

Ayurveda Lifestyle Consultant (ALC) Certification:

The ALC certification program offers in-depth knowledge in Ayurvedic principles and practice. The training is focused towards preparing the student to provide lifestyle consultations and holistic therapies. In this program, students will get comprehensive knowledge of Ayurvedic assessment tools and healing protocols for the health and well-being of the clients. Certification as an Ayurveda Life style Consultant will be helpful for achieving self-health as well as qualifies the students to provide personal consultations that focus on optimizing physical, mental, and spiritual health from an Ayurvedic perspective.

ALC program includes Fundamental principles of Ayurveda, Ayurvedic philosophy, Anatomy, physiology, Sanskritam, Ayurvedic theories. With special focus on Ayurvedic food science, Ayurvedic daily routine, Seasonal routine, preventive medicine, Ayurvedic herbal science, yoga principles, Ayurvedic detoxification, rejuvenation, and a basic understanding of common diseases. This program includes supervised practicum as well as supervised clinical internship.

Ayurveda Lifestyle consultant (ALC) program is of total 752 hours. All the course content will be taught in 12 modules.

Upon successful completion of the Ayurveda Lifestyle Consultation program, you will be awarded with an **Ayurveda Lifestyle Consultation Certificate**.

Certified Ayurveda Lifestyle Consultant course module description:

AAY101.Fundamentals of Ayurveda & Padarthavigyan (Ayurveda cosmology & philosophy, History)-This first module introduces students to 5000 years old history of Ayurveda – the science of life, Ayurvedic view of cosmology, the fundamental principles on which Ayurveda has been built. The topics include but not limited to:

- History of Ayurveda
- Philosophical back ground, Sankhya Siddhanta with 5 more philosophies which are base of Ayurveda
- Ayurvedic view of cosmology
- Panchamahabhuta theory - five elements (Doshas and Mahabhutas) and their importance in health.
- The key to health and the twenty foundational qualities of life (Gunas).
- Relation of Human with universe- Ayurvedic view
- Authoritative text and reference books in Ayurveda
- The three universal energies and their importance in wellness and health

AAY102.Sharir Vignyan(Ayurvedic Anatomy & Physiology) Part I- Fundamental of Sharir Vigyan (Ayurveda Anatomy & Physiology) is designed to introduce students to the subtle but fundamental concepts of Ayurvedic physiology. The topics includes but not limited to:

- Dhosha theory- The three major dosha and their subtypes
- Triguna theory
- Kala vidnyana
- Anatomical view of Ayurveda

- Evaluation of Prakruti (Constitution)

AAI103. Sharir Vignyan (Ayurvedic Anatomy & Physiology) Part II- This module talks about foundation of structure and functional relationship in the body. The topic includes but not limited to:

- Dhatu theory- The seven physical structures (Dhatus) and their relation to the digestive process.
- Micro and gross nutrition and formation of Tissues in Ayurveda
- Strotas vigyaniam – Systems in the body
- Concept of Agni – The digestive fire
- Concept of Mala - Natural wastes and their functions.
- The essence of life (Ojas) that is responsible for vigor and youthfulness, along with Tejas (radiant energy) and Prana (Vital breath)

AAI104. Manas Shastra (Ayurveda Psychology) - This course is essential for understanding the mind's influence on the body's health as well as imbalances that are created. So in this module, psychology will be understood from Ayurvedic perspective. The topics include but not limited to:

- Central and outer pathways and energetic anatomy (chakras, koshas and nadis).
- Mind in Ayurvedic perspective
- Types of mind- antarmana, bahyamana
- Different mental processes - Dhi, Dhriti, Smriti
- Relation of mind and body
- Ego-gratification, habituation
- Mental constitutions- Satvic, Rajasic, Tamasic etc

AAI105. Ayurveda Aharavigyana (Ayurvedic Nutrition and Food Science)- Ayurvedic Nutrition places an emphasis on foods that play major role in balancing health, nourish not only body but mind and senses as well. The topics include but not limited to:

- Ayurvedic Parameters of food evaluation – Rasa, Veerya, Vipaka etc.
- Different tastes and their effect on body and mind
- Diet recommendation for constitution type,
- Food compatibilities and incompatibilities,
- Food etiquettes in Ayurveda
- Food per body types, different health periods such as pregnancy, post-natal.

AAI106. Dravyaguna (Ayurveda Herbology) - This lesson introduces the concepts of herbal energetics and how to identify the healing properties of commonly known herbs. Special emphasis will be placed on over learning how to obtain, prepare, and use Ayurvedic herbs with the principles of Ayurveda. The topic includes but not limited to:

- Definition of Dravya and properties with reference to Ayurveda material medica
- Ayurvedic methods of evaluating herbs
- Method of herbal formulation preparation
- Different qualities, actions, effects, applications, indications and contra-indications, toxicity and dosage of selected Ayurvedic herbs as dietary supplements
- Types of anupana
- Different methods of herb administration

- Herb collection times etc.
- Herbs to boost the immune system, delay aging and improve the quality of life.
- Popular formulations and recipes.
- Detailed descriptions of certain Ayurvedic herbs, energetics and uses.

AAY107.Yoga Principles- This module demonstrates students to the philosophy and practices of Yoga as a health-promotion tool, as described in various texts such as Hatha Yogapradipika, Yoga Sutras. The topics include but not limited to:

- Different types of Yoga
- Health benefits of Yoga
- Specific yogasanas for body types
- Pranayama – Breathing exercise
- Yogic cleansing practices etc.

AAY108.Swastha Vritta (Ayurvedic Prevention Science)- This unit introduces students to the principles of lifestyle and wellness rituals for a foundation in healthy living. It describes daily and seasonal routines and Ethical regimen. The topics include but not limited to:

- Ayurvedic recommendations for creating healthy lifestyles
- Ayurvedic daily and seasonal routines, self-care
- Therapies focusing on the five senses, such as oil pulling, Tongue scraping, Neti etc.
- Ancient ethical conducts
- Ayurvedic behavioral regimen

AAY109.Prakruti Parikshana & Nadi vidgyanya(Ayurvedic constitutional health & pulse evaluation)- This lesson provides the foundation to evaluate the Rogi's (client) constitution through observation, inquiry and direct examination. The topics include but not limited to:

- Process of constitutional analysis
- Different methods of evaluating Rogi & Roga pariksha
- Descriptive methods of Darshan (observation), Sparshan (palpation) and Prashna (interrogation)
- Methods for evaluating digestive capacity
- Analysis of Nadi pariksha

AAY110 Panchakarma I (Ayurvedic Detoxification Program I) This class introduces to the principles and practices of panchakarma and the preparatory techniques for detoxification from Aam(toxins) in the body. Explanation and demonstration of Ayurvedic body treatments such as Abhyanga, Shirodhara etc. Definition and classification of Rasayana(rejuvenation) therapy for body and mind. The topics include but not limited to:

- Approach to the Ayurvedic detoxification strategies and modalities
- Different types of Shamana
- Different types of Shodana methods
- Method of Panchakarma therapies
- Home mini detox method
- Details of Rasayana chikitsa

AAY111. Wellness Solution and Integration of Practice: This unit is reviewing and, recapturing from all previous 10 classes putting it together all the tools they learn for self-health as well as wellness interventions for certain common imbalances. The topics include but not limited to:

- Simple but effective home solutions for day today health imbalances(Diseases)
- Introduction to the use of spices in bringing the balance in the health.
- Methods of using different foods and topical applications such as herbal infused oils for certain health imbalances.
- Lifestyle recommendations for day today health maintenance.
- Tools and techniques including simple herbal treatments and dietary & lifestyle changes to restore and maintain equilibrium.
- Various methodologies involved in Palliative (Shamana) and Purification (Shodhana) treatment
- Ayurvedic stress managing technique

AAY112. Ayurvedic Practice Management / Ayurvedic Colloquium- In this module, focus will be given on how to build and sustain an Ayurvedic clinical practice and how the science of Ayurveda applies to the business model, discussion on ethics in Ayurveda practice. Topics include but not limited to:

- Ayurveda and Public health
- Ayurveda and environmental health
- The structure of state and national practice regulations and the state of Ayurvedic affairs in the United States
- Legal, ethical aspects of Ayurvedic practice development
- Ancient ethical Ayurveda practice, Ayurvedic Arishta lakshanas with the view of Death process
- How to build and sustain Ayurvedic practice
- Tools, tips, to set up and run Ayurveda business as an Ayurveda life style consultant

Distribution of Total 752 hours:

- 192 hrs Classroom Sessions – Where you will get in-depth knowledge of Authentic Ayurveda for the appropriate level and scope of practice from our classically trained faculties.
- 220 hrs Clinical Case Studies (Clients encounter, Client directed study, Client case research, Client case presentation). At AIA, students are required to complete supervised clinical internship including contact with a minimum of 50 client encounters. This will also include client directed studies, client case research and client case presentation. (Please note: Documentation of all client experiences must be submitted and signed by the observing Ayurvedic Physician. Students traveling to India will meet this requirement as 50 client encounters are built into the learning course competencies).
- 60 hrs Directed Study (Home assignments)
- 60 hrs Lifestyle coaching exercise
- 95 hrs Basic Anatomy workbook exercise
- 45 hrs Research paper – 1 minimum
- 45 hrs Book Review – 3 minimum
- 25 hrs Basic Sanskrit workshop and guided study
- 15 hrs Community outreach presentation project