



NATIONAL AYURVEDIC
MEDICAL ASSOCIATION
CERTIFICATION BOARD

AYURVEDIC DOCTOR
CERTIFICATION EXAM
REFERENCE GUIDE
2021 Edition

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Ayurvedic Doctor Reference Guide Outline

1. Introduction to Ayurveda

- a. Śad Darśana
 - i. Sāṃkhya
 - 1. 24 tattvas (Caturviṃśati tattvas)
 - ii. Yoga
 - 1. Aṣṭāṅga Yoga
(Yama, Niyama, Āsana, Prāṇāyāma, Pratyāhāra, Dhāraṇa, Dhyāna, Samādhi)
 - iii. Nyāya
 - iv. Vaiśeṣika
 - 1. Pratyakṣa pramāṇa
 - 2. Anumāna pramāṇa
 - 3. Upamāna pramāṇa
 - 4. Śabda / Āptopadeśa pramāṇa
 - 5. Yukti (mentioned in Caraka) pramāṇa
 - v. Pūrva Mīmāṃsa
 - vi. Uttara Mīmāṃsa / Vedānta
- b. Nava Dravya
 - i. Pañca Mahā Bhūta (elements)
 - ii. Kāla – time
 - iii. Dik – Direction
 - iv. Ātman – Soul
 - v. Manas – mind
- c. Definition of Āyurveda, Historical background and origins

- d. Bṛhad Trayī– Caraka Saṃhitā, Suśruta Saṃhitā, Aṣṭāṅga Saṃgraha & Aṣṭāṅga Hṛdayam
- e. Laghu Trayī Śāraṅgadhara Saṃhitā, Bhāva Prakāśa Nighantu, Mādhava Nidāna
- f. Aṣṭāṅgas of Āyurveda –
 - i. Kāya Cikitsā (General Medicine)
 - ii. Bāla Cikitsā (Pediatrics)
 - iii. Graha Cikitsā (Unseen causes)
 - iv. Ūrdhvāṅga Cikitsā (ENT, Ophthalmology and Diseases above the clavicle)
 - v. Śalya Cikitsā (Surgery)
 - vi. Dāmṣtra Cikitsā / Agada Tantra (toxicology)
 - vii. Jarā Cikitsā (Management of healthy aging)
 - viii. Vṛṣa Cikitsā (Vājīkarana – Fertility)
- g. Concept of Macrocosm and Microcosm
- h. Sāmānya Viśeṣa siddhānta (Concept of similarity and dissimilarity)
- i. Sāṃkhya Philosophy:
 1. *Prakṛti, Puruṣa*
 2. *Mahat*
 3. *Ahaṃkāra*
 4. *Manas*
 5. *Pañca tanmātras*
 6. *Pañca jñānendriyas*
 7. *Pañca karmendriyas*
 8. *Pañca mahābhūtas*
 9. Relationship of *jñānendriyas, karmendriyas, tanmātras and mahābhūtas*

2. Āyurvedic Fundamental Principles

- a. Doṣas
 - i. Definition
 - ii. Elemental composition of each doṣas
 - iii. Location of doṣas in the body (predominant areas - sthāna)
 - iv. Doṣa functions
 - v. Predominance in time of day, night, digestion, season and stage of life
 - vi. Guṇas (qualities) of each doṣa

- vii. Vāta subdoṣas
 - viii. Pitta subdoṣas
 - ix. Kapha subdoṣas
 - x. What aggravates Vāta, Pitta and Kapha
 - xi. Signs and symptoms of doṣa vṛddhi (aggravated)
 - xii. Signs and symptoms of doṣa kṣaya (decreased)
 - xiii. Doṣa gati (movement of dosas, causes and treatment principles)
 - 1. Ūrdhvaga (upwards)
 - 2. Adhoga (downwards)
 - 3. Tīryak (horizontally)
 - 4. From koṣṭha (GIT) to śākhā (extremities) to asthi (bones) to Marma (vital spots)
 - xiv. General measures of doṣa upakrama (Pacification of doṣa)
 - xv. Nānātmaja Vyādhīs
 - 1. 80 Vāta vikāras
 - 2. 40 Pitta vikāras
 - 3. 20 Kapha vikāras
- b. Dhātu –
- i. Definition
 - ii. Functions
 - iii. Elemental composition of dhātus
 - iv. Relation between doṣa and dhātus
 - v. Causes, signs and symptoms of dhātu vṛddhi (aggravated)
 - vi. How to pacify dhātu duṣṭī
 - vii. Causes, signs and symptoms of dhātu kṣaya (decreased)
- c. Mala
- i. Definition
 - ii. Functions
 - iii. Relation between doṣa and mala
 - iv. Causes, signs and symptoms of mala vṛddhi
 - v. How to pacify aggravated malas
 - vi. Causes, signs and symptoms of mala kṣaya
 - vii. Elimination frequency various qualities of waste products
 - viii. Types of Koṣṭha
- d. Srotāṃsi
- i. Definition, origin, associated organs, pathway and associated disorders of each srotas.
 - ii. Types of Sroto duṣṭi – abnormalities
 - 1. Atipravṛtti (Increased Flow)
 - 2. Saṅga (Obstructed)
 - 3. Vimārga gamana (Diverted flow)

4. Sīrā Granthi (Nodules in channels)
- iii. Prāṇavaha srotas
- iv. Annavaha srotas
- v. Udakavaha / Ambuvaha srotas
- vi. Rasavaha srotas
- vii. Raktavaha srotas
- viii. Māṃsavaha srotas
- ix. Medovaha srotas
- x. Asthīvaha srotas
- xi. Majjāvaha srotas
- xii. Śukravaha srotas
- xiii. Purīṣavaha srotas
- xiv. Mūtravaha srotas
- xv. Svedovaha srotas
- xvi. Ārtavavaha/Rajovaha srotas
- xvii. Stanyavaha srotas
- xviii. Manovaha srotas

3. Prakṛti – Traits of mind and body

- a. Vāta – characteristics and qualities
- b. Pitta - characteristics and qualities
- c. Kapha - characteristics and qualities
- d. Combination of two or more doṣas in a constitution
- e. Prakṛti Parīkṣaṇa (Method of assessment)
- f. Aṣṭasāra Puruṣa (8 types of ideal constitution)
- g. Samhanana (Physical Build)
- h. Pramāṇa (Measurement of Body- Height, Weight, Posture, Circumference of Head)
- i. Sātmya or client's ability to adapt to Āhāra (Diet), Dravya (Herbs), Vihāra (Lifestyle and Behavior)
- j. Āhāra Śaktī (Ability to Digest)
- k. Vyāyāma Śaktī (Stamina, endurance and capacity to exercise)

4. Prāṇa, Tejas and Ojas

- a. Definitions of each
- b. Factors which increase each and signs, symptoms and diseases related
- c. Factors which decrease each and signs, symptoms and disease related

5. Svastha – Definition and importance

- a. Methods for maintenance of physical and mental health
- b. Factors that promote physical and mental health

c. Factors that promote spirituality

6. Trayopasthamba - Three Sub Pillars of health

1. Ahāra: Food, digestion and methods of nutrition

i. Agni

1. Definition
2. Types (13)
3. Types of Jaṭharāgni (4)
4. Association of agni with doṣas
5. What affects the normal and abnormal variations of agni
6. Methods to enhance agni (Dīpana, Pācana etc.)

ii. Pacana (Digestion)

1. Dosas involved in digestion in the Āmāśaya
2. Stages of digestion and predominance of doṣas
3. Factors which influence the rate and quality of digestion
4. Dhātu parīṇāma (transformation of dhātus)

iii. Upadhātus (by products of dhātu formation)

1. Dhātu mala (end products of dhātu formation)
2. Appropriate quantity of food
3. Healthy eating habits (Āhāra sevana vidhi)
4. Unhealthy eating habits
5. Definition of Sātmya and Oka-sātmya

iv. Āma

1. Definition
2. Causes
3. Signs & Symptoms
4. Methods of assessment
5. Sāma doṣa signs and symptoms
6. Nirāma doṣas signs and symptoms
7. Sāma malas signs and symptoms
8. Nirāma malas signs and symptoms
9. Management of āma- with diet, lifestyle and / or spices
10. Āma Viṣa: signs, symptoms and therapeutic interventions
11. Daṇḍaka: signs, symptoms and therapeutic interventions
12. Ālasaka: signs, symptoms and therapeutic interventions

v. Rasa (taste)

1. Types and elemental composition
2. Rasa that aggravate and pacify each doṣa
3. Effects, qualities and examples of each rasa
4. Effects of excessive or inadequate consumption of each rasa
5. Examples of food predominant in each rasa

- vi. Vyavāyī(absorbed quickly without digestion)
- vii. Vikāṣī (spreads quickly and Harmful to dhātus)
- viii. Grāhī (moisture absorbent)
- ix. Rasa Panchak - Rasa, Guṇas, Vīrya, Vipāka,Prabhāva
 - 1. Rasa
 - 1. Madhura
 - 2. Amla
 - 3. Lavaṇa
 - 4. Katu
 - 5. Tikta
 - 6. Kaṣaya
 - 2. Guṇas (qualities)
 - 1. 20 types
 - 2. Effect on doṣas
 - 3. Other Guṇas
 - 3. Vīrya
 - 1. Uṣṇa vīrya, effect on doṣas, and uses
 - 2. Śīta vīrya, effect on doṣas and uses
- x. Vipāka (post digestive effect)
 - 1. Definition
 - 2. Types and effect on doṣas
- xi. Prabhāva (Specialized therapeutic effect)
 - 1. Definition and uses
- xii. Food regimen
 - 1. Quantity of food to be consumed according to doṣa, agni, age
 - 2. Pathya - Healthy eating habits, time for meals etc.
 - 3. Apathya - Unhealthy food habits
 - 4. Definition of sātmya
 - 5. Uṣṇodaka – Boiled water
 - 6. Foods that aggravate Vata, Pitta and Kapha
 - 7. Foods that pacify Vata, Pitta and Kapha
 - 8. Viruddha Āhāra – Incompatible food
 - 9. Examples of food that are Rasāyana (rejuvenate)
 - 10. Examples of food that are Vājikaraṇa (Aphrodisiac)

2. Nidrā- Sleep

- Importance of sleep
- Rātrīcaryā
- Causes and Effects of Rātri Jagaraṇa (Night vigil)
- Methods to induce healthy sleep

3. Brahmacharya: Sexual self restraint, mindfulness and right use of senses

7. Dinacaryā

- a. Brahma muhūrtamūhurta – ideal time for waking up
- b. Malotsarga – elimination of wastes
- c. Danta Dhāvanaand Jihva Nirlekhan – brushing teeth, tongue scraping
- d. Gaṇḍūṣa & Kavala – Holding liquid in the mouth to full capacity and gargling with liquid
- e. Vyāyāma – Exercise, effects, types appropriate for each dosa and benefits
- f. Abhyaṅga – Oil application / massage – effects, indications and benefits,
- g. Snāna – Bath / shower effects and benefits
- h. Pratimarsa Nasya– oil application inside the nostrils
- i. Sadvṛtta – good conduct and ethics

8. Ṛtu Caryā – Seasonal regimens

- a. Adan Kāl (Uttarayan northern solstice) and Visarga Kāl (Dakshinayana southern solstice)
- b. Four seasons and predominance of dosas
- c. Ṛtu sandhi – management of seasonal transition and cleanses
- d. Seasonal related signs and symptoms

9. Vikṛti (Pathological Condition)

- a. Nidāna Pañcaka
 - i. Nidāna – Etiology
 - ii. Trividha kāraṇa – three general causes for disease
 1. Asātmya indriya artha saṃyoga – hīna, mithya and atī yoga of indriya and artha
 2. Prajñāparādha - willful transgression
 3. Pariṇāma – seasonal related disorders
 - iii. Classification of disease
 - iv. 4 Types of prognosis in Ayurveda
 - v. Sāmānya / Viśeṣa
 - vi. Nija / Āghantu
 - vii. Primary / Secondary
 - viii. Doṣa Hetu
 - ix. Vyādhi Hetu
 - x. Ubhaya Hetu
 - xi. Vyanjaka / Utpādaka
 - xii. Prākṛta
 - xiii. Vaikṛta

- xiv. Sāma / Nirāma
 - xv. Śāririka
 - xvi. Mānasika
 - xvii. Ātmaja
 - xviii. Karmaja
 - xix. Annaja
 - xx. Kṛmija
 - xxi. Vyvasāyaja
 - xxii. Abhighātaja
 - xxiii. Auśadhaja
 - xxiv. Adhyātmika
 - xxv. Adibhoutika
 - xxvi. Adidaivika
- b. Pūrva Rūpa
- 1. Sāmānya – General
 - 2. Viśeṣa – Specific
- c. Śad Kriyā Kala – 6 stages of Saṃprāpti
- d. Rūpa – Signs & symptoms
- e. Upaśaya & Anupaśaya – Differential diagnosis
- f. Saṃprāpti – Pathogenesis and manifestation of disease
- g. Roga Mārga – Pathway for disease
- i. Bāhya (external)
 - ii. ābhyantara (internal)
 - iii. Madhyama (intermediate)

10. Parīkṣā – Examination

Trividha Parīkṣā

- a. Darśana – definition, utilization, and methods
 - i. The ability to interpret information that has been received upon observation to determine the vitiation of doṣas, sub-doṣas, dhātus (tissues) and srotas.
- b. Sparśana – Definitions, methods and utilization
 - i. The ability to interpret information that has been received upon palpation to determine the vitiation of doṣas, sub-doṣas, dhātus and srotas.
- c. Praśna – methods and utilization
 - i. Client intake process
 - ii. Social history
 - iii. Medication history
 - iv. Vital signs
 - v. Family History
 - vi. Medical history

vii. Asking questions about the current state of digestion, elimination, sleep, stress level, energy level and emotional level.

d. Daśa Vidha Parīkṣā

- i. Duśya (Structural and functional abnormalities of the body)
- ii. Deśa (Geographical nature of the place where client lives)
- iii. Bala (Physical strength)
- iv. Kāla (season and climatic conditions)
- v. Anala (Digestive fire of the client)
- vi. Prakṛti (Constitution)
- vii. Vaya (Age of the client)
- viii. Sattva (Psychological nature of the client)
- ix. Sātmya (General and personal habits of the client)
- x. Āhāra (Nature of the patient's diet)

e. Aṣṭa Vidha Parīkṣā

- i. Naḍī (Pulse Assessment)
- ii. Mūtra (Urine Assessment)
- iii. Mala (Stool Assessment)
- iv. Jihva (Tongue Assessment)
- v. Śabda (Speech and Voice Assessment)
- vi. Sparśa (Palpation and Skin assessment)
- vii. Dṛk (Assessment of Eyes)
- viii. Ākṛti (General Appearance of external features - Face, Nose)

f. Assessment of state of mind

- i. Sattva qualities of mind
- ii. Rajas qualities of mind
- iii. Tamas qualities of mind

g. Assessment of Vital Signs

Methods of assessment, interpretation of findings and when to refer clients:

- i. Raktacapa (Blood Pressure)
- ii. Taking pulse
- iii. Respiration

11. Vyādhi: Disease

Knowledge of the nidānas (causative factors), pūrva rūpas (premonitory signs and symptoms), rūpas (signs and symptoms), saṃprāpti (pathogenesis), upaśaya and anupaśaya (method of differential diagnosis, if stated in the classical texts), vyakti,

bheda (types of the disease), upadravas (complications), cikitsa sūtra (line of treatment), cikitsa (treatment measures) and auśadha (medicines) indicated for each vyādhi listed below.

(Please note that the translation on the disease as stated in Ayurveda, may not be limited to just those listed as the English correlation. The signs, and symptoms of the following conditions as per Ayurvedic classical texts and how it can be recognized in clients is required)

- Knowledge of various vyādhis:
 - Identify vyādhi lakṣaṇas (signs of disease)
 - Identify vyādhi avasthā: sāmā or nirāma state of doṣa, dhātu, and malas
- Knowledge of vyādhi classifications:
 1. Nija, āgantū, and mānasika
 2. Santarpaṇa and apatarpaṇa janya
 3. According to roga mārga: bāhya, ābhyantara, or madhya
 4. Sāmānyaja or nānātmaja
 5. Sukha sādhyā, kaṣṭha sādhyā, yāpya, or asādhyā
- Knowledge of the nanatmaja vikaras: vataja, pittaja and kaphaja
- In-depth knowledge of the classical diseases listed below; including how they are described in the Brihat Trayī and Laghu Trayī regarding these diseases and the opinions of the chief commentators
- Knowledge of the following diseases:
 - According to srotas:
 - Prāṇavaha srotas: kāsa, śvāsa, hicca
 - Annavaha srotas: ajīrṇa, aruci, cardi, amlapitta, ānāha, udara śūla, kṛmi, grahaṇi, Atisāra, arśhas
 - Ambuvaha srotas: tṛṣṇa, prameha, śoṭha, atīsāra
 - Rasavaha srotas: jvara, pāṇdu
 - Raktavaha srotas: raktapitta, dāha, vātarakta, kāmala
 - Mamsavaha srotas: granthi, galaganda, gandamala
 - Medovaha srotas: sthauilya (medo roga)
 - Asthivaha srotas: asthigata vāta, sandhigata vāta, āma vāta

- *Majjavaha srotas: pakṣāvadha, ākṣepaka, kampavāta, apasmāra, gṛdrasi*
- *Śukravaha srotas: klaibya*
- *Ārtavavaha and stanyavaha srotas: yoni vyāpat, pradara, stanya rogas*
- *Mutravaha srotas (urinary tract): mutrakrucchra (dysuria and mutragata (Urinary retention/obstruction), Prameha (Urinary disorders including diabetes)*
- *Purīṣavaha srotas (excretory system): pravahika (dysentery), Malabaddhata (chronic constipation)*
- *Manovaha srotas: unmāda, smṛtibhramṣa*
- According to organ:
 - *Hrid roga*
 - *Tvak: visarpa, kaṇḍu, kuṣṭha*
 - *Vṛkka: aśmari*
 - **Additional diseases: gulma, arbuda*
- Overview understanding of the western diseases listed below, including a general appreciation of epidemiology, causation, pathogenesis and clinical presentation:
 - *Jwara*
 - Influenza
 - Lyme Disease
 - STIs
 - *Visham jwara*
 - *Sannipataka jwara*
 - *Rajayakshma*
 - Common infectious diseases
 - RSV
 - Gastroenteritis
 - Food poisoning
 - Emerging infectious diseases
 - Lyme Disease & co-infections
 - Babesiosis
 - Bartonella

- Ehrlichiosis
- Mycoplasmosis
- Tularemia
- West Nile
- HIV
- Annavaha srotas & purishavaha srotas
 - Chronic diarrhea
 - Candidiasis
 - Parasitic infections (krumi)
 - Food allergies
 - Chronic gastritis
 - GERD
 - Irritable bowel syndrome
 - Gluten sensitivity and celiac disease
 - Hemorrhoids (arsas)
 - Inflammatory bowel disease (ulcerative colitis, Crohns, microscopic colitis)
- Ambuvaha srotas
 - Diabetes insipidus
 - Dehydration
- Pranavaha srotas
 - Sinusitis
 - Chronic bronchitis
 - Bronchial asthma
 - Allergies/hay fever
 - Walking pneumonia
- Rasavaha srotas
 - Hyperlipidemia
 - Eczema
 - Psoriasis

- Urticaria
- Acne
- Raktavaha srotas
 - Hypertension
 - Ischemic heart disease,
 - Arrhythmias
 - Peripheral vascular disease
 - Anemia
 - Chronic liver diseases: Hepatitis B & C and non-alcoholic fatty liver disease
 - Thrombophlebitis
- Mamsavaha srotas
 - Chronic pain syndromes
 - Fibromyalgia
 - Chronic fatigue syndrome
 - Tendinitis
 - Plantar fasciitis
- Medovaha srotas
 - Obesity
 - Diabetes mellitus
- Astivaha srotas
 - Osteoarthritis
 - Rheumatoid arthritis
 - Psoriatic arthritis
 - Gout
 - Osteoporosis
 - Scoliosis
- Majjavaha srotas
 - Sleep disorder
 - Migraine
 - MS

- Headaches
- Parkinson's disease
- Epilepsy
- Sukravaha srotas
 - Prostatitis
 - Prostate cancer
 - Erectile dysfunction
 - Infertility
- Artavavaha srotas
 - Menorrhagia
 - Dysmenorrhea
 - Amenorrhea
 - PMS
 - Support for normal pregnancy
 - Menopause
- Manovaha srotas
 - Anxiety
 - Panic attacks
 - Stress
 - PTSD
 - Eating disorders (anorexia nervosa, bulimia)
 - Alcoholism
 - Major depression
 - Bipolar
 - Schizophrenia
- Sthanyavaha srotas
 - Support for lactation
 - Tender breasts
 - Fibrocystic breast disease
 - Breast cancer

- Mutravaha srotas
 - UTI
 - Irritable bladder syndrome
 - Incontinence
 - Renal stones
- Metabolic disorders
 - Thyroid diseases
 - Adrenal fatigue
 - Diabetes

*(Note: references for all types of disease along with their brief definition is also stated in the reference section and vocabulary list in an alphabetical order)

12. Types of therapies

- a. Śamana: Palliative Care (non-elimination of Doṣas)
 - i. Indications and contraindications for palliative care. Methods of designing an appropriate palliation program suitable for management of specific disorders. Assessment of appropriate time and duration of interventions including the transition off palliative care into preventative measures.
- b. Preventative Therapies:
 - i. Dīpana
 - ii. Pācana
 - iii. Kṣut Nigraha
 - iv. Tṛṣṇa Nigraha
 - v. Vyāyāma
 - vi. Ātapa sevana
 - vii. Māruta Sevana
- c. Āhāra (Diet)
 - i. Determine appropriate dietary guidelines for the client
- d. Vihāra (Lifestyle)
 - i. Determine appropriate lifestyle guidelines for the client
 - ii. Self abhyaṅga (oil application)
 - iii. Uṣnodaka (Drinking boiled water)
 - iv. Jihva Nirlekhan (Tongue scraping)
 - v. Sadvṛtta (Good moral conduct) etc.
- e. Auśadha: Medicines

Various single herbs and formulas indicated for management of specific conditions. Drug of choice for specific disorders as stated in classical texts. Refer to table 1: Single herbs and table 2: Formulas required for Ayurvedic Practitioners. Knowledge of the formulas, method of preparation, dose, frequency, appropriate time for use according to stage of disease, age etc., indications and contraindications is required.

- i. Auśadha Kāla: Time for administration of medicines
 - ii. Anupāna and sahapāna: vehicle or adjuvants to formulas
 - iii. Mātrā (dose)
- f. Sensory Therapies
- i. Aromatic therapy
 - ii. Taste therapy
 - iii. Touch therapy
 - iv. Sound Therapy
 - v. Visual therapy

13. Śodhana: Methods of elimination including preparatory procedures

Knowledge of methods, procedures, indications and contraindications, signs and symptoms of appropriate use of procedure and inappropriate results of procedure and methods of management of any complications for all the following methods. Note: some procedures mentioned here are for the basis of theoretical knowledge, even if it may be beyond the scope of practice of an Ayurvedic Practitioner)

- a. Pūrva Karmas
- i. Snehana – Utility of fats (Ghṛta – ghee, Taila- oils, Vasa - meat fats, Majjā- bone marrow)
 - a. Internally – Snehapāna (internal oleation)
 - b. Externally - Abhyaṅga (external oleation)
 - ii. Svedana – Sweating procedures
 1. Bāṣpa – steam
 2. Avagāha – liquid immersion
 3. Upanaha – Warm pastes
 4. Sankara – Bandage with warm paste
 5. Nādī – localized steam through a tube
 6. Prastara – steam tent
 7. Jentaka – sweating in a hut (sauna, steam room)
 8. Aśmaghna – hot stone therapy
 9. Niragni – methods to induce sweating without the use of fire ex. Exercise, heavy blankets, exposure to sun etc.

- b. Pradhāna Karma: Primary elimination methods
 - i. Vamana – emesis
 - ii. Virecana – purgation
 - iii. Nasya – nasal medication
 - iv. Āsthāpana vasti – Decoction based enemas
 - v. Anuvāsana vasti – Fat based enemas
- c. Paschat Karma: Post procedure care
 - i. Saṃsarjana Krama – Diet increments followed to increase agni
- d. Additional therapies:
 - i. Udvartana: Dry powder massage
 - ii. Śirodhara
 - iii. Dhārā (pouring of oil)
 - iv. Picū (Oil soaked cotton)
 - v. Bāhya bastī (Oil well) etc.
 - vi. Dhuma pāna – medicated smoke inhalation
 - vii. Gandūṣa – Medicated liquid used for mouth salve
 - viii. Kavala – gargling

14. Rasāyana: Rejuvenation Therapy

- a. Indications
- b. Contraindications
- c. Preparatory measures for shodhana cikitsa
- d. Methods
 - i. Kutipraveśa Rasāyana: Confined rejuvenation (Retreat style)
 - ii. Vāta Ātāpika: Rejuvenation while exposed to wind and sunlight (non retreat style)
- e. Use of herbs and formulas for Rasāyana
- f. Follow up procedures: Dīpana, Pācana

15. Bṛmhaṇa: Tonification

- a. Dietary measures for therapeutic nourishment
- b. Herbal formulas that promote nourishment
- c. Santarpana cikitsa (Internal and external therapies)
- d. Daily Routines which promote tonification
- e. Indications and Contraindications for tonification

16. Striroga (Gynaecology)

- a. Stree Shareer Vigyan (Anatomy of female reproductive organs)

- b. Ritu Chakra (Menstrual cycle)
- c. Artava Vyapad (Abnormalities of Menstrual blood and abnormalities of menstrual Cycle)
 - Rajaswala- charya
 - Ritumaticharya
- d. Yoni vyapad
- e. Asrigudara (Dysfunctional uterine bleeding)
- f. Garbhashayagat arbud (Uterine fibroids)
- g. Karkatarbud (uterine malignancies)
- h. Yoni- strava (Abnormal vaginal discharges)
- i. Stana Roga (Diseases of the breast)
- j. Vandhyatva (Infertility)

17. Prasūti Tantra: Pre-Natal, and Post Natal therapies

- a. Diet and lifestyle measures for both newborn and mother
- b. Assessment and interventions for vikṛti which may occur during post-partum period
 - i. Food and herbs which promote lactation
 - ii. Food and Herbs which improve strength and rejuvenation
 - iii. External therapies suitable for post-partum care
- c. Assessment and interventions for mild vikṛti which may occur in the first year of the child till adolescence
 - i. Food and herbs along with dose and appropriate method of administration for infants
 - ii. External therapies suitable for an infant

18. Kaumārabhṛtya: Children's Health

- a. Diet and lifestyle appropriate for different age groups
- b. Herbs suitable to promote health
- c. Assessment of mild vikṛti or disease which may occur in different age groups along with suitable interventions according to age, season, prakṛti, etc.
- d. Herbs suitable for children, dosage according to age, formulas and mode of administration for various age groups

19. Śālākya Tantra: ENT / Head and Neck Region

- a. Knowledge of the anatomy of all the structures at and above neck
- b. Knowledge of imbalanced doṣas, sub-doṣas, dhātus (tissues), upadhātus (by products of nutrition), at these regions
- c. Samprāpti (pathogenesis) of their diseases
- d. Nidān pañcaka (five stages of pathogenesis) of their diseases

- e. Knowledge of herbs, creating herbal formulas for these diseases
- f. Knowledge of herbal preparations (oils, ghees etc)
- g. Knowledge of appropriate dosage, time of taking herbs
- h. Knowledge of *anupānas* (adjuvants)
- i. Knowledge of designing and performing special Āyurvedic therapy
- j. Knowledge of indications and contraindications of such procedures

20. Bhūtavidyā/Manovijñāna: Psychiatry

- a. Knowledge of the Mind and its various functions, causative factors for pathological changes, stages of pathology, various diseases presenting with psychological and physical symptoms.
- b. Assessment of various psychological disorders from an Ayurvedic perspective
- c. Determination of predominance of Sattva, Rajas and Tamas in specific conditions
- d. Diet and Lifestyle, herbal recommendation to improve mental health and balance of prāṇa (vital energy), tejas (radiance) and ojas (essence of life)
- e. Additional sensory therapies that not only balance the doṣas of the mind and restore a healthy balance of prana (vital force) –tejas (radiance) and ojas (essence of life) but also are an important part of treating specific disease conditions including visual (color), olfactory (aromas, netī (nasal salve), nasya – medicated nasal drops) , auditory (mantra and music) and touch (massage / oil therapies).
- f. Utility of Sattva Avajaya Cikitsa: methods to improve the health and stable functions of the mind by enhancing sattva guna.

21. Western Medical Reports

The Ayurvedic doctor is able to interpret basic Western diagnostic and medical reports. The doctor understands the diagnostic assessments of physician, chiropractor, physical therapists and other health and medical professionals.

- i. Nature of the diagnostic test (what it is) and why the test is performed.
- ii. Normal and abnormal tests.

Noted Limitation: The doctor is not required to be able to interpret raw data or the test results, but to understand the interpretation of the test from the expert who has reported the results.

- a. **Blood Tests**
 - i. Basic Chemistry Screen
 - ii. Glucose
 - iii. Urea nitrogen

- iv. Creatinine
- v. EGFR
- vi. Serum sodium
- vii. Serum potassium
- viii. Serum chloride
- ix. Serum magnesium
- x. Serum calcium
- xi. Serum phosphate
- xii. Serum uric acid
- xiii. Serum albumin
- xiv. Serum globulin
- xv. Total serum protein
- xvi. Bilirubin (total * direct* indirect*)
- xvii. Alkaline phosphatase
- xviii. Serum iron
- xix. Ferritin
- xx. GGT/GGTP
- xxi. Serum LD
- xxii. AST (SGOT)
- xxiii. ALT (SGPT)
- xxiv. Cholesterol
- xxv. Triglycerides
- xxvi. HDL
- xxvii. LDL
- xxviii. Homocysteine (understand why it is not, but should be, a basic screen)
- xxix. Apolipoproteins (understand why it is not, but should be, a basic screen)

b. Basic Hematology Tests

- i. White blood count and differential
- ii. Hemoglobin
- iii. Hematocrit
- iv. Red blood cell indices:

1. MCV
 2. MCH
 3. MCHC
 4. RDW (red blood cell distribution width)
 5. Reticulocytes
- v. Platelet count
- c. Commonly-assessed Hormone Tests
- i. TSH
 - ii. T3 T4
 - iii. Cortisol
 - iv. Testosterone
 - v. LH
 - vi. FSH
- d. Vitamin D Level
- e. Inflammatory Markers
- i. CRP
 - ii. Rheumatoid factor
 - iii. ANA
- f. HbA1c
- g. Tumor Markers
- i. PSA
 - ii. AFP
 - iii. Ca 125
- h. Standard Urinalysis
- i. Volume, color, turbidity
 - ii. Specific gravity
 - iii. Ph
 - iv. Protein
 - v. Glucose
 - vi. Ketones

- vii. Bilirubin
- viii. Heme
- i. Stool Tests
 - i. Fecal fat
 - ii. Stool culture and sensitivity, O&P
 - iii. FOB
- j. Imaging
 - i. Reasons for performing ultrasound studies
 - ii. Abdominal ultrasonography
 - iii. Echocardiography
 - iv. Fetal ultrasound
 - v. Pelvic and transvaginal ultrasonography
 - vi. Dangers, pitfalls & uses of CT scans
 - vii. Calcium count/heart scan
 - viii. Reasons for performing MRI & type of information obtained
 - ix. Dangers & uses of x-rays
 - x. Dexascan for bone density
- k. Endoscopy
 - i. Reasons for performing upper GI & colonoscopy and type of information obtained
- l. Pathology
 - i. Understand cancer staging, grading report and hormone sensitivity

Table 1: Basic Herb List for the Ayurvedic Doctor

Qualities of each herb including Rasa (taste), Guṇa (qualities), Vīrya (Potency), Vipāka (post digestive effect), and Prabhāva (Specialized therapeutic effect) as well as the dose, frequency, method of administration and duration of administration. Indications and contraindications, as well as measures to correct side effects of inappropriate use is required.

<i>Saṁskṛta</i> Name	Latin Name	Common Name
<i>Āmalakī</i>	<i>Emblica officinalis</i>	Indian gooseberry
<i>Anantamūla</i>	<i>Hemidesmus indicus</i>	Sariva, upalsari
<i>Arjuna</i>	<i>Terminalia arjuna</i>	
<i>Aśoka</i>	<i>Saraca indica</i>	
<i>Aśvagandha</i>	<i>Withania somnifera</i>	
<i>Balā</i>	<i>Sida cordifolia</i>	
<i>Bhr̥ṅgarāja</i>	<i>Eclipta alba</i>	
<i>Bhūmyāmalakī</i>	<i>Phyllanthus amarus</i>	Bhumi-amla
<i>Bilva</i>	<i>Aegle marmelos</i>	Bael fruit
<i>Brahmī</i>	<i>Bacopa monnieri, centella asiatica</i> (active debate on this)	
<i>Citraka</i>	<i>Plumbago zeylanica</i>	
<i>Dāruharidrā*</i>	<i>Berberis aristata</i>	Daruhalad
<i>Devadāru*</i>	<i>Cedrus deodara</i>	Deodar
<i>Dhānyaka</i>	<i>Coriandrum sativum</i>	Coriander
<i>Elā</i>	<i>Elettaria cardamomum</i>	Cardamom
<i>Eraṇḍa</i>	<i>Ricinus communis</i>	Castor oil
<i>Gokṣura</i>	<i>Tribulus terrestris</i>	Goksharu
<i>Gudūcī</i>	<i>Tinospora cordifolia</i>	Gulvel, amrita
<i>Guggulu</i>	<i>Commiphora mukul</i>	Guggul
<i>Haridrā</i>	<i>Curcuma longa</i>	Turmeric
<i>Harītakī</i>	<i>Terminalia chebula</i>	Chebolic myrobalan
<i>Hīṅgu</i>	<i>Ferula assa-foetida</i>	Asafoetida
<i>Jaṭāmāmsī*</i>	<i>Nardostachys jatamansi</i>	Indian spikenard
<i>Jātīphalā</i>	<i>Myristica fragrans</i>	Nutmeg
<i>Jīraka</i>	<i>Cuminum cyminum</i>	Cumin
<i>Jyotiṣmatī*</i>	<i>Celastrus paniculatus</i>	
<i>Kalamegha*</i>	<i>Andrographis paniculata</i>	King of bitters
<i>Kapikacchu</i>	<i>Mucuna pruriens</i>	
<i>Kaṭukī*</i>	<i>Picrorhiza kurroa</i>	Kutki
<i>Kirātatikta*</i>	<i>Swertia chirata</i>	Kade chirait
<i>Kumārī</i>	<i>Aloe barbadensis</i>	Aloe
<i>Kuṭaja</i>	<i>Holarrhena antidysenterica</i>	Kuda
<i>Laśuna</i>	<i>Allium sativum</i>	Garlic

<i>Lavaṅga</i>	<i>Syzygium aromaticum</i>	Clove
<i>Lodhra*</i>	<i>Symplocos racemosa</i>	
<i>Maṇḍūkapaṇī</i>	<i>Centella asiatica</i>	Gotu kola
<i>Mañjiṣṭhā</i>	<i>Rubia cordifolia</i>	
<i>Marica</i>	<i>Piper nigrum</i>	<u>Black Pepper</u>
<i>Meṣaśṛṅgī</i>	<i>Gymnema sylvestre</i>	Gurmar, shardunika
<i>Methikā</i>	<i>Trigonella foenum-graeceum</i>	Fenugreek
<i>Miśreya</i>	<i>Foeniculum vulgare</i>	Fennel
<i>Mustā</i>	<i>Cyperus rotundus</i>	Nagarmotha
<i>Nimba</i>	<i>Azadirachta indica</i>	Neem
<i>Padmaka</i>	<i>Nelumbo nucifera</i>	Lotus
<i>Pippali</i>	<i>Piper longum</i>	Long Pepper
<i>Punarnavā</i>	<i>Boerhaavia diffusa</i>	
<i>Rājikā</i>	<i>Brassica juncea</i>	Mustard seeds
<i>Rakta candana</i>	<i>Pterocarpus santalinus</i>	Red sandalwood
<i>Raktapuṣpi</i>	<i>Hibiscus rosa</i>	Hibiscus
<i>Rāsnā</i>	<i>Alpina officinarum</i>	Galangal
<i>Saindhava lavaṇa</i>		Mineral salt
<i>Śallakī</i>	<i>Boswellia serrata</i>	
<i>Śaṅkhapuṣpī</i>	<i>Evolvulus alsinoides</i>	
<i>Sat Isabgol</i>	<i>Plantago psyllium</i>	Psyllium husks
<i>Śatāvarī</i>	<i>Asparagus racemosus</i>	Asparagus root
<i>Śilājītu</i>	<i>Asphaltum</i>	Mineral pitch
<i>Śuṅṭhī</i>	<i>Zingiber officinale</i>	Ginger
<i>Svarṇapatrī</i>	<i>Senna alexandrina</i>	Senna
<i>Tagara</i>	<i>Valeriana wallichii</i>	Valerian
<i>Tarunī</i>	<i>Rosa centifolia</i>	Red rose petals
<i>Tavakṣīrī</i>	<i>Maranta arundinacea</i>	Arrowroot
<i>Tila</i>	<i>Sesamum indicum</i>	Sesame
<i>Tulasī</i>	<i>Ocimum sanctum</i>	Holy basil
<i>Tvak</i>	<i>Cinnamomum cassia</i>	Cinnamon
<i>Uśīra</i>	<i>Vetiveria zizanioides</i>	Vetiver
<i>Vacā</i>	<i>Acorus calamus</i>	Sweet flag
<i>Vasaka</i>	<i>Adhatoda vasica</i>	Malabar nut
<i>Vibhītakī</i>	<i>Terminalia belerica</i>	Beleric
<i>Viḍaṅga</i>	<i>Embelia ribes</i>	
<i>Vidārī kanda</i>	<i>Ipomoea digitata</i>	Indian ginseng
<i>Yaṣṭi madhu</i>	<i>Glycyrrhiza glabra</i>	Licorice root
<i>Yavānī</i>	<i>Carum copticum</i>	Ajwain or wild celery

Herbs are difficult to obtain due to being protected species or endangered.

- Various preparations of herbs and how they are made including:
 - o Infusions

- Decoctions (*kaṣāya*)
- Fresh juice (*svarasa*)
- Jam (*avalehya, lehyam*)
- Medicated ghee (*ghṛta*)
- Powders (*cūrṇa*)
- Medicated oils (*taila*)
- Pills (*vaṭi*)
- Moist bolus (*kalka*)
- Fermented preparations (*āsava, ariṣṭa*)

- The following specific compound formulations:

Powders (Cūrṇa)	Tablets (Vaṭi)	Decoctions (Kashaya)	Oil (Taila)	Ghee (Ghṛta)	Fermented Preparations (Āsava/Ariṣṭa)	Jams (Lehyam)
Avipattikara Bh.Ra.53/25-29	Candraprabhā Vaṭi Sha.Sa. Madh. 7/40-49	Dashamulam Bh.Ra. 15/	Aṇu Taila A.H.Su. 20/37-39	Triphala Ghṛta Bh.Pra. Madh. 70/52-53	Abhaya Ariṣṭa Bh.Ra. 9/175-180	Cyavanprāśa Sha. Sa. Madh. 8/10-21
Hingvāṣṭhaka A.H.Chi.14/35	Citrakādi Vaṭi Sha.Sa. Madh. 6/108-111	Amrutotharam/Na garadi Kashaya S.Y.Kashaya yoga	Bhr̥ngarāja/ Mahābhr̥ngarāja Taila Bh. Ra. 64/271-272	Indukantham S.Y.Ghrita yoga	Aśoka Ariṣṭa Bh.Ra. 69/11 4- 116	Gudardraka/Ard raka Rasayana S.Y. Guda prayoga
Sitopalādi Sha.Sa.Madh. 6/134-137	Gokṣurādi Guggulu Sha.Sa.Madh. 7/84-87	Dasamoolakatutth ayadi S.Y. Kashaya Yoga	Brāhmī Taila A.F.I	Mahatiktaka Ghṛta S.Y. Ghrita yoga	Aśvagandha Ariṣṭa Bh.Ra. 21/15-21	Agastya Rasayanam C.S.Chi.17/57-62
Tālīsādi Sha.Sa.Madh. 6/130-134	Kaiṣora Guggulu Sha.Sa. Madh. 7/70-81	Guluchyadi A.H. Su.15/16	Mahāmaricyādi Taila Bh.Ra. 54/303-311	Sukumaram Ghrita S.Y. Ghrita yga	Daśamūla Ariṣṭa Sha.Sa. Madh. 10/78-92	Narasimharasay ana ras A.H. Utt.39/170-172
Trikaṭu Sha.Sa.Madh. 6/12-13	Punarnavādi Guggulu Bh.Pra. Madh. 29/165-169	Varanadi A.H. Su.15/21-22	Mahānārāyana Taila Bh.Ra. 26/343-354	Kalyanakam Ghrita A.H.Utt. 6/26-28	Jirakarishtha S.Y.Arishta yoga	Ashwagandhadi Lehya S.Y.Avaleha yoga
Triphala Sha.Sa.Madh. 6/9- 11	Yogarāja Guggulu Sha.Sa. Madh. 7/56-70	Gandharvahastha di S.Y. .Kasa/30	Dhanwantaram Taila S.Y. Taila/1	Brahmi Ghritam Bh.Pra. Madh. 23/18	Amrutharisht am S.Y.Arishta yoga	Trivritadi Lehya S.Y.Lehya yoga
Panchakola Sha.Sa.Madh. 6/13-14	Dhanwantharam Gulika S.Y.Gudika yoga	Nimbadi Kashaya S.Y.Kashaya yoga	Kshirabala Taila A.H. Chi. 22/45-46	Varanadi Ghritam S.Y.Ghrita yoga	Punarnavasav a S.Y.Asava yoga	Dasamulaharita ki Lehya S.Y.Lehya yoga

Sudarshana Churna Bh. Ra. 5/445	Kankayana Gutika S.Y.Gutika yoga	Aragvadhadi Kashaya A.H.Su 15/17-18	Bala Taila A.H. Chi.21	Guggulutikthakam Ghritam S.Y.Ghrita yoga	Draksharishtam S.Y.Arishta yoga	Vilvadi Lehya S.Y.Lehya yoga
R Guggulupanch apalam Churna S.Y. Churna yoga	Vilvadi Gutika A.H.Utt	Patoladi Kashaya A.H.Su 15/15	Chandanadi Taila S.Y. Taila yoga	Saraswata Ghritam S.Y.Ghrita yoga	Kutajarishtam S.Y.Arishta yoga	Satavari Gudam S.Y.Guda yoga S.Y.Gud
Rajanyadi Churna A.H.Utt	Manasamitra Vatakam S.Y.Gutika yoga	Dusparshakadi Kashaya S.Y.Kashaya yoga	Pinda Taila A.H. Chi. 22/22	Panchagavya Ghritam S.Y.Ghrita yoga	Khadirarishtam S.Y.Arishta yoga	Manibhadra Gudam S.Y.Guda yoga
Powders (Cūrṇa)	Tablets (Vaṭi)	Decoctions (Kashaya)	Oil (Taila)	Ghee (Ghṛta)	Fermented Preparations (Āsava/Ariṣṭa)	Jams (Lehyam)
Dadimashtaka Churna S.Y.Churna yoga		Drakshadi Kashaya S.Y.Kashaya yoga	Balaswagandhad i Taila S.Y.Taila yoga	Vidaryadi Ghritam S.Y.Ghrita yoga	Mustarishtam S.Y.Arishta yoga	
Pushyanuga Churna S.Y.Churna yoga		Punarnavadi Kashaya S.Y.Kashaya yoga	Nalpamaradi taila S.Y.Taila yoga		Vasarishtam S.Y.Arishta yoga	
Vaiswanara Churna S.Y.Churna yoga		Prasarinyadi Kashaya S.Y.Kashaya yoga	Balahadhadi Taila S.Y.Taila yoga		Chandanasava S.Y.Asava yoga	
Saraswata Churna S.Y.Churna yoga		Balajirakadi Kashaya S.Y.Kashaya yoga	Chemparutyadi Taila S.Y.Taila yoga			
Hinguvachadi Churna S.Y.Churna yoga		Manjishtadi Kashaya S.Y.Kashaya yoga	Kottamchukkadi Taila S.Y.Taila yoga			
		Musalikhadiradi Kashaya S.Y.Kashaya yoga	Shacharadi Taila S.Y.Taila yoga			
		Rasonadi Kashaya S.Y.Kashaya yoga	Mahamasha Taila S.Y.Taila yoga			

		Rasnairandadi Kashaya S.Y.Kashaya yoga	Triphaladi Taila S.Y.Taila yoga			
		Vidaryadi Kashaya A.H.Su 15/9-10				
		Sahacharadi Kashaya S.Y.Kashaya yoga				

Note: Those marked with “*” are either not easily available in USA or cannot be used as it is an herbomineral compound containing “heavy metal”. It is important to have knowledge of these products, but students would not be tested regarding the same.

References for AD Guidelines

The following references are regarding the list of topics enumerated in the Ayurvedic Health Counselor guidelines published by NAMA. Classical texts such as Bṛhad Treya and Laghu Treya were used for referencing. Translation of topics have not been included as there maybe controversies regarding the correlation of certain Āyurvedic terms especially with rogas and western diagnosis.

List of Classical texts, sections and abbreviations:

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.
Bhaiśajya Ratnāvalī	Bh. Ra.
Rasa Ratna Samcchaya	R.R.S.
Sahasra Yoga	S.Y.
Yoga Ratnākara	Y.R.
Ayurvedic Formulary of India	A.F.I

Sūtra Sthāna	Su.
Sārira Sthāna	Sa.
Nidāna Sthāna	Ni.
Vimāna Sthāna	Vi.
Cikitsa Sthāna	Chi.
Indriya Sthāna	In.
Kalpa Sthāna	Ka.
Siddhi Sthāna	Si.
Prathama Khanda	Prat.
Madhyama Khanda	Madh.
Uttara Khanda	Utt.

Method of Referencing:

The classical referencing indicates first the classical text, followed by the section in the text, then the chapter number and the verse number. Various versions of the same classical texts were published by various companies, however regardless of the edition, or publisher, the section, chapter and verse number are consistent as to the original text. Therefore this method of classical referencing is considered standard and widely used for Āyurvedic texts.

Ex. C.S. Su. 1/56 = Caraka Saṃhitā, Sūtra Sthāna, Chapter 1, verse 56.

Topic / Heading	Classical Reference
Abhyaṅga	C.S. Su. 5/85-93
Abhyaṅga definition	A.S. Su. 3/55-60
Ādāna Kāla	C.S. Su. 6/6
Adharaṇīya vegās	A.S. Su. 5/2
Āghantu Vyādhi	A.S. Su. 5/37-38
Āghantuja Rogas	C.S. Su. 7/51-52
Āghantuja roga prevention	C.S. Su. 7/53-55
Agni Types	C.S. Vi. 6/12
Āhāra – Dina carya	A.S. Su. 3/75-79
Ākāśa mahābhūta	A.S. Su. 17/8
Āma	A.S. Su. 21/36-37
Ambuvaha srotas	C.S. Vi. 5/11
Amla rasa	C.S. Su. 26/42.2
Añjana	C.S. Su. 5/14-19
Annavaha srotas	C.S. Vi. 5/12
Anulomana definition	Sha. Sa. Prat. 4/4

Anumāna pramāna	C.S. Su. 11/21-24, C.S. Vi. 4/8
Anupāna definition	A.S. Su. 1/11-12
Ap mahābhūta	A.S. Su. 17/5
Āptopadesa pramāna	C.S. Su. 11/18-19
Ārogya kāraṇa	A.S. Su. 1/40, A.S. Su. 22/6
Asādhya definition	A.S. Su. 2/32
Asātmya Indriya artha samyoga	A.S. Su. 22/6
Aṣṭa āhāra viśeṣa āyatana	C.S. Vi. 1/21
Aṣṭa ninditīya	C.S. Su. 21/3
Aṣṭāṅga of Ayurveda	A.S. Su. 1/4-13
Asthāpana dravya	C.S. Su. 2/11-14
Asthivaha srotas	C.S. Vi. 5/17
Ātapa sevana	A.S. Su. 12/91
Auśadha kāla	A.S. Su. 23/12-21
Āyurveda definition	C.S. Su. 1/41
Āyus synonyms	C.S. Su. 1/42
Bṛmhaṇa	C.S. Su. 22/10
Cedana definition	Sha. Sa. Prat. 4/9-10
Cūrṇa kalpana	Sha. Sa. Madh. 6/1-165
Danta dhāvana	A.S. Su. 3/12-17
Definition of svastha	S.S. Su. 15/41
Dhāraṇīya vegas	C.S. Su. 7/26-29
Dhātu functions	A.S. Su. 1/29
Dhātu Pariṇāma	C.S. Su. 28/4
Dina carya	A.S. Su. 3
Dīpana	Sha. Sa. Prat. 4/1
Doṣa body and mind	C.S. Su. 1/51
Doṣa dhātu relationship	A.S. Su. 19/8
Doṣa gati	C.S. Su. 17/112-114
Doṣa sthāna	A.S. Su. 1/23
Gandha mālya – aromatherapy	C.S. Su. 5/96
Gandharva graha	MN 20/20
Gaṇḍūṣa	A.S. Su. 3/28-30
Gaṇḍūṣa – oil pulling	C.S. Su. 5/78-80
Ghee Properties	C.S. Su. 13/14, C.S. Su. 13/41-43
Ghee properties	A.S. Su. 6/68-71
Guṇas	Sha. Sa. Prat. 2/16-17 C.S. Su. 1/49
Head oil massage	C.S. Su. 5/81-83
Hima	Sha. Sa. Madh. 4/1-8
History of Ayurveda	A.S. Su. 1/4-13
Ikṣu varga	A.S. Su. 6/76-85
Indriya & Mahābhūtas	A.S. Su. 1/36-37
Indriya & Tanmātra	Sha. Sa. Prat. 5/67-69
Indriyas and mahābhūtas	C.S. Su. 8/14
Janapadodhvaṃsa	A.S. Su. 9/71-80

	C.S. Vi. 3/5-18
Kāla definition	A.S. Su. 4/2
Kalka	Sha. Sa. Madh. 5/1-28
Kapha guṇas	A.S. Su. 1/28
Kapha kṣaya	C.S. Su. 17/52-61
Kapha pacifying herbs	A.S. Su. 14/7
Kapha prakṛti	A.H. Sa. 3/96-103
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Pittaja Vāta Rakta	M.N. 23/11
Kaphaja Vāta Rakta	M.N. 23/12
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Āma Vāta Rūpa	M.N. 25/6
Āma Vāta Upadrava	M.N. 25/7,12
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Vātaja Prameha	M.N. 33/15-17
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Hastimeha	M.N. 33/15-17
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Pittaja Prameha Upadrava	M.N. 33/19
Vātaja Prameha Upadrava	M.N. 33/20
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Kiṭibha	M.N. 49/17-22
Vaipādika	M.N. 49/17-22
Alasaka	M.N. 49/17-22
Dadru-mandala	M.N. 49/17-22
Carmadala	M.N. 49/17-22
Pāmā	M.N. 49/17-22
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Kuṣṭha Upadrava	M.N. 49/37-39

Śvitra	M.N. 49/40-41
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Herb References

Saṁskṛta Name	Latin Name	Reference (Ayurveda)
Āmalakī	<i>Embllica officinalis</i>	Bha. Ni. 6(2)/38-41
Anantamūla	<i>Hemidesmus indicus</i>	Bha. Ni. 6(4)/236-238
Arjuna	<i>Terminalia arjuna</i>	Bha. Ni. 6(6)/16-17
Aśoka	<i>Saraca indica</i>	Bha. Ni. 6(5)/47-48
Aśvagandha	<i>Withania somnifera</i>	Bha. Ni. 6(4)/189-190
Balā	<i>Sida cordifolia</i>	Bha. Ni. 6(4)/142-146
Bhṛṅgarāja	<i>Eclipta alba</i>	Bha. Ni. 6(4)/239-241
Bhūmyāmalakī	<i>Phyllanthus amarus</i>	Bha. Ni. 6(4)/277-278
Bilva	<i>Aegle marmelos</i>	Bha. Ni. 6(4)/13 Bha. Ni. 6(7)/56-60
Brahmī	<i>Bacopa monnieri, Centella asiatica</i> (active debate on this)	Bha. Ni. 6(4)/179-181
Citraka	<i>Plumbago zeylanica</i>	Bha. Ni. 6(2)/70-71
Dāruharidrā*	<i>Berberis aristata</i>	Bha. Ni. 6(2)/201-202
Devadāru*	<i>Cedrus deodara</i>	Bha. Ni. 6(3)/24-25
Dhānyaka	<i>Coriandrum sativum</i>	Bha. Ni. 6(2)/86-88
Elā	<i>Elettaria cardamomum</i>	Bha. Ni. 6(3)/63
Eraṇḍa	<i>Ricinus communis</i>	Bha. Ni. 6(4)/60-63
Gokṣura	<i>Tribulus terrestris</i>	Bha. Ni. 6(4)/44-46
Gudūcī	<i>Tinospora cordifolia</i>	Bha. Ni. 6(4)/1-9
Guggulu	<i>Commiphora mukul</i>	Bha. Ni. 6(3)/32-45
Haridrā	<i>Curcuma longa</i>	Bha. Ni. 6(2)/196-197
Harītakī	<i>Terminalia chebula</i>	Bha. Ni. 6(2)/1-37
Hīṅgu	<i>Ferula assa-foetida</i>	Bha. Ni. 6(2)/100-101
Jaṭāmāmsī*	<i>Nardostachys jatamansi</i>	Bha. Ni. 6(3)/89
Jātīphalā	<i>Myristica fragrans</i>	Bha. Ni. 6(3)/54-55

Jīraka	<i>Cuminum cyminum</i>	Bha. Ni. 6(2)/81-85
Jyotiṣmatī*	<i>Celastrus paniculatus</i>	Bha. Ni. 6(2)/171-172
Kalamegha*	<i>Andrographis paniculata</i>	
Kapikacchu	<i>Mucuna pruriens</i>	Bha. Ni. 6(4)/129-131
Kaṭuki*	<i>Picrorhiza kurroa</i>	Bha. Ni. 6(2)/151-152
Kirātatikta*	<i>Swertia chirata</i>	Bha. Ni. 6(2)/153-155
Kumārī	<i>Aloe barbadensis</i>	Bha. Ni. 6(4)/229-230
Kuṭaja	<i>Holarrhena antidysenterica</i>	Bha. Ni. 6(4)/116-118
Laśuna	<i>Allium sativum</i>	Bha. Ni. 6(2)/217-219
Lavaṅga	<i>Syzygium aromaticum</i>	Bha. Ni. 6(3)/58-59
Lodhra*	<i>Symplocos racemosa</i>	Bha. Ni. 6(2)/215-216
Maṇḍūkapaṇḍī	<i>Centella asiatica</i>	Bha. Ni. 6(4)/279-281
Mañjiṣṭhā	<i>Rubia cordifolia</i>	Bha. Ni. 6(2)/188-191
Marica	<i>Piper nigrum</i>	Bha. Ni. 6(2)/59-61
Meṣaśṅgī	<i>Gymnema sylvestre</i>	Bha. Ni. 6(4)/253-255
Methikā	<i>Trigonella foenum-graceum</i>	Bha. Ni. 6(2)/93-95
Miśreya	<i>Foeniculum vulgare</i>	Bha. Ni. 6(2)/89-92
Mustā	<i>Cyperus rotundus</i>	Bha. Ni. 6(3)/92-94
Nimba	<i>Azadirachta indica</i>	Bha. Ni. 6(4)/93-94
Padmaka	<i>Nelumbo nucifera</i>	Bha. Ni. 6(5)/1-13
Pippali	<i>Piper longum</i>	Bha. Ni. 6(2)/53-58
Punarnavā	<i>Boerhaavia diffusa</i>	Bha. Ni. 6(4)/231-233
Rājikā	<i>Brassica juncea</i>	Bha. Ni. 6(9)/69-71
Rakta Candana	<i>Pterocarpus santalinus</i>	Bha. Ni. 6(3)/16-17
Raktapuṣpi	<i>Hibiscus rosa</i>	Bha. Ni. 6(5)/58
Rāsnā	<i>Alpina officinarum</i>	Bha. Ni. 6(2)/162-164
Saindhava Lavaṇa		AH. Su. 6/144
Śallakī	<i>Boswellia serrata</i>	Bha. Ni. 6(6)/22-23
Śaṅkhapuṣpī	<i>Evolvulus alsinoides</i>	Bha. Ni. 6(4)/269-270

Sat Isabgol	<i>Plantago psyllium</i>	
Śatāvarī	<i>Asparagus racemosus</i>	Bha. Ni. 6(4)/184-188
Śīlājitu	<i>Asphaltum</i>	Bha. Ni. 6(8)/78-82
Śuṅṭhī	<i>Zingiber officinale</i>	Bha. Ni. 6(2)/44-48
Svarṇapatrī	<i>Senna alexandrina</i>	
Tagara	<i>Valeriana wallichii</i>	Bha. Ni. 6(3)/18-19
Tarunī	<i>Rosa centifolia</i>	Bha. Ni. 6(5)/22-23
Tavakṣīrī	<i>Maranta arundinacea</i>	AH. Su. 30/51
Tīla	<i>Sesamum indicum</i>	Bha. Ni. 6(9)/63-65
Tulasī	<i>Ocimum sanctum</i>	Bha. Ni. 6(5)/62-63
Tvak	<i>Cinnamomum cassia</i>	Bha. Ni. 6(3)/64-65
Uśīra	<i>Vetiveria zizanioides</i>	Bha. Ni. 6(3)/84-88
Vacā	<i>Acorus calamus</i>	Bha. Ni. 6(2)/102-103
Vasaka	<i>Adhatoda vasica</i>	Bha. Ni. 6(4)/88-90
Vibhītakī	<i>Terminalia belerica</i>	Bha. Ni. 6(2)/36-37
Viḍaṅga	<i>Embelia ribes</i>	Bha. Ni. 6(2)/111-112
Vidārī Kanda	<i>Ipomoea digitata</i>	Bha. Ni. 6(4)/180-182
Yaṣṭi Madhu	<i>Glycyrrhiza glabra</i>	Bha. Ni. 6(2)/145-146
Yavānī	<i>Carum copticum</i>	Bha. Ni. 6(2)/75-77

Vocabulary List

Saṃskṛt Term	English Translation
Abhighātaja	Disease due to injury
Abhyaṅga	Oil application and massage
Adhibhautika	Disease due to variations in the 5 elements
Ādhidaivika	Disease due to planetary influence

Ādhyātmika	Disease due to impressions from past lives
Agada tantra	Toxicology
Āgantu jvara	Fevers due to external causative factors
Āgantuja	Exogenous
Agni	Fire; Digestive fire
Ahaṁkāra	Ego principle
Āhāra	Food or diet
Āhāra Sevana Vidhi	Healthy eating habits
Āhāraśakti	Power of digestion and assimilation
Ahimsā	Non-violence
Ajīrṇa	Indigestion
Ajīrṇa Nidāna	Causative factors for indigestion
Ajīrṇa Bheda	Types of indigestion
Ajīrṇa Rūpa	Signs and symptoms of indigestion
Ajīrṇa Sādhyā Asādhyatā	Prognosis of Indigestion
Ajīrṇa Upadrava	Complication of Indigestion
Ākāśa	Ether element
Ākr̥ti	General appearance of external features
Alasaka	Abdominal distention and reverse peristalsis due to indigestion
Ālocaka	Sub type of pitta, influences visual perception
Āma	Undigested food or nourishment
Āma Ajīrṇa	Indigestion due to āma
Āma Ajīrṇa Rūpa	Signs and symptoms of indigestion due to āma
Āma Atisāra	Signs and symptoms of loose stools including diarrhea caused by āma
Āma Jvara	Fever due to āma
Āmāśaya	Stomach

Āmavāta	Rheumatic fever
Ambuvaha Srotas	Pathway or channel of water / fluid
Amla	Sour
Amla Vipāka	Sour post digestive effect
Amlapitta	Peptic ulcer
Ānāha	Distention of abdomen
Annaja	Disease caused by unhealthy diet
Annavaha Srotas	Pathway or channel of anna (food)
Antarvega Jvara	Presence of fever symptoms with mild or no external exhibition of rise in temperature
Anumāna Pramāṇa	Inference as a means of knowledge
Anupaśaya	Differential diagnosis/therapeutic guideline
Anyedhyuṣka Jvara	Fever with rise in temperature once in 24 hours
Āpa	Water
Apāna	Sub type of vāta, aids in initiation of natural urges moving downward
Aparigraha	Non-hoarding
Apasmāra	Epilepsy
Apasmāra Sādhya Asādhya	Epilepsy prognosis
Apasmāra Nidāna Bheda	Epilepsy causative factors and types
Apasmāra Purva rupa	Premonitory signs and symptoms of Epilepsy
Apathya	Unhealthy food habits
Āptopadeśa Pramāṇa	Expert testimony as a means of knowledge
Arśa	Hemorrhoids
Arśa Bheda	Types of Hemorrhoids
Arśa Pūrvarūpa	Premonitory signs and symptoms of hemorrhoids
Arśa Sādhya Asādhya	Prognosis of hemorrhoids

Arśa Saṃprāpti	Pathogenesis of hemorrhoids
Ārtava	Menstrual blood
Ārtavavaha Srotas	Pathway or channel of the ovulation
Artha	Pursuit of wealth, livelihood
Aruci	Ageusia/inability to taste
Asādhya	Incurable prognosis
Asādhya Jvara	Incurable fevers
Āsana	Seated posture, postures of yoga
Asātmya Indriya Artha Saṃyoga	Unwholesome contact of senses with their corresponding sensory objects
Aṣṭa Vidha Parīkṣā	8 bodily factors for examination
Aṣṭāṅga Āyurveda	8 divisions of Āyurveda
Aṣṭāṅgahrdayam	Third oldest text on Āyurveda written by Vāgbhaṭa Maḥarṣi. A concise version of Aṣṭāṅga Saṃgraha
Aṣṭāṅgasamgraha	One of the oldest text on Āyurveda written by Vāgbhaṭa Maḥarṣi
Aṣṭāṅgayoga	8 limbs of Yoga philosophy
Aṣṭasāra Puruṣa	Eight types of ideal constitution
Asteya	Non-stealing
Asthi Dhātu	Bony tissue
Asthigata vāta	Vāta aggravation in the bone
Asthisāra Puruṣa	Individual with excellent asthi dhātu
Asthivaha Srotas	Pathway or channel of asthi
Asura Graha Unmāda	Psychosis due to demons
Atipravṛtti	Increased flow of srotas
Atisāra	Diarrhea
Atisāra Mukta Lakṣana	Signs and symptoms of relief from loose motions including diarrhea
Atisāra Nidāna	Causative factors for loose stools including diarrhea

Atisāra Pūrvarūpa	Premonitory signs and symptoms of loose stools including diarrhea
Atisāra Rūpa	Signs and symptoms of loose stools including diarrhea
Atisāra Sādhyā Asādhyatā	Loose stools including diarrhea prognosis
Atisāra Saṃprāpti	Pathogenesis for loose stools including diarrhea
Ātmā	Soul
Ātmaja	Disease caused by abnormal effects on the soul
Auṣadhaja	Disease due to side effects of medication
Avalambaka	Sub type of kapha, provides stability to chest, shoulders, arms, neck and heart.
Avara	Inferior
Āyuh	Life and also age
Āyurveda	The Science or knowledge of Life
Bahirvega Jvara	Fever with external manifestation of rise in temperature and other symptoms
Bala	Strength
Bālacikitsā	Pediatrics
Bheda	Classification of disease
Bheṣaja	Medicine
Bhrājaka	Sub type of pitta, aids in skin metabolism
Bhujañga Graha	Psychosis due to influence of snakes
Bhūtavidyā	Āyurvedic Psychology
Bhuto Unmāda	Psychosis due to spirits
Bodhaka	Sub type of kapha, aids in perception of taste
Brahmacaryā	Judicious use of the senses
Brahmamūhurta	Ideal time for waking up (roughly 4 – 6am)
Bṛhad Trayī	Caraka Saṃhitā, Śusruta Saṃhitā, Aṣṭāṅga Saṃgraha, Aṣṭāṅgahṛdayam (Both Aṣṭāṅga texts were written by Ācārya Vagbhaṭa. Aṣṭāṅgahṛdayam is the

	essence version of the Aṣṭāṅga Saṃgraha text, hence both included under this category)
Br̥ṃhaṇa	Nourishing therapies
Buddhī	Intellect
Cala	Moving or unstable
Caraka Saṃhitā	Oldest authoritative text on Āyurveda, written by Caraka Maha Ṛṣi
Cardi	Vomiting
Carmakīla	Warts
Caturthaka Jvara	Fever with rise in temperature on every fourth day
Caturviṃśati Tattva	24 components of evolution / existence
Caya	Accumulation of Doṣa
Dāha	Burning sensation
Dāhapūrva Jvara	Burning sensation prior to the onset of fever, Caused by predominance of pitta and is difficult to treat
Daivavyapāśraya	Devine or religious therapies
Dāṃṣṭrā Cikitsā	Toxicology
Dantadhāvana	Brushing teeth
Darśana	Observational examination
Daśavidha Parīkṣā	10 aspects of examination
Deha	Body
Deva Graha Unmāda	Psychosis due to divine intervention
Dhāraṇa	To wear something
Dhāraṇā	Concentration
Dharma	Conformity to one's duty and nature
Dhātu	Bodily tissue
Dhātu Kṣaya	Depletion of quality and quantity of the dhātu
Dhātu Vṛddhi	Increase, growth of the dhātu

Dhātugata Jvara	Fever having its seat in the dhātus
Dik	Direction
Dinacaryā	Daily regimen
Dinapāki Ajīrṇa	Delayed or sluggish digestion
Dīpana	Increases digestive fire
Dīrgha (breath)	Dīrgha means long. Deep breath/Three part breath
Doṣa	Something that has potential to become vitiated/ that which spoils
Doṣa Kṣaya	Decreased doṣa
Doṣa Upakrama	Measures to pacify the doṣas
Doṣa Vṛddhi	Increased and aggravated doṣa
Doṣahetu	Causation for aggravation of doṣas
Drava	Liquid or dilute
Dṛk Parīkṣā	Examination of eyes
Duḥkha	Pain, grief, sorrow
Duṣya	The one which is vitiated is duṣya
Dvandvaja Arśa	Causative factors and pathogenesis of Hemorrhoids due to two doṣas
Galaganda	Goiter
Gambhīra Jvara	Fatal fevers
Gandamala	Inflammation of the glands of the neck
Gandharva Graha	Psychosis due to Celestial musicians
Gaṇḍūṣa	Oil pulling, gargle with mouthful of liquid. Can be done with herbal decoction as well.
Ghaṭīyantra Grahaṇī	Frequent loose stools including IBS, Celiac disease and Crohn's Disease presenting with a gurgling, fluid retention sound.
Graha Cikitsā	Diseases of unknown origin
Grahaṇī	Spru/IBS/Celiac disease
Grahaṇī Nidāna	Causative factors of Frequent loose stools including IBS, Celiac disease and Crohn's Disease

Grahaṇī Pūrvarūpa	Premonitory signs and symptoms of Frequent loose stools including IBS, Celiac disease and Crohn's Disease
Grahaṇī Rūpa	Signs and symptoms of Frequent loose stools including IBS, Celiac disease and Crohn's Disease
Grahaṇī Sādhyasādhyatā	Prognosis of Frequent loose stools including IBS, Celiac disease and Crohn's Disease
Grahaṇī Saṃprāpti	Pathogenesis of Frequent loose stools including IBS, Celiac disease and Crohn's Disease
Granthi	Cysts
Gṛdhrasi	Sciatica
Guru	Heavy; also teacher
Halīmaka	Severe type of jaundice due to vata and pitta
Hicca	Hiccups
Hima	Cold
Indriya	Senses
Ísvara Praṇidhāna	Surrender to God
Jala	Water
Jarā Cikitsā	Rejuvenation Therapies
Jaṭharāgni	Digestive fire
Jihvā	Tongue
Jihvā Parīkṣā	Tongue examination
Jīrṇa Lakṣaṇa	Signs and symptoms of good digestion
Jñānendriya	Sensory faculties : Eyes, Nose, Ears, Tongue & Skin
Jvara	Fever
Jvara Mokṣalakṣaṇa	Signs and Symptoms of fever subsiding
Jvara Muktalakṣaṇa	Signs and symptoms of relief from fever
Jvara Pūrvarūpa	Premonitory signs and symptoms of fever
Jvara Rūpa	Signs and symptoms of Fever

Jvara Sādhya asādhya	Fever prognosis
Jvara Saṃprāpti	Pathogenesis of Fever
Jvara Upadrava	Complications of fever
Kāla	Time / Season
Kāla Saṃprāpti	Classification of disease according to changes exhibited at various times (time of day or season)
Kālaja Jvara	Seasonal fevers
Kāmala	Jaundice
Kampavāta	Parkinson's disease
Kapālabhāti	Skull shining breath
Kapha Pravāhikā	Dysentery due to aggravated Kapha
Kaphaja Apasmara	Epilepsy due to kapha
Kaphaja Arśa Nidāna & Saṃprāpti	Causative factors and pathogenesis of Hemorrhoids due to Kapha
Kaphaja Arśa Rūpa	Signs and symptoms of hemorrhoids due to Kapha
Kaphaja Atisāra	Signs and symptoms of loose stools including diarrhea caused by Kapha
Kaphaja Grahaṇī	Frequent loose stools including IBS, Celiac disease and Crohn's Disease caused by aggravated Kapha
Kaphaja Jvara	Fevers due to aggravated Kapha
Kaphaja Kṛmi Nidāna	Causative factors for Parasite infections due to kapha
Kaphaja Kṛmi Sthāna, Bheda, Rūpa	Kaphaja Parasite infections site of infection, types and signs and symptoms
Kaphaja Madātyaya	Alcoholism associated with Kapha
Kaphaja Pāṇḍu	Anemia due to Kapha
Kaphaja Unmāda	Psychosis due to kapha
Kaphapitta Jvara	Fevers due to aggravated Kapha and pitta
Karmaja	Disease due to an individual's actions/karma
Karmendriya	Motor faculty (indriya): vocal cords, hands, feet, urino-genitals & anus

Kāsa	Cough
Kaṣāya	Astringent taste
Kaṭhiṇa	Hard
Kaṭu	Pungent
Kaṭu Vipāka	Pungent post digestive effect
Kavala	Gargle
Kāyā	Body
Kāyacikitsā	General Medicine
Kedārikulyānyāya	Distribution of nutrients similar to a paddy irrigation field
Khalekapotta nyāya	Nutrient absorption as a selective process similar to pigeons feeding
Khara	Rough or gritty
Klaibya	Impotency
Kledaka	Sub type of kapha, Aids in moistening food
Koṣṭha	Types of colon associated with doṣa predominance
Krcchra Sādhyā	Curable but challenging prognosis
Kṛmi	Worms/parasites
Kṛmi Bheda	Types of Parasite infections
Kṛmi Lakṣaṇa	Signs and symptoms of Parasite infections
Kṛmi Nidāna	Causative factors for Parasite infections
Kṛmija	Disease caused by bacteria, viruses or parasites
Kṣīradadhinyāya	Assimilation of nutrients similar to transformation of milk to various dairy products
Kumbha Kāmalā	Severe Jaundice – Hepatic failure
Laghu	Light
Laṅghana	Depleting therapies
Lavaṇa	Salty
Madātyaya Nidāna	Causative factors for Alcoholism

Madātyaya Sādhyā Asādhyata	Prognosis of Alcoholism
Madātyaya stages	Stages of Alcoholism
Madātyaya Upadrava	Complications of Alcoholism
Madātyaya varjya	Abstinence from alcohol
Madhura	Sweet
Madhura Vipāka	Sweet Post digestive effect
Madhyama	Medium, moderate
Mahat / Buddhi	Causative intelligence
Majjā	Bone marrow & Nerve tissue
Majjā Dhātu	Bone marrow and nervous tissue
Majjā Sāra Puruṣa	Individual with excellent majja dhātu
Majjāvaha srotas	Pathway or channel of Majja
Mala	Bodily waste
Mala Parikṣā	Stool examination
Malabaddhata	Chronic constipation
Malotsarga	Elimination of waste
Māṃsa	Muscles
Māṃsa Dhātu	Muscle tissue
Māṃsa Sāra Puruṣa	Individual with excellent māṃsa dhātu
Māṃsavaha Srotas	Pathway or channel of Māṃsa
Manas	Mind
Mānasika	Disease manifesting in the mind
Manda	Slow
Maṇḍa	Cooked rice water
Manda Agni	Low or dull digestive fire
Manovaha Srotas	Pathway or channel of the mind

Meda	Fat
Medaḥ Sāra Puruṣa	Individual with excellent medo dhātu
Medo Dhātu	Fatty tissue
Medovaha Srotas	Pathway or channel of Medas
Mṛdu	Soft
Mūtra	Urine
Mūtra Parīkṣā	Urine examination
Mūtraghata	Urinary retention/obstruction
Mūtrakrcchra	Dysuria
Mūtravaha Srotas	Pathway or channel of Mūtra
Nāḍī	Channel
Nāḍī Parīkṣā	Pulse examination
Nāḍī śodhana	Cleansing of the channels, alternate nostril breathing techniques
Nakha	Nails
Nasya	Nasal drops
Nava Dravya	Nine types of matter (5 elements, time, direction, mind and soul)
Netra	Eyes
Nidāna	Etiology or causation, Causative factors
Nidāna Pañcaka	Five aspects of Pathology
Nidrā	Sleep
Nija	Endogenous
Nirāma	Without Āma
Nirāma Jvara	Fever present with no āma. Occurs in chronic fevers, past 8 days of symptoms.
Nīyama	One of the branches of Ashtanga yoga; rule, practices of self restraint
Nyāya	Indian philosophy written by Gautama
Ojas	Essence of life

Ojokṣaya	Diminished ojas
Ojovisramsa	Displaced or dislodged ojas
Ojovyāpat	Impairment or derangement of ojas
Oka- sātmya	Unhealthy habits
Pācaka	Sup type of pitta, aids in digestion
Pācana	Digestion
Pacyamāna Jvara	Fever present while āma is being digested
Pacyamānāśaya	Small intestines
Pakvāśaya	Colon or large intestines
Pānā Ajīrna	Alcoholic gastritis
Pānā vibhrama	Chronic Alcoholism
Pañca Nidāna Lakṣaṇa	Five components of diagnosis of disease
Pañca tanmātrā	Five subtle principles
Pañcajñānendriya	Five sensory organs of cognition
Pañcakarmendriya	Five organs of action
Pañcamahābhūta (elements)	Five Great Elements
Pāṇḍu	Anemia
Pāṇḍu Bheda	Types of anemia
Pāṇḍu Lakṣaṇa	Signs and Symptoms of Anemia
Pāṇḍu Rūpa	Signs and symptoms of anemia
Pāṇḍu Sādhyā asādhyatā	Prognosis of anemia
Pāṇḍu Saṃprāpti	Pathogenesis of anemia
Paramada	Hangover
Parīkṣā	Examination
Pariṇāma	Change/ transformation
Pathya	Healthy dietary regimen

Picchila	Cloudy or slimy
Piśāca Graha	Psychosis due to demons
Pitra Graha	Psychosis due to ancestral influence
Pitta Pravāhikā	Dysentery due to association of Pitta
Pittaja Apasmāra	Epilepsy due to Pitta
Pittaja Arśa Nidāna Saṃprāpti	Causative factors and pathogenesis of Hemorrhoids due to Pitta
Pittaja Arśa Rūpa	Signs and symptoms of hemorrhoids due to Pitta
Pittaja Atisāra	Signs and symptoms of loose stools including diarrhea caused by Pitta
Pittaja Grahaṇī	Frequent loose stools including IBS, Celiac disease and Crohn's Disease caused by association with Pitta
Pittaja Jvara	Fevers due to aggravated Pitta
Pittaja Madātyaya	Alcoholism associated with Pitta
Pittaja Pāṇḍu	Anemia due to pitta
Pittaja Unmāda	Psychosis due to Pitta
Prabhāva	Specialized therapeutic effect
Prādhānya Saṃprāpti	Classification of disease according to the predominant doṣa and secondary factors
Prajñāparādha	Intellectual transgression
Prakopa	Vitiating of Doṣa
Prākṛta	Natural and expected cause for disease
Prakṛti	Primordial Nature; Constitution Type
Pralepaka Jvara	Low grade fever with sensation of coldness
Pramāṇa	Measurement of Body- Height, Weight, Posture, Circumference of Head
Prameha	Disorders of excess urination including diabetes
Prāṇa	Vital energy
Prānavaha srotas	Pathway or channel of Prāna
Prāṇayāma	Breathing exercises

Prasara	Spread of Doṣa
Praśna	Questioning for examination
Pratyāhāra	Withdrawal from senses
Pratyakṣa pramāṇa	Sensory observation as a means of knowledge
Pravāhikā	Dysentery
Pravara	Optimum, best
Pṛthvī	Earth element
Purīṣa	Fecal matter
Purīṣaja Kṛmi Nidāna	Causative factors for Parasite infections from stool
Purīṣaja Kṛmi Sthāna, Bheda, Rūpa	Location, Types and signs and symptoms of Parasite infections due to Stools
Purīṣavaha srotas	Pathway or channel of Purīṣa
Puruṣa	1. (Eternal cause), 2. Man or individual
Pūrva Mīmāṃsā	Philosophical text written by sage Jaimini
Pūrvarūpa	Premonitory signs and symptoms
Rajaḥ Strāva	Menstrual blood
Rajas	One of the three maha gunas, a doṣa of the mind, energy of action
Rājayakṣmā Nidāna	Causative factors for Tuberculosis and other disorders of depletion
Rājayakṣmā Pūrva rūpa	Premonitory signs and symptoms of Tuberculosis and other disorders of depletion
Rājayakṣmā Rūpa	Signs and symptoms of Tuberculosis and other disorders of depletion
Rājayakṣmā Sādhyā Asādhyata	Prognosis of Tuberculosis and other disorders of depletion
Rājayakṣmā Saṃprāpti	Pathogenesis of Tuberculosis and other disorders of depletion
Rajovaha srotas	Pathway or channel of Menstruation
Rākṣasa Graha	Psychosis due to evil spirits
Rakta Arśa Bheda	Types of hemorrhoids due to Rakta
Rakta Arśa Rupa	Signs and symptoms of hemorrhoids due to Rakta

Rakta Atisāra	Signs and symptoms of loose stools including diarrhea caused by aggravated rakta
Rakta Dhātu	Blood
Rakta Pravāhikā	Dysentery due to aggravated Rakta
Raktaja Kṛmi Nidāna	Causative factors for Parasite infections due to rakta
Raktaja Kṛmi Sthāna, Bheda, Rūpa	Location, Types and signs and symptoms of Parasite infections due to rakta
Raktapitta	Bleeding disorders
Raktasāra Puruṣa	Individual with excellent rakta dhātu
Raktavaha Srotas	Pathway or channel of Rakta
Rañjaka	Sub type of pitta, aids in pigmentation
Rasa	Juice, liquid, first bodily tissue formed/also means taste
Rasaśeṣājīrṇa	Indigestion due to delayed absorption
Rasavaha Srotas	Pathway or channel of Rasa
Rasāyana	Rejuvenation Therapies
Rasāyana	That which nourishes all the dhātus
Rātri Jagaraṇa	Night vigil
Rātricyā	Nightly regimen
Rogamrga	Pathway for disease manifestation
Ṛtu Sandhi	Seasonal transition
Ṛtucaryā	Seasonal regimen
Ṛtucaryā	Seasonal routine
Rugṇa Patrakam	Client intake form
Rūkṣa	Dry
Rūpa	Signs and Symptoms
Śabda Parīkṣā	Sounds and voice assessment
Śabda Pramāṇa	Word or reliable testimony as a means of knowledge
Śad Darśana	Six perennial philosophies of India

Ṣaḍ Rasa	Six tastes
Sādhaka	Sub type of pitta, aids in cognition and intelligence
Sadvṛtta	Good conduct and ethics
Śalya Cikitsā	Surgery
Sāma	With Āma
Sama Agni	Balanced digestive fire
Sāma Dhātu	Dhātu mixed with āma
Sāma Doṣa	Doṣa mixed with āma
Sāma Mala	Mala mixed with āma
Samādhi	Enlightenment
Samāna	Sub type of Vāta, Aids in igniting the agni
Sāmānya	General, in reference to type of causative factor as well as type of disease
Samgraha Grahaṇī	Frequent loose stools including IBS, Celiac disease and Crohn's Disease caused by aggravated vāta and āma
Samhanana	Physical build
Sāmkhya	Indian philosophy written by Kapila
Samkhya Samprāpti	Classification of disease by types (ex. 20 types of prameha)
Sampraprti	Pathogenesis
Samprāptibala	Classification of disease according to the severity of pathology
Sandhigata vāta	Osteo arthritis
Sāndra	Solid or dense
Saṅga	Obstruction of Strotas
Sannipāta Jvara	Fevers due to aggravation of all three doṣas
Sannipātaja Unmāda	Psychosis due to all three doṣas
Santata Jvara	Continuous fever without reduced temperature for 7, 10 or 12 days
Santośa	Contentment
Sara	Flowing

Śāririka	Disease manifesting in the body
Satata Jvara	Fever with rise in temperature twice in a day
Sātmya	Habits
Sattva	One of the maha gunas. The pure quality of the mind.
Sattva Sāra Puruṣa	Individual with excellent sattva or mind
Sattvāvajaya	Measure which build the strength and stability of the mind/ psyche
Satya	Truth
Sirā Granthī	A type of sroto dusti/varicose veins
Śīta	Cold
Śīta vīrya	Cold Potency
Śītakarī	Cool breathing through teeth and flattened tougue
Śītali	Cool breathing with curled tongue
Śītapūrva Jvara	Cold sensation on the skin along with stiffness followed by fever, caused by vāta and kapha.
Ślakṣṇa	Slippery, Smooth
Śleṣaka	Sub type of kapha, provides lubrication to joints
Snāna	Bath
Snigdha	Unctuous or oily
Śokaja Atisāra	Signs and symptoms of loose stools including diarrhea caused by grief, fear or stress
Śoṣa Lakṣana	Signs of depletion
Śoṣa Rūpa	Signs and symptoms of depletion
Śoṣa Sādhya Asādhya	Prognosis of Depletion
Sotha	Swelling/edema
Sparśa Parīkṣā	Skin assessment
Sparśana	Palpation and touch examination
Srotāṃsi	Channels or pathways including arteries, veins etc. (plural)

Srotas OR Strotas	Channel, pathway (singular)
Sroto Duṣṭi	Abnormalities in Srotas
Stanya	Breast Milk
Stanyavaha Srotas	Pathway or channel of Stanya (breast milk)
Staulya	Obesity (Medo roga – disease of fatty tissue)
Sthāna Saṃśraya	Aggravated Doṣa conglomerating with other Doṣa or dhatu
Sthira	Stable
Sthūla	Gross or big
Sthula Śārīra	Gross body
Sukha	Happiness
Sukhasādhyā	Easily curable prognosis
Śukra Dhātu	Reproductive tissue (Sperm in male)
Śukrasāra Puruṣa	Individual with excellent śukra dhātu
Śukravaha Srotas	Pathway or channel of Śukra
Sūkṣma	Small or minute
Sukṣma Śārīra	Subtle body
Suśruta Saṃhitā	Second oldest authoritative text on Āyurveda, written by Śusruta Maha Ṛṣi
Svadyāya	Self study
Śvāsa	Asthma/difficulty breathing
Svastha	Optimum state of health
Sveda	Sweat
Svedovaha Srotas	Pathway or channel of Svedas
Tamas	One of the three maha gunas, energy of darkness
Tanmātrā	Subtle elements
Tapas	Penance
Tarpaka	Sub type of kapha, nourishes the sensory organs
Tejas	Essence of fire and pitta doṣa

Tikṣṇa	Sharp/ penetrating
Tikṣṇa agni	Intense digestive fire
Tikta	Bitter taste
Trayopasthambha	Three sub pillars of life
Tridoṣaja Arśa	Causative factors and pathogenesis of Hemorrhoids due to all three doṣas
Tridosaja Apasmara	Epilepsy due to all three doṣas
Tridoṣaja Atisāra	Signs and symptoms of loose stools including diarrhea caused by all three doṣas
Tridoṣaja Grahaṇī	Frequent loose stools including IBS, Celiac disease and Crohn's Disease caused by aggravation of all three doṣas
Tridoṣaja Madātyaya	Alcoholism associated with all three doṣas
Tridoṣaja Pāṇḍu	Anemia due to all three doṣas
Tridoṣja Arśa Rūpa	Signs and symptoms of hemorrhoids due to all three doṣas
Trividha Parīkṣā	Three methods of examination
Tṛṣṇa	Thirst
Tṛtīyaka Jvara	Fever with rise in temperature on alternating days (once every 48 hours)
Tvak	Skin
Tvaksāra Puruṣa	Individual with excellent skin
Ubhayahetu	Causation for aggravation of both doṣas and disease
Udakavaha Srotas	Pathway or channel of water /Fluid
Udāna	Sub type of Vāta, allows for production of sound
Udaraśūla	Abdominal pain
Ujjayī	Ocean sounding breath
Unmāda Nidāna	Causative factors for Psychosis
Unmāda Bheda	Types of Psychosis
Unmāda Rūpa	Signs and symptoms of Psychosis
Unmāda Sādhyā Asādhyata	Prognosis of Psychosis

Unmāda Saṃprāpti	Pathogenesis of Psychosis
Upadhātu	Byproducts of nutrition
Upamāna Pramāṇa	Comparison or analogy as a means of knowledge
Upaśaya	Exploration therapy (diagnostic aid) , Trial and Error method for differential diagnosis
Urakṣata	Chest lesions
Urakṣata Sādhya Asādhya	Prognosis of Chest Lesions
Ūrdhvāṅga Cikitsā	ENT and Ophthalmology
Uṣṇa	Hot
Uṣṇa Vīrya	Hot potency
Uṣṇodaka	Warm, hot or boiled water
Uttara Mīmāṃsā / Vedānta	Indian philosophy comprised of the “end” or last section of the vedas
Vaikṛta	Unnatural and unexpected cause for disease
Vaiśeṣika	Indian philosophy written by Kanada
Vājīkaraṇa	Fertility and aphrodisiac therapies
Vāta Pravāhikā	Dysentery due to aggravated vāta
Vāta Vyādhis	Disorders of vāta
Vātabalāsaka Jvara	Low grade fever all the time, caused by predominance of kapha
Vātaja Apsmāra	Epilepsy due to vāta
Vātaja Arśa Nidāna Saṃprāpti	Causative factors and pathogenesis of Hemorrhoids due to Vāta
Vātaja Arśa Rūpa	Signs and symptoms of hemorrhoids due to Vāta
Vātaja Arśa upadrava	Complications of hemorrhoids due to Vāta
Vātaja Atisāra	Signs and symptoms of loose stools including diarrhea caused by Vāta
Vātaja Grahaṇī	Frequent loose stools including IBS, Celiac disease and Crohn’s Disease caused by aggravated vāta
Vātaja Jvara	Fevers due to aggravated vāta

Vātaja Madātyaya	Alcoholism associated with Vāta
Vātaja Pāṇḍu	Anemia due to vāta
Vātaja Unmāda	Psychosis due to Vāta
Vātakapha Jvara	Fevers due to aggravated Vāta and kapha
Vātapitta Jvara	Fevers due to aggravated Vāta and pitta
Vātarakta	Diseases of vāta with rakta imbalance/Rheumatoid arthritis/Gout
Vidagdha Ajīrṇa	Indigestion due to pitta
Vidagdha Ajīrṇa Rūpa	Signs and symptoms of indigestion due to pitta
Vidāhi	Causing burning sensation
Vihāra	Activities
Vikalpa Saṃprāpti	Classification of disease according to the aggravation of doṣas
Vikṛti	Any alteration from normal
Vilambīka	Due to Indigestion, food remains undigested in the stomach. ~Gastroparesis
Vimārga gamana	Diverted flow
Vipāka	Post digestive effect
Viruddha Āhāra	Incompatible food
Vīrya	Potency
Viśada	Clear or non-slimy
Viśaja Unmāda	Psychosis due to poisons, contaminants
Viśama agni	Irregular digestive fire
Viśama Jvara	Intermittent fevers
Viśeṣa	Specific, in reference to type of causative factor as well as type of disease
Viṣṭabdha Ajīrṇa	Indigestion due to vāta
Viṣṭabdha Ajīrṇa Rūpa	Signs and symptoms of indigestion due to vāta
Visūcikā	Gastroenteritis
Visūcikā Upadrava	Complication of gastro enteritis
Vṛṣa Cikitsā	Fertility Therapies

Vyādhīhetu	Causation for aggravation of disease
Vyakti	Manifestation of disease
Vyāna	Sub type of Vāta, allows for circulation and movement all over the body
Vyāyāma	Exercise
Yakṣa Graha	Psychosis due to possession
Yama	Moral restraints
Yāpya	Palliative or manageable but non-curable prognosis
Yoga Darśana	Indian philosophy written by Patañjali
Yoni vyāpat	Disorders of the uterus
Yukti Pramāṇa	Reasoning as a means of knowledge
Yuktivyapāśraya	Plan of treatment using various variables such as material therapies including diet, herbs, lifestyle and treatments.

Samskṛt Term	English Translation
Apasmāra Sādhyā Asādhyata	Epilepsy prognosis
Apasmāra Nidāna Bheda	Epilepsy causative factors and types
Abhighātaja	Disease due to injury
Abhyaṅga	Oil application and massage
Ādhyātmika	Disease due to impressions from past lives
Adhibhautika	Disease due to variations in the 5 elements
Ādhidaivika	Disease due to planetary influence
Agada tantra	Toxicology

Āgantū jvara	Fevers due to external causative factors
Āgantūja	Exogenous
Agni	Fire; Digestive fire
Ahamkāra	Ego principle
Āhāra	Food or diet
Āhāra Sevana Vidhi	Healthy eating habits
Āhāraśakti	Power of digestion and assimilation
Ahiṃsā	Non-violence
Ajīrṇa	Indigestion
Ajīrṇa Nidāna	Causative factors for indigestion
Ajīrṇa Bheda	Types of indigestion
Ajīrṇa Rūpa	Signs and symptoms of indigestion
Ajīrṇa Sādhyā Asādhyatā	Prognosis of Indigestion
Ajīrṇa Upadrava	Complication of Indigestion
Ākāśa	Ether element
Ākr̥ti	General appearance of external features
Alasaka	Abdominal distention and reverse peristalsis due to indigestion
Ālocaka	Sub type of pitta, influences visual perception
Āma	Undigested food or nourishment
Āma Ajīrṇa	Indigestion due to āma
Āma Ajīrṇa Rūpa	Signs and symptoms of indigestion due to āma
Āma Atisāra	Signs and symptoms of loose stools including diarrhea caused by āma
Āma Jvara	Fever due to āma
Āmavāta	Rheumatic fever
Āmāśaya	Stomach
Ambuvaha Srotas	Pathway or channel of water / fluid
Amla	Sour
Amlapitta	Peptic ulcer
Amla Vipāka	Sour post digestive effect
Ānāha	Distention of abdomen
Annaja	Disease caused by unhealthy diet
Annavaha Srotas	Pathway or channel of anna (food)
Antarvega Jvara	Presence of fever symptoms with mild or no external exhibition of rise in temperature
Anumāna Pramāṇa	Inference as a means of knowledge
Anupaśaya	Differential diagnosis/therapeutic guideline
Anyedhyuṣka Jvara	Fever with rise in temperature once in 24 hours
Āpa	Water
Apāna	Sub type of vāta, aids in initiation of natural urges moving downward

Aparigraha	Non-hoarding
Apasmāra	Epilepsy
Apathya	Unhealthy food habits
Āptopadeśa Pramāṇa	Expert testimony as a means of knowledge
Arśa	Hemorrhoids
Arśa Bheda	Types of Hemorrhoids
Arśa Pūrvarūpa	Premonitory signs and symptoms of hemorrhoids
Arśa Sādhya Asādhyatā	Prognosis of hemorrhoids
Arśa Saṃprāpti	Pathogenesis of hemorrhoids
Artha	Pursuit of wealth, livelihood
Ārtava	Menstrual blood
Ārtavavaha Srotas	Pathway or channel of the ovulation
Aruci	Ageusia/inability to taste
Asādhya	Incurable prognosis
Asādhya Jvara	Incurable fevers
Āsana	Seated posture, postures of yoga
Asātmya Indriya Artha Saṃyoga	Unwholesome contact of senses with their corresponding sensory objects
Aṣṭa Vidha Parīkṣā	8 bodily factors for examination
Aṣṭāṅghṛdayam	Third oldest text on Āyurveda written by Vāgbhaṭa Maḥarṣi. A concise version of Aṣṭāṅga Saṃgraha
Aṣṭāṅgasamgraha	One of the oldest text on Āyurveda written by Vāgbhaṭa Maḥarṣi
Aṣṭāṅgayoga	8 limbs of Yoga philosophy
Aṣṭāṅga Āyurveda	8 divisions of Āyurveda
Aṣṭasāra Puruṣa	Eight types of ideal constitution
Asteya	Non-stealing
Asthi Dhātu	Bony tissue
Asthigata vāta	Vāta aggravation in the bone
Asthisāra Puruṣa	Individual with excellent asthi dhātu
Asthivaha Srotas	Pathway or channel of asthi
Atipravṛtti	Increased flow of srotas
Atisāra	Diarrhea
Atisāra Mukta Lakṣana	Signs and symptoms of relief from loose motions including diarrhea
Atisāra Nidāna	Causative factors for loose stools including diarrhea
Atisāra Pūrvarūpa	Premonitory signs and symptoms of loose stools including diarrhea
Atisāra Rūpa	Signs and symptoms of loose stools including diarrhea
Atisāra Sādhya Asādhyatā	Loose stools including diarrhea prognosis
Atisāra Saṃprāpti	Pathogenesis for loose stools including diarrhea
Ātmā	Soul

Ātmaja	Disease caused by abnormal effects on the soul
Auśadhaja	Disease due to side effects of medication
Avalambaka	Sub type of kapha, provides stability to chest, shoulders, arms, neck and heart.
Avara	Inferior
Āyuh	Life and also age
Āyurveda	The Science or knowledge of Life
Bahirvega Jvara	Fever with external manifestation of rise in temperature and other symptoms
Bala	Strength
Bālacikitsā	Pediatrics
Bheda	Classification of disease
Bheṣaja	Medicine
Bhrājaka	Sub type of pitta, aids in skin metabolism
Bhūtavidyā	Āyurvedic Psychology
Bodhaka	Sub type of kapha, aids in perception of taste
Brahmamūhurta	Ideal time for waking up (roughly 4 – 6am)
Brahmacaryā	Judicious use of the senses
Bṛhad Trayī	Caraka Saṃhitā, Śusruta Saṃhitā, Aṣṭāṅga Saṃgraha, Aṣṭāṅgaḥṛdayam (Both Aṣṭāṅga texts were written by Ācarya Vagbhaṭa. Aṣṭāṅgaḥṛdayam is the essence version of the Aṣṭāṅga Saṃgraha text, hence both included under this category)
Bṛṃhaṇa	Nourishing therapies
Buddhī	Intellect
Cala	Moving or unstable
Caraka Saṃhitā	Oldest authoritative text on Āyurveda, written by Caraka Maha Ṛṣi
Cardi	Vomiting
Carmakīla	Warts
Caturthaka Jvara	Fever with rise in temperature on every fourth day
Caturviṃśati Tattva	24 components of evolution / existence
Caya	Accumulation of Doṣa
Dāha	Burning sensation
Dāhapūrva Jvara	Burning sensation prior to the onset of fever, Caused by predominance of pitta and is difficult to treat
Daivavyapāśraya	Devine or religious therapies
Dāṃṣṭrā Cikitsā	Toxicology
Dantadhāvana	Brushing teeth
Darśana	Observational examination
Daśavidha Parīkṣā	10 aspects of examination
Deha	Body
Dhāraṇā	Concentration

Dhāraṇa	To wear something
Dharma	Conformity to one's duty and nature
Dhātu	Bodily tissue
Dhātu Kṣaya	Depletion of quality and quantity of the dhātu
Dhātu Vṛddhi	Increase, growth of the dhātu
Dhātugata Jvara	Fever having its seat in the dhātus
Dik	Direction
Dinapāki Ajīrṇa	Delayed or sluggish digestion
Dinacaryā	Daily regimen
Dīpana	Increases digestive fire
Dīrgha (breath)	Dīrgha means long. Deep breath/Three part breath
Doṣa	Something that has potential to become vitiated/ that which spoils
Doṣahetu	Causation for aggravation of doṣas
Doṣa Kṣaya	Decreased doṣa
Doṣa Upakrama	Measures to pacify the doṣas
Doṣa Vṛddhi	Increased and aggravated doṣa
Drava	Liquid or dilute
Dṛk Parīkṣā	Examination of eyes
Duḥkha	Pain, grief, sorrow
Duṣya	The one which is vitiated is duṣya
Dvandvaja Arśa	Causative factors and pathogenesis of Hemorrhoids due to two doṣas
Galaganda	Goiter
Gambhīra Jvara	Fatal fevers
Gandamala	Inflammation of the glands of the neck
Gaṇḍūṣa	Oil pulling, gargle with mouthful of liquid. Can be done with herbal decoction as well.
Ghaṭīyantra Grahaṇī	Frequent loose stools including IBS, Celiac disease and Crohn's Disease presenting with a gurgling, fluid retention sound.
Graha Cikitsā	Diseases of unknown origin
Grahaṇī	Spru/IBS/Celiac disease
Grahaṇī Nidāna	Causative factors of Frequent loose stools including IBS, Celiac disease and Crohn's Disease
Grahaṇī Pūrvarūpa	Premonitory signs and symptoms of Frequent loose stools including IBS, Celiac disease and Crohn's Disease
Grahaṇī Rūpa	Signs and symptoms of Frequent loose stools including IBS, Celiac disease and Crohn's Disease
Grahaṇī Sādhyasādhyatā	Prognosis of Frequent loose stools including IBS, Celiac disease and Crohn's Disease
Grahaṇī Saṃprāpti	Pathogenesis of Frequent loose stools including IBS, Celiac disease and Crohn's Disease

Granthi	Cysts
Gṛdhrasi	Sciatica
Guru	Heavy; also teacher
Halīmaka	Severe type of jaundice due to vata and pitta
Hicca	Hiccups
Hima	Cold
Indriya	Senses
Íśvara Praṇidhāna	Surrender to God
Jala	Water
Jarā Cikitsā	Rejuvenation Therapies
Jaṭharāgni	Digestive fire
Jihvā	Tongue
Jihvā Parīkṣā	Tongue examination
Jīrṇa Lakṣaṇa	Signs and symptoms of good digestion
Jñānendriya	Sensory faculties : Eyes, Nose, Ears, Tongue & Skin
Jvara	Fever
Jvara Mokṣalakṣaṇa	Signs and Symptoms of fever subsiding
Jvara Muktalakṣaṇa	Signs and symptoms of relief from fever
Jvara Pūrvarūpa	Premonitory signs and symptoms of fever
Jvara Rūpa	Signs and symptoms of Fever
Jvara Sādhya asādhyatā	Fever prognosis
Jvara Saṃprāpti	Pathogenesis of Fever
Jvara Upadrava	Complications of fever
Kāla	Time / Season
Kāla Saṃprāpti	Classification of disease according to changes exhibited at various times (time of day or season)
Kālaja Jvara	Seasonal fevers
Khalekapotta nyāya	Nutrient absorption as a selective process similar to pigeons feeding
Kāmala	Jaundice
Kampavāta	Parkinson's disease
Kapālabhāti	Skull shining breath
Kaphapitta Jvara	Fevers due to aggravated Kapha and pitta
Kapha Pravāhikā	Dysentery due to aggravated Kapha
Kaphaja Arśa Nidāna & Saṃprāpti	Causative factors and pathogenesis of Hemorrhoids due to Kapha
Kaphaja Arśa Rūpa	Signs and symptoms of hemorrhoids due to Kapha
Kaphaja Atisāra	Signs and symptoms of loose stools including diarrhea caused by Kapha
Kaphaja Grahaṇī	Frequent loose stools including IBS, Celiac disease and Crohn's Disease caused by aggravated Kapha
Kaphaja Jvara	Fevers due to aggravated Kapha

Kaphaja Kṛmi Nidāna	Causative factors for Parasite infections due to kapha
Kaphaja Kṛmi Sthāna, Bheda, Rūpa	Kaphaja Parasite infections site of infection, types and signs and symptoms
Kaphaja Pāṇḍu	Anemia due to Kapha
Karmaja	Disease due to an individual's actions/karma
Karmendriya	Motor faculty (indriya): vocal cords, hands, feet, urino-genitals & anus
Kāsa	Cough
Kaṣāya	Astringent taste
Kaṭhiṇa	Hard
Kaṭu	Pungent
Kaṭu Vipāka	Pungent post digestive effect
Kavala	Gargle
Kāyā	Body
Kāyacikitsā	General Medicine
Kedārikulyānyāya	Distribution of nutrients similar to a paddy irrigation field
Khara	Rough or gritty
Klaibya	Impotency
Kledaka	Sub type of kapha, Aids in moistening food
Koṣṭha	Types of colon associated with doṣa predominance
Kṛcchra Sādhyā	Curable but challenging prognosis
Kṛmi	Worms/parasites
Kṛmi Bheda	Types of Parasite infections
Kṛmi Lakṣaṇa	Signs and symptoms of Parasite infections
Kṛmi Nidāna	Causative factors for Parasite infections
Kṛmija	Disease caused by bacteria, viruses or parasites
Kṣīradadhinyāya	Assimilation of nutrients similar to transformation of milk to various dairy products
Kumbha Kāmalā	Severe Jaundice – Hepatic failure
Laghu	Light
Laṅghana	Depleting therapies
Lavaṇa	Salty
Madhura	Sweet
Madhura Vipāka	Sweet Post digestive effect
Madhyama	Medium, moderate
Mahat / Buddhi	Causative intelligence
Majjā	Bone marrow & Nerve tissue
Majjā Dhātu	Bone marrow and nervous tissue
Majjā Sāra Puruṣa	Individual with excellent majja dhātu
Majjāvaha srotas	Pathway or channel of Majja
Mala	Bodily waste
Malabaddhata	Chronic constipation

Mala Parīkṣā	Stool examination
Malotsarga	Elimination of waste
Māṃsa	Muscles
Māṃsa Dhātu	Muscle tissue
Māṃsa Sāra Puruṣa	Individual with excellent māṃsa dhātu
Māṃsavaha Srotas	Pathway or channel of Māṃsa
Manas	Mind
Mānasika	Disease manifesting in the mind
Manda	Slow
Maṇḍa	Cooked rice water
Manda Agni	Low or dull digestive fire
Manovaha Srotas	Pathway or channel of the mind
Medaḥ Sāra Puruṣa	Individual with excellent medo dhātu
Meda	Fat
Medo Dhātu	Fatty tissue
Medovaha Srotas	Pathway or channel of Medas
Mṛdu	Soft
Mūtra	Urine
Mūtraghata	Urinary retention/obstruction
Mūtrakrcchra	Dysuria
Mūtra Parīkṣā	Urine examination
Mūtravaha Srotas	Pathway or channel of Mūtra
Nāḍī	Channel
Nāḍī Parīkṣā	Pulse examination
Nāḍī śodhana	Cleansing of the channels, alternate nostril breathing techniques
Nakha	Nails
Nasya	Nasal drops
Nava Dravya	Nine types of matter (5 elements, time, direction, mind and soul)
Netra	Eyes
Nidāna	Etiology or causation, Causative factors
Nidāna Pañcaka	Five aspects of Pathology
Nidrā	Sleep
Nija	Endogenous
Nirāma	Without Āma
Nirāma Jvara	Fever present with no āma. Occurs in chronic fevers, past 8 days of symptoms.
Nīyama	One of the branches of Ashtanga yoga; rule, practices of self restraint
Nyāya	Indian philosophy written by Gautama
Ojas	Essence of life

Ojokṣaya	Diminished ojas
Ojovisramsa	Displaced or dislodged ojas
Ojovyāpat	Impairment or derangement of ojas
Oka- sātmya	Unhealthy habits
Pācaka	Sup type of pitta, aids in digestion
Pācana	Digestion
Pacyamāna Jvara	Fever present while āma is being digested
Pacyamānāśaya	Small intestines
Pakvāśaya	Colon or large intestines
Pañcājñānendriya	Five sensory organs of cognition
Pañcakarmendriya	Five organs of action
Pañcamahābhūta (elements)	Five Great Elements
Pañca Nidāna Lakṣaṇa	Five components of diagnosis of disease
Pañca tanmātrā	Five subtle principles
Pāṇḍu	Anemia
Pāṇḍu Bheda	Types of anemia
Pāṇḍu Lakṣaṇa	Signs and Symptoms of Anemia
Pāṇḍu Rūpa	Signs and symptoms of anemia
Pāṇḍu Sādhyā asādhyatā	Prognosis of anemia
Pāṇḍu Saṃprāpti	Pathogenesis of anemia
Parīkṣā	Examination
Pariṇāma	Change/ transformation
Pathya	Healthy dietary regimen
Picchila	Cloudy or slimy
Pitta Pravāhikā	Dysentery due to association of Pitta
Pittaja Arśa Nidāna Saṃprāpti	Causative factors and pathogenesis of Hemorrhoids due to Pitta
Pittaja Arśa Rūpa	Signs and symptoms of hemorrhoids due to Pitta
Pittaja Atisāra	Signs and symptoms of loose stools including diarrhea caused by Pitta
Pittaja Grahaṇī	Frequent loose stools including IBS, Celiac disease and Crohn's Disease caused by association with Pitta
Pittaja Jvara	Fevers due to aggravated Pitta
Pittaja Pāṇḍu	Anemia due to pitta
Prabhāva	Specialized therapeutic effect
Prādhānya Saṃprāpti	Classification of disease according to the predominant doṣa and secondary factors
Prajñāparādha	Intellectual transgression
Prakopa	Vitiation of Doṣa
Prākṛta	Natural and expected cause for disease
Prakṛti	<ol style="list-style-type: none"> 1. Primordial Nature 2. Constitution Type

Pralepaka Jvara	Low grade fever with sensation of coldness
Pramāṇa	Measurement of Body- Height, Weight, Posture, Circumference of Head
Prameha	Disorders of excess urination including diabetes
Prāṇa	Vital energy
Prānavaha srotas	Pathway or channel of Prāna
Prāṇayāma	Breathing exercises
Prasara	Spread of Doṣa
Praśna	Questioning for examination
Pratyāhāra	Withdrawal from senses
Pratyakṣa pramāṇa	Sensory observation as a means of knowledge
Pravāhikā	Dysentery
Pravara	Optimum, best
Ṙṥhvī	Earth element
Purīṣa	Fecal matter
Puriṣaja Kṛmi Nidāna	Causative factors for Parasite infections from stool
Puriṣaja Kṛmi Sthāna, Bheda, Rūpa	Location, Types and signs and symptoms of Parasite infections due to Stools
Purīṣavaha srotas	Pathway or channel of Purīṣa
Puruṣa	1. (Eternal cause) 2. Man or individual
Pūrvā Mīmāṃsā	Philosophical text written by sage Jaimini
Pūrvarūpa	Premonitory signs and symptoms
Rajas	One of the three maha gunas, a doṣa of the mind, energy of action
Rajaḥ Strāva	Menstrual blood
Rajovaha srotas	Pathway or channel of Menstruation
Rakta Arśa Bheda	Types of hemorrhoids due to Rakta
Rakta Arśa Rupa	Signs and symptoms of hemorrhoids due to Rakta
Rakta Atisāra	Signs and symptoms of loose stools including diarrhea caused by aggravated rakta
Rakta Dhātu	Blood
Raktapitta	Bleeding disorders
Rakta Pravāhikā	Dysentery due to aggravated Rakta
Raktasāra Puruṣa	Individual with excellent rakta dhātu
Raktaja Kṛmi Nidāna	Causative factors for Parasite infections due to rakta
Raktaja Kṛmi Sthāna, Bheda, Rūpa	Location, Types and signs and symptoms of Parasite infections due to rakta
Raktavaha Srotas	Pathway or channel of Rakta
Raṅjaka	Sub type of pitta, aids in pigmentation
Rasa	Juice, liquid, first bodily tissue formed/also means taste
Rasaśeṣājirṇa	Indigestion due to delayed absorption

Rasavaha Srotas	Pathway or channel of Rasa
Rasāyana	Rejuvenation Therapies
Rasāyana	That which nourishes all the dhātus
Rātri Jagaraṇa	Night vigil
Rātricaryā	Nightly regimen
Rogamrga	Pathway for disease manifestation
Ṛtucaryā	Seasonal regimen
Ṛtu Sandhi	Seasonal transition
Ṛtucaryā	Seasonal routine
Rugṇa Patrakam	Client intake form
Rūkṣa	Dry
Rūpa	Signs and Symptoms
	Duplicate
Śabda Parīkṣā	Sounds and voice assessment
Śabda Pramāṇa	Word or reliable testimony as a means of knowledge
Śad Darśana	Six perennial philosophies of India
Ṣaḍ Rasa	Six tastes
Sādhaka	Sub type of pitta, aids in cognition and intelligence
Sadvṛtta	Good conduct and ethics
Śalya Cikitsā	Surgery
Sāma	With Āma
Sama Agni	Balanced digestive fire
Sāma Dhātu	Dhātu mixed with āma
Sāma Doṣa	Doṣa mixed with āma
Sāma Mala	Mala mixed with āma
Samādhi	Enlightenment
Samāna	Sub type of Vāta, Aids in igniting the agni
Sāmānya	General, in reference to type of causative factor as well as type of disease
Samgraha Grahaṇī	Frequent loose stools including IBS, Celiac disease and Crohn's Disease caused by aggravated vāta and āma
Samhanana	Physical build
Sāṃkhya	Indian philosophy written by Kapila
Samkhya Samprāpti	Classification of disease by types (ex. 20 types of prameha)
Sampraprti	Pathogenesis
Samprāptibala	Classification of disease according to the severity of pathology
Sandhigata vāta	Osteo arthritis
Sāndra	Solid or dense
Saṅga	Obstruction of Srotas
Sannipāta Jvara	Fevers due to aggravation of all three doṣas

Santata Jvara	Continuous fever without reduced temperature for 7, 10 or 12 days
Santośa	Contentment
Sara	Flowing
Śāririka	Disease manifesting in the body
Satata Jvara	Fever with rise in temperature twice in a day
Sātmya	Habits
Sattva	One of the maha gunas. The pure quality of the mind.
Sattva Sāra Puruṣa	Individual with excellent sattva or mind
Sattvāvajaya	Measure which build the strength and stability of the mind/psyche
Satya	Truth
Sirā Granthī	A type of sroto dusti/varicose veins
Śīta	Cold
Śītapūrva Jvara	Cold sensation on the skin along with stiffness followed by fever, caused by vāta and kapha.
Śīta vīrya	Cold Potency
Śītakarī	Cool breathing through teeth and flattened tongue
Śītali	Cool breathing with curled tongue
Ślakṣṇa	Slippery, Smooth
Śleṣaka	Sub type of kapha, provides lubrication to joints
Snāna	Bath
Snigdha	Unctuous or oily
Śokaja Atisāra	Signs and symptoms of loose stools including diarrhea caused by grief, fear or stress
Sotha	Swelling/edema
Sparśa Parīkṣā	Skin assessment
Sparśana	Palpation and touch examination
Srotāṃsi	Channels or pathways including arteries, veins etc. (plural)
Srotas OR Strotas	Channel, pathway (singular)
Sroto Duṣṭi	Abnormalities in Srotas
Stanya	Breast Milk
Stanyavaha Srotas	Pathway or channel of Stanya (breast milk)
Staulya	Obesity (Medo roga – disease of fatty tissue)
Sthāna Saṃśraya	Aggravated Doṣa conglomerating with other Doṣa or dhatu
Sthira	Stable
Sthūla	Gross or big
Sthula Śārīra	Gross body
Sukha	Happiness
Śukra Dhātu	Reproductive tissue (Sperm in male)
Śukrasāra Puruṣa	Individual with excellent śukra dhātu
Śukravaha Srotas	Pathway or channel of Śukra

Sūkṣma	Small or minute
Sukṣma Śārīra	Subtle body
Sukhasādhyā	Easily curable prognosis
Suśruta Saṃhitā	Second oldest authoritative text on Āyurveda, written by Śusruta Maha Ṛṣi
Svadyāya	Self study
Śvāsa	Asthma/difficulty breathing
Svastha	Optimum state of health
Sveda	Sweat
Svedovaha Srotas	Pathway or channel of Svedas
Tamas	One of the three maha gunas, energy of darkness
Tanmātrā	Subtle elements
Tapas	Penance
Tarpaka	Sub type of kapha, nourishes the sensory organs
Tejas	Essence of fire and pitta doṣa
Tikṣṇa	Sharp/ penetrating
Tikṣṇa agni	Intense digestive fire
Tikta	Bitter taste
Trayopasthambha	Three sub pillars of life
Tridoṣaja Arśa	Causative factors and pathogenesis of Hemorrhoids due to all three doṣas
Tridoṣaja Atisāra	Signs and symptoms of loose stools including diarrhea caused by all three doṣas
Tridoṣaja Grahaṇī	Frequent loose stools including IBS, Celiac disease and Crohn's Disease caused by aggravation of all three doṣas
Tridoṣaja Pāṇḍu	Anemia due to all three doṣas
Tridoṣja Arśa Rūpa	Signs and symptoms of hemorrhoids due to all three doṣas
Trṣṇa	Thirst
Trividha Parīkṣā	Three methods of examination
Trṭiyaka Jvara	Fever with rise in temperature on alternating days (once every 48 hours)
Tvak	Skin
Tvaksāra Puruṣa	Individual with excellent skin
Ubhayahetu	Causation for aggravation of both doṣas and disease
Udakavaha Srotas	Pathway or channel of water /Fluid
Udāna	Sub type of Vāta, allows for production of sound
Udaraśūla	Abdominal pain
Ujjayī	Ocean sounding breath
Upadhātu	Byproducts of nutrition
Upamāna Pramāṇa	Comparison or analogy as a means of knowledge
Upaśaya	Exploration therapy (diagnostic aid) , Trial and Error method for differential diagnosis

Ūrdhvāṅga Cikitsā	ENT and Ophthalmology
Uṣṇa	Hot
Uṣṇa Vīrya	Hot potency
Uṣṇodaka	Warm, hot or boiled water
Uttara Mīmāṃsā / Vedānta	Indian philosophy comprised of the “end” or last section of the vedas
Vaikṛta	Unnatural and unexpected cause for disease
Vaiśeṣika	Indian philosophy written by Kanada
Vājīkaraṇa	Fertility and aphrodisiac therapies
Vātakapha Jvara	Fevers due to aggravated Vāta and kapha
Vātapitta Jvara	Fevers due to aggravated Vāta and pitta
Vāta Pravāhikā	Dysentery due to aggravated vāta
Vātabalāsaka Jvara	Low grade fever all the time, caused by predominance of kapha
Vātaja Arśa Nidāna Saṃprāpti	Causative factors and pathogenesis of Hemorrhoids due to Vāta
Vātaja Arśa Rūpa	Signs and symptoms of hemorrhoids due to Vāta
Vātaja Arśa upadrava	Complications of hemorrhoids due to Vāta
Vātaja Atisāra	Signs and symptoms of loose stools including diarrhea caused by Vāta
Vātaja Grahaṇī	Frequent loose stools including IBS, Celiac disease and Crohn’s Disease caused by aggravated vāta
Vātaja Jvara	Fevers due to aggravated vāta
Vātaja Pāṇḍu	Anemia due to vāta
Vātarakta	Diseases of vāta with rakta imbalance/Rheumatoid arthritis/Gout
Vāta Vyādhis	Disorders of vāta
Vāyu	Air element
Vidagdha Ajīrṇa	Indigestion due to pitta
Vidagdha Ajīrṇa Rūpa	Signs and symptoms of indigestion due to pitta
Vidāhi	Causing burning sensation
Vihāra	Activities
Vikalpa Saṃprāpti	Classification of disease according to the aggravation of doṣas
Vikṛti	Any alteration from normal
Vilambīka	Due to Indigestion, food remains undigested in the stomach. ~Gastroparesis
Vimārga gamana	Diverted flow
Vipāka	Post digestive effect
Viruddha Āhāra	Incompatible food
Vīrya	Potency
Viśada	Clear or non-slimy
Viśama agni	Irregular digestive fire

Viṣama Jvara	Intermittent fevers
Viśeṣa	Specific, in reference to type of causative factor as well as type of disease
Viṣṭabdha Ajīrṇa	Indigestion due to vāta
Viṣṭabdha Ajīrṇa Rūpa	Signs and symptoms of indigestion due to vāta
Visūcikā	Gastroenteritis
Visūcikā Upadrava	Complication of gastro enteritis
Vṛṣa Cikitsā	Fertility Therapies
Vyādhihetu	Causation for aggravation of disease
Vyakti	Manifestation of disease
Vyāna	Sub type of Vāta, allows for circulation and movement all over the body
Vyāyāma	Exercise
Yama	Moral restraints
Yāpya	Palliative or manageable but non-curable prognosis
Yoga Darśana	Indian philosophy written by Patañjali
Yoni vyāpat	Disorders of the uterus
Yukti Pramāṇa	Reasoning as a means of knowledge
Yuktivyapāśraya	Plan of treatment using various variables such as material therapies including diet, herbs, lifestyle and treatments.

Scope of Practice for the Ayurvedic Doctor

The following listing of Professional categories for the practice of Ayurveda in the United States represents the current state of the profession and also the potential for the growth of the profession moving forward. These three categories are distinguished by their focus on health and wellness as well as the educational and experiential background needed to be competent as a professional in each category.

Ayurvedic Doctor: The Certified Ayurvedic Doctor is an Ayurvedic professional with advanced clinical and specialized training in Ayurveda. They also have introductory knowledge of conventional medicine and have the training to interface with other medical professionals to provide integrative healthcare.

**The use of the term “doctor” may be limited by individual state licensure regulations.*

This document is broken into four divisions clarifying the scope of practice in each category:

1. Description
2. Skills and Competencies
3. Recommendations
4. Treatment and Intervention Skills

General Description of the Scope of Practice	
Category	Doctor of Āyurveda
General Description	<p>The general scope of practice of the Āyurvedic Doctor is similar to the Āyurvedic Practitioner, but they have more extensive, in-depth education and relevant clinical experience in <i>Aṣṭāṅga</i> Āyurveda (all 8 branches of Āyurvedic medicine⁽¹⁾). They also have additional experience in teaching⁽⁵⁾, demonstrations, practical <i>pañcakarma</i> training, and research methods.</p> <p>Doctors of Āyurveda understand disease from an Āyurvedic perspective, while possessing a working knowledge of Western medical diagnostic and treatment terminology and practices, sufficient to enable them to correlate those terms and diagnosis into Āyurvedic understanding and practice.</p> <p>Doctors of Āyurveda have a working knowledge of Western medical pathology, pharmacology, diagnostic reports, and treatments, in order to interface with the Western medical community and modify the Āyurvedic management of cases</p>

	<p>accordingly, as needed. But they are not required to order Western diagnostic tests and do not prescribe Western medicines.</p> <p>Āyurvedic Doctors have an informed awareness of public health and epidemiology (<i>janapadoddhvamsa</i>) from the Western and Āyurvedic perspectives. They are informed consumers of research pertaining to the Āyurvedic field, and are able to evaluate, discuss, and apply contemporary research within the context of Āyurvedic knowledge. They are able to make significant contributions to the profession such as contributing to or participating in research, review articles, conference teaching, or presentation of case studies.⁽²⁾</p>
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Notations

1. *Aṣṭāṅga* Āyurveda: Internal Medicine (*Kāya Cikitsā*), ENT (*Śālākya Tantra*), Pediatrics (*Kaumārabhṛtya*), Psychology (*Bhūtavidyā/Manovijñāna*), Rejuvenation (*Rasāyana*), Fertility (*Vājīkaraṇa*), Toxicology/Epidemiology (*Agada Tantra*), Surgery (*Śalya Tantra*) – the latter confined to theoretical knowledge of contemporary practice and historical overview and understanding of Āyurvedic surgery.
2. The intention behind creating this separate category is to set the bar high for the development of the Āyurvedic profession. While many schools may not feel ready to offer this level of training, it carves out the direction for on-going development, while also identifying a category for existing highly trained and experienced practitioners.

General Notes:

1. Throughout this document, “disease” refers to disease according to Āyurvedic diagnosis and treatment.

Skills and Competencies

The professional should be able to show skill and competency in each of the following categories.

Category	Category III: Doctor of Āyurveda
Communication	Counseling skills, “bedside manner” and cultural competency to their patient base.
Personal & Family Health History	Taking a detailed current and past personal and family health history
Basic Vital Signs	Taking basic vital signs such as blood pressure (<i>raktacāpa</i>)
Etiology(Nidāna)	Determining the etiological factors (<i>nidāna</i>) responsible for the <i>doṣic</i> imbalance and the disease
Prakṛti & Vikṛti	Assessing physical and mental <i>prakṛti</i> and <i>doṣa</i> imbalance using Ayurvedic diagnostic methodology (<i>trividha, aṣṭavidha</i> and <i>daśavidha parīkṣā</i>)
20 Guṇas	Determining which <i>guṇas</i> are predominant in <i>prakṛti</i> and <i>vikṛti</i>
Doṣas/Sub-doṣas	Identifying which sub- <i>doṣas</i> are involved in a presenting disease
Dhātus/Srotāmsi	Determining <i>dhātu, upadhātu,</i> and <i>srotāmsi</i> involvement (<i>sāmyata, vṛddhi/ kṣaya, duṣṭi</i>) in a presenting imbalance
Malas and Dhātumalas	Assessing the state of the <i>malas</i> through questioning (<i>praśna</i>) and special tests, including <i>tailabindu parīkṣā, mūtra</i> and <i>purīṣa darśana</i> .
Agnis: Jāṭhara, dhātu, bhūta	Determining the clinical state of <i>agnis</i> by questioning (<i>praśna</i>) and observation (<i>darśana</i>)
Āma	Determining the clinical state of <i>āma</i> by questioning (<i>praśna</i>) and observation (<i>darśana</i>)

Prāṇa, Ojas & Tejas	Determining the state of <i>prāṇa</i> , <i>ojas</i> and <i>tejas</i>
Samprāpti	Determining the full <i>samprāpti</i> of disease conditions
Western Diagnostic Reports	Understand basic Western diagnostic and medical reports
Patient Strengths/Assets	Assessing and determining patients' strengths and willingness to follow recommendations
Research Skills	They are informed consumers of research pertaining to the Āyurvedic field, and are able to evaluate, discuss, and integrate contemporary research within the context of Āyurvedic knowledge. They may make significant contributions to the profession such as contributing to or participating in original research, review articles, conference teaching, or presentation of case studies.

Recommendations

The professional should have the knowledge within their prescribed scope of practice as noted under the General Description to be able to recommend / prescribe the following approaches to restore balance and support the healing process.

Category	Category III: Doctor of Āyurveda
Food (Āhāra)	Recommending appropriate food choices according to <i>prakṛti</i> , <i>vikṛti</i> , <i>guṇas</i> , <i>rasa</i> , season (<i>rtu</i>), digestive strength (<i>agnibala</i>) and age (<i>vaya</i>), and proper eating behaviors (<i>āhāraavidhi</i>)
Lifestyle (Vihāra)	Recommending appropriate daily routines (<i>dinacaryā</i>), seasonal routines (<i>rtucaryā</i>) and life cycle routines according to <i>prakṛti</i> , <i>vikṛti</i> , <i>guṇas</i> . Recommending and educating patients about at-home preventive and promotive measures (<i>svasthavṛtta</i>), and positive conduct measures (<i>sadvṛtta</i>).
Senses (Indriyārthasamyoga)	Recommending appropriate use of sight, smell, touch taste and hearing (<i>sātmyendriyārthasamyoga</i>)
Herbs (Dravya)	Recommending predesigned or creating custom herbal formulas, herbal medicines, minerals, or other natural substances for internal or external use with consideration of dose (<i>mātra</i>), vehicle (<i>anupāna</i>), timing (<i>auśadha kāla</i>) and their safe use for the purpose of balancing <i>agni</i> , eliminating <i>āma</i> while supporting the <i>malas</i> , protecting and building <i>ojas</i> , and treating disease. *Refer to <i>Āyurvedic Doctor: Educational Outline for Competency</i>

Yoga	Referring patients to an Āyurveda Yoga Therapist for further assessment and possible treatment related to Āyurvedic Yoga therapies. Able to educate patients on general scope and value of Āyurvedic Yoga Therapies and the value of practicing yoga for promotion of health and the prevention of disease (<i>svastha</i>).
Pacification (Śamana)	Recommending pacification (<i>śamana</i>) therapies to balance the <i>doṣas</i> and eliminate <i>āma</i> .
Lañghana: Pañcakarma (Śodhana)	Recommending <i>pañcakarma</i> programs as well as individual treatments (<i>śodhana cikitsā</i>), including: classical <i>pañcakarma</i> , and treatments for individual conditions, including use of specialized traditional body treatments. Includes <i>pūrva karma</i> , <i>pradhāna karma</i> , (diet, lifestyle & herbs)
Rejuvenation(Ras āyana) & Reproductive Vitality/Tonificati on (Vājīkaraṇa)	Recommending post <i>pañcakarma</i> rejuvenation (<i>paścāt karma</i>)
Building/Tonificat ion Therapies (Bṛmhāṇa Cikitsā)	Recommending tonification (<i>bṛmhāṇa</i>) therapies for the body and mind.
Pre-natal, Natal and Post natal Care for Mother and Baby(Kaumārabhṛ tya)	Recommending diet (<i>āhāra</i>), lifestyle (<i>vihār</i>), herbs (<i>dravya</i>) and treatments (<i>cikitsā</i>) to manage pre-natal, natal, post-natal health and pathologies and care of newborns
Children's Health (Bālāvastha)	Application of appropriate recommendations for children of all ages
Internal Medicine (Kāya Cikitsā)	Recommending a plan for the elimination of presenting pathologies and the restoration of health in all systems of the body.
Head & Neck Region (ŚālākyaTantra)	Recommending preventative care and treatment for conditions of the head and neck region, including ears, eyes, nose and throat
Psychiatry (Manovijñāna / Bhūtavidyā)	Recommending diet (<i>āhāra</i>), Lifestyle (<i>vihāra</i>) and positive conduct (<i>ācāra</i>), herbs (<i>dravya</i>) and treatments (<i>cikitsā</i>) to treat pathologies in the mind.
Jyotiṣa	Referring patients to a <i>Jyotiṣi</i> for assessment and educating patients on general scope and value of <i>Jyotiṣa</i>

<i>Vāstu</i>	Referring patients to a <i>Vāstu</i> practitioner for assessment and educating patients on general scope and value of <i>Vāstu</i>
Western Medical Approaches, (drugs, surgery, diagnostic procedures)	Referring patients to a practitioner of Western medical approaches for assessment and possible treatment (presumes a general understanding of the scopes of practice of various western medical disciplines)

Treatment and Intervention (<i>Cikitsā</i>) Skills The professional should have the knowledge and skill to be able to utilize the following treatment approaches and /or intervention skills to support the healing process (1)	
Category	Doctor of Āyurveda
Food (<i>Āhāra</i>)	Demonstrate the selection and preparation of appropriate foods and spices according to <i>prakṛti</i> , <i>vikṛti</i> , <i>guṇas</i> , <i>rasa</i> , season (<i>ṛtu</i>), digestive strength (<i>agnibala</i>) and age, and demonstrating proper eating behaviors (<i>āhāra vidhi</i>)
Lifestyle (<i>Vihāra</i>)	Demonstrate the appropriate daily routine (<i>dinacaryā</i>), seasonal routine (<i>ṛtucaryā</i>) and life cycle routine components for the treatment of the underlying conditions. Demonstrating at-home preventive and promotive (<i>svasthavṛtta</i>) measures, and positive conduct (<i>sadvṛtta</i>) measures.
Senses/Sensory therapies (<i>Sātmyendriyārthasāmyoga</i>)	Demonstrate appropriate use of sight, smell, touch, taste and hearing, and administer appropriate treatments
Herbs (<i>Dravya</i>)	Administer, combine, provide, compound, and dispense herbal medicines, minerals, or other natural substances. Herbs may be used for internal or external use for the purpose of balancing <i>agni</i> and eliminating <i>āma</i> while supporting the <i>malas</i> and protecting and building <i>ojas</i> , as well as for treating specific diseases affecting any <i>dhātu</i> , <i>upadhātu</i> , <i>malas</i> or <i>srotas</i> in any stage of the disease pathology.
<i>Laṅghana</i>: Pacification (<i>Śamana</i>)	Designing, implementing and managing pacification (<i>śamana</i>) therapies directed to balance the <i>doṣas</i> and elimination of <i>āma</i> of a patient.
<i>Laṅghana</i>: <i>Pañcakarma</i> (<i>Śodhana</i>)	Designing, implementing and managing <i>pañcakarma</i> programs as well as individual treatments (<i>śodhana cikitsā</i>), including: classical <i>pañcakarma</i> and treatments for individual conditions, including use of specialized traditional body treatments. Includes <i>pūrva karma</i> , <i>pradhāna karma</i> , (diet, lifestyle & herbs)
<i>Rejuvenation (Rasāyana) & Reproductive Vitality/Tonification (<i>Vājīkaraṇa</i>)</i>	Designing, implementing and managing post <i>pañcakarma</i> rejuvenation (<i>paścāt karma</i>)
Building/Tonification Therapies (<i>Bṛmhāṇa Cikitsā</i>)	Designing, implementing and managing tonification (<i>bṛmhāṇa</i>) for sustaining health and correcting imbalances of the body and mind.

Pre-natal, Natal and Post natal Care for Mother and Baby (Kaumārabhṛtya)	Designing, implementing and managing diet (<i>āhār</i>), lifestyle (<i>vihāra</i>), herbs (<i>dravya</i>) and treatments (<i>cikitsā</i>) to manage pre-natal, natal, post natal health and pathologies and care of newborns.
Children's Health (Bālāvastha)	Designing, implementing and managing diet (<i>āhāra</i>), lifestyle (<i>vihāra</i>), herbs (<i>dravya</i>) and treatments (<i>cikitsā</i>) to treat pathologies in babies and children
Internal Medicine (Kāya Cikitsā)	Designing, implementing and managing a plan for the elimination of presenting pathologies and the restoration of health.
Head & neck region (ŚālākyaTantra)	Teach preventative care and provide treatment (<i>cikitsā</i>) for the head and neck region, including eyes, ears, nose and throat
Psychiatry (Manovijñāna / Bhūtavidyā)	Designing, implementing and managing a plan to pacify the <i>doṣas</i> within the mind and providing treatments (<i>cikitsā</i>) to treat pathologies in the mind.
Yoga	All categories should be informed on yoga therapies but its practice requires a separate certification.
Jyotiṣa	All categories should be informed on <i>Jyotiṣa</i> but its practice requires a separate certification.
Vāstu	All categories should be informed on <i>Vāstu</i> but its practice requires a separate certification.
Notations	
Note on Saṃskṛta For All Sections: The final document will use the international transliteration font that is more universal and accurate for each term.	