

NCAE Scope of Practice Summary Document

Introduction

The document below outlines the scope of practice for the Ayurvedic Health Counselor and the Doctor of Ayurveda. Each is considered a Practitioner of Ayurveda. This document also serves as the guiding document for the development of more detailed educational guidelines and competencies. This document is formatted to make it easy for the reader to compare and contrast the two types of practitioners.

The document is organized as follows:

General Information: This defines the two practitioners in the most general terms by defining the most basic scope of practice and the general idea for education including internship.

Abilities and Skills: This section describes the basic academic educational goals.

Recommendations / Treatment/ Interventions: This section describes the nature of the interaction between the practitioner and the patient.

Comparison of Basic Educational Guidelines: The section provides an "at a glance" view that clearly delineates the differences between the two types of practitioners.

Two Practitioner Categories		
General Information		
Category	Ayurvedic Health Counselor	Doctor of Ayurveda
General Scope of Practice	Ayurvedic Health Counselors are competent at teaching health and self-care skills and coaching individuals in learning these skills and to adopt Ayurvedic lifestyle practices.	Ayurvedic Doctors expand the scope to include understanding Western diseases and translating these into the Ayurvedic system to create a plan for the management and treatment of these conditions that includes all of the tools noted with their scope of practice below.
General Education	Fundamental Ayurvedic Principles	Clinical Ayurvedic Principles and Basic Knowledge of Western Disease and Medical Tests.
Internship Visits	50	100 (inclusive AHC visits)

Abilities and Skills

The practitioner should be able to show skill and competency in each of the following categories.

Category	Ayurvedic Health Counselor	Doctor of Ayurveda
Communication	Counseling skills: An ability to support a patient to implement Ayurveda into their lives.	
Personal & family health history	Ability to take a detailed current and past personal and family health history	
Basic vital signs	N/A	Capable of taking and interpreting basic vital signs such as blood pressure, respiration, height, weight.
Etiology (<i>nidana</i>)	Ability to determine the etiological factors (<i>nidana</i>) responsible for the doshic imbalance	Ability to determine the etiological factors (<i>nidana</i>) responsible for the doshic imbalance and the disease
Prakruti & vikruti	Ability to assess <i>prakriti</i> and <i>vikruti</i> using Ayurvedic methodologies of observation and examination.	
20 gunas	Determining which <i>gunas</i> are predominant in the <i>prakriti</i> and <i>vikruti</i>	
Doshas/Sub-doshas	Has been introduced to the subdoshas	Ability to identify which subdoshas are involved in a presenting disease
Dhatus/srotamsi	Has been introduced to the dhatus, upadhatu and srotamsi	Ability to examine and determine the <i>dhatu</i> and <i>upadhatu</i> and involvement of the srotamsi in the presenting disease
Malas and dhatumalas	Has been introduced to the concept of malas and dhatu malas	Ability to examine and determine the involvement of the <i>malas</i> and <i>dhatumalas</i> in a disease.
Agni: jathara, dhatu, bhuta	Ability to determine the clinical state of the <i>agnis</i> by questioning and observation	
Ama	Ability to determine the clinical state of <i>ama</i> by questioning and observation	
Prana, Ojas & Tejas	Ability to determine the state of <i>prana</i> , <i>ojas</i> and <i>tejas</i> in the mind by questioning and observation.	
Samprapti	Has been introduced to the stages of disease.	Ability to accurately determine the <i>samprapti</i> of disease conditions
Western Medicine and Diagnostic Reports	N/A	Has a basic understanding of the major diseases (utilizing Western terminology) of each system of the body. Capable of understanding basic Western diagnostic and medical reports limited to blood tests. Understands the purpose of wide variety of medical tests and when they are utilized.
Research Skills	N/A	Capable of reviewing the literature and writing their own reviews of the literature.

Recommendations, Treatment Or Interventions

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

Category	Ayurvedic Health Counselor	Doctor of Ayurveda
Food (<i>ahara</i>)	Competent to recommend the appropriate Ayurvedic food program for the patient.	
Lifestyle (<i>vihara</i>)	Competent to recommend practices with due regard to daily, seasonal and stage of life of the patient.	
Senses	Competent to recommend the appropriate use of therapies for each of the five senses.	
Herbs and Spices (<i>dravya</i>)	Knowledge of the use of spices in cooking.	Competent to recommend predesigned or custom herbal formulas for all purposes including the treatment of disease and is able to formulate their own designs. Understands the known concerns about common drug-common herb interactions.
Shamana (Pacifying treatment)	Recommends pacification (<i>shamana</i>) therapies to balance the doshas and eliminate <i>ama</i> .	
Panchakarma	n/a	Competent to recommend and oversee <i>panchakarma</i> programs as well as individual treatments / body therapies.
Rasayana Therapy (Rejuvenation) & Vajikarana Therapy (reproductive vitality)	N/A	Competent to recommend, implement and oversee post <i>panchakarma</i> rejuvenation (<i>pashchatkarma</i>) programs and programs specific to building reproductive health.
Brimhana (Building/tonification therapies)	Competent to prescribe therapies for general tonification (<i>brimhana</i>) of the body and mind.	
Pre-natal, natal and post natal care for mother and baby	N/A	Recommends or prescribes diet (<i>ahara</i>), lifestyle (<i>vihara</i>), herbs (<i>dravya</i>) and treatments (<i>chikitsa</i>) to manage pre-natal and post natal care of the mother.
New Born Care	N/A	N/A Note: Care of the new born will require specialty certification
Children's health	Competent to support children to learn basic health practices who are above the age of 5	Competent to apply appropriate therapies to treat disease in children over the age of 5
Internal medicine	Competent to teach self-care skills for the health of the digestive system	Competent to develop and implement a plan for the elimination of presenting pathologies and the restoration of health in all systems of the body.

Head & neck region	Competent to teach self care skills to eliminate excess dosha	Competent to develop and implement a plan for the elimination of the doshas from the head and neck region and treat related diseases.
Psychiatry	Competent to recommend diet, lifestyle and proper conduct to prevent suffering in the mind.	Competent to recommend diet, lifestyle, pranayama, bija mantras and proper conduct as well as herbs to treat pathologies in the mind.
Western medical approaches, (drugs, surgery, diagnostic procedures)	Refers patients to a practitioner of Western medical approaches for assessment and possible treatment for all acute conditions that have not been evaluated by a licensed health care professional.	

Comparison Of Basic Educational Guidelines		
	Counselor or Practitioner	Doctor
Philosophy	Yes	Yes
History / Mythology	Yes	Yes
Basic Sanskrit Terminology (Terms to be decided)	Yes	Yes
Five Elements / 10 Pairs of Opposite Qualities	Yes	Yes
Tridosha	Yes	Yes
Subdosha	Introduction	Yes
Agni / Dhatu / Upadhatu / Mala	Introduction	Yes
Srotamsi	Introduction	Yes
Basic Pulse Characteristics	Yes	Yes
Body Structure Examination	Yes	Yes
Body Function Interpretation	Yes	Yes
Tongue Examination	Yes	Yes
Prana-Tejas and Ojas	Yes	Yes
Tri-Guna	Yes	Yes

Chakras	Yes	Yes
Three Major Nadi	Yes	Yes
Six Stages of Disease / 3 stages of normal flow of the doshas	Yes	Yes
Effects of time of day, season and stage of digestion on the doshas	Yes	Yes
Knowledge of lifestyle practices that cause imbalance for each dosha	Yes	Yes
Basic Principles of Panchakarma / Tonification and purification	Yes	Yes
Principles of Ayurvedic Nutrition (includes spices)	Yes	Yes
Principles of utilizing color, sound, aroma and touch	Yes	Yes
Principles for establishing daily and seasonal routines	Yes	Yes
Knowledge of neti, tongue cleaning, eye wash, self-abhyanga, oil swishing and other basic self-care.	Yes	Yes
Knowledge of basic pranayamas, bija mantras	Yes	Yes
Basic Knowledge of what practitioners of Allied Sciences do	Yes	Yes
Strategies for successful behavioral change and lifestyle counseling	Yes	Yes
Urine Examination	No	Yes
Detailed Dhatu Assessment	No	Yes
Factors that affect prognosis (Constitution, climate, age, season, pathways, number of	No	Yes

doshas involved and duration)		
Principles of Ayurvedic Herbalism	No	Yes
Classical Ayurvedic Disease Classifications and Defintions (Ajirna, udara roga, kasa roga, etc)	No	Yes
Knowledge of Nidana, purvauprpa, rupa, samprapti and chikitsa of classical diseases.	No	Yes
Panchakarma Program design and case management	No	Yes
Western Disease Definitions	No	Yes
Symptoms of Common Diseases	No	Yes
Vital Signs	No	Yes
Abdominal Exams	No	Yes
Auscultation of the lungs and heart	No	Yes
Basic Interpretation of Lab Tests	No	Yes
Basic Medical terminology	No	Yes
Basic drug-herb interactions	No	Yes
Basic Research Methodology	No	Yes
Case management Skills	No	Yes
Counseling / Coaching Skills	Yes	Yes
Hands on Body Therapy and / or Panchakarma Training	No	No
Hands on Yoga Teacher (Asana) Training	No	No