



AYURVEDIC DOCTOR

BOARD CERTIFICATION BETA EXAM STUDY GUIDE

As an emerging healthcare profession in the U.S., your participation in the Ayurvedic Doctor National Certification Exam process is important and integral. Building off of educational competencies and standards developed by the National Ayurvedic Medical Association, NAMACB certification is the first well-established credentialing process for Ayurvedic medicine in the United States.

The following study guide will help you successfully prepare for the NAMACB Ayurvedic Doctor Beta Exam.

Information about the Ayurvedic Doctor Beta Exam:

- The exam has three sections, outlined here:
 - Skills and Competencies
 - Recommendations, Treatment, and Other Interventions
 - Categories of Cikitsa
- The exam is comprised of about 139 multiple-choice questions.
- ***The exam contains Sanskrit terminology. You may cross-reference study with our AD Resource Guide to familiarize yourself with Sanskrit that may be on the exam***
- You will have 210 minutes to complete the exam.
- The AD Beta Exam costs \$100 USD.
- The exam is Pass/Fail.
- There are two versions of the exam you may choose from:
 - On-Site Proctored (OSP)
 - On-Line Proctored (OLP)
- Please register for the AD exam [here](#).
- You will receive your results for the exam once we reach a critical mass of test takers and the cut score is established.
- For any questions, please contact namacb@ayurvedanama.org

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Section 1: Skills and Competencies

SKILLS AND COMPETENCIES
Given a scenario including symptoms of a disease, identify the type of fever.
Given a case study, assess the condition.
Given a case study, identify the herbal formula for the patient.
Given a case study, identify the suitable diet and lifestyle for the patient.
Identify the agreya ausadha for prameha.
Identify the type of svasa.
Identify causative factors for Sheetapitha.
Identify the differential assess for Sheetapitha and kotha.
Given a scenario about pandu, identify the differential assessment for pandu and kamala.
Identify the management principles for sthoulya.
Given a scenario, identify the differential assessment for amavata and sandigata vata.
Identify the upashaya and anupashaya for the amavata and sandigata vata.
Identify the common herbs for treating infertility.
Given a scenario, identify the type of yoni vyapat.
Identify a suitable herbal formula for the management of Apasmara.
Identify the management principle for dushta stanya.
Given a scenario, identify actions that are HIPAA compliant.
Given a scenario including the results of hormone tests, interpret the results.
Given the results of lab tests, interpret the results.
Given radiology/ultrasound results, interpret the results.

RECOMMENDATIONS, TREATMENT AND OTHER INTERVENTIONS

Section II

RECOMMENDATIONS, MANAGEMENT AND OTHER INTERVENTIONS
Given a case study, identify the purva karma therapy.
Given a case study, identify suitable panchakarma therapies for the patient.
Given a case study, identify the pradhana karma including indications and contraindications.
Identify Paścāt Karma preparation.

CATEGORIES OF CIKITSĀ

Section III

CATEGORIES OF CIKITSĀ
Given a scenario including patient progress information, identify appropriate adjustments to the management plan.
Identify the monthly development of a fetus.
Given a scenario about a child, identify the assessment.
Given a scenario about a child, identify the proper herbal formula.
Given a scenario about a child, identify the proper diet.
Given a scenario about a child, identify the proper lifestyle changes.
Given a scenario about a geriatric patient, identify the assessment.
Given a scenario about a geriatric patient, identify the proper herbal formulas.
Given a scenario about a geriatric patient, identify the proper Āyurvedic Rasayana therapies.
Given a scenario about a geriatric patient, identify the proper diet.
Given a scenario about a geriatric patient, identify the proper life style changes.
Given a scenario including a geriatric patient progress information, identify appropriate adjustments to the management plan.
Identify the indications for Kshara Suthra and Jalaukavacharana.
Identify the assessment and management for Arshas, Arbuda, and Bhagandhara.
Given a scenario about Manovaha sroto dushti, identify the assessment.
Given a toxicology scenario, identify the symptoms that would occur.

REFERENCE BOOKS FOR AD EXAM

Classical Texts:

- Caraka Saṃhitā C.S.
- Suśurutha Saṃhitā S.S.
- Aṣṭāṅga Samgraha A.S.
- Aṣṭāṅga Hṛdayam A.H.
- Śāraṅgadhara Saṃhitā Sha. Sa.
- Bhāva Prakāśa Nighantu Bha. Pra.
- Mādhava Nidāna M.N.
- Yoga Ratnākara Y.R.

Western References:

- Harrison's Internal Medicine