. They may be capable of writing articles, contributing to professional conferences and presenting case studies.
<b>Communication</b>	Counseling skills, “bedside manner” and cultural competency to their patient base.	
<b>Personal &amp; Family Health History</b>	Taking a detailed current and past personal and family health history	
<b>Basic Vital Signs</b>	Taking basic vital signs such as blood pressure ( <i>raktacāpa</i> )	
<b>Prakṛti &amp; Vikṛti</b>	Assessing physical and mental prakṛti and doṣa imbalance using Ayurvedic diagnostic methodology ( <i>trividha</i> , <i>aṣṭavidha</i> and <i>daśavidha parīkṣā</i> )	
<b>20 Guṇas</b>	Determining which guṇas are predominant in prakṛti and vikṛti	
<b>Agnis: Jāṭhara, dhātu, bhūta</b>	Determining the clinical state of agnis by questioning ( <i>praśna</i> ) and observation ( <i>darśana</i> )	
<b>Prāṇa, Ojas &amp; Tejas</b>	Determining the state of prāṇa, ojas and tejas	

<b>Patient Strengths/ Assets</b>	Assessing and determining patients' strengths and willingness to follow recommendations
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<p align="center"><b>Recommendations for Treatment and Intervention Skills Appropriate to the AHC &amp; AP</b></p> <p align="center">The following are the recommendations that fall within the Scope of Practice for Ayurvedic Health Counselors and Ayurvedic Practitioners.</p>		
<b>Category</b>	<b>Category I: Āyurvedic Health Counselor</b>	<b>Category II: Āyurvedic Practitioner</b>
<b>Herbs (Dravya)</b>	Recommending or dispensing predesigned or creating custom herbal formulas, herbal medicines, minerals, or other natural substances for internal or external use with consideration of dose ( <i>mātra</i> ), vehicle ( <i>anupāna</i> ), timing ( <i>auśadha kāla</i> ) and their safe use for the purpose of balancing <i>agni</i> , eliminating <i>āma</i> while supporting the <i>malas</i> and protecting and building <i>ojas</i> .	Recommending or dispensing predesigned or creating custom herbal formulas, herbal medicines, minerals, or other natural substances for internal or external use with consideration of dose ( <i>mātra</i> ), vehicle ( <i>anupāna</i> ), timing ( <i>auśadha kāla</i> ) and their safe use for the purpose of balancing <i>agni</i> , eliminating <i>āma</i> while supporting the <i>malas</i> , protecting and building <i>ojas</i> , and treating imbalance.
<b>Pacification (Śamana)</b>	Recommending, implementing and managing pacification ( <i>śamana</i> ) therapies to balance the <i>doṣas</i> and eliminate <i>āma</i> .	Recommending, implementing and managing pacification ( <i>śamana</i> ) therapies to balance the <i>doṣas</i> and eliminate <i>āma</i> and treating imbalance
<b>Lañghana: Pañcakarma (Śodhana)</b>	n/a	Recommending, implementing and managing <i>pañcakarma</i> programs as well as individual treatments ( <i>śodhana cikitsā</i> ), including: classical <i>pañcakarma</i> , and treatments for individual conditions, including use of specialized traditional body treatments. Includes <i>pūrva karma</i> , <i>pradhāna karma</i> , (diet, lifestyle & herbs)
<b>Rejuvenation (Rasāyana) &amp; Reproductive Vitality/Tonification (Vājīkaraṇa)</b>	n/a (see below)	Recommending post <i>pañcakarma</i> rejuvenation ( <i>paścāt karma</i> ). While doing the Panchakarma follow the guidelines from California State Health Freedom Act

<b>Pre-natal, Natal and Post natal Care for Mother and Baby (Kaumārabh ṛtya)</b>	Recommending basic diet ( <i>āhāra</i> ) and Lifestyle ( <i>vihāra</i> ) guidelines for pre-natal and post-natal women	Recommending diet ( <i>āhāra</i> ), lifestyle ( <i>vihār</i> ), herbs ( <i>dravya</i> ) and treatments ( <i>cikitsā</i> ) to manage pre-natal, natal, post-natal health and pathologies and care of newborns
<b>Children's Health (Bālāvastha)</b>	Application of appropriate recommendations for health promotions for children over the age of 5	Application of appropriate recommendations for children of all ages
<b>Food (Āhāra)</b>	Recommending appropriate food choices according to <i>prakṛti</i> , <i>vikṛti</i> , <i>guṇas</i> , <i>rasa</i> , season ( <i>rtu</i> ), digestive strength ( <i>agnibala</i> ) and age ( <i>vaya</i> ), and proper eating behaviors ( <i>āhāraavidhi</i> )	
<b>Lifestyle (Vihāra)</b>	Recommending appropriate daily routines ( <i>dinacaryā</i> ), seasonal routines ( <i>ṛtucaryā</i> ) and life cycle routines according to <i>prakṛti</i> , <i>vikṛti</i> , <i>guṇas</i> . Recommending and educating patients about at-home preventive and promotive measures ( <i>svasthavṛtta</i> ), and positive conduct measures ( <i>sadvṛtta</i> ).	
<b>Senses (Indriyārtha-saṃyoga)</b>	Recommending appropriate use of sight, smell, touch taste and hearing ( <i>sātmeyendriyārthasaṃyoga</i> )	
<b>Yoga</b>	Referring patients to an Āyurveda Yoga Therapist for further assessment and possible treatment related to Āyurvedic Yoga therapies. Able to educate patients on general scope and value of Āyurvedic Yoga Therapies and the value of practicing yoga for promotion of health and the prevention of imbalance ( <i>svastha</i> ).	
<b>Building/Tonification Therapies (Bṛmhāṇa Cikitsā)</b>	Recommending tonification ( <i>bṛmhāṇa</i> ) for the body and mind.	

<b>Rejuvenation (Rasāyana) &amp; Reproductive Vitality/Tonification (Vājīkaraṇa)</b>	n/a (see below)	Recommending post <i>pañcakarma</i> rejuvenation ( <i>paścāt karma</i> ). While doing the Panchakarma follow the guidelines from California State Health Freedom Act
<b>Building/Tonification Therapies (Bṛmhāṇa Cikitsā)</b>	Recommending tonification ( <i>bṛmhāṇa</i> ) for the body and mind.	

<b>Pre-natal, Natal and Post natal Care for Mother and Baby (Kaumārabh ṛtya)</b>	Recommending basic diet ( <i>āhāra</i> ) and Lifestyle ( <i>vihāra</i> ) guidelines for pre-natal and post-natal women	Recommending diet ( <i>āhāra</i> ), lifestyle ( <i>vihār</i> ), herbs ( <i>dravya</i> ) and treatments ( <i>cikitsā</i> ) to manage pre-natal, natal, post-natal health and pathologies and care of newborns
<b>Children’s Health (Bālāvastha)</b>	Application of appropriate recommendations for health promotions for children over the age of 5	Application of appropriate recommendations for children of all ages
<b>Internal Medicine (Kāya Cikitsā)</b>	Recommending a plan for health promotion and wellness care	Recommending a plan for the elimination of presenting pathologies and the restoration of health in all systems of the body.
<b>Head &amp; Neck Region (ŚālākyaTantra)</b>	Recommending preventative care for the head and neck region, including ears, eyes, nose and throat	Recommending preventative care and treatment for conditions of the head and neck region, including ears, eyes, nose and throat
<b>Psychiatry (Manovijñāna / Bhūtavidyā)</b>	Recommending diet ( <i>āhāra</i> ), Lifestyle ( <i>vihāra</i> ) and positive conduct ( <i>ācāra</i> ) to maintain a healthy mind.	Recommending diet ( <i>āhāra</i> ), Lifestyle ( <i>vihāra</i> ) and positive conduct ( <i>ācāra</i> ), herbs ( <i>dravya</i> ) and treatments ( <i>cikitsā</i> ) to treat pathologies in the mind.
<b>Jyotiṣa</b>	Referring patients to a <i>Jyotiṣi</i> for assessment and educating patients on general scope and value of Jyotiṣa	
<b>Vāstu</b>	Referring patients to a <i>Vāstu</i> practitioner for assessment and educating patients on general scope and value of <i>Vāstu</i>	
<b>Western Medical Approaches</b>	Referring patients to a practitioner of Western medical approaches for assessment and possible treatment (presumes a general understanding of the scopes of practice of various western medical disciplines)	

### **Treatment and Intervention (Cikitsā) Skills**

**The professional should have the capability to be able to utilize the following treatment approaches and /or intervention skills to support the healing process**

<b>Category</b>	<b>Category I: Āyurvedic Health Counselor</b>	<b>Category II: Āyurvedic Practitioner</b>
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<b>Lifestyle (Vihāra)</b>	Demonstrate the appropriate daily routine ( <i>dinacaryā</i> ) seasonal routine ( <i>rtucaryā</i> ) and life cycle routines according to <i>prakṛti</i> , <i>vikṛti</i> , <i>guṇas</i> . Demonstrating at-home preventive and promotive ( <i>svasthavṛtta</i> ) measures, and positive conduct ( <i>sadvṛtta</i> ) measures.	Demonstrate the appropriate daily routine ( <i>dinacaryā</i> ), seasonal routine ( <i>rtucaryā</i> ) and life cycle routine components for the treatment of the underlying conditions. Demonstrating at-home preventive and promotive ( <i>svasthavṛtta</i> ) measures, and positive conduct ( <i>sadvṛtta</i> ) measures.
<b>Senses/Sensory therapies (Sātmyendriyārtha saṁyoga)</b>	Demonstrate appropriate use of sight, smell, touch, taste and hearing	Demonstrate appropriate use of sight, smell, touch, taste and hearing, and administer appropriate treatments
<b>Herbs (Dravya)</b>	Administer, combine, provide, compound, and dispense herbal medicines, minerals, or other natural substances as allowed under state law. Herbs are to be used for internal or external use for the purpose of balancing <i>agni</i> and eliminating <i>āma</i> while supporting the <i>malas</i> and protecting and building <i>ojas</i> .	Administer, combine, provide, compound, and dispense herbal medicines, minerals, or other natural substances as allowed under state law. Herbs may be used for internal or external use for the purpose of balancing <i>agni</i> and eliminating <i>āma</i> while supporting the <i>malas</i> and protecting and building <i>ojas</i> , as well as for treating specific imbalances, affecting any dhātu, upadhātu, malas or srotas in any stage of the pathology.
<b>Laṅghana: Pañcakarma (Śodhana)</b>	n/a	Designing, implementing and managing <i>pañcakarma</i> programs as well as individual treatments ( <i>śodhana cikitsā</i> ), including: classical <i>pañcakarma</i> and treatments for individual conditions, including use of specialized traditional body treatments as allowed by state law.
<b>Rejuvenation (Rasāyana) &amp; Reproductive Vitality/Tonification (Vājīkaraṇa)</b>	n/a (see below)	Designing, implementing and managing post <i>pañcakarma</i> rejuvenation ( <i>paścāt karma</i> )
<b>Building/Tonification Therapies (Bṛmhāṇa Cikitsā)</b>	Designing, implementing and managing tonification ( <i>bṛmhāṇa</i> ) for sustaining the health of the body and mind.	Designing, implementing and managing tonification ( <i>bṛmhāṇa</i> ) for sustaining health and correcting imbalances of the body and mind.
<b>Pre-natal, Natal and Post natal Care for Mother and Baby (Kaumārabhṛtya)</b>	Designing, implementing and managing basic diet ( <i>āhāra</i> ) and lifestyle ( <i>vihāra</i> ) guidelines for pre-natal and post natal women	Designing, implementing and managing diet ( <i>āhār</i> ), lifestyle ( <i>vihāra</i> ), herbs ( <i>dravya</i> ) and treatments ( <i>cikitsā</i> ) to manage pre-natal, natal, post natal health and pathologies and care

		of newborns.
<b>Children's Health (Bālāvastha)</b>	Designing, implementing and managing diet ( <i>āhāra</i> ), lifestyle ( <i>vihāra</i> ), herbs ( <i>dravya</i> ) and treatments ( <i>cikitsā</i> ) in children over the age of 5, and diet ( <i>āhāra</i> ) and lifestyle ( <i>vihāra</i> ) for children under 5.	Designing, implementing and managing diet ( <i>āhāra</i> ), lifestyle ( <i>vihāra</i> ), herbs ( <i>dravya</i> ) and treatments ( <i>cikitsā</i> ) to treat pathologies in babies and children of all ages.
<b>Internal Medicine (Kāya Cikitsā)</b>	Designing, implementing and managing a plan to pacify the <i>doṣas</i> within the digestive system ( <i>annavaḥasrotas</i> ) for health promotion	Designing, implementing and managing a plan for the elimination of presenting pathologies and the restoration of health.
<b>Head &amp; neck region (Śālākya Tantra)</b>	Teach preventative care for the head and neck region, including eyes, ears, nose and throat	Teach preventative care and provide treatment ( <i>cikitsā</i> ) for the head and neck region, including eyes, ears, nose and throat
<b>Psychiatry (Manovijñāna / Bhūtavidyā)</b>	Designing, implementing and managing a plan to pacify the <i>doṣas</i> within the mind.	Designing, implementing and managing a plan to pacify the <i>doṣas</i> within the mind and providing treatments ( <i>cikitsā</i> ) to treat pathologies in the mind.
<b>Food (Āhāra)</b>	Demonstrate the selection and preparation of appropriate foods and spices according to <i>prakṛti</i> , <i>vikṛti</i> , <i>guṇas</i> , <i>rasa</i> , season ( <i>ṛtu</i> ), digestive strength ( <i>agnibala</i> ) and age, and demonstrating proper eating behaviors ( <i>āhāra vidhi</i> )	
<b>Lañghana: Pacification (Śamana)</b>	Designing, implementing and managing pacification ( <i>śamana</i> ) therapies directed to balance the <i>doṣas</i> and elimination of <i>āma</i> of a patient.	
<b>Yoga</b>	All categories should be informed on yoga therapies but its practice requires a separate certification.	
<b>Jyotiṣa</b>	All categories should be informed on <i>Jyotiṣa</i> but its practice requires a separate certification.	

<b>Vāstu</b>	All categories should be informed on <i>Vāstu</i> but its practice requires a separate certification.
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