

ADVANCED DIPLOMA OF AYURVEDA – HLT60707

| AIHM Subject | Brief Unit description | Unit fee Local Students | Unit fee Overseas Students |
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| MODULE 1 | | | |
| ANP101 - Anatomy & Physiology | This is a core unit for all the courses offered and the areas covered include an introduction to the human body and it's various systems. Other areas covered in more depth include; cells, the skeletal system, joints, muscle systems and muscle tissues. | \$460.00 | \$600.00 |
| PHI102 - Naturopathic Philosophy | The history and philosophy of several areas of Natural Therapies are studied including; Acupuncture, Homoeopathy, Herbal Medicine, Iridology, Kinesiology, Reflexology, Massage, Meditation, Cleansing, Ayurveda, Mind Body connection, Tai-Chi, Flower Essences and Life Purpose and Fulfilment are explored | \$460.00 | \$600.00 |
| NAT107 – Foundations of Nutrition | Areas covered include; carbohydrates, lipids, protein, water soluble vitamins, lipid soluble vitamins and their sources, availability, interaction signs and symptoms of vitamin and mineral deficiency, toxicity, food allergies, exclusion diet and food and drug interaction | \$460.00 | \$600.00 |
| AYV130 – History & Philosophies of Ayurveda | This unit covers the meaning, origin, history and branches of Ayurveda; detailed explanation of Panchamahabhootas (Five great elements) and Tridoshas (Vata, Pitta and Kapha); recognition of Prakruthi, Vikruthi in greater indepth with practical work. Introduction to other topics including Manasa gunas, dhatus, malas, Agni, tastes, etc. together with a general description of Doshic Diet with emphasis on how to apply to daily cooking. An introduction to daily and seasonal routine with emphasis on how to apply this knowledge in practical daily life is also addressed. Also discussed is an introduction to Panchakarma (Detoxification therapies) | \$460.00 | \$600.00 |
| MODULE 2 | | | |
| ANP201 - Anatomy & Physiology | In this unit students will learn about tissues of the body, functions of the lymphatic and immunity systems as well as the digestive system, the integumentary system, the endocrine system and the cardiovascular system | \$460.00 | \$600.00 |
| SWE109 - Swedish Massage | This unit provides the knowledge required to perform a full body massage (soft tissue) using the correct strokes. Topics covered include; history, physiological and emotional effects, indications and contraindications, appropriate behaviour for greeting clients, suitable properties of various massage media, basic stokes of massage. A logbook is required to be maintained by students. | \$460.00 | \$600.00 |
| CLI129 - Clinical Procedures & First Aid | Areas covered in this unit include; clinical procedures, client history taking, general examination, instrument handling, use of computer software associated with natural medicine, clinical products, naturopathic laboratory tests and results, consultation demonstrations and treatment protocols & OH&S issues. This unit provides a training program to achieve the | \$460.00 | \$600.00 |

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| | standard required for the nationally recognised Senior First Aid Certificate. Areas covered include; cardio-pulmonary resuscitation, management of an unconscious casualty, internal and external bleeding, fractures, burns, poisons, bites, stings, eye and ear injuries. | | |
| AYV230 – Principles of Ayurveda | Areas covered in this unit include: detailed explanations of 15 Sub-types of the Tridoshas; an explanation of Manasa gunas (3), dhatus (7), malas (3) (with normal, increased and decreased functions, etc); Anatomy and Physiology in Ayurveda; Concept of Agni and its types and detailed explanation of Ojas, Nidra | \$460.00 | \$600.00 |
| AYV330 – Ayurvedic Nutrition I | This unit covers areas such as the knowledge of role of nutrition in health; factors of diet and dietetics; knowledge of Agni (digestion) and diet according to prakruthi and vikruthi; basic knowledge of process of digestion, absorption and metabolism; dietary factors includes - Rasa, guna, virya, vipaka, prabhava, etc of food and herbs; concept of the six tastes of Ayurveda and its actions on body, food and mind; Sattvic diet and the energetics of food and cultural restrictions on diet and nutritional supplementation | \$460.00 | \$600.00 |
| MODULE 3 | | | |
| ANP301 - Anatomy & Physiology | In this unit students will learn about the respiratory system, the reproductive system and the urinary system as well as learning more details on the heart, blood vessels and hemodynamics | \$460.00 | \$600.00 |
| AYV430 – Ayurvedic Nutrition II | This unit is a continuation of Ayurvedic nutritional aspects including specific diets for the doshas, dual types – digestion and dietary advice, diet according to seasons, Zonal diet, Ayurvedic cooking recipes and practical demonstrations and a brief overview of diseases and diet relations. | \$460.00 | \$600.00 |
| AYV530 – Body Systems & Pregnancy in Ayurveda | Areas covered in this unit include: detailed explanations of 16 Srotas (with normal, increased and decreased functions, etc) Natural urges of the body – Suppressible, Non-suppressible; Upadhatu vignana; Ama explanation in Ayurveda – Sama and Nirama conditions; Brahmacharya (Celibacy); Garbhavakranthi (Ante, natal, post natal care of the pregnant woman and related topics) and taking care of the child. | \$460.00 | \$600.00 |
| AYV630 – Introduction to Ayurvedic Tactile Therapies | Detailed explanation and practical sessions of Ayurvedic therapies, division of the body according to Ayurveda, Ayurvedic massage technique individual parts of the body, ailment specific massage techniques in specific areas of the body, full body massage – Relaxation Technique (Anti-stress). Selection of various Ayurvedic oils for Massages, Shiro Dhara therapy – A unique therapy of continuous flow of medicated oils on forehead for insomnia, hypertension, anti-stress, etc and also Ayurvedic Sauna Therapy – Full body Sauna and Partial body steam techniques | \$460.00 | \$600.00 |
| MODULE 4 | | | |
| ANP401 - Anatomy & Physiology | In this unit students will learn about the spinal cord and spinal nerves, the brain and cranial nerves, nervous tissues, the autonomic nervous system, the sensory, motor and integrative systems and the special senses | \$460.00 | \$600.00 |

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| AYV730 – Ayurvedic Tactile Therapies | This unit covers other varieties of abhyanga, Marma massages, Sarvanga Dhara, Ekanga Dhara, Pizhichil, Pinda Sweda, Lepas, Shiro, Kati, & Uro Bastis, Udgharshana, Padabhyanga, etc, Netra basti (Akshi tarpana), Shiro pichu and different varieties of sudation therapies (Avagaha sweda, Jentaka sweda, Kuti sweda, etc) | \$460.00 | \$600.00 |
| BIO105 - Biochemistry | Areas covered include; the atomic structure of principal elements of the human body, the structure and function of protein, carbohydrates, lipid, nucleic acid, biochemistry of vitamins, oxidants and antioxidants and the process of metabolism | \$460.00 | \$600.00 |
| AYV830 – Ayurvedic Herbal Medicine | Includes Ayurvedic pharmacology – Identification and study of herbs (90+), their nomenclatures, properties, classifications, actions on doshas, systems, diseases, etc. Also includes herb tasting and a herbal tour is conducted | \$460.00 | \$600.00 |
| AYV930 – Ayurvedic Perspective of Disease | This unit addresses the causes of disease, diagnosis of disease – According to different authors (5 types, 3 types, etc), Kriyakala (Staging of disease) and examination of the individual and disease – Three fold, eight fold and Tenfold examinations | \$460.00 | \$600.00 |
| Clinical Training 1 | | \$460.00 | \$600.00 |
| MODULE 5 | | | |
| MED110 - Medical Science | A comprehensive discussion is provided on medical history, analysis and identification of common symptoms and signs. This unit is presented on a problem-solving basis. Areas covered include; case taking, general examination, physical signs, headaches, tiredness, loss of weight, insomnia, difficulty in breathing, abdominal pain, chest pain, back pain, oedema, vomiting and joint problems | \$460.00 | \$600.00 |
| AYV1130 – Manufacturing Ayurvedic Remedies | This unit covers the manufacture of Ayurvedic medicines - Different forms of medicinal preparations in Ayurveda like churnas, tailam, asavas, etc are covered, the principles of formulation, methods of preparation, dosage, benefits, drug toxicity etc of major medicines are also addressed. The students are required to attend the practical sessions and perform and learn the preparation of medicines | \$460.00 | \$600.00 |
| PAT104 – Pathology I | To provide the participants with the knowledge and skills to understand and describe the pathological mechanisms of common disorders. Disease processes; Aetiological factors in disease, Aging, Cellular adaptation, injury and death, Definitions and terminology, Immunity, immunopathology, Inflammation, healing, pathological investigations, neoplasia & pain Systematic Pathology: Disorders of the skin & musculoskeletal system. | \$460.00 | \$600.00 |
| AYV1230 – Panchakarmas | This is a continuation of Ayurvedic therapies. Panchakarma therapies, major organ detoxification procedures and detoxification therapies according to seasons are all discussed and addressed | \$460.00 | \$600.00 |
| Clinical Training 2 | | \$460.00 | \$600.00 |

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| MODULE 6 | | | |
| MED210 - Medical Science | Areas covered in this unit include; patient history taking in relation to gynaecological and obstetric problems, ENT problems and paediatric problems. Also included are; aetiology, signs and symptoms, differential diagnosis of normal pregnancy, labour, pre-eclampsia toxaemia (PET), fibroids, breast cancer, hypertension, H-mole, endometriosis, abortion, ectopic pregnancy, menopause, antepartum haemorrhage, PPH, vaginal discharge, milestones & growth, immunisation, childhood asthma and allergies, congenital disorders, breast feeding and weaning, glaucoma, cataract and the prevention of some of the above disorders and conditions will also be discussed. | \$460.00 | \$600.00 |
| AYV1330 – Ayurvedic Therapies & Chakras | Various other therapies related with the Ayurvedic Practice are dealt in this unit including; Marma therapy, Gem therapies, Colour, Sound (Including mantras) therapies, introduction to Vastu Shastra and the knowledge of Chakras is covered in detail | \$460.00 | \$600.00 |
| PAT204 - Pathology | To provide the participants with the knowledge and skills to understand and describe the pathological mechanisms of common disorders. Laboratory investigation of pathology; Disturbance of body fluid homeostasis and metabolic disorders Systematic Pathology: Cardiovascular, Renal, Respiratory, Reproductive, Gastrointestinal & Nervous systems | \$460.00 | \$600.00 |
| Clinical Training 3 | | \$460.00 | \$600.00 |
| MODULE 7 | | | |
| AYV1430 – Ayurvedic Medical Science & Treatments I | Areas covered in this unit include; the principles of treatment, selection and contraindications of treatment, dosage, prognosis of the disease etc. are dealt in detail, Aavrutha lakshanas, aggravated doshic movement in the body, doshas moving through dhatus, etc are explained, major diseases (pathology and treatment) of the srotas are looked into. Eg, Annavaha srotas – Anorexia, vomiting, diarrhoea/dysentery, digestive & abdominal disorders, jaundice, gall stones, dyspepsia, indigestion, gastroenteritis, colic, hyperacidity, gastritis, malabsorption, parasites, constipation, haemorrhoids, obesity, Candida, ulcers, etc | \$460.00 | \$600.00 |
| BHS106 - Behavioural Science | This unit is an introduction to understanding human behaviour and the relationship between basic behavioural influences and ill health, both physiologically and psychologically. Nature, Nurture and Need Factor Influences are studied through a combination of theory and practical applications. | \$460.00 | \$600.00 |
| MIC108 - Microbiology | Areas covered include; bacteria, parasites and viruses and their distribution, characteristics and common disorders caused by bacteria, viruses and parasites along with favourable conditions for micro-organisms, controlling methods for growth of bacteria and viruses, indigenous micro-flora, communicable and contagious diseases and methods of disease transmission. | \$460.00 | \$600.00 |

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| RET217 - Health Retreat | This unit provides the opportunity for students to apply the fundamentals of Natural Therapies they learn in their own selves. Students are required to live-in for a weekend retreat. In the retreat the students will be using the retreat for their own healing and improvement as healers. This includes detoxification vegetable and fruit juices, various cleansing programs, hydrotherapy, massages, meditation, yoga, tai-chi, exercises and motivational and life purposes speeches. | Price on application | Price on application |
| Clinical Training 4 | | \$460.00 | \$600.00 |
| MODULE 8 | | | |
| PHA112 - Pharmacology | Areas covered include; terminology used in pharmacology; methods of administration, absorption, metabolism, excretion, formulations, drugs used in cardio-vascular problems, NSAID, opiates, anti microbials, hypoglycaemic agents, anti-depressants, hypnotics and anxiolytic drugs, poisoning and antidotes, sympathomimetics, antihistamines, anti-parkinsonians, drugs used with GI tract disorders, chemotherapy, preparation of ointments, creams and mixtures, WA Drug and Poison Act, labelling, writing and understanding prescriptions; drug-herb interactions and drug-nutrient interactions | \$460.00 | \$600.00 |
| MAN120 – Practice Management & Ethics | This unit is designed to develop the knowledge of Act of Parliament and Regulations in relation to the practice of Natural Medicine, professional indemnity and liability insurance, accounting and taxation requirements, advertising and promotion, business planning and other issues related to the establishment of your own practice. Students will be required to complete their own business plan by the completion of this unit. | \$460.00 | \$600.00 |
| BHS206 - Behavioural Science | This unit takes the fundamentals of human behaviour discussed in Unit BHS106 and moves the student's knowledge and application skills to the next level by adding lateral thinking skills, non-verbal and verbal communication techniques, dealing with difficult behaviours, basic counselling skills and situational analysis procedures. As in Unit BHS106, this unit is taught experientially with each lecture being a combination of theory and application exercises | \$460.00 | \$600.00 |
| AYV1530 – Ayurvedic Medical Science & Treatments II | Further studies of diseases including diseases of sense organs, Psychiatry in Ayurveda, Immune system related disorders (Eg, AIDS, etc). All diseases are dealt in detail with treatment and dietary advice | \$460.00 | \$600.00 |
| Clinical Training 5 | | \$460.00 | \$600.00 |
| MODULE 9 | | | |
| RES220 - Research Methodology | Research Methodology includes research strategies, research techniques, communication of research findings with others, analysis of research data, presentation skills, statistical analysis and undertaking of research projects. | \$460.00 | \$600.00 |
| SEM007 - Seminar Series | | \$460.00 | \$600.00 |
| Clinical Training 6 | | \$460.00 | \$600.00 |

Students are required to complete 3 electives from those offered by the Institute during the completion of this course. Electives are generally 30 hours.

Students are required to complete a minimum of 400 clinical training hours as a component of this course.