Imagine becoming an Ayurvedic Practitioner in just 2 years
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Australian Institute of Holistic Medicine

HLT60712 Advanced Diploma of Ayurveda

This nationally recognised course has been designed to give students the required knowledge and skills to practise as ayurveda practitioners.

During this course students will learn the theory and practical aspects of ayurveda including constitutions, doshas, detoxification (panchakarmas), ayurvedic herbs, ayurvedic nutrition, ayurvedic massage and therapies, marmas and chakras. In addition to Ayurveda, biomedical sciences, basic counselling, communication, occupational health and safety, practice management, professional practice and development in relation to the practice of ayurveda will also be covered.

Course Objectives

• Gain knowledge, skills and competency to qualify as an ayurvedic practitioner.
• Use ayurveda to prevent and manage diseases and to improve quality of health.
• Study and specialise in ayurvedic treatments.
• Instil an awareness of the professional aspects and the responsibility of a health care practitioner.
• Provide an opportunity for an alternative path to further university studies.
• Provide opportunities for self-improvement and personal development.
• An ability to live your passion.

Course Structure

The Advanced Diploma of Ayurveda course is designed for completion within two years with fast-tracked full-time study mode. Part-time study may take up to four years (local students only). It is a requirement to complete a minimum of 400 hours of supervised clinical training. Clinical sessions are conducted and supervised by qualified practitioners at the student clinic on campus. Other designated clinical schools, across Australia may be accessed by domestic students only upon approval.

Subjects delivered by AIHM are mapped against nationally recognised units of competency from the Health Training Package and students may be required to complete more than one AIHM subject to gain a complete unit of competency. Most of the competencies are assessed in the workplace/clinic.

Why You Should Study Ayurveda at AIHM:

• Our facilities are located in a natural, serene bushland environment close to Perth CBD.
• Qualify in two years (fast-tracked) with a nationally recognised, industry acknowledged qualifications.
• VET FEE HELP approved courses (only for eligible domestic students) so that you don't have to pay for your tuition until you start earning.
• Competitive fee structure.
• You get to see real clients in our clinic as part of your training.
• Innovative and new learning methods adopted like many medical schools.
• Unlimited access to recorded lectures in many units.
• Fulltime, part-time and weekend study options (Part-time and weekend options are only available for Australian students)
• Austudy / Abstudy assistance (Only for domestic students)
• Highly qualified and experienced lecturers.
• Free 'Wi-Fi' on campus.
• Live online real-time classes (for domestic students only)
• Longest established natural therapy college in WA.
• You get all the support you need until you get it right!
• Opportunities for further education and training in ayurvedic hospitals in India.

It is our passion to help you realise your dream
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**TERM 1**
- **BION 101A** Intro to Biomedical Sciences Part A
- **BHSN 106** Communication Skills
- **PHIN 102** History and Philosophy of Natural Therapies
- **CLIN 129** Clinical Procedures
- **AYVN 130** Ayurvedic Principles

**TERM 2**
- **BION 101B** Intro to Biomedical Sciences Part B
- **NATN 107** Foundation of Nutrition
- **AYVN 330** Ayurvedic Nutrition
- **AYVN 930** Ayurvedic Perspective of Diseases
- **BHSN 206** Communication Skills
- **AIDN 114** Senior First Aid

**TERM 3**
- **BION 201** Biomedical Sciences
- **AYVN 101** Ayurveda
- **AYVN 630A** Ayurvedic Tactile Therapy Part A
- **CLINAYV 229** Clinic

**TERM 4**
- **BION 301** Biomedical Sciences
- **AYVN 630B** Ayurvedic Tactile Therapy Part B
- **AYVN 201** Ayurveda
- **CLINAYV 329** Clinic

**TERM 5**
- **BION 401** Biomedical Sciences
- **AYVN 301** Ayurveda
- **AYVN 1130** Ayurveda Manufacturing
- **CLINAYV 429** Clinic

**TERM 6**
- **BION 501** Biomedical Sciences
- **AYVN 401** Ayurveda
- **MANN 120** Business Management & Ethics
- **AYVN 1230** Ayurveda Panchakarma
- **CLINAYV 529** Clinic

**TERM 7**
- **BION 601** Biomedical Sciences
- **AYVN 501** Ayurveda
- **CLINAYV 629** Clinic
- **PRDN 101** Professional Development
- **RESN 120** Project Literature Review

**TERM 8**
- **BION 701** Biomedical Sciences
- **CLINAYV 729** Clinic
- **CLINAYV 829** Clinic
- **AIHM Elective 1**
- **AIHM Elective 2**
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**AIHM ELECTIVES**

For the successful completion of this course it is required that you complete a minimum of two electives from the following:

- 100 Environmental and Nutritional Toxicology
- 105 Biochemistry of Nutrition
- 116 Homoeopathy
- 117 Flower Essences
- 121 Kinesiology
- 122 Reflexology
- 123 Aromatherapy
- 125 Meditation
- 126 Yoga
- 127 Energy Healing and Tai Chi
- 228 Intuition in Healing
- 307 Nutritional Recipes
- 507 Mineral Therapy
- 809 Principles of Acupressure
- 1009 Bowen Techniques
- 1030 Vedic Astrology

**HLT60712 Advanced Diploma of Ayurveda**


**AYURVEDA PRACTITIONER/AYURVEDA THERAPIST**

Post Graduate Studies MSc, PhD

Receive credit points for Charles Sturt University units towards BHSc.

**CSU BACHELOR OF HEALTH SCIENCE**

(Complementary Medicine) & Advanced Diploma of Naturopathy HLT60512
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AIHM Subject Description for Advanced Diploma of Ayurveda

AIDN 114 Senior First Aid
This unit provides a training program that achieves the standard required for the nationally recognised HLTPA311A Apply First Aid Certificate. Areas covered include cardio-pulmonary resuscitation, management of an unconscious casualty, internal and external bleeding, fractures, bandaging, burns, poisons, bites, stings, eye and ear injuries.

AYVN 130 Ayurvedic Principles
This unit covers the meaning, origin, history and branches of ayurveda, detailed explanation of five great elements (panchamahabhutas theory) and tridoshas (vata, pitta and kapha); recognition of prakruthi (constitution), vikruthi (imbalance) of an individual. A brief introduction to other topics including states of mind (manasa gunas), tissues (dhatus), waste products (malas) together with a general description of doshic diet with emphasis on how to apply to daily cooking will also be discussed. An introduction to daily and seasonal routine with emphasis on how to apply this knowledge in practical daily life is also addressed. It provides detailed explanations of fifteen sub-types of the tridoshas; an explanation of mind and its properties (manasa gunas), concept of soul (atma), fire (agni) and its types and explanation of ojas, ama in ayurveda will be provided. Also discussed is an introduction to panchakarma (detoxification therapies).

AYVN 101 Ayurveda
This unit covers ayurvedic perspective of anatomy, physiology, emotional relations, imbalances (vikruthi), diseases and their treatments of integumentary (swedavaha, rasavaha srotas) and musculoskeletal systems (mamsavaha and asthiavaha srotas). This includes the study of skin as an organ, sweat (sweda) as a waste product (mala), plasma as a tissue (rasa dhatu), lymphatic system (rasavaha srotas), sebaceous system (swedavaha srotas), muscle as a tissue (mamsa dhatu), bone as a tissue (asthi dhatu), their increased and decreased manifestations (vikruthi), dosha relations, examination of skin (tvacha pariksha), plasma, muscle, bone; diseases of skin, plasma, lymph, muscle and bone; pathology, signs and symptoms, examination, investigations and treatments.

AYVN 201 Ayurveda
This unit covers ayurvedic perspective of anatomy, physiology, emotional relations, imbalances (vikruthi), diseases and their treatments of cardiovascular (raktavaha srotas) and digestive systems (annavaha, purishavaha srotas) and excretory system. This includes the study of the heart, arteries, veins, digestive and excretory organs, Agni and its forty forms, blood as a tissue (rakta dhatu), their increased and decreased manifestations (vikruthi), dosha relations, examination of abdomen, tongue (jihva pariksha), stools (purisha pariksha), diseases of the blood, heart, abdominal organs, cardiovascular system, digestive system; pathogenesis, signs and symptoms, examinations, investigations and treatments.

AYVN 301 Ayurveda
This unit covers ayurvedic perspective of anatomy, physiology, emotional relations, imbalances (vikruthi), diseases and their treatments, endocrine (medavaha, majjavaha srotas) and reproductive systems (artavavaha, shukravaha, stanyavaha srotas). This includes the study of organs related to the system, their increased and decreased manifestations (vikruthi), dosha relations, examination of organs and systems, diseases related pathogenesis, signs and symptoms, examinations, investigations and treatments.

AYVN 330 Ayurvedic Nutrition
This unit covers areas such as the role of nutrition in health, factors of diet and dietetics, knowledge of agni (digestion) and diet according to doshas, individual constitutions (prakruthi) and imbalances (vikruthi), basic knowledge of the process of digestion, absorption and metabolism; dietary factors including taste (rasa), qualities (guna), potency (virya), post digestive effects (vipaka), unique properties (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 will be discussed. It also covers 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.

AYVN 401 Ayurveda
This unit covers ayurvedic perspective of anatomy, physiology, emotional relations, imbalances (vikruthi), diseases and their treatments of lymphatic, immune (rasavaha, medavaha srotas, majjavaha srotas) and respiratory systems (pranavaha srotas), lymph as a tissue (rasi dhatu), lymphatic and immune systems (Rasavaha srotas). This includes the study of the organs related to the system, their increased and decreased manifestations (vikruthi), dosha relations, examination of organs and systems, diseases related to pathogenesis, signs and symptoms, examinations, investigations and treatments.

AYVN 501 Ayurveda
This unit covers ayurvedic perspective of anatomy, physiology, emotional relations, imbalances (vikruthi), diseases and their treatments of urinary (mutravaha srotas), and nervous systems (majjavaha srotas). This includes the study of marrow (majja) as an organ, their increased and decreased manifestations (vikruthi), dosha relations, examination of organ and systems, diseases related to pathogenesis, signs and symptoms, examinations, investigations and treatments.

AYVN 301 Ayurveda
This unit covers ayurvedic perspective of anatomy, physiology, emotional relations, imbalances (vikruthi), diseases and their treatments, endocrine (medavaha, majjavaha srotas) and reproductive systems (artavavaha, shukravaha, stanyavaha srotas). This includes the study of organs related to the system, their increased and decreased manifestations (vikruthi), dosha relations, examination of organs and systems, diseases related pathogenesis, signs and symptoms, examinations, investigations and treatments.

AYVN 330 Ayurvedic Nutrition
This unit covers areas such as the role of nutrition in health, factors of diet and dietetics, knowledge of agni (digestion) and diet according to doshas, individual constitutions (prakruthi) and imbalances (vikruthi), basic knowledge of the process of digestion, absorption and metabolism; dietary factors including taste (rasa), qualities (guna), potency (virya), post digestive effects (vipaka), unique properties (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 will be discussed. It also covers 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.

AYVN 401 Ayurveda
This unit covers ayurvedic perspective of anatomy, physiology, emotional relations, imbalances (vikruthi), diseases and their treatments of lymphatic, immune (rasavaha, medavaha srotas, majjavaha srotas) and respiratory systems (pranavaha srotas), lymph as a tissue (rasi dhatu), lymphatic and immune systems (Rasavaha srotas). This includes the study of the organs related to the system, their increased and decreased manifestations (vikruthi), dosha relations, examination of organs and systems, diseases related to pathogenesis, signs and symptoms, examinations, investigations and treatments.

AYVN 501 Ayurveda
This unit covers ayurvedic perspective of anatomy, physiology, emotional relations, imbalances (vikruthi), diseases and their treatments of urinary (mutravaha srotas), and nervous systems (majjavaha srotas). This includes the study of marrow (majja) as an organ, their increased and decreased manifestations (vikruthi), dosha relations, examination of organ and systems, diseases related to pathogenesis, signs and symptoms, examinations, investigations and treatments.
AYVN 630A Ayurvedic Tactile Therapy Part A
This unit provides detailed explanations and practical sessions of ayurvedic therapies, division of the body according to ayurveda, ayurvedic massage techniques on individual parts of the body, ailments specific massage techniques in specific areas of the body. Full body massage (abhyanga) including head massage (shiro abhyanga), and foot and hand massage (padabhyaanga) will be covered. A selection of various ayurvedic oils for massages, shiro dhara therapy - A unique therapy of continuous flow of medicated oils on the forehead for insomnia, hypertension, stress, etc. and also ayurvedic sauna therapy - Full body sauna and partial body steam techniques, ayurvedic meridan massage - includes explanation of meridians and their relation with tridoshas, physical, physiological and emotional benefits of major meridian points, and techniques of massage of the meridians will be explored.

AYVN 630B Ayurvedic Tactile Therapy Part B
This unit covers other varieties of abhyanga (massage therapies), ekanga dhara (oil poured on localised areas), pizhichil (oil bath), pinda sweda (herbal poultice treatment), lepas (pastes and anointments), kati and uro bastis (lower back and chest treatments), udgharshana (powder massages), netra basti (eye bath) and different varieties of sudation (swedana) therapies. It also includes marma massages, chakra massages and other ayurvedic holistic therapies.

AYVN 930 Ayurvedic Perspectives of Disease
This unit covers the causes of disease, diagnosis of disease - According to different authors (five types, three types, etc), kriyakala (staging of disease) and examination of the individual and disease - Three fold, eight fold and ten fold examinations.

AYVN 1130 Ayurveda Manufacturing
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.

AYVN 1230 Ayurveda Panchakarma
This unit covers panchakarma therapies, major organ detoxification procedures and detoxification therapies according to seasons. Various other therapies related to ayurvedic practice are dealt with in this unit including colour, sound (including mantras) therapies, introduction to vastu shastra, and knowledge of chakras is covered in detail. This is a continuation of ayurvedic therapies.

BION 101A Introduction to Biomedical Sciences Part A
This is a core unit for all courses offered. It includes a broad overview of the anatomy and physiology of the skin and musculoskeletal systems. Foundations of pathological principles will be discussed. Cellular and tissue structure and function will also be discussed in detail. Micro-organisms and their importance in disease processes will be elaborated. Basic chemistry and structure and function of macromolecules will also be discussed. Students are expected to complete multiple choice questions, short answer questions and assignments related to the various concepts covered in this unit.

BION 101B Introduction to Biomedical Sciences Part B
BION101A is a prerequisite for this unit. It includes a broad overview of the anatomy and physiology of the remaining body systems not covered in BION101A. Foundations of pharmacological principles, function of enzymes, metabolism, and the importance of vitamins and antioxidants will be covered. In addition, an introduction to basic research methodology will be provided. Physical examination techniques will also be covered. Students are expected to complete multiple-choice questions, short answer questions and assignments related to the various concepts covered in this unit plus a comprehensive assessment of the content covered in BION101A and BION101B will be conducted.

BION 201 Biomedical Sciences
BION101A and BION101B are prerequisites for this core unit. Students will learn about the anatomy, physiology, pathology, microbiology and pharmacology related to the integumentary, skeletal and muscular systems. In addition, research methodology, patient history taking, physical examinations, and differential diagnosis relevant to these systems will be covered. Students are expected to complete multiple-choice questions, short answers, assignments and six (6) case studies for this unit.

BION 301 Biomedical Sciences
BION101A and BION101B are prerequisites for this core unit. Students will learn about the anatomy, physiology, pathology, microbiology and pharmacology related to the cardiovascular and digestive systems. In addition, patient history taking, physical examinations and differential diagnosis relevant to these systems will be covered. Students are expected to complete multiple-choice questions, short answers, assignments and six (6) case studies for this unit.

BION 401 Biomedical Sciences
BION101A and BION101B are prerequisites for this core unit. Students will learn about the anatomy, physiology, pathology, microbiology and pharmacology related to the reproductive and endocrine systems. In addition, patient history taking, physical examinations and differential diagnosis relevant to these systems will be covered. Students are expected to complete multiple-choice questions, short answers, assignments and six (6) case studies for this unit.
BION 501 Biomedical Sciences
BION101A and BION101B are prerequisites for this core unit. Students will learn about the anatomy, physiology, pathology, microbiology and pharmacology related to the respiratory, immune and lymphatic systems. In addition, patient history taking, physical examinations and differential diagnosis relevant to these systems will be covered. Students are expected to complete multiple-choice questions, short answers, assignments and six (6) case studies for this unit.

BION 601 Biomedical Sciences
BION101A and BION101B are prerequisites for this core unit. Students will learn about the anatomy, physiology, pathology, microbiology and pharmacology related to urinary and nervous systems. In addition, patient history taking, physical examinations and differential diagnosis relevant these systems will be covered. Students are expected to complete multiple-choice questions, short answers, assignments and six (6) case studies for this unit.

BION 701 Biomedical Sciences
BION101A, BION101B and BION601 are prerequisites for this unit. Students will learn pathology, pharmacology, microbiology and differential diagnosis relevant to the nervous system. In addition, students will explore the mind/body connection, and environmental toxins and their impact on our health. Impact of trauma (penetrating, blunt), common environmental emergencies, overdose and poisoning, and surgical insult will also be discussed. Students are expected to complete six (6) case studies and two assignments on the environmental toxins and mind body connection.

CLIN 129 Clinical Procedures
This unit covers clinical policies and procedures, instrument handling, and results, consultation protocol and workplace health and safety issues. Infection control procedures are also covered.

CLINAYV 229, 329, 429, 529, 629 729 and 829 Ayurveda Clinic
CLIN 129 is a prerequisite for all the clinic units. Training at our onsite student clinic dealing with members of the public, case studies and clinical applications. An outline for each unit can be found in the clinic log-book. Skill assessment of most of the units will occur in the clinic.

MANN 120 Business Management and Ethics
This unit is designed to develop knowledge of the Act of Parliament and Regulations in relation to the practice of natural medicine, professional indemnity and liability insurance, accounting and taxation requirements, advertising and promotions, 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.

NATN 107 Foundation of Nutrition
This unit covers basic concepts of nutrition and its role in maintaining health. Major areas covered include carbohydrates, lipids, protein, energy metabolism, vitamins and minerals and their influence on health, and diseases. Concepts of nutritional biochemistry will also be discussed.

PHIN 102 History and Philosophy of Natural Therapies
This unit introduces the philosophies of healing and their relevance to clinical practice. In addition, the latest theories and direction in science and the interactions between the two paradigms will be studied. Students will explore and apply the fundamentals of natural therapies during the course of the study of this unit.

PRDN 101 Professional Development
This unit will cover issues like personal development, learning styles, enhancement of performance at the workplace, goal setting, agency guidelines in relation to professional development and working effectively with co-workers. It will also highlight the importance of professional associations and building professional networks to stay current on trends and developments in the industry.

RESN 120 Project Literature Review
This unit will provide students with the skills and techniques to review current literature and critically analyse data presented in peer-reviewed journals relevant to their field of expertise.
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TO APPLY OR FOR MORE DETAILS

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