

National Council on Ayurvedic Education

Educational Outline for Competency

INTRODUCTION

This document serves as a guideline both for the development of the National Examination and as a guide for schools to prepare curriculum meeting the minimum national guidelines. This document is not intended to be a fixed document but rather one that is reviewed on an annual basis and modified in accordance with the input of the member schools and supported by a majority vote of the member schools. Any significant changes to this document in the future would be made with due regard for the ability of the schools to adapt their curriculum accordingly.

Please note; schools may exceed the educational guidelines and competencies in their training.

SECTION I: SKILLS AND COMPETENCIES SECTION

COUNSELING AND COMMUNICATION SKILLS

NCAE Scope of Practice: The counselor should have the necessary skills to support a patient to implement Ayurveda into their lives.

- As counseling is a broad field with many approaches to creating behavior change, the NCAE does not advise schools on a methodology but requires schools to teach one or more methods to their students for the purpose of implementing Ayurveda into their lives.

Related Pre-requisite or Complementary Knowledge:

- To be determined by the individual school

Testing: None

Personal and Family Health History

NCAE Scope of Practice: The Counselor should have the ability to take a detailed current and past personal and family health history.

In order to be competent, the Counselor should have the following ability / abilities:

- The ability to gather information by utilizing standardized forms and follow up questions.
- The NCAE does not advise schools on creating forms but encourages schools to include this in their education.

Required Knowledge: Counselor

- Knowledge of the patients lifestyle, work, relationships and daily routines
- Knowledge of how the patient utilizes the five senses
- Knowledge of any allergy or intolerance the patient has to drugs or food.

Nidana

NCAE Scope Description: The Counselor should have the skills to be able to determine the etiological factors (*nidana*) responsible for the doshic imbalance.

In order to be competent, the Counselor should have the following ability / abilities:

- The ability to interpret the case history and determine the factors that have caused the general doshic imbalance within the patient.

Required Knowledge:

- Knowledge of the factors that cause doshas to overflow
- Knowledge of the three fundamental causes of disease and how the misuse of the senses, repression of urges and inappropriate daily and seasonal practices disturb the doshas.

Testing: Provided with a case history, the Counselor should be able to identify the factors in a patient's life that are contributing to the disease.

Twenty Gunas

NCAE Scope of Practice Description: The Counselor should be able to determine which *guna or gunas* are predominant in the *prakruti* and *vikriti*.

In order to be competent, the Counselor should have the following ability / abilities:

The Counselor should have the ability to determine the role and influence of the ten opposing qualities (gurvadi gunas) in the prakruti and vikruti through the data received from the history and examination of the patient.

Required Knowledge:

- Knowledge of the 10 pairs of opposite qualities (gurvadi gunas) associated with the five elements (pancha maha bhutus) and the three doshas (tridosha).
- Ability to associate the qualities with the symptoms of vikruti.

Testing:

- Prakruti: Given the findings of a history and exam on a patient, the Counselor should be able to ascertain the qualities inherent in the person.

- Vikruti: Given the findings of a history and exam on a patient, the Counselor should be able to ascertain the qualities of the symptom.

Prakruti and Vikruti

NCAE Scope of Practice Description: The Counselor should have the ability to assess *prakruti* and *vikruti* using Ayurvedic methodologies of observation and examination.

In order to be competent, the Counselor should have the following abilities:

- Trividha Pariksha: The ability to use the following three tools in diagnosis;
 - Touch (Sparshanam):
 - Observation (Darshanam)
 - Questioning (Prasnam)
- Ashtavidha Pariksha: The ability to appropriately use the following eight tools in diagnosis;
 - Pulse Assessment (Nadi Pariksha)
 - Urine Assessment (Mutra Pariksha)
 - Stool Assessment (Mala pariksha)
 - Tongue Assessment (Jihva Pariksha)
 - Speech and Voice Assessment (Shabda Pariksha).
 - Skin Assessment (Sparsha Pariksha).
 - Assessment of Eyes (Drika Pariksha)
 - General Appearance of external features - Face, Nose (Akriti Pariksha)
- Dashavidha Pariksha : The ability to assess the patient utilizing the following criteria;
 - Dushyam- Structural and functional abnormalities of the body
 - Desham -Geographical nature of the place where patient lives
 - Balam -Physical strength
 - Kalam- The season and climatic conditions
 - Analam -The digestive system of the patient
 - Prakriti- Constitution
 - Vayas -Age of the patient
 - Satvam- Psychological nature of the patient
 - Sathmyam- General and personal habits of the patient (ie. smoking)
 - Aharam- Nature of the patients diet and sensory intake (e.g. vegetarian or non-vegetarian)

Required Knowledge:

- Knowledge of how to interpret the findings leading to the correct conclusion of prakruti and vikruti.

Testing:

- Presented with findings, the Counselor should be able to interpret the findings and come to the proper diagnosis of prakruti and vikruti.
- Schools to be responsible for practical testing.

Subdoshas

NCAE Scope of Practice Description: The Counselor should be introduced to the subdoshas

In order to be competent, the counselor should be able to:

- Name the subdoshas of each dosha
- Know the primary locations of each subdosha

Required Knowledge:

- Knowledge of the names and locations of each subdosha

Testing: The Counselor should be able to name the subdoshas of each dosha. Given a name, the counselor should be able to identify a primary location. Given a location, the counselor should be able to provide the subdosha that has its primary location in that part of the body.

Dhatu / Upadhatus

NCAE Scope of Practice Description: The Counselor should be introduced to the knowledge of dhatu and upadhatus.

In order to be competent, the Counselor should be able to:

- Name each dhatu and know the corresponding Western tissue that is associated with it.
- Name the upadhatus associated with each dhatu

Required Knowledge:

- Knowledge of the seven dhatu and their related upadhatus
- Knowledge of how dhatu are formed

Testing: The counselor should be able to correlate the Sanskrit name of a dhatu and its corresponding western tissue as well as the secondary tissues (upadhatus) associated with the dhatu.

Srotamsi

NCAE Scope of Practice Description: The Counselor should be introduced to Srotas .

In order to be competent, the counselor should be able to:

- Correlate each srota with a corresponding system of the body

Required Knowledge:

- Knowledge of each srota and its origins
- Knowledge how each srota correlates with a channel system in the body

Testing: Presented with a srota, the counselor should be able to name the corresponding channel system in the body and visa-versa.

Mala- Dhatu

NCAE Scope of Practice Description: The counselor should be introduced to the malas and dhatu malas.

In order to be competent, the counselor should be able to:

- Name the malas (Sanskrit and English) and dhatu malas (English only)
- Knowledge of their normal functions

Required Knowledge:

- Noted above

Testing: Given a dhatu, the counselor should be able to name the associated dhatu mala

Agni- Ama

NCAE Scope of Practice Description: The Counselor should be able to assess the clinical state of agni, and ama in the patient through questioning and observation.

In order to be competent, the Counselor should have the following knowledge or skill:

- Ability to determine the state of agni by questioning the client about appetite, digestion and elimination
- Ability to recognize the signs and symptoms of ama in the body by the observation of the tongue, stools and body odor

Required Knowledge:

- Knowledge of the 13 major agnis
- Knowledge of the function of agni
- Knowledge of the symptoms and signs of the four states of agni.
- Knowledge of how ama is formed

Testing: Given the findings upon a history (questioning) and exam (observation), the Counselor should be able to determine the state of agni and ama.

Samprapti

NCAE Scope of Practice Description: The counselor should be introduced to the concept of samprapti.

In order to be competent, the student should have the ability to;

- Name the three stages of normal doshic flow
- Name the six stages in the disease process.

Required Knowledge:

- Basic Knowledge of the normal cycle of doshic movement
- Basic Knowledge of the six stages of disease
- Basic Knowledge of the effects of season, time of day on the flow of the doshas.

Testing: Academic only

Prana-Tejas-Ojas

NCAE Scope of Practice Description: The Counselor should be able to show skill and competency in determining the state of *prana*, *ojas* and *tejas*.

In order to be competent, the Counselor should be able to assess the following:

- The Counselor should be able to assess the state of prana, tejas and ojas through observation and questioning (Prasna).

Questioning (Prasna)

- Emotional stability
- Quality of sleep
- Intellectual strength

Observation (Darshana)

- Voice
- Eyes
- Body Movements
- Complexion

Required Knowledge:

- Definitions of prana, tejas and ojas
- Function of prana-tejas and ojas in the body and mind
- Knowledge of the relationship of prana, tejas and ojas to vata, pitta and kapha
- Knowledge of the signs of healthy or balanced prana, tejas and ojas
- Knowledge of the symptoms of high prana, high tejas and high ojas
- Knowledge of the symptoms of low prana, low tejas and low ojas

- Knowledge of the symptoms of combined imbalances
- Knowledge of how to restore the balance of prana, tejas and ojas
- Knowledge of the effect of diet, colors, aromas, sounds, touch and lifestyle on prana, tejas and ojas.

Testing: Given the findings from the questioning and observation, a student should be able to identify the proper treatments utilizing diet, colors, aromas, sounds, touch and lifestyle.

SECTION 2: RECOMMENDATIONS, TREATMENT AND OTHER INTERVENTIONS

Food / Diet

NCAE Scope of Practice Description: Counselors should be able to recommend the appropriate Ayurvedic food program for the patient.

In order to be competent, the Counselor should be able to:

- Recommend the appropriate diet to restore balance based on vikruti, prakruti, agni and ama
- Teach and support the patient to implement the proper dietary guidelines into their lives
- Recommend the proper use of spices to assure proper digestion

Required Knowledge:

- Knowledge of the six tastes, their elemental make up and qualities
- Knowledge of the rasa, virya and vipaka of the **six** tastes
- Knowledge of the 10 pairs of opposite qualities (gurvadi gunas) of each taste
- Knowledge of the effects of each taste on dosha, dhatu and mala
 - Knowledge of the tastes that are nourishing (brimhana) and those that are purifying (langhana)
 - Knowledge of the effect of the tastes and foods on agni and ama.
 - Knowledge of the elemental make up of foods
- Knowledge of the proper guidelines for healthy eating.
- Knowledge of the qualities of common foods and their effect on the doshas

○ Milk	○ Kidney Bean
○ Yogurt	○ Coffee
○ Wheat	○ Black Tea
○ Rice	○ Peaches
○ Sesame oil	○ Orange
○ Olive oil	○ Cucumber
○ Mung Bean	○ Onion
- Knowledge of the qualities of common spices and their effect on the doshas

○ Fennel	○ Coriander
○ Cumin	○ Turmeric

- Salt
- Black pepper
- Mustard Seed
- Cardamom
- Thyme
- Basil
- Oregano
- Rosemary
- Preparation of Food
 - Knowledge of how processing food changes its qualities
 - Knowledge of how to prepare basic foods such as kicheree, ghee and takra
- Other
 - Knowledge of the importance of drinking warm water in the mornings (ushapaan)

Testing : Given the prakruti or vikruti of the patient, the Counselor can identify the tastes and foods that would support keeping the desired dosha(s) in balance. The Counselor can also identify the qualities and doshic effects of common foods and spices.

Lifestyle

NCAE Scope of Practice Description. The Counselor should be competent to recommend practices with due regard to daily, seasonal and stage of life of the patient.

In order to be competent, the Counselor should be able to:

- Recommend daily routines
 - Proper oral hygiene (Tongue scrapping, Swishing, Brushing, Flossing)
 - Taking care of Eyes (Eye wash)
 - Self abhyanga
 - Neti
- Support the patient to make life style changes to create harmony;
 - Adjusting bed times and wake up times
 - Times to take food
 - Instruct the patient in adjusting lifestyle in accordance with the seasons

Required Knowledge:

- Knowledge of each of the practices: How to perform, indications, contraindication
- Knowledge of the effect of appropriate physical, devotional, spiritual practices on doshas and gunas.
- Knowledge of how each practice affects the doshas
- Knowledge, when appropriate, of how to adjust each practice per the prakruti / vikruti of the patient.
- Knowledge of proper daily routine for each dosha
- Knowledge of how the seasons might impact one's routine
- Knowledge of evening routines (Ratricharya)

Testing: Academic and Clinical: Academic; is directly related to the knowledge above. Clinical; given a snap shot of a patient's lifestyle, the Counselor should be able to identify improvements to be made in the patient's lifestyle in accordance with the patient's prakruti and vikruti.

Sensory Therapy

NCAE Scope of Practice Description. The Counselor should be competent to suggest the appropriate use of therapies for each of the five senses.

In order to be competent, the Counselor should be able to:

- Prescribe appropriate aroma therapy in harmony with the patients prakruti / vikruti
- Prescribe appropriate touch therapy in harmony with the patients prakruti / vikruti
- Prescribe appropriate sound therapy in harmony with the patients prakruti / vikruti
- Prescribe appropriate visual therapy in harmony with the patients prakruti / vikruti
- (For dietary therapy see the section for food and diet)

Required Knowledge:

- The Counselor should be able to identify excessive utilization, deficient utilization and the wrong (mis) of each of the five senses
- Knowledge of the proper use of each sense
- Knowledge of the relationship of the five elements to each sensory and motor faculty
- Knowledge of how each sensory stimuli affect the doshas

Testing: Academic and clinical. Given a case history, the Counselor should be able to identify the actions that are causing disharmony through each of the senses and be able to recommend positive changes. The Counselor should be able to identify the effect of a sensory stimulant on each of the doshas.

Herbs (Counselor)

See the section on food for counselors as it pertains to spices.

Langhana: Shamana (Pacification of Doshas)

NCAE Scope of Practice Description: The Counselor recommends pacification (shamana) therapies to balance the doshas and eliminate ama

In order to be competent, the Counselor should be able to:

Utilize those tools allowable within their scope of practice to gently cleanse the body, reduce ama and alleviate the doshas in accordance with the principles of shamana chikitsa.

Required Knowledge

- Knowledge of the 7 traditional forms of palliative therapy

- *Deepana*: Herbs that increasing agni
- *Pachana*: Herbs that digest ama
- *Kshuudhanigraha*: Control over diet including the use of fasting
- *Nigraha*: Control over water and oil intake
- *Vyama*: Use of exercise
- *Aatpa seva*: Forms of creating heat without directly increasing agni such as sunbathing.
- *Maruta seva*: Ways to cool the body to protect pitta dosha such as moon walks.
- Knowledge of indications and contraindications for palliation therapy
- Knowledge of how to design a palliation program to correct an imbalance in each dosha
- Knowledge of how to determine if palliation therapy is advisable
- The principles of shamana chikitsa

Testing: Clinical; Given a case scenario, a Counselor should be able to determine if palliation is indicated. Academic; The Counselor shall be tested on the academic knowledge as noted above.

Tonification (Brimhana)

NCAE Scope of Practice Description: The Ayurvedic Counselor is competent to prescribe therapies for general tonification (*brimhana*) of the body and mind.

In order to be competent, the counselor should be able to;

- Determine when tonification is indicated
- Utilize all therapies within their scope of practice to achieve the goal of tonification

Required Knowledge:

- Knowledge of the indications and contraindications for tonification therapy
- Knowledge of how to design a tonification program in accordance with the doshic vikruti.
- Knowledge of how to manage a tonification program and make adjustments to the program in accordance with the patient's progress
- Knowledge of how to assess the state of agni, ama and ojas
- Knowledge of how to assess the dhatus and the signs of depletion

Testing: Academic and clinical. Given the findings on a history and exam, the Counselor should be able to determine if tonification therapy is indicated and be able to identify which therapies are indicated.

Children's Health

NCAE Scope of Practice Description. Competent to support children above the age of five, to learn basic health practices.

In order to be competent, the Counselor should be able to:

- Teach the parents of a young child the proper diet appropriate for their child's constitution and vikruti with due regard to the child's age and stage of life and provide support for its implementation
- Teach the parents of a young child the proper lifestyle appropriate to the child's constitution and vikruti with due regard to the child's age and stage of life and provide support for its implementation
- Utilize sensory therapies appropriate to the child's constitution and vikruti with due regard to the child's stage of life and provide support for its implementation

Required Knowledge:

- Knowledge of the relationship between the doshas and life cycle and how this impacts the child's diet and lifestyle
- Knowledge of diet, sensory therapies and lifestyle as previously noted

Testing:

- Academic and clinical: Provided with the information about the child, the Counselor should be able to identify the proper components of the treatment program

Internal Medicine

NCAE Scope of Practice Description. The Counselor should be competent to teach self-care skills for the health of the digestive system.

In order to be competent, the counselor should be able to:

Prescribe the appropriate diet, proper eating guidelines, lifestyle and routines to support proper digestion.

Required Knowledge:

- Knowledge of how to support digestion and balance the patients agni in accordance with prakruti / vikruti utilizing all of the tools within their scope of practice
- Knowledge of how to prevent and treat ama
- Knowledge of how to support healthy elimination through Ayurveda practices
- Knowledge of the fundamental principles of Ayurveda

Testing: Academic and clinical: Given the findings in a case, the counselor should be able to identify factors that aggravate the patient's condition and recommend appropriate changes to establish normal physiology.

ENT / Head and Neck Region

NCAE Scope of Practice Description: The counselor should be competent to teach self care skills to eliminate excess dosha from the head and neck.

In order to be competent, the Counselor should be able to;

- Teach / demonstrate oil massage for head, face, neck muscles
- Teach/ demonstrate oleation for ears, nose, eyes and mouth
- Teach the use of diet and lifestyle to support the goal of pacifying the doshas within the head
- Teach the use of nasya when appropriate to pacify the doshas of the head and neck

Required Knowledge:

- Knowledge of the practices noted above; indications, contraindications and procedures
- Knowledge of the benefits of following the procedures
- Knowledge of the indications and contraindications for each procedure.

Testing: Academic only. Schools will test practical competency.

Psychiatry

NCAE Scope of Practice Description: The Counselor should be able to recommend diet, lifestyle and proper conduct to prevent suffering in the mind.

In order to be competent, the Counselor should be able to:

- Utilize: Visual Therapy: Sattvic intake of impressions and the proper use of color
- Auditory Therapy: Sattvic intake of impressions and the proper use of sound
- Aromatic Therapy: Sattvic intake of impressions and the proper use of aromas
- Gustatory Therapy: Sattvic intake of impressions and the proper use of foods
- Tactile Therapy: Sattvic intake of impressions and the proper use of touch
- Healthy daily routines
- Support the patient to adopt the above therapies and modify their behavior in accordance with the principles of Ayurveda

Required Knowledge:

- Knowledge of each practice
- Knowledge of the three gunas and how to determine their state
- Knowledge of what constitutes proper behavior
- Knowledge of the effect of sensory input on the mind
- Knowledge of how to support lifestyle and behavioral transformation

Testing: Academic and clinical. Given a case history, the counselor should be able to design a treatment program within the scope of their practice to prevent psychological disease and support restoring balance.

WESTERN MEDICAL APPROACHES

NCAE Scope of Practice Description: The Counselor should be able to refer a patient for assessment and possible treatment by a medical Counselor for all acute conditions that have not been evaluated by a licensed health care professional.

In order to be competent, the Counselor should be able to:

- Refer to a competent Western Counselor at the appropriate time

Required Knowledge:

- Knowledge of the scope of practice of a Medical Counselor
- Knowledge of the indications that require a referral.
- Knowledge of how a Western Medical Counselor can complement the care being provided by the Ayurveda Health Counselor and Ayurveda Doctor