

Department of AYUSH
Ministry of Health and family Welfare
Government of India

Models of Training in *Ayurveda*

Category I – Ayurvedic Medicine Practitioners

1.1.1. Type-I - Full Ayurvedic education

A full time training programme comprising of at least 4500 hrs. (class room theory and practical teaching) completed with a minimum of three professional examinations from recognised Ayurvedic colleges or institutions, followed by 1000 hrs. of internship training in a recognised Ayurvedic hospital, see Annex 1.

Degree of Bachelor of Ayurvedic Medicine and Surgery (BAMS) would be awarded after successful completion of course.

1.1.2. Type-II - Limited Ayurvedic Education

Full time/part time training programme comprising of at least 2500 hrs. (class room theory and practical teaching) completed with a minimum of three professional examinations from recognised Ayurvedic colleges or institutions, followed by 500 hrs. of internship training in a recognised Ayurvedic clinic, where out-door and in-door facilities are available, see Annex 2. This will lead to award Diploma in Ayurveda.

1.1.3. Type-III – Limited Ayurvedic education

Full time or part time training programme comprising of at least 1500 hrs. (class room theory and practical teaching) completed with a minimum of two professional examinations from recognised Ayurvedic colleges or institutions, followed by 500 hrs. of internship training in a recognised Ayurvedic institution, where out-door and in-door facilities are available, see Annex 3. This will lead to Post-Graduate Diploma in Ayurveda.

Category II – Ayurvedic Therapist

2.1.1 Type-I : Limited education for *Panchakarma* Therapy

A full time or part time limited training programme comprising of at least 600 hrs. classroom theory and 400 hrs. of practical training in a recognized *Panchakarma* hospital, see Annex 4.

2.1.2 Type – II – Limited education for Ayurvedic Dietetics

A full time or part time limited training programme comprising of at least 600 hrs. classroom theory and 400 hrs. of practical training in a recognized Ayurvedic hospital, see Annex 5.

2.1.3. Type – III – Limited education for Ayurveda Pharmacy

A full time or part time training program comprising of at least 600 hrs. class room theory and 400 hours practical training and clinical dispensing in recognised Ayurvedic Institute, see Annex 6.

2.1.4. Type – IV – Limited Education on Ayurveda for Self health Care

A full time or part time training programme comprising of at least 200 hrs. Class room theory and practical teaching in recognised Ayurvedic colleges or institutions. This refers to people, who wish to learn Ayurveda for self health care.

Category –I Full Ayurvedic Education Type-I (Degree of Bachelor of Ayurvedic Medicine and Surgery - BAMS)

This refers to the person, who wish to undertake a full time training programme to become a full-fledged Ayurvedic practitioner.

Objective

The sole objective of the training is to make provisions to provide factual information on holistic approach of *Ayurveda* to all such persons, who wish to learn and practice *Ayurveda* for the well being of the society.

Entrance requirement

Completed senior secondary or Pre University or equivalent education recognised for admission to medical graduate courses in respective countries.

Basic training

At least 4500 hrs. (Class room theory and practical teaching) completed with a minimum of three professional examinations from recognised Ayurvedic colleges or institutions, followed by 1000 hrs. of internship training in a recognised Ayurvedic hospital.

Core syllabus

Core syllabus in *Ayurveda* is as designed in Annex 1.

Category I (Type - I): A specimen for full-time professional course with number of hours.

<i>Divisions</i>	<i>Subject</i>	Theory	Practical	Total
First Professional (one and half year)	History of <i>Ayurveda</i>	40	-	40
	<i>Sanskrit and Samhita</i>	150	-	150
	Padartha Vigyana (Ayurvedic philosophy)	150	-	150
	<i>Rachna Sharira</i> (anatomy)	250	200	450
	<i>Kriya Sharira</i> (physiology)	250	100	350
Second Professional (one and half year)	<i>Rasa Shastra avam Bhaiasajya Kalpana</i> (Pharmaceuticals of Ayurveda)	250	100	350
	<i>Dravyaguna</i> (Materia Medica of Ayurveda)	250	150	400
	<i>Agadtantra, Vyavahar Ayurveda and Vidhi Vaidyaka</i> (Toxicology and Jurisprudence)	100	50	150
	<i>Nidan/Vikriti Vigyana</i> (Pathology) / <i>Nadi Parkisa</i> (Pulse diagnosis)	200	90	290
	<i>Svasthanavritta & Yoga</i> (Personal and social hygiene including dietetics)	185	55	240
	<i>Charaka Samhita</i> (A classical text of Ayurveda)	100		100
Final Professional (one and half year)	<i>Kaya Chikitsa</i> (General Medicine including <i>Panchakarma, Rasayana and Vajikarana</i>)	500	500	1000
	<i>Shalya tantra</i> (General surgery and parasurgical techniques)	200	75	275
	<i>Shalakyata tantra</i> (ENT, Eye and Dentistry)	150	50	200
	<i>Prasuti tantra avam Stri roga</i> (Gynaecology and Obstetrics)	100	75	175
	<i>Kaumara bhritya</i> (Paediatrics)	75	50	125
	Medical Ethics	20	-	20
	Health Regulations	20		20
	Yoga	50	50	100
	Dissertation			
Total		4500		
Supervised training		1000		

Category –I Limited Ayurvedic Education Type-II (Diploma in Ayurveda)

A full time/part time training programme comprising of at least 2500 hrs. (class room theory and practical teaching) completed with a minimum of three professional examinations from recognised Ayurvedic colleges or institutions, followed by 500 hrs. of internship training in a recognised Ayurvedic hospital/clinic,.

1. Objective

The aim of limited Ayurvedic education is to establish, fulfil the requirements in all those countries where government regulations have been enacted. On the basis of this education, Ayurvedic practice would be as primary – contact health care providers, either independently or as a member of health care system.

2. Entrance requirements

Completed senior secondary or pre-university or equivalent education recognised for admission to medical graduate courses in respective countries.

3. Basic training

This programme may be full time or part time with at least 2500 hrs. training (class room theory and practical teaching) covering all *Ayurveda* subjects + 500 hrs. supervised clinical training of internship training in a recognised Ayurvedic hospital/ clinic, with at least three examinations from a recognized Ayurvedic institution/university.

4. Core syllabus

Core syllabus in *Ayurveda* is designed to ensure that after completion of the training a person will develop skill to practice Ayurveda, see Annex 2.

Category I (Type II): A specimen for typical full time/part time accredited training programme (with number of hours) to become limited Ayurvedic practitioner.

Divisions	Subject	Theory	Practical	Total
Components of fundamental principles of <i>Ayurveda</i> (including History)	History of <i>Ayurveda</i>	25	-	25
	<i>Sanskrit & Ayurveda Terminology</i>	100	-	100
	<i>Padartha Vigyana</i> (Ayurvedic philosophy)	100	-	100
	<i>Rachna Sharira</i> (anatomy)	200	100	300
	<i>Kriya Sharira</i> (physiology)	200	100	300
Para/Pre-clinical components of <i>Ayurveda</i>	<i>Rasa Shastra avam Bhaisajya Kalpana</i> (Pharmaceuticals in Ayurveda)	150	100	250
	<i>Dravyaguna</i> (Materia Medica in Ayurveda)	150	100	250
	<i>Agadtantra</i> , (Toxicology)	40	10	50
	<i>Vikriti Vijnana</i> (Pathology)	100	100	200
	<i>Svasthanavritta & Yoga</i> (Personal and social hygiene including dietetics)	100	50	150
Clinical components of <i>Ayurveda</i>	<i>Kaya Chikitsa</i> (General Medicine including <i>Panchakarma, Rasayana and Vajikarana</i>)	400	150	550
	<i>Shalya tantra</i> (General surgery and parasurgical techniques)	35	15	50
	<i>Shalakya tantra</i> (ENT, Eye and Dentistry)	35	15	50
	<i>Prasuti tantra avam Stri roga</i> (Gynaecology and Obstetrics)	40	10	50
	<i>Kaumara bhritya</i> (Paediatrics)	40	10	50
	Medical Ethics & Health Regulations related to Traditional Medicine	25	-	25
	Dissertation			
Total		1740 + 2500	760	
Clinical training	500 hours.	500 hours.		

Category-I Limited Ayurvedic Education

Type-III (Post-Graduate Diploma in Ayurveda)

This programme is for licensed practitioners in allopathic medicine/CAM/ Traditional Medicine with a graduate degree. This programme is intended to provide supplementary education to enable them to become licensed *Ayurveda* practitioners. A Post graduate diploma in Ayurveda would be awarded after successful completion of course.

1.1. Objective

The aim of full Ayurvedic education is to establish, fulfil the requirements in all those countries where government regulations have been enacted. On the basis of this education, Ayurvedic practice would be as primary – contact health care providers, either independently or as a member of health care system at the community health center or in hospitals.

1.2. Entrance requirements

An applicant should be a licensed practitioner in allopathic medicine or Traditional Medicine with a graduate degree.

1.3. Basic training

This programme may be full time or part time with at least 1500 hrs. training (class room theory and practical teaching) covering all *Ayurveda* subjects + 500 hrs. supervised clinical training of internship training in a recognised Ayurvedic hospital, with at least two examinations from a recognized Ayurvedic institution/university, and depending on their background, some western medicine subjects

1.4. Core syllabus

Core syllabus in *Ayurveda* for Allopathic/Traditional Medicine graduates, is designed to ensure that after completion of the training a person will develop skill to practice Ayurveda. (Annex 3).

Category I (Type III): A specimen for typical full time/part time accredited training programme (with number of hours) to become limited Ayurvedic practitioner.

Divisions	Subject	Theory	Practical	Total
Components of fundamental principles of <i>Ayurveda</i> (including History)	History of <i>Ayurveda</i>	20	-	20
	<i>Sanskrit</i>	60	-	60
	<i>Padartha Vigyana</i> (Ayurvedic philosophy)	80	-	80
	<i>Rachna Sharira</i> (Ayurveda anatomy)	40	20	60
	<i>Kriya Sharira</i> (physiology)	120	40	160
Para/Pre-clinical components of <i>Ayurveda</i>	<i>Rasa Shastra avam Bhaisajya Kalpana</i> (Pharmaceuticals in Ayurveda)	70	45	115
	<i>Dravyaguna</i> (Materia Medica in Ayurveda)	80	65	145
	<i>Agadtantra</i> , (Toxicology)			
	<i>Vikriti Vijnana</i> (Pathology)	30	20	50
	<i>Svasthavritta & Yoga</i> (Personal and social hygiene including dietetics)	80	40	120
	A brief introduction to <i>Charaka Samhita</i> (A classical text of Ayurveda)	60	40	100
Clinical components of <i>Ayurveda</i>		30		30
	<i>Kaya Chikitsa</i> (General Medicine including <i>Panchakarma, Rasayana and Vajikarana</i>)	150	80	230
	<i>Shalya tantra</i> (General surgery and parasurgical techniques)	50	40	90
	<i>Shalakyata tantra</i> (ENT, Eye and Dentistry)			
	<i>Prasuti tantra avam Stri roga</i> (Gynaecology and Obstetrics)	50	20	70
	<i>Kaumara bhritya</i> (Paediatrics)	50	30	80
	Medical Ethics & Health Regulations related to Traditional Medicine	40	20	60
Dissertation	20		20	
Total		1500 hours. (18 Months)		
Supervised clinical training		500 hours. (6 Months)		

Category – II: Ayurvedic therapist

1. Type – I : Limited Ayurvedic Education in *Panchakarma* Therapy

This training programme is for the persons to become a licenced *Panchakarma* Therapist.

1.1 Objective

The objective of such a specialized therapy is to understand fundamental principles of *panchakarma* therapy and its application in healthy state of life to maintain health of an individual person and necessary knowledge and skill to apply *panchakarma* therapy convincingly and scientifically for the alleviation of disorders.

1.2 Entrance requirement

Completed senior secondary or pre university or equivalent qualification recognised for admission to medical graduate courses in respective countries.

1.3 Basic training

At least 1000 hours (class room theory of 600 hours and practical teaching of 400 hours) completed with a minimum of two examinations from recognised Ayurvedic colleges or institutions.

1.4 Core syllabus

Core syllabus is planned in a way to make an individual to possess skillful knowledge of *panchakarma* procedures and after completion of the training develop enough confidence to carry out *panchakarma* therapy, see Annex

Category II (Type I): A specimen for typical full time/part time accredited training programme with number of hours to become *Panchakarma* therapist.

Subject	Theory Hours	Practical Hours	Total
Basic theory of <i>Ayurveda</i>	20	-	20
Philosophy of <i>Ayurveda</i> (<i>Padarthavigyan</i>)	30	-	30
Principles of therapeutics in <i>Ayurveda</i>	30	30	60
Introduction to <i>Rachana</i> and <i>Kriya Sharira</i>	50	45	95
Dietary and drug substances in <i>Ayurveda</i> Concept of health and disorders in <i>Ayurveda</i>	60	15	75
Introduction to <i>Panchakarma</i>	20	25	45
Basic concepts of <i>Panchakarma</i>	80	-	80
Importance of <i>Panchakarma</i> therapy	30	-	30
<i>Snehana karma</i> , its indications and contraindications	30	50	80
Complication of excessive <i>snehana</i> and its management	20	5	25
<i>Svedana karma</i> , its indications and contraindications	20	50	70
Complication of excessive <i>Svedana</i> and its management	20	5	25
<i>Vamana karma</i> , its indications and contraindications	40	25	65
<i>Virechana karma</i> , its indications and contraindications	30	15	45
<i>Anuvasana karma</i> , its indications and contraindications	20	25	45
<i>Asthapana karma</i> , its indications and contraindications	25	20	45
<i>Sirovirechana karma</i> , its indications and contraindications	10	10	20
<i>Raktamokshana</i> , its indications and contraindications	20	10	30
<i>Shirodhara</i> , <i>Shirovasti</i> , <i>Pindasveda</i> , <i>Annalepa</i> , <i>Kayaseka</i> and <i>Shirolepa</i> .	15	50	65
<i>Samsarjana karma</i> (post-operative management)	10	10	20
Preparation of diet articles and materials used in <i>panchakarma</i> procedures	20	10	30
Total	600 hours		
Supervised training	400 hours.		

Category II - Ayurvedic therapist

Type - II: Limited Ayurvedic Education in Ayurvedic Dietetics

This training programme is for the persons who wish to become a licensed Ayurvedic Dietician.

1.1. Objective

The objective of such a specialized therapy is to acquaint comprehensive understanding of Ayurvedic dietetics and develop propensity to understand the importance of diet/dietary substances in healthy and diseased persons.

1.2. Entrance requirement

Completed senior secondary or pre university or equivalent education recognised for admission to medical graduate courses in respective countries.

1.3. Basic training

At least 1000 hours (class room theory of 600 hours and practical teaching of 400 hours) completed with a minimum of two examinations from recognised Ayurvedic colleges or institutions.

1.4. Core syllabus

Core syllabus is planned in a way to make an individual to possess skillful knowledge of Ayurvedic pharmaceuticals and after completion of the training develop enough confidence in preparation of Ayurvedic simple dosage forms as well as in dispensing the Ayurvedic medicines in Ayurvedic hospitals. see Annex 5.

Category II (Type II): A specimen for typical full time/part time accredited training programme with number of hours to become Ayurvedic dietician.

Subject	Theory	Practical	Total
Basic principles of <i>ayurveda</i>	50	-	50
Philosophy of <i>Ayurveda</i> (<i>Padarthavigyan</i>)	40	-	40
Introduction of <i>rachana and kriya sharira</i>	55	65	120
<i>Svasthavritta</i> and yoga	40	60	100
Concept of <i>ahara</i> and its importance	50	-	50
<i>Ayushyakara</i> and <i>urjaskara ahara</i>	25	-	25
Importance of <i>ahara</i> in health and disorders	50	-	50
<i>Aahara dravya</i> , their properties and classification	20	20	40
<i>Hita avam ahita ahara</i> based on <i>doshika prakriti</i>	20	30	50
<i>Ahara avam jatharagni</i>	30	-	30
<i>Ritucharya avam ahara</i>	20	15	35
<i>Dinacharya avam ahara</i>	20	15	35
Best food articles and their action	5	5	10
Use of <i>shadrasa</i> in <i>ahara</i> for health	10	10	20
Types of food and drinks	10	10	20
Cereals and pulses and their properties	5	10	15
Vegetables, fruit and salads and their properties	10	15	25
Fermented liquors	10	5	15
Types of water and their importance in <i>ahara</i>	5	10	15
Milk and milk products in health and disease	15	-	15
<i>Sneha varga</i> (edible fats and oils)	15	10	25
Meat, fish and poultry products	10	15	25
Types of honey and medicinal uses	5	5	10
<i>Kritanna varga</i> (Various dietary forms - Recipes)	10	20	30
Adjuvant food	5	5	10
<i>Anupana</i> in accordance with <i>vata, pitta</i> and <i>kapha doshas</i>	10	15	25
Incompatible Diet (<i>Viruddha ahara</i>)	20	-	20
<i>Satmya</i> and <i>asatmya ahara</i>	10		10
<i>Pathya</i> and <i>apathya ahara</i> in various disease conditions - <i>jvara, atisara, kamala, pandu, raktapitta, unmada, apasmara, prameha, madhumeha, Amavata, Sandhi gata Vata</i> etc. (Minimum 50 disease conditions)	15	50	65
Importance of Diet (<i>ahara</i>) in yogic practices	10	10	20
Total	600		
Supervised training	400		

Category II - Ayurvedic therapist

Type - III: Limited Ayurvedic Education in Ayurvedic Medicine Pharmacists/ dispensers

This training programme is for the persons who wish to become a licensed Ayurvedic Medicine Pharmacists/ dispensers.

1.1. Objective

The objective of such a specialized therapy is to acquaint comprehensive understanding of Ayurvedic pharmaceuticals and develop propensity in preparation of Ayurvedic simple dosage forms as well as in dispensing Ayurvedic drugs

1.2. Entrance requirement

Completed senior secondary or pre university or equivalent education recognised for admission to medical graduate courses in respective countries.

1.3. Basic training

Programme for persons with level II training will consist of at least 1000 hours (class room theory of 600 hours and practical teaching of 400 hours) of student-teacher contact consisting of theory and laboratory practice with a minimum of two examinations from recognised Ayurvedic colleges or institutions. This will also include 200 hours of clinical dispensing and community work under supervision of qualified dispensers or pharmacists, however they will not be eligible to undertake higher education in Ayurvedic Pharmacy. Sample programme structure is given in syllabus (Annex-6)

1.4. Core syllabus

Core syllabus is designed in accordance with the guidelines of basic theory of *Ayurveda* to possess skillful knowledge after completion of the training to develop enough confidence to practice as Ayurvedic dietician, see Annex 6.

Annex 6

Category II (Type III): A specimen for typical full time/part time accredited training programme with number of hours to become Ayurvedic Medicine Pharmacist / Dispenser.

Introduction to Ayurveda			
	Total	Th.	Pra.
Brief History, Different branches of Ayurveda	10	10	
Fundamental Principles of Ayurveda			
Rachana Sharir (Anatomy)	130	100	30
Kriya Sharir (Physiology)			
Roga Nidana (Disease, Concept, Origin, pathogenesis)	100	100	-
Principles of Ayurvedic disease management (<i>Chikitsa siddhanta</i>) of major diseases of different system Viz. <i>Jvara, Rakta Pitta, Prameha, Shvasa, Kasa, Kushtha, Vatavyadhi etc.</i>	120	100	20
Dravyaguna Vijnan and Rasa Shastra – Ayurvedic Materia Medica, minimum 200 important commonly used medicinal plants including poisonous plants in fresh and dried form, minerals and metals (<i>Maharasa, Upa rasa, Sadharana ras</i>), methods of <i>Shodhana, Marana</i> ,	200	100	100
Bhaishajya Kalpana (Ayurvedic Pharmacy), various dosage forms – Juice (<i>Swarasa</i>), decoctions (<i>Kwath</i>), Powders (<i>Churna</i>), Jams (<i>Avaleha</i>), pills, extracts (<i>Arka</i>) etc. including knowledge of various instruments e.g. pulverizer, wet grinder, tabletign machines, ovens, spray driers etc.	300	100	200
Dispensing, Hospital and Clinical Pharmacy, preparations of small packets of powedrs according dose, oint preparations, measuring the powders, Bhasma, Pishti etc while dispensing, instructions to patients regarding method of consumption of medicines, <i>Anupana</i> etc.	120	70	50
Pharmaceutical administration and regulations	20	20	-
Total	1000	600	400

Category III - Limited Ayurvedic Education for Self Health Care

1.2 Objective

The sole objective of the training is to make provisions to provide factual information on holistic approach of *Ayurveda* to all such persons, who wish to learn Ayurveda for self health care.

1.3 Entrance requirement

Any person, who has completed senior secondary or pre university or equivalent education.

1.4 Basic training

At least 200 hrs. (class room theory and practical teaching) completed with a minimum of one professional examination from recognised Ayurvedic/ other medical institutions.

1.5 Core syllabus

Core syllabus in *Ayurveda* is as designed in Annex 7.

Annexure - 7

A specimen for typical full time/part time accredited training programme (with number of hours) to learn Ayurveda for self health care.

Divisions	Subject	Theory	Practical	Total
Components of fundamental principles of Ayurveda (including History)	History & Basic concepts of Ayurveda	10	-	35
	Ayurvedic Physio-pathology (Sharir)	20	5	
Para/Pre-clinical components of Ayurveda	<i>Introduction to Bhaisajya Kalpana</i> (Pharmaceuticals in Ayurveda with emphasis on dietary recipes)	10	5	65
	<i>Dravyaguna</i> (Materia Medica in Ayurveda with emphasis on dietary articles)	30	20	
	<i>Svasthavritta & Yoga</i> (Personal and social hygiene including dietetics)	30	10	40
Clinical components of Ayurveda	Self health care of various parts of body with Ayurvedic methods including brief information on <i>Panchakarma, Rasayana and Vajikarana</i>	25	10	60
	Care of women before & during pregnancy and after delivery for healthy progeny through <i>Ayurveda</i> .	15		
	Care of infant and child, knowledge of <i>Samskara</i> .	10	-	
		135	65	200
Total		200 hours.		