

# **Scope of Practice for the Ayurvedic Profession**

Finalized March 2021

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 three 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:** This category represents an entire field of Ayurvedic professionals versed and educated to serve the community in the area of prevention and health promotion with a focus on diet and lifestyle.

**Ayurvedic Practitioner:** The category represents an Ayurvedic professional with clinical training in the Ayurvedic approach to disease pathology and management. These professionals also practice prevention and health promotion using diet, lifestyle, herbs and other natural therapeutic substances.

**Ayurvedic Doctor:**\_This category represents an Ayurvedic professional with advanced clinical and specialized training in Ayurveda. They also have introductory knowledge of conventional medicine and have the training to interface with other medical professionals to provide integrative healthcare.

\*The use of the term "doctor" may be limited by individual state licensure regulations.

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

- 1. Description
- 2. Skills and Competencies
- 3. Recommendations

## 4. Treatment and Intervention Skills

	Three Professional Categories					
General Description of the Scope of Practice						
Category	Category I Āyurvedic Health	Category II Āyurvedic Practitioner	Category III Doctor of Āyurveda			
Company	Counselor	Āi - Duo skiki - u - u-	The consultance of our time of			
General Description	Āyurvedic Health Counselors are competent in health promotion and disease prevention (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), state of the doṣas, agni, dhātus, malas, and manas (mind). They educate, motivate and counsel patients in order to support them to be successful in implementing the principles of Āyurveda into their lives. Āyurvedic Counselors refer patients whose disease state (samprāpti) is beyond the third stage to Āyurvedic Practitioners or	Āyurvedic Practitioners are competent in managing and treating disease from the Āyurvedic perspective, using Āyurvedic etiology, (nidāna), pathology (samprāpti), diagnosis and management of diseases (kāya cikitsā),in addition to being in the prevention of disease and promotion of health (svasthavṛtta).  In addition to diet and lifestyle (āhāra vihāra ), Āyurvedic Practitioners use herbs as medicine (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. They are able to support healthy women during the pre-natal ,and post-natal periods and to recommend Ayurvedic care for well	The general scope of practice of the Āyurvedic Doctor is similar to the Āyurvedic Practitioner, but they have more extensive, indepth education and relevant clinical experience in Aṣṭāṅga Āyurveda (all 8 branches of Āyurvedic medicine(1)). They also have additional experience in teaching(5), demonstrations, practical pañcakarma training, and research methods.  Doctors of Āyurveda understand disease from an Āyurvedic perspective, while possessing a working knowledge of Western medical diagnostic and treatment terminology and practices, sufficient to enable them to correlate those terms and diagnosis into Āyurvedic understanding and practice.  Doctors of Āyurveda have a working knowledge of Western medical pathology, pharmacology, diagnostic reports, and treatments, in order to interface with the Western medical community and modify the Āyurvedic management of cases accordingly, as needed. But they are not required to order Western diagnostic tests and do not prescribe Western medicines.  Āyurvedic Doctors have an informed awareness of public health and epidemiology (janapadoddhvamsa) from the Western and Āyurvedic			

and treatment (cikitsā) of disease	appropriate recommendations for children of all ages suffering from common, minor conditions, to recommend preventative care and treatment for common conditions of the head and neck, and to treat mild pathologies of the mind. They refer more serious conditions to an Ayurvedic Doctor.	consu to the able t apply within know make the pr contri resear confer prese

consumers of research pertaining to the Āyurvedic field, and are able to evaluate, discuss, and apply contemporary research within the context of Āyurvedic knowledge. They are able to make significant contributions to the profession such as contributing to or participating in research, review articles, conference teaching, or presentation of case studies. (2)

## **Notations**

- 1. Aṣṭāṅga Āyurveda: Internal Medicine (Kāya Cikitsā), ENT (ŚālākyaTantra), Pediatrics (Kaumārabhṛtya), Psychology (Bhūtavidyā/Manovijñāna), Rejuvenation (Rasāyana), Fertility (Vājīkaraṇa), Toxicology/Epidemiology (Agada Tantra), Surgery (Śalya Tantra) the latter confined to theoretical knowledge of contemporary practice and historical overview and understanding of Āyurvedic surgery.
- 2. The intention behind creating this separate category is to set the bar high for the development of the Āyurvedic profession. While many schools may not feel ready to offer this level of training, it carves out the direction for on-going development, while also identifying a category for existing highly trained and experienced practitioners.

#### General Notes:

1. Throughout this document, "disease" refers to disease according to Āyurvedic diagnosis and treatment.

Skills and Competencies  The professional should be able to show skill and competency in each of the following categories.			
Category	Category I: Āyurvedic Health Counselor	Category II: Āyurvedic Practitioner	Category III: Doctor of Āyurveda
	Health Counselor	Practitioner	Ayurveua
Communication	Counseling skills, "bedside	Counseling skills, "bedside	Counseling skills,
	manner" and cultural	manner" and cultural	"bedside manner" and
	competency to their	competency to their	cultural competency to
	patient base.	patient base.	their patient base.
Personal & Family	Taking a detailed current	Taking a detailed current	Taking a detailed current
Health History	and past personal and	and past personal and	and past personal and
	family health history	family health history	family health history
Basic Vital Signs	Taking basic vital signs	Taking basic vital signs	Taking basic vital signs
	such as blood pressure	such as blood pressure	such as blood pressure
	(raktacāpa)	(raktacāpa)	(raktacāpa)
		. ,	. ,
Etiology(Nidāna)	Determining the	Determining the	Determining the
	etiological factors	etiological factors	etiological factors
	(nidāna) responsible for	(nidāna) responsible for the doṣic imbalance and	(nidāna) responsible for the doṣic imbalance and
	the <i>doșic</i> imbalance	the disease	the disease
Prakṛti & Vikṛti	Assessing physical and	Assessing physical and	Assessing physical and
Tranço a rinço	mental <i>prakṛti</i> and <i>doṣa</i>	mental <i>prakṛti</i> and <i>doṣa</i>	mental <i>prakṛti</i> and <i>doṣa</i>
	imbalance using	imbalance using	imbalance using
	Ayurvedic diagnostic	Ayurvedic diagnostic	Ayurvedic diagnostic
	methodology (trividha,	methodology ( <i>trividha</i> ,	methodology ( <i>trividha</i> ,
	aṣṭavidha and daśavidha	aṣṭavidha and daśavidha	aṣṭavidha and daśavidha
	parīkṣā)	parīkṣā)	parīkṣā)
20 Guṇas	Determining which guṇas	Determining which guṇas	Determining which <i>guṇas</i>
	are predominant in	are predominant in	are predominant in
	prakṛti and vikṛti	prakṛti and vikṛti	prakṛti and vikṛti
Doṣas/Sub-doṣas	Identifying which sub-	Identifying which sub-	Identifying which sub-
.,.,,,.	doșas are involved in a	doṣas are involved in a	doṣas are involved in a
	presenting imbalance	presenting disease	presenting disease
Dh Zhuc /Court Till	Datamaining J. Z.	Dotownining - Jh = -	Datamaining J. 54
Dhātus/Srotāmsi	Determining dhātu, upadhātu, and srotāmsi	Determining dhātu,	Determining dhātu,
	involvement (sāmyata,	upadhātu, and srotāmsi involvement (sāmyata,	upadhātu, and srotāṁsi involvement (sāṃyata,
	vṛddhi/ kṣaya, duṣṭi) in a	vṛddhi/ kṣaya, duṣṭi) in a	vṛddhi/ kṣaya, duṣṭi) in a
	presenting imbalance	presenting imbalance	presenting imbalance
Malas and	Assessing the state of the	Assessing the state of the	Assessing the state of the
Dhātumalas	malas through	malas through	malas through
	questioning ( <i>praśna</i> )	questioning (praśna) and	questioning (praśna) and
		special tests, including	special tests, including
		tailabindu parīkṣā, mūtra	tailabindu parīkṣā, mūtra
		and purīṣa darśana.	and purīṣa darśana.
Agnis: Jāṭhara,	Determining the clinical	Determining the clinical	Determining the clinical
dhātu, bhūta	state of <i>agnis</i> by	state of <i>agnis</i> by	state of <i>agnis</i> by
	questioning (praśna) and	questioning ( <i>praśna</i> ) and	questioning (praśna) and
	observation (darśana)	observation (darśana)	observation ( <i>darśana</i> )

ā	Data	Determinate at 1 11 1 1	D. t
Āma	Determining the clinical	Determining the clinical	Determining the clinical
	state of āma by	state of āma by	state of āma by
	questioning (praśna) and	questioning (praśna) and	questioning (praśna) and
D 7 0' 0	observation (darśana)	observation (darśana)	observation (darśana)
Prāṇa, Ojas &	Determining the state of	Determining the state of	Determining the state of
Tejas	prāṇa, ojas and tejas	prāṇa, ojas and tejas	prāṇa, ojas and tejas
Samprāpti	Determining the stage of	Determining the full	Determining the full
	samprāpti by observations	samprāpti of disease	samprāpti of disease
	(darśana), touch	conditions	conditions
	(sparśana) and		
	questioning ( <i>praśna</i> )		
Western	n/a	Understand basic Western	Understand basic
<b>Diagnostic Reports</b>		diagnostic and medical	Western diagnostic and
		reports	medical reports
Dations	A	A	A 1
Patient	Assessing and	Assessing and	Assessing and
Strengths/Assets	determining patients'	determining patients'	determining patients'
	strengths and willingness	strengths and willingness to follow	strengths and willingness to follow
	to follow	recommendations	
Research Skills	recommendations Able to create and collect		recommendations
Research Skills	case studies to contribute	They are informed consumers of Āyurvedic	They are informed consumers of research
	to research on health	medical research. They	pertaining to the
	promotions and disease	may be capable of writing	Āyurvedic field, and are
	prevention (svasthavrtta)	articles, contributing to	able to evaluate, discuss,
	prevention (svastnavitta)	professional conferences	and integrate
		and presenting case	contemporary research
		studies.	within the context of
		seares.	Āyurvedic knowledge.
			They may make
			significant contributions
			to the profession such as
			contributing to or
			participating in original
			research, review articles,
			conference teaching, or
			presentation of case
			studies.
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# **Recommendations**

The professional should have the knowledge within their prescribed scope of practice as noted under the General Description to be able to recommend / prescribe the follow approaches to restore balance and support the healing process.

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Category	Category I: Āyurvedic	Category II: Āyurvedic	Category III: Doctor of
	<b>Health Counselor</b>	Practitioner	Āyurveda
Food (Āhāra)	Recommending	Recommending	Recommending
	appropriate food choices	appropriate food choices	appropriate food choices
	according to prakṛti, vikṛti,	according to prakṛti, vikṛti,	according to <i>prakṛti,</i>
	guṇas, rasa, season (ṛtu),	guṇas, rasa, season (ṛtu),	<i>vikṛti, guṇas, rasa,</i> season
	digestive strength	digestive strength	(ṛtu), digestive strength
	(agnibala) and age (vaya),	(agnibala) and age (vaya),	( <i>agnibala</i> ) and age

	and proper eating	and proper eating	(vaya), and proper eating
Lifestyle (I/ihāua)	behaviors (āhāravidhi)	behaviors (āhāravidhi)	behaviors (āhāravidhi)
Lifestyle (Vihāra)	Recommending appropriate daily routines (dinacaryā), seasonal routines (rtucaryā) and life cycle routines according to prakṛti, vikṛti, guṇas. Recommending and educating patients about at-home preventive and promotive measures (svasthavṛtta), and positive conduct measures (sadvṛtta).	Recommending appropriate daily routines (dinacaryā), seasonal routines (rtucaryā) and life cycle routines according to prakṛti, vikṛti, guṇas. Recommending and educating patients about at-home preventive and promotive measures (svasthavṛtta), and positive conduct measures (sadvṛtta).	Recommending appropriate daily routines (dinacaryā), seasonal routines (rtucaryā) and life cycle routines according to prakṛti, vikṛti, guṇas. Recommending and educating patients about at-home preventive and promotive measures (svasthavṛtta), and positive conduct
	( , , , , , ,	( , , , , , ,	measures (sadvṛtta).
Senses	Recommending	Recommending	Recommending
(Indriyārthasamyoga)	appropriate use of sight, smell, touch taste and hearing (sātmyendriyārthasaṁyoga)	appropriate use of sight, smell, touch taste and hearing	appropriate use of sight, smell, touch taste and hearing (sātmyendriyārthasamyoga)
Herbs (Drawa)		(sātmyendriyārthasamyoga) Recommending	, , , , , , , , , , , , , , , , , , , ,
Herbs (Dravya)	Recommending predesigned or creating custom herbal formulas, herbal medicines, minerals, or other natural substances for internal or external use with consideration of dose (mātra), vehicle (anupāna), timing (auśadha kāla) and their safe use for the purpose of balancing agni, eliminating āma while supporting the malas and protecting and building ojas.	Recommending predesigned or creating custom herbal formulas, herbal medicines, minerals, or other natural substances for internal or external use with consideration of dose (mātra), vehicle (anupāna), timing (auśadha kāla) and their safe use for the purpose of balancing agni, eliminating āma while supporting the malas, protecting and building ojas, and treating disease.  *Refer to Āyurvedic Practitioner: Educational Outline for Competency	Recommending predesigned or creating custom herbal formulas, herbal medicines, minerals, or other natural substances for internal or external use with consideration of dose (mātra), vehicle (anupāna), timing (auśadha kāla) and their safe use for the purpose of balancing agni, eliminating āma while supporting the malas, protecting and building ojas, and treating disease.  *Refer to Āyurvedic Doctor: Educational Outline for Competency
Yoga	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	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	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	for promotion of health	for promotion of health
	and the prevention of	and the prevention of	and the prevention of
	disease (svastha).	disease (svastha).	disease (svastha).
Pacification	Recommending	Recommending	Recommending
(Śamana)	pacification (śamana)	pacification (śamana)	pacification (śamana)
	therapies to balance the	therapies to balance the	therapies to balance the
	dosas and eliminate āma.	doșas and eliminate āma.	doṣas and eliminate āma.
Laṅghana:	n/a	Recommending	Recommending
Pañcakarma		pañcakarma programs as	pañcakarma programs as
(Śodhana)		well as individual	well as individual
		treatments (śodhana	treatments (śodhana
		<i>cikitsā</i> ), including:	cikitsā), including:
		classical pañcakarma, and	classical pañcakarma,
		treatments for individual	and treatments for
		conditions, including use	individual conditions,
		of specialized traditional body treatments. Includes	including use of specialized traditional
		pūrva karma, pradhāna	body treatments.
		karma, (diet, lifestyle &	Includes <i>pūrva karma</i> ,
		herbs)	pradhāna karma, (diet,
			lifestyle & herbs)
Rejuvenation(Ras	n/a (see below)	Recommending post	Recommending post
āyana) &		pañcakarma rejuventation	pañcakarma
Reproductive		(paścāt karma)	rejuventation (paścāt
Vitality/Tonificati			karma)
on ( <i>Vājīkaraņa</i> )			
<b>Building/Tonifica</b>	Recommending	Recommending	Recommending
tion Therapies	tonification ( <i>bṛṁhaṇa</i> ) for	tonification ( <i>bṛṁhaṇa</i> )	tonification ( <i>bṛṁhaṇa</i> )
(Bṛṁhaṇa Cikitsā)	the body and mind.	therapies for the body and	therapies for the body
		mind.	and mind.
Pre-natal, Natal	Recommending basic diet	Recommending diet	Recommending diet
and Post natal	(āhāra) and Lifestyle	(āhāra), lifestyle (vihār),	(āhāra), lifestyle (vihār),
Care for Mother	(vihāra) guidelines for	herbs ( <i>dravya</i> ) and	herbs ( <i>dravya</i> ) and
and Baby <i>(Kaumārabh</i>	pre-natal and post-natal women	treatments (cikitsā) to	treatments (cikitsā) to
• •	Wollieff	manage pre-natal, natal, post-natal health and	manage pre-natal, natal, post-natal health and
ṛtya)		pathologies and care of	pathologies and care of
		newborns	newborns
Children's Health	Application of appropriate	Application of appropriate	Application of
(Bālāvastha)	recommendations for	recommendations for	appropriate
	children over the age of 5	children of all ages	recommendations for
			children of all ages
Internal Medicine	Recommending a plan to	Recommending a plan for	Recommending a plan for
(Kāya Cikitsā)	pacify the <i>doṣas</i> that affect	the elimination of	the elimination of
	the digestive system (annavahasrotas)	presenting pathologies and the restoration of	presenting pathologies and the restoration of
	(annavanasi ottas)	health in all systems of the	health in all systems of
		body.	the body.
Head & Neck	Recommending	Recommending	Recommending
Region	preventative care for the	preventative care and	preventative care and
(ŚālākyaTantra)	head and neck region,	treatment for conditions	treatment for conditions
_		of the head and neck	of the head and neck

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	including ears, eyes, nose	region, including ears,	region, including ears,
	and throat	eyes, nose and throat	eyes, nose and throat
Psychiatry	Recommending diet	Recommending diet	Recommending diet
(Manovijñāna /	(āhāra), Lifestyle (vihāra)	(āhāra), Lifestyle (vihāra)	(āhāra), Lifestyle (vihāra)
Bhūtavidyā)	and positive conduct	and positive conduct	and positive conduct
	(ācāra) to maintain a	(ācāra), herbs (dravya)	(ācāra), herbs (dravya)
	healthy mind.	and treatments (cikitsā) to	and treatments (cikitsā)
		treat pathologies in the	to treat pathologies in the
		mind.	mind.
Jyotișa	Referring patients to a	Referring patients to a	Referring patients to a
-	<i>Jyotiși</i> for assessment and	<i>Jyotiși</i> for assessment and	<i>Jyotiși</i> for assessment and
	educating patients on	educating patients on	educating patients on
	general scope and value of	general scope and value of	general scope and value
	Jyotișa	Jyotișa	of <i>Jyotiṣa</i>
Vāstu	Referring patients to a	Referring patients to a	Referring patients to a
	<i>Vāstu</i> practitioner for	<i>Vāstu</i> practitioner for	<i>Vāstu</i> practitioner for
	assessment and educating	assessment and educating	assessment and
	patients on general scope	patients on general scope	educating patients on
	and value of <i>Vāstu</i>	and value of <i>Vāstu</i>	general scope and value
			of <i>Vāstu</i>
Western Medical	Referring patients to a	Referring patients to a	Referring patients to a
Approaches,	practitioner of Western	practitioner of Western	practitioner of Western
(drugs, surgery,	medical approaches for	medical approaches for	medical approaches for
diagnostic	assessment and possible	assessment and possible	assessment and possible
procedures)	treatment (presumes a	treatment (presumes a	treatment (presumes a
	general understanding of	general understanding of	general understanding of
	the scopes of practice of	the scopes of practice of	the scopes of practice of
	various western medical	various western medical	various western medical
	disciplines)	disciplines)	disciplines)

Treatme	Treatment and Intervention (Cikitsā)Skills				
The professional should h	ave the knowledge	and skill to be able to	o utilize the following		
treatment approaches a	treatment approaches and /or intervention skills to support the healing process (1)				
Category	Category I:	Category II:	Category III:		
	<b>Āyurvedic Health</b>	Āyurvedic	Doctor of Āyurveda		
	Counselor	Practitioner			
Food (Āhāra)	Demonstrate the	Demonstrate the	Demonstrate the		
	selection and	selection and	selection and		
	preparation of	preparation of	preparation of		
	appropriate foods	appropriate foods and	appropriate foods and		
	and spices according	spices according to	spices according to		
	to prakṛti, vikṛti,	prakṛti, vikṛti, guṇas,	prakṛti, vikṛti, guṇas,		
	gunas, rasa, season	rasa, season (rtu),	rasa, season (rtu),		
	(rtu), digestive	digestive strength	digestive strength		
	strength (agnibala)	(agnibala) and age,	(agnibala) and age, and		
	and age, and	and demonstrating	demonstrating proper		
	demonstrating proper eating	proper eating behaviors	eating behaviors (āhāravidhi)		
	behaviors	(āhāravidhi)	(anaraviani)		
	(āhāravidhi)	(unuruvium)			
Lifestyle (Vihāra)	Demonstrate the	Demonstrate the	Demonstrate the		
Lifestyle (vinara)	appropriate daily	appropriate daily	appropriate daily		
	routine ( <i>dinacaryā</i> )	routine ( <i>dinacaryā</i> ),	routine (dinacaryā),		
	seasonal routine	seasonal routine	seasonal routine		
	(rtucaryā) and life	(ṛtucaryā) and life	(ṛtucaryā) and life cycle		
	cycle routines	cycle routine	routine components for		
	according to <i>prakṛti</i> ,	components for the	the treatment of the		
	vikṛti, guṇas.	treatment of the	underlying conditions.		
	Demonstrating at-	underlying conditions.	Demonstrating at-home		
	home preventive and	Demonstrating at-	preventive and		
	promotive	home preventive and	promotive		
	(svasthavṛtta)	promotive	(svasthavṛtta) measures,		
	measures, and	(svasthavṛtta)	and positive conduct		
	positive conduct	measures, and	(sadvṛtta) measures.		
	(sadvṛtta) measures.	positive conduct			
		(sadvṛtta) measures.			
Senses/Sensory therapies	Demonstrate	Demonstrate	Demonstrate		
(Sātmyendriyārthasamyoga)	appropriate use of	appropriate use of	appropriate use of sight,		
(Suching chian Lyan chiasanny ogay	sight, smell, touch,	sight, smell, touch,	smell, touch, taste and		
	taste and hearing	taste and hearing, and	hearing, and administer		
		administer	appropriate treatments		
		appropriate	<del> </del>		
		treatments			
Herbs (Dravya)	Administer, combine,	Administer, combine,	Administer, combine,		
	provide, compound,	provide, compound,	provide, compound, and		
	and dispense herbal	and dispense herbal	dispense herbal		
	medicines, minerals,	medicines, minerals,	medicines, minerals, or		
	or other natural	or other natural	other natural		
	substances. Herbs	substances. Herbs	substances. Herbs may		
	are to be used for	may be used for	be used for internal or		
	internal or external	internal or external	external use for the		

	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> .	use for the purpose of balancing agni and eliminating āma while supporting the malas and protecting and building ojas, as well as for treating specific diseases affecting any dhātu, upadhātu, malas or srotas in any stage of the disease pathology.	purpose of balancing agni and eliminating āma while supporting the malas and protecting and building ojas, as well as for treating specific diseases affecting any dhātu, upadhātu, malas or srotas in any stage of the disease pathology.
Laṅghana: Pacification (Śamana)	Designing, implementing and managing pacification (samana) theapies directed to balance the doṣas and elimination of āma of a patient.	Designing, implementing and managing pacification (śamana) theapies directed to balance the doṣas and elimination of āma of a patient.	Designing, implementing and managing pacification (śamana) theapies directed to balance the doṣas and elimination of āma of a patient.
Laṅghana: Pañcakarma (Śodhana)	n/a	Designing, implementing and managing pañcakarma programs as well as individual treatments (śodhana cikitsā), including: classical pañcakarma and treatments for individual conditions, including use of specialized traditional body treatments. Includes pūrva karma, pradhāna karma, (diet, lifestyle & herbs)	Designing, implementing and managing pañcakarma programs as well as individual treatments (śodhana cikitsā), including: classical pañcakarma and treatments for individual conditions, including use of specialized traditional body treatments.  Includes pūrva karma, pradhāna karma, (diet, lifestyle & herbs)
Rejuvenation (Rasāyana) & Reproductive Vitality/Tonification (Vājīkaraṇa)	n/a (see below)	Designing, implementing and managing post pañcakarma rejuvenation (paścāt karma)	Designing, implementing and managing post pañcakarma rejuvenation (paścāt karma)
Building/Tonification Therapies (Bṛṁhaṇa Cikitsā)	Designing, implementing and managing tonification (bṛṁhaṇa) for sustaining the health	Designing, implementing and managing tonification (bṛṁhaṇa) for sustaining health and correcting imbalances of the body and mind.	Designing, implementing and managing tonification ( <i>bṛṁhaṇa</i> ) for sustaining health and correcting imbalances of the body and mind.

	of the body and		
Pre-natal, Natal and Post natal Care for Mother and Baby (Kaumārabhṛtya)	mind.  Designing, implementing and managing basic diet (āhāra) and lifestyle (vihāra) guidelines for pre-natal and post natal women	Designing, implementing and managing diet (āhār), lifestyle (vihāra), herbs (dravya) and treatments (cikitsā) to manage pre-natal, natal, post natal health and pathologies and care	Designing, implementing and managing diet (āhār), lifestyle (vihāra), herbs (dravya) and treatments (cikitsā) to manage pre-natal, natal, post natal health and pathologies and care of newborns.
Children's Health (Bālāvastha)	Designing, implementing and managing diet (āhāra), lifestyle (vihāra), herbs (dravya) and treatments (cikitsā) in children over the age of 5, and diet (āhāra) and lifestyle (vihāra) for children under 5.	of newborns.  Designing, implementing and managing diet (āhāra), lifestyle (vihāra), herbs (dravya) and treatments (cikitsā) to treat pathologies in babies and children	Designing, implementing and managing diet (āhāra), lifestyle (vihāra), herbs (dravya) and treatments (cikitsā) to treat pathologies in babies and children
Internal Medicine (Kāya Cikitsā)	Designing, implementing and managing a plan to pacify the doṣas within the digestive system (annavahasrotas)	Designing, implementing and managing a plan for the elimination of presenting pathologies and the restoration of health.	Designing, implementing and managing a plan for the elimination of presenting pathologies and the restoration of health.
Head & neck region (ŚālākyaTantra)  Psychiatry (Manovijñāna /	Teach preventative care for the head and neck region, including eyes, ears, nose and throat  Designing,	Teach preventative care and provide treatment (cikitsā) for the head and neck region, including eyes, ears, nose and throat Designing,	Teach preventative care and provide treatment (cikitsā) for the head and neck region, including eyes, ears, nose and throat  Designing, implementing
Bhūtavidyā)	implementing and managing a plan to pacify the <i>doṣas</i> within the mind.	implementing and managing a plan to pacify the doṣas within the mind and providing treatments (cikitsā) to treat pathologies in the mind.	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.
Yoga	All categories should be informed on yoga therapies but its practice requires a separate certification.	All categories should be informed on yoga therapies but its practice requires a separate certification.	All categories should be informed on yoga therapies but its practice requires a separate certification.

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

### **Notations**

**Note on Samskṛta For All Sections**: The final document will use the international transliteration font that is more universal and accurate for each term.

<sup>1.</sup> All treatment and intervention skills for each category are based on the scope of practice of that category. Thus, treatment modalities for the  $\bar{A}$ yurvedic Health Counselor are limited to the management of the first three stages of the pathological process.