

# AHC OVERVIEW

*“When diet is wrong, medicine is of no use. When diet is correct, medicine is of no need.”*

*~ Ayurvedic Proverb*

As a successful Ayurveda practice and Pancha Karma Clinic in California, we have designed the Ayurvedic Health Counselor Certification course to teach the lay person or professional, the tools necessary to restore and preserve health and prevent disease. These tools include a comprehensive nutrition education, daily routines and practices to maximize health as well as knowledge of herbs and assessment skills. Our program meets the requirements to apply for the Professional membership with the National Ayurvedic Medical Association (NAMA). Come gain deep insight into this spiritual medicine with a hands on training and strong academic foundation.

This 750 hour course of study will provide a solid foundation in the fundamental principles of Ayurveda with a focus on disease prevention and health maintenance. The program takes 10 months to complete and consists of 20 weekend workshops plus 38 weekly online classes. As part of the curriculum, students complete a supervised internship that will provide experience and competency in assessing and creating treatment plans for their clients. This course is taught in a classroom setting and available on-line.

## Scope Of Practice

- Graduates of the AHC program will be qualified to teach the basic principles of Ayurveda and conduct Ayurvedic lifestyle consultations.
- Educate and inspire: empower people to take charge of their health through Ayurvedic practices.
- Assess the physical and psychological health challenges from an Ayurvedic perspective and determine the root cause of any imbalance.
- Promote healthy digestion and make choices that are conducive for optimum health of the gut.
- Recommend lifestyle changes and wholesome habits for complete self care and stress management..
- Effectively manage client cases: motivate and support clients to make changes



# AHC CURRICULUM

## AHC1 ~ Foundation Of Ayurveda

These classes will give students a strong understanding of the history and philosophy of Ayurveda. Students will learn about the cause of disease, Sankhya philosophy and the Ayurvedic classical texts. Students will also start a meditation practice and start to learn Sanskrit words as they relate to Ayurveda.



## AHC 2 ~ Ayurvedic Anatomy and Physiology

These classes will present fundamental principles and solid understanding of tridosha theory, digestion, various pathways, waste products and how to do a basic client intake and assessment to determine the role and influence of the 10 pairs of opposing qualities in their own and clients' constitutions. Students will begin to understand and assess their own constitution and will receive instruction on how to do a basic client intake and assessment.

*Nityam hitahara  
viharasevi samiksyakari,  
visahesvasaktah  
Data samah satyparah  
ksamavan aptopa sevi ch  
bhavatyarogah  
Vagbhata sutrasthana*

## AHC 3 ~ Pathology and Diagnostics.

Ayurvedic understanding of the disease process and assessing the state of imbalances through questioning and examination. Students will start to work with other class mates in interviewing and evaluating imbalances and learning how to determine state of agni, signs of ama and tongue analysis.

*That person who always  
eats wholesome food,  
enjoys a regular lifestyle,  
avoids overindulgence in  
sense pleasures, who is  
generous, just, truthful,  
forgiving in nature, who is  
service-minded and  
helpful will remain  
unaffected by disease  
Charaka  
~ Charaka Samhita*

## AHC 4 ~ Psychology

Vedic psychology looks at the qualities of the mind in very clear and tangible manner that demonstrates the interrelationship with the body and mind, the environment and the mind and factors that can create both imbalances and harmony in the mind. Here the complex system of chakras and their functions at the physio, psycho, spiritual levels are explored along an understanding of the subtle layers of human personality.

# AHC CURRICULUM

## AHC 5 ~ Daily Routines, Seasonal Routines, Yoga & Sense Therapies

Ayurveda recognizes that the season have a significant impact on a person's health and it is important to adjust with the changes for disease prevention. The prescription for daily morning and evening routines provide a solid manual for taking care of the body and the mind and result in boosting immunity ,strengthening vitality, stability and harmony.. Yoga, pranayama, meditation will be taught and assigned for daily self care. Aromatherapy, sound therapy and color therapy add to our bag of tools for addressing imbalances naturally and safely.

## AHC 6 ~ Nutrition

Students will now learn through cooking class how to recommend and prepare appropriate foods in accordance with constitution, season, digestive strength of the client. Using their understanding of the six tastes students will be able to use food as medicine. The focus will be on improving digestion and resolving digestive challenge through appropriate diet, fasting, mindful eating, and regular elimination.

## AHC 7 ~ Herbology

Learn about herbs and how to create custom herbal formulations for yourself and your clients. The material will include the use of herbs, minerals or other natural substances for internal or external use with considerations of dose, carrier, and timing. Focus will be on herbs to balance digestion and eliminate toxins, while protecting and building the immune system.

## AHC 8 ~ Clinical Internship

Students will now be able to bring all that they have learnt in the program to deepen their understanding and refine their skills in doing intakes and creating treatment plans. Theory and assessment skills now come together in real life setting as students participate in the clinic to greet and do initial intake with the general public and then after discussing with their class mates and teacher, offer recommendations for diet and lifestyle to their clients.

# AHC CURRICULUM

*“Persons desirous of a long life, which is the means for achieving dharma (righteousness), Artha (wealth) and Sukha (happiness) should repose utmost faith in the teachings of Ayurveda”  
Ashtanga Hridayam*

## AHC 9 Children's Health

Students will learn how to teach parents of young children kapha balancing diet, herbs and habits. Students will learn how to manage and prevent common childhood ailments and discuss ways to address recent challenges of addiction to screens. Students will be able to empower parents to provide a nurturing, harmonious and wholesome environment at home

## AHC 10 ~ Women's Health

Students will understand the importance of diet and daily routines that can be supportive of all the stages that a woman goes through from puberty to pregnancy to menopause. These classes will provide a good understanding of hormonal changes that happen in a woman's life and how best to prevent the challenges of hormonal imbalances.

## AHC 11 ~ Jyotish and Vastu

Experts in the field will be presenting on these complementary systems of Vedic astrology and the energy of structures as influenced by the elements.



Niramaya  
Ayurveda