



AYURVEDIC PRACTITIONER CERTIFICATION EXAM DETAILED REFERENCE GUIDE

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As an emerging healthcare profession in the U.S., your participation in the Ayurvedic Practitioner National Certification Exam process is important and integral. 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 United States.

The following Reference Guide holds information, definitions and Sanskrit terminology that you may use in addition to our Ayurvedic Practitioner Study Guide while preparing for the NAMACB Ayurvedic Practitioner Exam.

Information about the Ayurvedic Practitioner Exam:

- The exam is comprised of 80 multiple choice questions.
- You will have 150 minutes to complete the exam.
- The AP Exam costs \$450 USD.
- The exam is Pass/Fail.
- There are two versions of the exam you may choose from:
 - On-Site Proctored (OSP)
 - On-Line Proctored (OLP)
- Please register for the AP exam [here](#).
- You will receive your results for the exam within three weeks of taking it.

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Ayurvedic Practitioner Detailed Reference Guide

The AP Exam consists of questions from the following topics:

1. Introduction to Ayurveda

- a. Śad Darśana
 - i. Sāṃkhya
 - 1. 24 tattvas (Caturviṃśati tattvas)
 - ii. Yoga
 - 1. Aṣṭāṅga Yoga
(Yama, Niyama, Asana, Prāṇāyāma, Pratyāhāra, Dhāraṇa, Dhyāna, Samādhi)
 - 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. Atma – Soul
 - v. Manas – mind
- c. Definition of Ayurveda, Historical background and origins
- d. Bṛhad Treya – Caraka Saṃhitā, Suśruta Saṃhitā, Aṣṭāṅga Saṃgraha & Aṣṭāṅga Hṛdayam
- e. Laghu Treya – Sāraṅgadhara Saṃhitā, Bhāva Prakāśa Nighantu, Mādhava Nidāna
- f. Aṣṭāṅgas of Ayurveda –
 - i. Kāya Cikitsā (General Medicine)
 - ii. Bāla Cikitsā (Pediatrics)
 - iii. Graha Cikitsā (Vedic Astrology)
 - iv. Urdhvāṅga Cikitsā (ENT and Ophthalmology)
 - v. Salya Cikitsā (Surgery)
 - vi. Dāṃṣṭra Cikitsā / Agada Tantra (toxicology)
 - vii. Jarā Cikitsā (Rasāyana – rejuvenation)
 - viii. Vṛṣa Cikitsā (Vājīkarana – Fertility)

- g. Concept of Macrocosm and Microcosm
- h. Samānya Viśeṣa siddhānta (Concept of similarity and dissimilarity)

2. Ayurvedic 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. Doṣa gati (movement of doṣas, causes and treatment principles)
 - 1. Ūrdhvaga (upwards)
 - 2. Adhoga (downwards)
 - 3. Tīryak (horizontally)
 - 4. From koṣṭha (GIT) to śākha (extremities) to asthi (bones) to Marma (vital spots)
- xiv. General measures of doṣa upakrama (Pacification of doṣa)
- xv. Nānātmaja Vyadhis
 - 1. 80 Vāta vikāras
 - 2. 40 Pitta vikāras
 - 3. 20 Kapha vikāras

b. Dhātu –

- i. Definition
- ii. Functions
- iii. Elemental composition of dhātus
- iv. Relation between doṣa and dhātus
- v. Causes, signs and symptoms of dhātu vṛddhi (aggravated)
- vi. How to pacify aggravated dhātus
- vii. Causes, signs and symptoms of dhātu kṣaya (decreased)

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. Sukravaha 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)
- g. Samhanana (Physical Build)
- h. Pramāṇa (Measurement of Body- Height, Weight, Posture, Circumference of Head)

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

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. Ahāra: Food, digestion and methods of nutrition

- i. Agni
 - 1. Definition
 - 2. Types (13)
 - 3. Types of Jāṭharāgni (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 Amāśaya
 - 2. Stages of digestion and predominance of doṣas
 - 3. Factors which influence the rate and quality of digestion
 - 4. Dhātu parināma (transformation of dhātus)
- iii. Upadhātus (by products of dhātu formation)
 - 1. Dhātu mala (end products of dhātu formation)
 - 2. Appropriate quantity of food
 - 3. Healthy eating habits (Āhāra sevana vidhi)
 - 4. Unhealthy eating habits
 - 5. Definition of Sātmya and Oka-sātmya
- iv. 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
10. Ama Viṣa: signs, symptoms and treatment
11. Daṇḍaka: signs, symptoms and treatment
12. Alasaka: signs, symptoms and treatment
- v. 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
- vi. Guṇas (qualities)
 1. 20 types
 2. Effect on doṣas
 3. Other Guṇas
- vii. Vyavāyi (absorbed quickly without digestion)
- viii. Vikāṣī (spreads quickly and Harmful to dhātus)
- ix. Grahi (moisture absorbent)
 1. Vīrya (Potency)
 2. Uṣṇa vīrya, effect on doṣas, and uses
 3. Sīta vīrya, effect on doṣas and uses
- x. Vipāka (post digestive effect)
 1. Definition
 2. Types and effect on doṣas
- xi. Prabhāva (Specialized therapeutic effect)
 1. Definition and uses
- xii. Food regimens
 1. Quantity of food to be consumed according to doṣa, agni, age
 2. Pathya - Healthy eating habits, time for meals etc.
 3. Apathya - Unhealthy food habits
 4. Definition of sātmya
 5. Uṣṇodaka – Boiled water
 6. Foods that aggravate Vata, Pitta and Kapha
 7. Foods that pacify Vata, Pitta and Kapha
 8. Viruddha Āhāra – Incompatible food
 9. Examples of food that are Rasāyana (rejuvenate)
 10. Examples of food that are Vājikaraṇa (Aphrodisiac)
- xiii.

b. Nidra - Sleep

- i. Importance of sleep
- ii. Rātrīcārya
- iii. Causes and Effects of Rātrī Jagaraṇa (Night vigil)
- iv. Methods to induce healthy sleep

c. Abrahmacārya - Sexual activity and natural urges

7. Dinacāryā

- 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

8. Ṛtu Cāryā – Seasonal regimens

- a. Four seasons and predominance of dosas
- b. Ṛtu sandhi – management of seasonal transition and cleanses
- c. Seasonal related signs and symptoms

9. Vikṛti (Pathological Condition)

- a. Nidāna Pañcaka
 - i. Nidāna – Etiology
 - ii. Trividha kāraṇa – three general causes for disease
 1. Asātmīya indriya artha saṃyoga – hīna, mithya and atī yoga of indriya and artha
 2. Prajñāparādha - willful transgression
 3. Pariṇāma – seasonal related disorders
 - iii. Classification of disease
 - iv. 4 Types of prognosis in Ayurveda
 - v. Sāmānya / Viśeṣa
 - vi. Nija / Āghantu
 - vii. Primary / Secondary
 - viii. Doṣa Hetu
 - ix. Vyādhi Hetu
 - x. Ubhaya Hetu
 - xi. Vyanjaka / Utpādaka

- xii. Prākṛta
- xiii. Vaikṛta
- xiv. Sāma / Nirāma
- xv. Sāirika
- xvi. Mānasika
- xvii. Ātmaja
- xviii. Karmaja
- xix. Annaja
- xx. Kṛmija
- xxi. Vyvasāya
- xxii. Abhighātaja
- xxiii. Auṣadhaja
- xxiv. Adhyātmika
- xxv. Adibhoutika
- xxvi. Adidaivika
- b. Pūrva Rūpa
 - xxvii. Sāmānya – General
 - xxviii. Viśeṣa – Specific
- c. Sad Kriya Kala – 6 stages of Saṃprāpti
- d. Rūpa – Signs & symptoms
- e. Upaśaya & Anupaśaya – Differential diagnosis
- f. Saṃprāpti – Pathogenesis and manifestation of disease
- g. Roga Mārga – Pathway for disease
 - i. Bāhya (external)
 - ii. ābhyaantara (internal)
 - iii. Madhyama (intermediate)

10. Parīkṣā – Examination

- a. Trividha Parīkṣā
 - i. Darśana – definition, utilization, and methods
 - ii. The ability to interpret information that has been received upon observation to determine the vitiation of doṣas, sub-doṣas, dhātus (tissues) and srotas.
- b. Sparśana – Definitions, methods and utilization
 - i. The ability to interpret information that has been received upon palpation to determine the vitiation of doṣas, sub-doṣas, dhātus and srotas.
- c. Praśna – methods and utilization
 - i. Client intake process
 - ii. Social history
 - iii. Medication history
 - iv. Vital signs

- v. Family History
- vi. Medical history
- vii. Asking questions about the current state of digestion, elimination, sleep, stress level, energy level and emotional level.
- d. 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. Ahāra (Nature of the patient's diet)
- e. Aṣṭa Vidha Parīkṣā
 - i. Naḍī (Pulse diagnosis)
 - ii. Mala (Stool Assessment)
 - iii. Mūtra (Urine Assessment)
 - iv. Jihva (Tongue Assessment)
 - v. Sabda (Speech and Voice Assessment)
 - vi. Sparśa (Palpation and Skin assessment)
 - vii. Dṛk (Assessment of Eyes)
 - viii. Akṛti (General Appearance of external features - Face, Nose)
- f. Assessment of state of mind
 - i. Sattva qualities of mind
 - ii. Rajas qualities of mind
 - iii. Tamas qualities of mind
- g. Assessment of Vital Signs - Methods of assessment, interpretation of findings and when to refer clients:
 - i. Raktacapa (Blood Pressure)
 - ii. Taking pulse
 - iii. Respiration

11. Vyādhi: Disease

- a. Knowledge of the nidānas (causative factors), pūrva rūpas (premonitory signs and symptoms), saṃprāpti (pathogenesis), upaśaya and anupaśaya (method of differential diagnosis, if stated in the classical texts), bheda (types of the disease), upadravas (complications), cikitsa sūtra (line of treatment), cikitsa (treatment measures) and auśadha (medicines) indicated for each vyādhi listed below.

(Please note that the translation on the disease as stated in Ayurveda, may not be limited to just those listed as the English correlation. The signs, and symptoms of the following conditions as per Ayurvedic classical texts and how it can be recognized in clients is required)

1. Ajīrṇa (Indigestion)
2. Aruci (Ageusia/ inability to taste)
3. Cardi (vomiting)
4. Amlapitta (Peptic ulcers)
5. Ānāha (heartburn)
6. Udara śūla (colic pain)
7. Kṛmi (infection / parasites)
8. Grahaṇi (Spru / IBS/ Celiac disease)
9. Atisāra (diarrhea)
10. Pravahika (dysentery)
11. Malabaddhata (chronic constipation)
12. Arśhas (hemorrhoids)
13. Kāsa (Cough)
14. Śvāsa (Asthma / difficulty in breathing)
15. Hicca (hiccups)
16. Tṛṣṇa (Morbid thirst)
17. Prameha (Urinary disorders including diabetes)
18. Mutrakrucchra (dysuria)
19. Mutragata (urinary. Retention/obstruction)
20. Śoṭha (Swelling / edema)
21. Jvara (All types of fevers)
22. Pāṇḍu (Anemia)
23. Raktapitta (Bleeding disorders)
24. Dāha (burning sensation)
25. Vātarakta (Rheumatoid arthritis / Gout)
26. Kāmala (Jaundice)
27. Granthi (Aneurysm)
28. Galaganda (Goiter)
29. Gandamala (mumps / Scrofula)
30. Staulya – obesity (Medo roga – disease of fatty tissue)
31. Asthigata vāta (Abnormal vāta localized in the joints)
32. Sandhigata vāta (osteo arthritis)
33. Āma vāta (Rheumatic fever)
34. Pakṣāvadha (Paralysis associated with stroke)
35. Ākṣepaka (Spasm / convulsions)

36. Kampavāta (Parkinson's disease)
37. Other Vāta Vyādhis (disorders of Vāta)
38. Apasmāra (epilepsy)
39. Gṛdrasi (sciatica)
40. Klaibya (impotency)
41. Yoni vyāpat (disorders of the uterus)
42. Pradara (Leucorrhea)
43. Stanya rogas (disorders of the breasts)
44. Unmāda (Insanity)
45. Smṛti bhramṣa (memory loss, lack of cognition)
46. Hṛd roga (Heart Disease)
47. Visarpa (Erysipelas)
48. Kaṇḍu (Urticaria)
49. Kuṣṭha (Skin Disorders)
50. Aśmari (Kidney calculi)
51. Gulma (Abdominal tumors)
52. Arbuda (All types of Cancers)

(Note: references for all types of disease along with their brief definition is also stated in the reference section and vocabulary list in an alphabetical order)

12. Types of therapies

- a. Samana: Palliative Care (non-elimination of Doṣas)
 - i. Indications and contraindication for palliative care. Methods of designing an appropriate palliation program suitable for management of specific disorders. Assessment of appropriate time and duration of interventions including the transition off palliative care into preventative measures.
- b. Preventative Therapies:
 - i. Dīpana
 - ii. Pācana
 - iii. Kṣut Nigraha
 - iv. Tṛṣṇa
 - v. Vyāyāma
 - vi. Ātapa sevana
 - vii. Māruta Sevana
- c. Ahāra (Diet)
 - i. Determine appropriate dietary guidelines for the client
- d. Vihāra (Lifestyle)
 - i. Determine appropriate lifestyle guidelines for the client

- ii. Self abhyāṅga (oil application)
- iii. Uṣṇodaka (Drinking boiled water)
- iv. Tongue cleaning
- v. Sadvṛtta (Good moral conduct) etc.
- e. Auśadha: Medicines

Various single herbs and formulas indicated for management of specific conditions. Drug of choice for specific disorders as stated in classical texts. Refer to table 1: Single herbs and table 2: Formulas required for Ayurvedic Practitioners. Knowledge of the formulas, method of preparation, dose, frequency, appropriate time for use according to stage of disease, age etc., indications and contraindications is required.

 - i. Auśadha Kala: Time for administration of medicines
 - ii. Anupāna: vehicle or adjuvants to formulas
 - iii. Matra (dose)
- f. Sensory Therapies
 - i. Aromatic therapy
 - ii. Taste therapy
 - iii. Touch therapy
 - iv. Sound Therapy
 - v. Visual therapy

13. Sodhana: Methods of elimination including preparatory procedures

Knowledge of methods, procedures, indications and contraindications, signs and symptoms of appropriate use of procedure and inappropriate results of procedure and methods of management of any complications for all the following methods. Note: some procedures mentioned here are for the basis of theoretical knowledge, even if it may be beyond the scope of practice of an Ayurvedic Practitioner)

- a. Pūrva Karmas
 - i. Snehana – Utility of fats (Ghṛta – ghee, Taila- oils, Vasa - meat fats, Majja- bone marrow)
 - ii. Internally – Sneha Pāna
 - iii. Externally
 - iv. Abhyāṅga (oil application)
 - v. Dhāra (pouring of oil)
 - vi. Picchu (Oil soaked cotton)
 - vii. Vasti (Oil well) etc.
 - viii. Svedana – Sweating procedures
 - 1. Bāṣpa – steam

2. Avagāha – liquid immersion
3. Pinda – Poultice
4. Upanaha – Warm pastes
5. Sankara – Bandage with warm paste
6. Nadi – localized steam through a tube
7. Prastara – steam tent
8. Jentaka – sweating in a hut (sauna, steam room)
9. Aśmaghna – hot stone therapy
10. Niragni – methods to induce sweating without the use of fire ex. Exercise, heavy blankets, exposure to sun etc.

b. Pradhāna Karma: Primary elimination methods

- i. Vamana – emesis
- ii. Virecana – purgation
- iii. Nasya – nasal medication
- iv. Asthāpana vasti – Decoction based enemas
- v. Anuvāsana vasti – Fat based enemas

c. Paschat Karma: Post procedure care

- i. Saṃsarjana Karma – Diet increments followed to increase agni
- ii. Dhuma pāna – medicated smoke inhalation
- iii. Gandūṣa – Medicated liquid used for mouth salve
- iv. Kavala – gargling

d. Other therapies:

- i. Udvartana: Dry powder massage
- ii. Sirodhara

14. Rejuvenation Therapy

- a. Indications
- b. Contraindications
- c. Preparatory measures such as mild cleanses etc.
- d. Methods
 - i. Kutipraveśa Rasāyana: Confined rejuvenation (Retreat style)
 - ii. Vāta Atāpika: Rejuvenation while exposed to wind and sunlight (non retreat style)
- e. Use of herbs and formulas for Rasāyana
- f. Follow up procedures: Dīpana, Pācana

15. Bṛmhaṇa: Tonification

- a. Dietary measures that promote nourishment
- b. Herbal formulas that promote nourishment
- c. External therapies that promote tonification
- d. Daily Routines which promote tonification
- e. Indications and Contraindications for tonification

16. Prasūti Tantra: Pre-Natal, and Post Natal therapies

- a. Diet and life style measures for both new born and mother
- b. Assessment and interventions for mild vikṛti which may occur during post-partum period
 - i. Food and herbs which promote lactation
 - ii. Food and herbs which improve strength and rejuvenation
 - iii. External therapies suitable for post-partum care
- c. Assessment and interventions for mild vikṛti which may occur in the first year of the child till adolescence
 - iv. Food and herbs along with dose and appropriate method of administration for infants
 - v. External therapies suitable for an infant

17. Kaumārabhṛtya: Children's Health

- a. Diet and lifestyle appropriate for different age groups
- b. Herbs suitable to promote health
- c. Assessment of mild vikṛti or disease which may occur in different age groups along with suitable interventions according to age, season, prakṛti, etc.
- d. Herbs suitable for children, dosage according to age, formulas and mode of administration for various age groups

18. Śālākya Tantra: ENT / Head and Neck Region

- a. Knowledge of the anatomy of all the structures at and above neck
- b. Knowledge of imbalanced doṣas, sub-doṣas, dhātus (tissues), upadhātus (by products of nutrition), at these regions
- c. Samprāpti (pathogenesis) of their diseases
- d. Nidān pañcaka (five stages of pathogenesis) of their diseases
- e. Knowledge of herbs, creating herbal formulas for these diseases
- f. Knowledge of herbal preparations (oils, ghees etc)
- g. Knowledge of appropriate dosage, time of taking herbs
- h. Knowledge of *anupānas* (adjuvants)
- i. Knowledge of designing and performing special Āyurvedic therapy

- j. Knowledge of indications and contraindications of such procedures

19. Bhūtavidyā/Manovijñāna: Psychiatry

- a. Knowledge of the Mind and its various functions, causative factors for pathological changes, stages of pathology, various diseases presenting with psychological and physical symptoms.
- b. Assessment of various psychological disorders from an Ayurvedic perspective
- c. Determination of predominance of Sattva, Rajas and Tamas in specific conditions
- d. Diet and Life style, herbal recommendation to improve mental health and balance of prāṇa (vital energy), tejas (radiance) and ojas (essence of life)
- e. 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).
- f. Utility of Sattva Avajaya Cikitsa: methods to improve the health and stable functions of the mind by enhancing sattva guna.

20. Yoga

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

21. Jyotiṣa (Vedic Astrology)

- a. What Vedic or Medical *Jyotiṣi (vedic astrology)* is
- b. What a Vedic or Medical *Jyotiṣi (vedic astrology)* does
- c. The scope of practice of Vedic or Medical *Jyotiṣi (vedic astrology)*
- d. How a Vedic or Medical *Jyotiṣi (vedic astrology)* can complement client care
- e. Therapeutic tools utilized by a Vedic or Medical *Jyotiṣi (vedic astrology)*

22. Vastu Sāstra (Vedic Architecture)

- a. What *Vāstu* (vedic architecture) is
- b. What a *Vāstu* (vedic architecture) practitioner does
- c. The scope of practice of *Vāstu śāstra* (vedic architecture)

Table 1: Basic Herb List for the Ayurvedic Practitioner

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. Indications and contraindications, as well as measures to correct side effects of inappropriate use is required.

<i>Saṁskṛta</i> Name	Latin Name	Common Name	Reference
<i>Āmalakī</i>	Emblca officinalis	Indian Gooseberry	Bha. Ni. 6(2)/38-41
<i>Anantamūla</i>	Hemidesmus indicus	Sariva, Upalsari	Bha. Ni. 6(4)/236-238
<i>Arjuna</i>	Terminalia arjuna		Bha. Ni. 6(6)/16-17
<i>Aśoka</i>	Saraca indica		Bha. Ni. 6(5)/47-48
<i>Aśvagandha</i>	Withania somnifera		Bha. Ni. 6(4)/189-190
<i>Balā</i>	Sida cordifolia		Bha. Ni. 6(4)/142-146
<i>Bhr̥garāja</i>	Eclipta alba		Bha. Ni. 6(4)/239-241
<i>Bhūmyāmālakī</i>	Phyllanthus amarus	Bhui -avala	Bha. Ni. 6(4)/277-278
<i>Bilva</i>	Aegle marmelos	Bael Fruit	Bha. Ni. 6(4)/13 Bha. Ni. 6(7)/56-60
<i>Brahmī</i>	Bacopa monnieri, Centella asiatica (active debate on this)		Bha. Ni. 6(4)/179-181
<i>Citraka</i>	Plumbago zeylanica		Bha. Ni. 6(2)/70-71
<i>Dāruharidrā*</i>	Berberis aristata	Daruhalad	Bha. Ni. 6(2)/201-202
<i>Devadāru*</i>	Cedrus deodara	Deodar	Bha. Ni. 6(3)/24-25
<i>Dhānyaka</i>	Coriandrum sativum	Coriander	Bha. Ni. 6(2)/86-88
<i>Elā</i>	Elettaria cardamomum	Cardamom	Bha. Ni. 6(3)/63
<i>Eraṇḍa</i>	Ricinus communis	Castor oil	Bha. Ni. 6(4)/60-63
<i>Gokṣura</i>	Tribulus terrestris	Gokharu	Bha. Ni. 6(4)/44-46
<i>Gudūcī</i>	Tinospora cordifolia	Gulvel, Amrita	Bha. Ni. 6(4)/1-9
<i>Guggulu</i>	Commiphora mukul	Guggul	Bha. Ni. 6(3)/32-45
<i>Haridrā</i>	Curcuma longa	Turmeric	Bha. Ni. 6(2)/196-197
<i>Harītakī</i>	Terminalia chebula	Chebolic Myrobalan	Bha. Ni. 6(2)/1-37
<i>Hiṅgu</i>	Ferula assa-foetida	Asafoetida	Bha. Ni. 6(2)/100-101
<i>Jaṭāmāmsī*</i>	Nardostachys jatamansi	Indian spikenard	Bha. Ni. 6(3)/89
<i>Jātīphalā</i>	Myristica fragrans	Nutmeg	Bha. Ni. 6(3)/54-55
<i>Jīraka</i>	Cuminum cyminum	Cumin	Bha. Ni. 6(2)/81-85
<i>Jyotiṣmatī*</i>	Celastrus paniculatus		Bha. Ni. 6(2)/171-172
<i>Kalamegha*</i>	Andrographis paniculata	King of Bitters	
<i>Kapikacchu</i>	Mucuna pruriens		Bha. Ni. 6(4)/129-131
<i>Kaṭukī*</i>	Picrorhiza kurroa	Kutki	Bha. Ni. 6(2)/151-152
<i>Kirātatikta*</i>	Swertia chirata	Kade chirait	Bha. Ni. 6(2)/153-155
<i>Kumārī</i>	Aloe barbadensis	Aloe	Bha. Ni. 6(4)/229-230

<i>Kuṭaja</i>	Holarrhena antidysenterica	Kuda	Bha. Ni. 6(4)/116-118
<i>Laśuna</i>	Allium sativum	Garlic	Bha. Ni. 6(2)/217-219
<i>Lavaṅga</i>	Syzygium aromaticum	Clove	Bha. Ni. 6(3)/58-59
<i>Lodhra*</i>	Symplocos racemosa		Bha. Ni. 6(2)/215-216
<i>Maṇḍūkapaṇī</i>	Centella asiatica	Gotu kola	Bha. Ni. 6(4)/279-281
<i>Mañjiṣṭhā</i>	Rubia cordifolia		Bha. Ni. 6(2)/188-191
<i>Marica</i>	Piper nigrum	Black Pepper	Bha. Ni. 6(2)/59-61
<i>Meṣaśrigī</i>	Gymnema sylvestre	Gurmar, Shardunika	Bha. Ni. 6(4)/253-255
<i>Methikā</i>	Trigonella foenum-graeceum	Fenugreek	Bha. Ni. 6(2)/93-95
<i>Miśreya</i>	Foeniculum vulgare	Fennel	Bha. Ni. 6(2)/89-92
<i>Mustā</i>	Cyperus rotundus	Nagarmotha	Bha. Ni. 6(3)/92-94
<i>Nimba</i>	Azadirachta indica	Neem	Bha. Ni. 6(4)/93-94
<i>Padmaka</i>	Nelumbo nucifera	Lotus	Bha. Ni. 6(5)/1-13
<i>Pippali</i>	Piper longum	Long Pepper	Bha. Ni. 6(2)/53-58
<i>Punarnavā</i>	Boerhaavia diffusa		Bha. Ni. 6(4)/231-233
<i>Rājikā</i>	Brassica juncea	Mustard seeds	Bha. Ni. 6(9)/69-71
<i>Rakta Candana</i>	Pterocarpus santalinus	Red sandalwood	Bha. Ni. 6(3)/16-17
<i>Raktapuṣpī</i>	Hibiscus rosa	Hibiscus	Bha. Ni. 6(5)/58
<i>Rāsnā</i>	Alpina officinarum	Galangal	Bha. Ni. 6(2)/162-164
<i>Saindhava Lavaṇa</i>		Mineral Salt	AH. Su. 6/144
<i>Śallakī</i>	Boswellia serrata		Bha. Ni. 6(6)/22-23
<i>Śaṅkhapuṣpī</i>	Evolvulus alsinoides		Bha. Ni. 6(4)/269-270
<i>Sat Isabgol</i>	Plantago psyllium	Psyllium Husks	
<i>Śatāvarī</i>	Asparagus racemosus	Asparagus root	Bha. Ni. 6(4)/184-188
<i>Śilājītu</i>	Asphaltum	Mineral Pitch	Bha. Ni. 6(8)/78-82
<i>Śuṇṭhī</i>	Zingiber officinale	Ginger	Bha. Ni. 6(2)/44-48
<i>Svarṇapatrī</i>	Senna alexandrina	Senna	
<i>Tagara</i>	Valeriana wallichii	Valerian	Bha. Ni. 6(3)/18-19
<i>Tarunī</i>	Rosa centifolia	Red rose petals	Bha. Ni. 6(5)/22-23
<i>Tavakṣīrī</i>	Maranta arundinacea	Arrowroot	AH. Su. 30/51
<i>Tīla</i>	Sesamum indicum	Sesame	Bha. Ni. 6(9)/63-65
<i>Tulasī</i>	Ocimum sanctum	Holy Basil	Bha. Ni. 6(5)/62-63
<i>Tvak</i>	Cinnamomum cassia	Cinnamon	Bha. Ni. 6(3)/64-65
<i>Uśīra</i>	Vetiveria zizanioides	Vetiver	Bha. Ni. 6(3)/84-88
<i>Vacā</i>	Acorus calamus	Sweet Flag	Bha. Ni. 6(2)/102-103
<i>Vasaka</i>	Adhatoda vasica	Malabar Nut	Bha. Ni. 6(4)/88-90
<i>Vibhītakī</i>	Terminalia belerica	Beleric	Bha. Ni. 6(2)/36-37
<i>Viḍaṅga</i>	Embelia ribes		Bha. Ni. 6(2)/111-112
<i>Vidārī Kanda</i>	Ipomoea digitata	Indian ginseng	Bha. Ni. 6(4)/180-182
<i>Yaṣṭi Madhu</i>	Glycyrrhiza glabra	Licorice root	Bha. Ni. 6(2)/145-146

Yavānī	Carum copticum	Ajwain or Wild Celery	Bha. Ni. 6(2)/75-77
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*Herbs are difficult to obtain due to being protected species or endangered.

Table 2: Herbal Preparations:

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)	Tablets (Vaṭi)	Decoctions (Kashaya)	Oil (Taila)	Ghee (Ghṛta)	Fermented Preparations (Āsava/Ariṣṭa)	Jams (Lehyam)
Avipattikara Bh. Ra. 53/25-29	Ārogyavardhinī Vaṭi R.R.S.	Indukantham S.Y. Ghṛta Cha./ 4	Aṇu Taila A.H. Su. 20/37-39	Aśvagandha Ghṛta Bh. Ra. 74/52-62	Abhaya Ariṣṭa Bh. Ra. 9/175-180	Cyavanprāśa Sha. Sa. Madh. 8/10-21
Daśamūla Bh. Ra.15/13-15	Candraprabhā Vaṭi Sha. Sa. Madh. 7/40-49	Dashamulam Bh. Ra. 15/	Aśvagandha Bala Taila S.Y. Taila Pra./79	Śatāvarī Ghṛta S.Y. Ghṛta Pra./ 23	Arjuna Ariṣṭa Bh. Ra. 33/75-77	Draksha avelaha Y.R
Hirṅvāṣṭaka A.H. Chi. 14/35	Citrakādi Vaṭi Sha. Sa. Madh. 6/108-111	Amrutotharam S.Y. Kasa Chi./30	Bhṛṅgarāja/ Mahābhṛṅgarāja Taila Bh. Ra. 64/271-272	Triphala Ghṛta Bh. Pra. Madh. 70/52-53	Aśoka Ariṣṭa Bh. Ra. 69/114-116	Pippali rasayana C.S. Chi. 1.3/32-35
Lavaṇabhāskara Sha. Sa. Madh. 6/138-144	Gokṣurādi Guggulu Sha. Sa. Madh. 7/84-87	Gandhavahastādi S.Y. Kasa / 30	Brāhmī Taila A.F.I.	Yaṣṭi Madhu (Licorice) Ghṛta C.S. Chi. 1/3	Aśvagandha Ariṣṭa Bh. Ra. 21/15-21	
Sitopalādi Sha. Sa. Madh. 6/134-137	Kaiṣora Guggulu Sha. Sa. Madh. 7/70-81		Eraṇḍa (Castor) Taila Bh. Ra. 43/105-108	Brahmi Ghṛta Bh. Pra. Madh. 23/18	Bala Ariṣṭa Bh. Ra. 21/569-572	
Tālisādi Sha. Sa. Madh. 6/130-134	Khadirādi Vaṭi A.H. Utt.		Kṣāra Taila Sha. Sa. Madh. 9/174-177		Candana Āsava Bh. Ra. 88/34-38	

<i>Trikaṭu</i> <i>Sha. Sa. Madh.</i> 6/12-13	<i>Laṣunādi Vaṭi</i> <i>A.F.I. Vol. 1</i>		<i>Mahāmaricyādi Taila</i> <i>Bh. Ra. 54/303-311</i>		<i>Daśamūla Ariṣṭa</i> <i>Sha. Sa. Madh.</i> 10/78-92	
<i>Triphala</i> <i>Sha. Sa. Madh.</i> 6/9-11	<i>Lavaṅgādi Vaṭi</i> <i>A.F.I. Vol 1</i>		<i>Mahānārāyan Taila</i> <i>Bh. Ra. 26/343-354</i>		<i>Drakṣa Āsava</i> <i>Bh. Ra. 9/17-173</i>	
	<i>Lākṣādi Guggulu</i> <i>Bha. Pra. Madh.</i> 48/34		<i>Mahāviṣagarbha Taila</i> <i>Bh. Ra. 26/ 414-423</i>		<i>Kumārī Āsava</i> <i>Sha. Sa. Madh.</i> 10/ 18-27	
	<i>Mahāsudarśana Vaṭi</i> <i>Bh. Ra. 6/ 54</i>		<i>Nīlgiri (Eucalyptus) Taila</i>		<i>Lohāsava</i> <i>Sha. Sa. Madh.</i> 10/34-38	
	<i>Maricyādi Vaṭi</i> <i>Sha. Sa. Madh.</i> 7/13-15		<i>Nimba (Neem) Taila</i> <i>Bh. Pra. Madh.</i> 61/141-142			
	<i>Punarnavādi Guggulu</i> <i>Bh. Pra. Madh.</i> 29/165-169		<i>Saindhavādi Taila</i> <i>Bh. Pra. Madh.</i> 49/16			
	<i>Sārivādi Vaṭi</i> <i>Ayurveda Sara Saṅgraha</i>		<i>Ṣaḍbindu Taila</i> <i>Bh. Pra. Madh.</i> 62/36-38			
	<i>Simhanāda Guggulu</i> <i>Bh. Pra. Madh.</i> 29/222 -228					
	<i>Śarikha Vaṭi</i> <i>Bh. Pra. Madh.</i> 6/95-98					
	<i>Trayodaśāṅga Guggulu</i> <i>Bh. Pra. Madh.</i> 24/117-121					
	<i>Yogarāja Guggulu</i> <i>Sha. Sa. Madh.</i> 7/56-70					

Classical Text References for AP Guidelines

The following references are regarding the list of topics enumerated in the Ayurvedic Practitioner 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 maybe controversies regarding the correlation of certain Ayurvedic terms especially with rogas and western diagnosis.

List of Classical texts, sections and abbreviations:

Caraka Saṃhitā	C.S.
Suśrutha Saṃhitā	S.S.
Aṣṭāṅga Samgraha	A.S.
Aṣṭāṅga Hṛdayam	A.H.
Sāraṅgadhara Saṃhitā	Sha. Sa.
Bhāva Prakāśa Nighantu	Bha. Pra.
Mādhava Nidāna	M.N.
Bhaiśajya Ratnāvalī	Bh. Ra.
Rasa Ratna Samcchaya	R.R.S.
Sahasra Yoga	S.Y.
Yoga Ratnākara	Y.R.
Ayurvedic Formulary of India.	A.F.I
Sūtra Sthāna	Su.
Sāhira 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 Ayurvedic texts.

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

Table 3: Classical References

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
Aghantu Vyādhi	A.S. Su. 5/37-38
Aghantuja Rogas	C.S. Su. 7/51-52
Aghantuja roga prevention	C.S. Su. 7/53-55
Agni Types	C.S. Vi. 6/12
Ahāra – Dina carya	A.S. Su. 3/75-79
Akāśa mahābhūta	A.S. Su. 17/8
Ama	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 kāraṇa	A.S. Su. 1/40, A.S. Su. 22/6
Asādhya definition	A.S. Su. 2/32
Asātmīya 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
Ayurveda definition	C.S. Su. 1/41
Āyus synonyms	C.S. Su. 1/42
Bṛmhaṇa	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
Janapadodhvaṃsa	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 sādhyā definition	A.S. Su. 2/29

Kṣīra types	C.S. Su. 1/105-113
Kṣīra Varga	A.S. Su. 6/51-61
Kṣudha nigrāha	A.S. Su. 13/2
Kvātha/ Kaṣāya	Sha. Sa. Madh. 2/1-150
Lañghana	C.S. Su. 22/9,18
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
Majjavaha srotas	C.S. Vi. 5/18
Mala functions	A.S. Su. 1/32
Mala kṣaya	A.S. Su. 19/6
Mala vṛddhi	A.S. Su. 19/4
Malas	A.S. Su. 19/2
Mamsavaha srotas	C.S. Vi. 5/15
Mānasīka roga	C.S. Su. 11/46
Manas qualities	C.S. Su. 8/4-6
Mānasīka vyādhi	A.S. Su. 1/40
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
Nasya – Dina carya	A.S. Su. 3/26-27
Nava dravyas	C.S. Su. 1/48
Nidra	C.S. Su. 21/25-49
Nija vyādhi	A.S. Su. 1/39
Ojas	A.S. Su. 19/29-34, C.S. Su. 17/73-76 C.S. Su. 30/ 6-11
Pācana	Sha. Sa. Prat. 4/2
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
Pañca mahābhūta	Sha. Sa. Prat. 5/63
Pañca pañcaka	C.S. Su. 8/3

Pañca tanmatra	Sha. Sa. Prat. 5/61-62
Parināma	A.S. Su. 22/7
Physical properties of 5 bhūtas	C.S. Su. 26/11
Pitta guṇas	A.S. Su. 1/27
Pitta kṣaya	C.S. Su. 17/52-61
Pitta pacifying herbs	A.S. Su. 14/7
Pitta prakṛti	A.H. Sa. 3/90-95
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
Prabhāva	A.S. Su. 17/52-59
Prabhāva	Sha. Sa. Prat. 2/21-22
Prajñāparadha	A.S. Su. 22/6
Pramānas	C.S. Su. 11/17
Prāṇa	C.S. Su. 17/13-14
Prāṇavaha srotas	C.S. Vi. 5/10
Pratyakṣa pramāna	C.S. Su. 11/20, C.S. Vi. 4/7
Pṛthvī mahābhūta	A.S. Su. 17/4
Purīṣavaha srotas	C.S. Vi. 5/21
Pūrva karma	A.S. Su. 5/26
Qualities of a Patient	C.S. Su. 9/9
Qualities of a Physician	C.S. Su. 9/6
Qualities of an attendant	C.S. Su. 9/8
Qualities of medicine	C.S. Su. 9/7
Quality of food	C.S. Su. 5/4-8
Rajas	A.S. Su. 1/39
Raktavaha srotas	C.S. Vi. 5/14
Rasa	A.S. Su. 4/60
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Table 4: AP Vocabulary List

Samṣkṛt Term	English Translation
Apasmāra Sādhya Asādhya	Epilepsy prognosis
Apasmāra Nidān Bheda	Epilepsy causative factors and types
Abhighāta	Disease due to injury
Abhyaṅga	Oil application and massage
Adhyātmika	Disease due to impressions from past lives
Adibhoutika	Disease due to variations in the 5 elements
Adidaivika	Disease due to planetary influence
Agada Tantra	Toxicology
Agantu Jvara	Fevers due to external causative factors
Aghantu	External
Agni	Fire; digestive fire
Ahaṁkāra	Ego principle
Ahāra	Food or diet
Ahāra sevana vidhi	Healthy eating habits
Ahāraśakti	Power of digestion and assimilation
Ahiṁsa	Non-violence
Ajīrna Nidāna	Causative factors for indigestion
Ajīrna bheda	Types of indigestion
Ajīrna Rūpa	Signs and symptoms of indigestion
Ajīrna Sādhya Asādhya	Prognosis of Indigestion
Ajīrna Upadrava	Complication of Indigestion
Akāśa	Ether element
Akṛti	General appearance of external features
Alasaka	Abdominal distention and reverse peristalsis due to indigestion
Alocaka	Sub type of pitta, influences visual perception
Āma	Undigested food or nourishment
Āma Ajīrna	Indigestion due to āma
Āma Ajīrna Rūpa	Signs and symptoms of indigestion due to āma
Āma Atisāra	Signs and symptoms of loose stools including diarrhea caused by Āma
Āma Jvara	Fever due to āma
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)

Antarvega Jvara	Presence of fever symptoms with mild or no external exhibition of rise in temperature
Anumāna pramāṇa	Inference as a means of knowledge
Anupaśaya	Differential diagnosis
Anyedhyuṣka Jvara	Fever with rise in temperature once in 24 hours
Āpa	Water
Āpāna	Sub type of vāta, aids in initiation of natural urges moving downward
Aparigraha	Non-attachment
Apathya	Unhealthy food habits
Aptopadeśa pramāṇa	Expert testimony as a means of knowledge
Arśas	Hemorrhoids
Arśas Bheda	Types of hemorrhoids
Arśas Pūrva rūpa	Premonitory signs and symptoms of hemorrhoids
Arśas Sādhya Asādhya	Prognosis of hemorrhoids
Arśas Samprapti	Pathogenesis of hemorrhoids
Artha	Pursuit of wealth, livelihood
Arthava	Female reproductive tissue
Arthavavaha srotas	Pathway or channel of the ovulation
Asādhya	Incurable prognosis
Asādhya Jvara	Incurable Fevers
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
Atisāra Mukta lakṣana	Signs and Symptoms of relief from loose motions including diarrhea
Atisāra Nidāna	Causative factors for loose stools including diarrhea
Atisāra Pūrva rūpa	Premonitory signs and symptoms of loose stools including diarrhea
Atisāra Rūpa	Signs and symptoms of loose stools including diarrhea

Atisara Sādhya Asādhya	Loose stools including diarrhea prognosis
Atisāra Saṁprāpti	Pathogenesis for loose stools including diarrhea
Atma	Soul
Atmaja	Disease caused by abnormal effects on the soul
Auśadhaja	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
Ayurveda	The science or knowledge of life
Bahirvega Jvara	Fever with external manifestation of rise in temperature and other symptoms
Bala	Strength/Immunity
Bāla Cikitsā	Pediatrics
Bala Saṁprāpti	Classification of disease according to the severity of pathology
Bheda	Classification of disease
Bheṣaja	Medicine
Bhrajaka	Sub type of pitta, aids in skin metabolism
Bhūta Vidya	Ayurvedic 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 Saṁhitā, Susruta Saṁhitā, Aṣṭāṅga Saṁgraha, Aṣṭāṅga Hṛdayam (Both Aṣṭāṅga texts were written by Vagbhata. Aṣṭāṅga Hṛdayam is the essence version of the Aṣṭāṅga Saṁgraha text, hence both included under this category)
Bṛṁhaṇa	Nourishing therapies
Buddhī	Intellect
Cala	Moving or unstable
Caraka Saṁhitā	Oldest authoritative text on Ayurveda, written by Caraka Maha Ṛṣi
Carmakīla	Warts
Caturthaka Jvara	Fever with rise in temperature on every fourth day
Caturviṁśati tattvas	24 components of evolution/existence
Caya	Mild increase of doṣa
Dāha pūrva Jvara	Burning sensation prior to the onset of fever, caused by predominance of pitta and is difficult to treat
Daivyavyapaśraya	Divine or religious therapies
Dāmṣṭra 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
Dhātugata Jvara	Fever with aggravation of the dhātus
Dik	Direction
Dina pāki Ajīrna	Delayed or sluggish digestion
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
Dvandvaja Arśas	Causative factors and pathogenesis of Hemorrhoids due to two doṣas
Gambhīra Jvara	Fatal fevers
Gaṇḍūṣa	Oil pulling
Ghaṭī yantra Grahaṇī	Frequent loose stools including IBS, celiac disease and Crohn's Disease presenting with a gurgling, fluid retention sound.
Graha Cikitsā	Vedic astrology
Grahaṇī Nidāna	Causative factors of Frequent loose stools including IBS, celiac disease and Crohn's Disease
Grahaṇī Pūrva rūpa	Premonitory signs and symptoms of frequent loose stools including IBS, Celiac disease and Crohn's disease
Grahaṇī Rūpa	Signs and symptoms of frequent loose stools including IBS, celiac disease and Crohn's disease
Grahaṇī Sādhya Asādhya	Prognosis of frequent loose stools including IBS, celiac disease and Crohn's disease
Grahaṇī Samprāpti	Pathogenesis of Frequent loose stools including IBS, celiac disease and Crohn's disease
Guru	Heavy; also, teacher
Halīmaka	Severe type of jaundice due to vata and pitta

Hima	Cold
Indriyas	Senses
Íśvara pranidhāna	Devotion to god
Jala	Water
Jarā Cikitsā	Rejuvenation therapies
Jaṭharāgni	Digestive fire
Jihva	Tongue
Jihvā Parīkṣā	Tongue assessment
Jīrna Lakṣana	Signs and symptoms of good digestion
Jñānendrya	Sense organs: eyes, nose, ears, tongue & skin
Jvara	Fever
Jvara Mokṣa Lakṣana	Signs and symptoms of fever subsiding
Jvara Mukta Lakṣana	Signs and symptoms of relief from fever
Jvara Pūrva rūpa	Premonitory signs and symptoms of fever
Jvara Rūpa	Signs and symptoms of fever
Jvara Sādhya Asādhya	Fever prognosis
Jvara Saṁprāpti	Pathogenesis of fever
Jvara Upadrava	Complications of fever
Kāla	Time / Season
Kāla Saṁprāpti	Classification of disease according to changes exhibited at various times (time of day or season)
Kālaja Jvara	Seasonal fevers
Kalekapoṭa nyāya	Nutrient absorption as a selective process similar to pigeons feeding
Kāmala	Jaundice
Kapālabhati	Skull shining breath
Kapha pitta Jvara	Fevers due to aggravated kapha and pitta
Kapha Pravāhikā	Dysentery due to aggravated kapha
Kaphaja Arśas Nidāna & Saṁprāpti	Causative factors and pathogenesis of hemorrhoids due to kapha
Kaphaja Arśas Rūpa	Signs and symptoms of hemorrhoids due to kapha
Kaphaja Atisāra	Signs and symptoms of loose stools including diarrhea caused by kapha
Kaphaja Grahaṇī	Frequent loose stools including IBS, celiac disease and Crohn's disease caused by aggravated kapha
Kaphaja Jvara	Fevers due to aggravated kapha
Kaphaja Kṛmi Nidāna	Causative factors for parasite infections due to kapha
Kaphaja Kṛmi Sthāna, Bheda, Rūpa	Kaphaja parasite infections site of infection, types and signs and symptoms
Kaphaja Pāṇḍu	Anemia due to kapha
Karmaja	Disease due to an individual's actions
Karmandriya	Motor organ: vocal cords, hands, feet, urino-genitals & anus

Kaṣaya	Astringent taste
Kāthina	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
Kṛmi Bheda	Types of parasite infections
Kṛmi Lakṣana	Signs and symptoms of parasite infections
Kṛmi Nidāna	Causative factors for parasite infections
Kṛmija	Disease caused by bacteria, viruses or parasites
Kṣīra dadhī nyāya	Assimilation of nutrients similar to transformation of milk to various dairy products
Kumbha Kāmala	Severe jaundice – hepatic failure
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
Māṃsa	Muscles
Māṃsa Dhātu	Muscle tissue
Māṃsa Sāra Puruṣa	Individual with excellent māṃsa dhātu
Māṃsavaha srotas	Pathway or channel of māṃsa
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	Causative factors
Nidāna Pañcaka	Five aspects of pathology
Nidra	Sleep
Nija	Internal
Nirāma	Without Āma
Nirāma Jvara	Fever present with no āma. Occurs in chronic fevers, past 8 days of symptoms.
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
Pacyamāna Jvara	Fever present while āma is being digested
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 Nidāna Lakṣana	Five components of diagnosis of disease
Pañca tanmātras	Five subtle principles
Pāṇḍu Bheda	Types of anemia

Pāṇḍu Lakṣana	Signs and symptoms of anemia
Pāṇḍu Rūpa	Signs and symptoms of anemia
Pāṇḍu Sādhya Asādhya	Prognosis of anemia
Pāṇḍu Saṃprāpti	Pathogenesis of anemia
Parīkṣā	Examination
Pariṇāma	Change/transformation
Pathya	Healthy dietary regimen
Picchila	Cloudy or slimy
Pitta Pravāhikā	Dysentery due to aggravated pitta
Pittaja Arśas Nidāna Saṃprāpti	Causative factors and pathogenesis of hemorrhoids due to Pitta
Pittaja Arśas Rūpa	Signs and symptoms of hemorrhoids due to pitta
Pittaja Atisāra	Signs and symptoms of loose stools including diarrhea caused by pitta
Pittaja Grahaṇī	Frequent loose stools including IBS, celiac disease and Crohn's disease caused by aggravated pitta
Pittaja Jvara	Fevers due to aggravated pitta
Pittaja Pāṇḍu	Anemia due to pitta
Prabhāva	Specialized therapeutic effect
Prādhānya Saṃprāpti	Classification of disease according to the predominant doṣa and secondary factors
Prajñāpradha	Intellectual transgression
Prakopa	Moderate increase of doṣa
Prākṛta	Natural and expected cause for disease
Prakṛti	1. Primordial nature 2. Constitution type
Pralepaka Jvara	Low grade fever with sensation of coldness
Pramāṇa	Measurement of body- height, weight, posture, circumference of head
Prāṇa	Vital energy
Prānavaha 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
Pravāhikā	Dysentery
Pravara	Optimum, best
Pṛthvī	Earth element
Purīṣa	Fecal matter
Puriṣaja Kṛmi Nidāna	Causative factors for parasite infections from stool
Puriṣaja Kṛmi Sthāna, Bheda, Rūpa	Location, types and signs and symptoms of parasite infections due to Stools

Purīṣavaha srotas	Pathway or channel of purīṣa
Puruṣa	1. (Eternal cause) 2. Man or individual
Pūrva Mīmāṃsa	Indian philosophy written by Jaimini
Pūrva Rūpa	Premonitory signs and symptoms
Pūrva 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 Arśas Bheda	Types of hemorrhoids due to rakta
Rakta Arśas Rupa	Signs and symptoms of hemorrhoids due to rakta
Rakta Atisāra	Signs and symptoms of loose stools including diarrhea caused by aggravated rakta
Rakta Dhātu	Blood
Rakta Pravāhikā	Dysentery due to aggravated rakta
Rakta Sāra Puruṣa	Individual with excellent rakta dhātu
Raktaja Kṛmi Nidāna	Causative factors for Parasite infections due to rakta
Raktaja Kṛmi Sthāna, Bheda, Rūpa	Location, types and signs and symptoms of parasite infections due to rakta
Raktavaha srotas	Pathway or channel of rakta
Rañjaka	Sub type of pitta, aids in pigmentation
Rasa	Plasma/ taste
Rasaśeṣa Ajīrna	Indigestion due to delayed absorption
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
R̥tu Caryā	Seasonal regimen
R̥tu sandhi	Seasonal transition
R̥tucharya	Seasonal routine
Rugṇa patrakam	Client intake form
Rūkṣa	Dry
Rūpa	Signs and Symptoms
Rūpa	Signs and symptoms
Śabda Parīkṣā	Sounds and voice assessment
Sabda pramāṇa	Word or reliable testimony as a means of knowledge
Sad 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

Salya 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
Samṅraha Grahaṇī	Frequent loose stools including IBS, celiac disease and Crohn's disease caused by aggravated vāta and āma
Samhanana	Physical build
Sāmḥya	Indian philosophy written by Kapila
Samḥya Samprāpti	Classification of disease by types (ex. 20 types of prameha)
Sampraprti	Pathogenesis
Samprāpti	Pathogenesis
Sāndra	Solid or dense
Saṅga	Obstruction of srotas
Sannipāta Jvara	Fevers due to aggravation of all three doṣas
Santata Jvara	Continuous fever without reduced temperature for 7, 10 or 12 days
Santośa	Contentment
Sara	Flowing
Sāririka	Disease manifesting in the body
Satata Jvara	Fever with rise in temperature twice in a day
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
Sīta	Cold
Sīta pūrva Jvara	Cold sensation on the skin along with stiffness followed by fever, caused by vāta and kapha.
Sīta vīrya	Cold potency
Sītakarī	Cool breathing through teeth and flattened tongue
Sītali	Cool breathing with curled tongue
Slakṣaṇa	Slippery
Slakṣṇa	Smooth
Sleṣaka	Sub type of kapha, provides lubrication to joints

Snāna	Bath
Snigdha	Unctuous or oily
Sokaja Atisāra	Signs and symptoms of loose stools including diarrhea caused by grief, fear or stress
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 Sārīra	Gross body
Sukha	Happiness
Sukra Dhātu	Reproductive tissue (Sperm in male)
Sukra Sāra Puruṣa	Individual with excellent śukra dhātu
Sukravaha srotas	Pathway or channel of śukra
Sūkṣma	Small or minute
Sukṣma Sārīra	Subtle body
Susādhya	Easily curable prognosis
Susruta Saṃhitā	Second oldest authoritative text on Ayurveda, written by Susruta Maha Rṣi
Svadyāya	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
Tīkṣṇa	Sharp/ penetrating
Tīkṣṇa agni	Intense digestive fire
Tikta	Bitter taste
Trayopasthamba	Three pillars of life
Tridosaja (Sahaja) Arśas	Causative factors and pathogenesis of hemorrhoids due to all three doṣa

Tridoṣaja Atisāra	Signs and symptoms of loose stools including diarrhea caused by all three doṣas
Tridoṣaja Grahaṇī	Frequent loose stools including IBS, celiac disease and Crohn's disease caused by aggravation of all three doṣas
Tridosaja Pāṇḍu	Anemia due to all three doṣas
Tridosja Arśas Rūpa	Signs and symptoms of hemorrhoids due to all three doṣas
Trividha Parīkṣā	Three methods of examination
Tṛtīyaka Jvara	Fever with rise in temperature on alternating days (once every 48 hours)
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)
Upaśaya	Trial and error method for differential diagnosis
Urdhvāṅga Cikitsā	ENT and ophthalmology
Uṣṇa	Hot
Uṣṇa vīrya	Hot potency
Uṣṇodaka	Boiled water
Uttara Mīmāṃsa / 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
Vāta kapha Jvara	Fevers due to aggravated vāta and kapha
Vāta pitta Jvara	Fevers due to aggravated vāta and pitta
Vāta Pravāhikā	Dysentery due to aggravated vāta
Vātabalāsaka Jvara	Low grade fever all the time, caused by predominance of kapha
Vātaja Arśas Nidāna Saṃprāpti	Causative factors and pathogenesis of hemorrhoids due to vāta
Vātaja Arśas Rūpa	Signs and symptoms of hemorrhoids due to vāta
Vātaja Arśas upadrava	Complications of hemorrhoids due to vāta
Vātaja Atisāra	Signs and symptoms of loose stools including diarrhea caused by vāta
Vātaja Grahaṇī	Frequent loose stools including IBS, celiac disease and Crohn's disease caused by aggravated vāta

Vātaja Jvara	Fevers due to aggravated vāta
Vātaja Pāṇḍu	Anemia due to vāta
Vāyu	Air element
Vidagdha Ajīrna	Indigestion due to pitta
Vidagdha Ajīrna Rūpa	Signs and symptoms of indigestion due to pitta
Vidāhi	Causing burning sensation
Vihāra	Activities
Vikalpa Saṃprāpti	Classification of disease according to the aggravation of doṣas
Vikṛti	Pathological state
Vilambīka	Due to Indigestion, food remains undigested in the stomach. ~Gastroparesis
Vimārga gamana	Diverted flow of srotas
Vipāka	Post digestive effect
Viruddha Ahāra	Incompatible food
Vīrya	Potency
Viśada	Clear or non-slimy
Viṣama agni	Irregular digestive fire
Viṣama Jvara	Intermittent fevers
Viśeṣa	Specific, in reference to type of causative factor as well as type of disease
Viṣṭabdha Ajīrna	Indigestion due to vāta
Viṣṭabdha Ajīrna Rūpa	Signs and symptoms of indigestion due to vāta
Visūcika	Gastro enteritis
Visūcika Upadrava	Complication of gastro enteritis
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.

Diseases and Disorders

NAME OF DISORDER	DESCRIPTION
Abhyantarāyama	Inward curvature of the spine
Adhmāna	Abdominal distention
Alajī	Skin complications of urinary disorders including diabetes presenting with reddish white blisters
Alasaka	Red itchy nodules
Ama Vāta	Joint disorder similar to gout and inflammatory rheumatoid arthritis
Ama Vāta Nidāna, Samprapti	Causative factors and pathogenesis of āma vāta
Ama Vāta Rūpa	Signs and symptoms of āma vāta
Ama Vāta Sādhya Asādhya	Prognosis of āma vāta
Ama Vāta Upadrava	Complication of āma vāta
Amaśaya gata Vāta	Vāta accumulated in the stomach
Aṃsa Soṣa	Muscle wasting
Anuloma	Natural downward movement of vāta
Apabāhuka	Frozen shoulder
Apāna Vāta Avarṇa	Occlusion of apāna vāta
Apatānaka	Tetanus
Apatantraka	Spasmodic contraction of the body
Ardita	Bell's palsy
Ardita Pūrva rūpa	Bell's palsy premonitory signs and symptoms
Asrk gata Vāta	Vāta accumulated in the blood
Aupasargika Roga Nidāna	Causative factors for contagious diseases
Avarṇa	Occlusion, usually something hindering the functions of vāta
Bāhyayāma	Outward curvature of the spine
Carma	Skin disorder with thickening of the skin
Carmadala	Skin lesions which are red, painful and itchy associated with blisters
Dadru-mandala	Skin lesions that are elevated, ring shaped, plaque associated with itching
Dandāpatānaka	Nuchal rigidity and rigidity of the body
Dhamani gata Vāta (Akṣepaka)	Convulsions
Eka	Skin disorder presenting with scale like lesions resembling a fish
Ekāṅga roga	Monoplegia
Gr̥dhrasi	Sciatica
Guḍa gata Vāta	Vāta accumulated in the anus
Hanu graha	Temporo-mandibular joint disorder

Haridrāmeḥa	Pittaja type of urinary disorders including diabetes
Hastimeḥa	Vātajā type of urinary disorders including diabetes
Ikṣumeḥa	Kaphaja type of urinary disorders including diabetes
Indriya Twak Gata Vāta	Vāta accumulated in the senses and skin
Jālinī	Skin complications of urinary disorders including diabetes that has a mesh like appearance
Jihwā stambha	Stiff tongue
Kacchapikā	Skin Complications of urinary disorders including diabetes that has the shape of a clay saucer
Kacchū	Small skin lesions resembling water blisters on palms and buttocks associated with severe burning sensation
Kākaṇa	Tridoṣaja type of kuṣṭha presenting with infected and painful lesions
Kālamēḥa	Pittaja type of urinary disorders including diabetes
Kalāya kañja	Lathyrism
Kampa Vāta	Parkinson's disease
Kāpāla	Vātajā type of kuṣṭha presenting with blackish red lesions associated with pain.
Kaphaja Ama Vāta	Ama vāta caused by kapha
Kaphaja Prameḥa (10 Types)	Ten types of urinary disorders including diabetes predominating with kapha
Kaphaja Upadrava	Complication of kaphaja type of urinary disorders including diabetes
Kaphaja Vāta Rakta	Vāta rakta caused by kapha
Khallī	Cramps
Khañja	Neurological disorder affecting nerves of the lower extremities
Kṛtibha	Skin disorder with lesions that are blackish, rough and hard
Koṣṭhagata Vāta	Vāta accumulated in the GIT and/or colon
Kroṣṭaka Sirṣa	Deformity due to osteo arthritis
Kṣārameḥa	Pittaja type of urinary disorders including diabetes
Kṣaudrameḥa	Vātajā type of urinary disorders including diabetes
Kṣudra Kuṣṭha	Eleven types of non-chronic skin disorders
Kuṣṭha	Various types of skin disorders
Kuṣṭha Bheda	Types of skin disorders
Kuṣṭha in Dhātus	Skin disorders with pathological changes in dhātus
Kuṣṭha Nidāna, Saṃprāpti	Causative factors and pathogenesis of skin disorders
Kuṣṭha Pūrva rūpa	Premonitory signs and symptoms of skin disorders
Kuṣṭha Sādhya Asādhya	Prognosis of skin disorders
Kuṣṭha Upadrava	Complications of skin disorders
Lālameḥa	Kaphaja type of urinary disorders including diabetes
Madhumēḥa	Diabetes

Mahā Kuṣṭha	Seven types of chronic skin disorders
Majja-Asthi gata Vāta	Vāta accumulated in the bones and bone marrow including nervous tissue
Majjāmeḥa	Vātaja type of urinary disorders including diabetes
Mamsa-Medo gata Vāta	Vāta accumulated in the muscles and fatty tissues
Maṇḍala	Kaphaja type of kuṣṭha presenting with raised, circular white lesions
Mañjiṣṭhameḥa	Pittaja type of urinary disorders including diabetes
Manyā stambha	Stiff neck
Masūrikā	Skin complications of urinary disorders including diabetes with lesions the size of a lentil
Meda Roga Nidāna, Samprāpti, Rūpa	Causative factors, pathogenesis and signs and symptoms of disorders related to fatty tissue.
Medo Ativrddhi Laksana	Signs and symptoms of excessive fatty tissue
Mūka Minmina	Stammering
Nīlameḥa	Pittaja type of urinary disorders including diabetes
Pāda dāha	Peripheral neuropathy with burning sensation
Pāda harṣa	Peripheral neuropathy with sensation of pins and needles
Pakṣavadha	Hemiplegia
Pakṣavadha Sādhya Asādhya	Prognosis of hemiplegia
Pakvaśaya gata Vāta	Vāta accumulated in the intestines
Pāmā	Small skin lesions resembling water blisters
Paṅgu	Crippled by vāta
Piṣṭameḥa	Kaphaja type of urinary disorders including diabetes
Pittaja Ama Vāta	Ama Vāta caused by pitta
Pittaja Prameha (6 Types)	Six types of urinary disorders including diabetes predominating with pitta
Pittaja Prameha Upadrava	Complication of pittaja type of urinary disorders including diabetes
Pittaja Vāta Rakta	Vāta rakta caused by pitta
Prameha	Urinary disorders including diabetes
Prameha Bheda	Types of urinary disorders including diabetes
Prameha Pidaka (10 Types)	Skin complications of urinary disorders including diabetes
Prameha Pūrva rūpa	Premonitory signs and symptoms of urinary Disorders including diabetes
Prameha Rūpa	Signs and symptoms of urinary disorders including diabetes
Prameha Sādhya Asādhya	Prognosis of urinary disorders including diabetes
Prameha Samprāpti	Pathogenesis of urinary disorders including diabetes

Prāṇa Vāta Āvarṇa	Occlusion of prāṇa vāta
Pratiloma	Upward movement in the direction against the growth of hair
Pratitūnī	Excruciating pain migrating from anal region to colon
Pratyādhmāna	Abdominal distention
Pratyasṭhīla	Malignant prostatic enlargement
Puṇḍarīka	Pitta kaphaja type of kuṣṭha presenting with whitish red margins and inflamed lesions
Putriṇī	Skin Complications of Urinary Disorders including diabetes presenting with multiple boils
Raktaja Vāta Rakta	Vāta rakta caused by rakta
Raktameha	Pittaja type of urinary disorders including diabetes
Rṣyajihva	Vāta pittaja type of kuṣṭha presenting with hard, rough, painful lesions
Samāna Vāta Āvarṇa	Occlusion of samāna vāta
Sanairmeha	Kaphaja type of urinary disorders including diabetes
Sandhigata Vāta	Vāta accumulated in the joints
Sāndrameha	Kaphaja type of urinary disorders including diabetes
Sarāvika	Skin complications of urinary disorders including diabetes that has the shape of a lentil
Sarṣapikā	Skin complications of urinary disorders including diabetes that has the shape of a mustard seed
Sarvaṅga Vāta	Generalized paralysis
Sarvāṅga Vāta	Paraplegia
Satāru	Multiple red and blackish ulcerative lesions associated with burning sensation
Sidhma	Vāta kaphaja type of kuṣṭha presenting with scale like lesions that are white or coppery in color (~psoriasis)
Sikatāmeha	Kaphaja type of urinary disorders including diabetes
Sira gata Vāta	Vāta accumulated in the veins and arteries
Sirograha	Headache
Sītameha	Kaphaja type of urinary disorders including diabetes
Snayugata Vāta	Vāta accumulated in the tendons
Sukra gata Vāta	Vāta accumulated in the Sukra
Sukrameha	Kaphaja type of urinary disorders including diabetes
Surāmeha	Kaphaja type of urinary disorders including diabetes
Svitra	Leukoderma
Tūnī	Excruciating pain migrating from colon to anal region
Udakameha	Kaphaja type of urinary disorders including diabetes
Udāna Vāta Āvarṇa	Occlusion of udāna vāta
Udumbara	Pittaja type of kuṣṭha presenting with itching, redness and painful lesions
Urdha Vāta	Vāta moving upwards, belching

Vaipādika	Lesions on the palms or soles associated with cracking and pain
Vasāmeha	Vātaja type of urinary disorders including diabetes
Vāta Rakta	Joint disorder like rheumatoid arthritis
Vāta Rakta Nidānam, Samprāpti	Causative factors and pathogenesis of vāta rakta – joint disorder
Vāta Rakta Pūrva rūpa	Premonitory signs and symptoms of vāta rakta
Vāta Rakta Sādhya Asādhya	Prognosis of vāta rakta
Vāta vyādhi Sādhya Asādhya	Prognosis of vāta vyādhi
Vātaja Ama Vāta	Ama vāta caused by vāta
Vātaja Prameha	Four types of urinary disorders including diabetes predominating with vāta
Vātaja Prameha Upadrava	Complication of vātaja type of urinary disorders including diabetes
Vātaja Vāta Rakta	Vāta rakta caused by vāta
Vātakantaka	Bone spur
Vātaṣṭhīla	Benign prostatic enlargement
Vātavyadhi Nidāna Samprāpti	Causative factors and pathogenesis of vāta disorders
Vicarcikā	Blackish boils with excessive discharge and itching
Vidārikā	Skin complications of urinary disorders including diabetes with round hard boils
Vidradhikā	Skin complications of urinary disorders including diabetes similar to an abscess
Vinatā	Skin complications of urinary disorders including diabetes has a big blue abscess
Visphoṭa	Blackish red blisters with a thin layer of skin over
Viśvāci	Frozen shoulder
Vyāna Vāta Avarṇa	Occlusion of vyāna Vāta

Apasmāra Purva rupa	Premonitory signs and symptoms of Epilepsy
Asura Graha Unmāda	Psychosis due to demons
Bhujaṅga Graha	Psychosis due to influence of snakes
Bhuto Unmāda	Psychosis due to spirits
Deva Graha Unmāda	Psychosis due to divine intervention
Gandharva Graha	Psychosis due to celestial musicians
Kaphaja Apasmara	Epilepsy due to kapha
Kaphaja Madātyaya	Alcoholism associated with kapha
Kaphaja Unmāda	Psychosis due to kapha
Madātyaya Nidāna	Causative factors for alcoholism
Madātyaya Sādhya Asādhya	Prognosis of alcoholism
Madātyaya stages	Stages of alcoholism
Madātyaya Upadrava	Complications of alcoholism
Madātyaya varjya	Abstinence from alcohol
Pānā Ajīrna	Alcoholic gastritis
Pānā vibhrama	Chronic alcoholism
Paramada	Hangover
Pīśāca Graha	Psychosis due to demons
Pitra Graha	Psychosis due to ancestral influence
Pittaja Apasmāra	Epilepsy due to pitta
Pittaja Madātyaya	Alcoholism associated with pitta
Pittaja Unmāda	Psychosis due to pitta
Rājayakṣmā Nidāna	Causative factors for tuberculosis and other disorders of depletion
Rājayakṣmā Pūrva rūpa	Premonitory signs and symptoms of tuberculosis and other disorders of depletion
Rājayakṣmā Rūpa	Signs and symptoms of tuberculosis and other disorders of depletion
Rājayakṣmā Sādhya Asādhya	Prognosis of tuberculosis and other disorders of depletion
Rājayakṣmā Samprāpti	Pathogenesis of tuberculosis and other disorders of depletion
Rākṣasa Graha	Psychosis due to evil spirits
Sannipātaja Unmāda	Psychosis due to all three doṣas
Soṣa Lakṣana	Depletion
Soṣa Rūpa	Signs and symptoms of depletion
Soṣa Sādhya Asādhya	Prognosis of depletion
Tridosaja Apasmara	Epilepsy due to all three doṣas
Tridoṣaja Madātyaya	Alcoholism associated with all three doṣas
Unmāda Nidāna	Causative factors for psychosis
Unmāda Bheda	Types of psychosis
Unmāda Rūpa	Signs and symptoms of psychosis

Unmāda Sādhya Asādhya	Psychosis prognosis
Unmāda Sādhya Asādhya	Prognosis of psychosis
Unmāda Saṃprāpti	Pathogenesis of psychosis
Urakṣata	Chest lesions
Urakṣata Sādhya Asādhya	Prognosis of chest lesions
Vātaja Apasmāra	Epilepsy due to vāta
Vātaja Madātyaya	Alcoholism associated with vāta
Vātaja Unmāda	Psychosis due to vāta
Viṣaja Unmāda	Psychosis due to poisons, contaminants
Yakṣa Graha	Psychosis due to possession

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Ayurvedic Practitioner Educational Outline for Competency

Scope of Practice Document