



**AYURVEDIC HEALTH COUNSELOR
NAMACB REFERENCE GUIDE**

2021 Edition

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

The following Reference Guide holds information, definitions and Sanskrit terminology that you may use in addition to our Ayurvedic Health Counselor Study Guide while preparing for the NAMACB Health Counselor Exam.

Information about the Ayurvedic Health Counselor Exam:

- The exam consists of 88 multiple choice questions.
- You will have 150 minutes to complete the exam.
- The AHC exam costs \$375 USD.
- The exam is pass/fail.
- There are two versions of the exam you may choose from:
 - On-Site Proctored (OSP)
 - Online Proctored (OLP)
- Please register for the AHC exam [here](#).
- You will receive your results for the exam within three weeks of taking it.

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Ayurvedic Health Counselor Reference Guide

1. Introduction to Āyurveda

- a. Śad darśana
 - i. Sāṃkhya
 1. 24 tattvas (caturviṃśati tattvas)
 - ii. Yoga
 1. Aṣṭāṅga yoga
 - iii. Nyāya
 - iv. Vaiśeṣika
 1. Pratyakṣa pramāṇa
 2. Anumāna pramāṇa
 3. Upamāna pramāṇa
 4. Sabda / 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. Ātma – soul
 - v. Manas – mind
- c. Definition of Āyurveda, historical background and origins
- d. Bṛhad Trayī – Caraka Saṃhitā, Susruta Saṃhitā, Aṣṭāṅga Saṃgraha, and Aṣṭāṅga Hṛdayam
- e. Aṣṭāṅgas of Āyurveda –
 - i. Kāya cikitsā (general medicine)
 - ii. Bāla cikitsā (pediatrics)
 - iii. Graha cikitsā (Āyurvedic Psychiatry)
 - iv. Urdhvāṅga cikitsā (ENT and ophthalmology)
 - v. Salya cikitsā (surgery)
 - vi. Dāṃṣṭra cikitsā / agada tantra (toxicology)
 - vii. Jarā cikitsā (rasāyana – rejuvenation)
 - viii. Vṛṣa cikitsā (vājīkarana – fertility)
- f. Concept of macrocosm and microcosm

2. Āyurvedic fundamental principles

- a. Doṣas
 - i. Definition
 - ii. Elemental composition of each doṣa
 - 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 – names, locations and functions??
 - viii. Pitta subdoṣas – names, locations and functions??
 - ix. Kapha subdoṣas – names, locations and functions??
 - x. What aggravates vāta, pitta, and kapha
 - xi. Signs and symptoms of doṣa vṛddhi (aggravated)
 - xii. Signs and symptoms of doṣa kṣaya (decreased)
 - xiii. General measures of doṣa upakrama (pacification of doṣa)
- b. Dhātu
 - i. Definition
 - ii. Functions
 - iii. Elemental composition of dhātus
 - iv. Relation between doṣa and dhātus
 - v. Causes, signs, and symptoms of aggravated dhātus
 - vi. How to pacify aggravated dhātus
 - vii. Causes, signs, and symptoms of decreased dhātus
- c. Malas
 - i. Definition
 - ii. Functions
 - iii. Relation between doṣa and malas
 - iv. Causes, signs, and symptoms of aggravated malas
 - v. How to pacify aggravated malas
 - vi. Causes, signs, and symptoms of decreased malas
 - vii. Elimination frequency various qualities of waste products – indications
 - 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. Sira granthi (nodules in channels)

- iii. Prānavaha srotas
- iv. Annavaha srotas
- v. Udakavaha / ambuvaha srotas
- vi. Rasavaha srotas
- vii. Raktavaha srotas
- viii. Māṃsavaha srotas
- ix. Medovaha srotas
- x. Asthivaha srotas
- xi. Majjavaha srotas
- xii. Sukravaha srotas
- xiii. Purīṣavaha srotas
- xiv. Mūtravaha srotas
- xv. Svedovaha srotas
- xvi. Arthavavaha / rajovaha srotas
- xvii. Stanyavaha srotas
- xviii. Manovaha srotas

3. Prakṛti – constitution types

- a. Vāta – characteristics, qualities, and associated signs and symptoms
- b. Pitta - characteristics, qualities, and associated signs and symptoms
- c. Kapha – characteristics, qualities, and associated signs and symptoms
- d. Combination of two or more doṣas in a constitution
- e. Method of assessment
- f. Aṣṭasāra puruṣa (eight types of ideal constitution)

4. Prāṇa, Tejas, and Ojas

- a. Definition of each
- b. Factors that increase each and associated signs, symptoms, and diseases
- c. Factors that decrease each and associated signs, symptoms, and diseases

5. Svastha – definition and importance

- a. Methods for maintenance of health
- b. Factors that promote mental health
- c. Factors that promote spirituality

6. Trayopasthamba – three pillars of life (food, sleep and management of sexual activity)

a. Āhāra – food and digestion

- i. Agni
 1. Definition
 2. Types (13)
 3. Types of jatharāgni (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. Digestion
 1. Dosas involved in digestion in the āmāśaya
 2. Stages of digestion and predominance of doṣas
 3. Factors that influence the rate and quality of digestion
 4. Appropriate quantity of food
 5. Healthy eating habits (āhāra sevana vidhi)
 6. Unhealthy eating habits
 7. Definition of sātmya and oka-sātmya
- iii. Āma
 1. Definition
 2. Causes
 3. Signs and 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
- iv. Rasa (taste)
 1. Types and elemental composition
 2. Rasas 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 foods in which a particular rasa is naturally dominant
- v. Guṇas (qualities)
 1. 20 types
 2. Effect on doṣas
- vi. Vīrya (potency)
 1. Uṣṇa vīrya, effect on doṣas, and uses
 2. Sīta vīrya, effect on doṣas, and uses

- vii. Vipāka (post-digestive effect)
 1. Definition
 2. Types and effect on doṣas
- viii. Prabhāva (specialized therapeutic effect)
 1. Definition and uses
- ix. Food regimens
 1. Quantity of food to be consumed according to doṣa, agni, age
 2. Pathya – healthy eating habits, time for meals, etc.
 3. Apathya – unhealthy eating 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 (rejuvenative)
 10. Examples of food that are vājikaraṇa (aphrodisiac)
- b. Nidra – sleep**
 - i. Importance of sleep
 - ii. Rātricarya
 - iii. Causes and effects of rātri jagaraṇa (night vigil)
 - iv. Methods to induce healthy sleep
- c. Brahmacharya – management of sexual activity**

7. Dinacaryā

- a. Brahma mūhurta – ideal time for waking up
- b. Malotsarga – elimination of wastes
- c. Danta dhāvana – brushing teeth, tongue scraping
- d. Gaṇḍūṣa and kavala – oil pulling
- 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. Nasya – nasal drops
- i. Sadvṛtta – good conduct and ethics

8. Ṛtu caryā – seasonal regimens

- a. Four seasons and predominance of dosas
- b. Ṛtu sandhi – management of seasonal transition and cleanses
- c. Season-related signs and symptoms

9. Vikṛti (Pathological Condition)

- a. Nidāna pañcaka
 - i. Nidāna – etiology
 1. Trividha kāraṇa – three general causes for disease
 - a. Asātmya indriya artha samyoga – hīna, mithya, and atī yoga of indriya and artha
 - b. Prajñāparādha – willful transgression
 - c. Pariṇāma – seasonal and age-related disorders
 - ii. Classification of disease
 - iii. Four types of prognosis in Āyurveda
 - iv. Sāmānya / viśeṣa
 - v. Nija / āghantu
 - vi. Primary / secondary
 - vii. Doṣa hetu
 - viii. Vyādhi hetu
 - ix. Ubhaya hetu
 - x. Vyanjaka / utpādaka
 - xi. Prākṛta
 - xii. Vaikṛta
 - xiii. Sāma / nirāma
 - xiv. Sāririka
 - xv. Mānasika
 - xvi. Ātmaja
 - xvii. Karmaja
 - xviii. Annaja
 - xix. Kṛmija
 - xx. Vyvasāya
 - xxi. Abhighātaja
 - xxii. Auśadhaja
 - xxiii. Adhyātmika
 - xxiv. Adibhoutika
 - xxv. Adidaivika

- b. Pūrva rūpa
 - i. Sāmānya – general
 - ii. Viśeṣa – specific
- c. Sad kriya kala – six stages of samprāpti
- d. Rūpa – signs and symptoms
- e. Upaśaya and anupaśaya – differential diagnosis
- f. Samprāpti – pathogenesis and manifestation of disease

10. Roga marga – pathway for disease

11. Parīkṣā – examination

- a. Trividha parīkṣā
 - i. Darśana – definition, utilization, and methods:
 - the ability to interpret information that has been received upon observation to determine the vitiation of doṣas, sub-doṣas, dhātus (tissues), and srotas
 - ii. Sparśana – definitions, methods, and utilization:
 - the ability to interpret information that has been received upon palpation to determine the vitiation of doṣas, sub-doṣas, dhātus, and srotas
 - iii. Praśna – methods and utilization
 - 1. Client intake process
 - 2. Social history
 - 3. Medication history
 - 4. Vital signs
 - 5. Family history
 - 6. Medical history
 - 7. Asking questions about the current state of digestion, elimination, sleep, stress level, energy level, and emotional level
- b. 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. Ahāra (nature of the patient's diet)
- c. Aṣṭa vidha parīkṣā
 - i. Naḍī (pulse diagnosis)
 - ii. Mala (stool assessment)
 - iii. Mūtra (urine assessment)
 - iv. Jihva (tongue assessment)
 - v. Sabda (speech and voice assessment)
 - vi. Sparśa (palpation and skin assessment)
 - vii. Dṛk (assessment of eyes / vision)
 - viii. Akṛti (general appearance of external features – face, nose, build)
- d. Assessment of state of mind
 - i. Sattva qualities of mind
 - ii. Rajas qualities of mind
 - iii. Tamas qualities of mind
- e. Assessment of vital signs
Methods of assessment, interpretation of findings, and when to refer clients:
 - i. Raktacapa (blood pressure)
 - ii. Taking pulse
 - iii. Respiration

12. Types of therapies

- a. Preventative therapies:
 - i. Dīpana
 - ii. Pācana
 - iii. Kṣut nigraha
 - iv. Tṛṣṇa
 - v. Vyāyāma
 - vi. Ātapa sevana
 - vii. Māruta devana
- b. Ahāra (diet)
 - i. Determine appropriate dietary guidelines for the client
- c. Vihāra (lifestyle)
 - i. Determine appropriate lifestyle guidelines for the client
 - ii. Self abhyaṅga (oil application)
 - iii. Uṣnodaka (drinking boiled water)
 - iv. Tongue cleaning
 - v. Sadvṛtta (good moral conduct), etc.

- d. Auśadha (medicines including selected single herbs and simple formulas – see below)
- e. Sensory therapies
 - i. Aromatic therapy
 - ii. Taste therapy
 - iii. Touch therapy
 - iv. Sound therapy
 - v. Visual therapy

13. Prenatal and postnatal supportive therapies

- a. Designing, implementing and managing basic diet (*āhāra*) and lifestyle (*vihāra*) guidelines for pre- natal and post natal women

14. Vedic psychology/counseling

- a. Tools for counseling clients

15. Children’s Health

- a. Designing, implementing and managing diet (*āhāra*), lifestyle (*vihāra*), herbs (*dravya*) and treatments (*cikitsā*) in children over the age of 5, and diet (*āhāra*) and lifestyle (*vihāra*) for children under 5.

16. Jyotiṣa (Vedic astrology) - should be informed on *Jyotiṣa* but its practice requires a separate certification.

- a. What Vedic or Medical *Jyotiṣi* (*vedic astrology*) is
- b. What a Vedic or Medical *Jyotiṣi* (*vedic astrology*) does
- c. The scope of practice of Vedic or Medical *Jyotiṣi* (*vedic astrology*)
- d. How a Vedic or Medical *Jyotiṣi* (*vedic astrology*) can complement client care
- e. Therapeutic tools utilized by a Vedic or Medical *Jyotiṣi* (*vedic astrology*)

17. Vastu śāstra (Vedic architecture) - should be informed on Vastu but its practice requires a separate certification

- a. What *Vāstu* (*vedic architecture*) is
- b. What a *Vāstu* (*vedic architecture*) practitioner does
- c. The scope of practice of *Vāstu śāstra* (*vedic architecture*)

18. Yoga – should be informed on Yoga but its practice requires a separate certification.

- a. Ayurveda and Therapeutic Yoga
- b. What a practitioner of Ayurveda and Therapeutic Yoga does

- c. The scope of practice of Ayurveda and Therapeutic Yoga
- d. How an Ayurveda and Therapeutic Yoga can complement client care
- e. Therapeutic tools utilized by a practitioner of Ayurveda and Therapeutic Yoga

Table 1: Basic Herb List for the Ayurvedic Health Counselor

Qualities of each herb including rasa (taste), guṇas (qualities), vīrya (potency), vipāka (post-digestive effect), and prabhāva (specialized therapeutic effect), as well as the dose, frequency, and duration of administration.

Saṁskṛta Name	Latin Name	Common Name	Reference
<i>Āmalakī</i>	Emblica officinalis	Indian Gooseberry	Bha. Ni. 6(2)/38-41
<i>Dhānyaka</i>	Coriandrum sativum	Coriander	Bha. Ni. 6(2)/86-88
<i>Elā</i>	Elettaria cardamomum	Cardamom	Bha. Ni. 6(3)/63
<i>Haridrā</i>	Curcuma longa	Turmeric	Bha. Ni. 6(2)/196-197
<i>Harītakī</i>	Terminalia chebula	Chebolic Myrobalan	Bha. Ni. 6(2)/1-37
<i>Hiṅgu</i>	Ferula assa-foetida	Asafoetida	Bha. Ni. 6(2)/100-101
<i>Jātīphalā</i>	Myristica fragrans	Nutmeg	Bha. Ni. 6(3)/54-55
<i>Jīraka</i>	Cuminum cyminum	Cumin	Bha. Ni. 6(2)/81-85
<i>Laśuna</i>	Allium sativum	Garlic	Bha. Ni. 6(2)/217-219
<i>Lavaṅga</i>	Syzygium aromaticum	Clove	Bha. Ni. 6(3)/58-59
<i>Marica</i>	Piper nigrum	<u>Black Pepper</u>	Bha. Ni. 6(2)/59-61
<i>Methikā</i>	Trigonella foenum-graeceum	Fenugreek	Bha. Ni. 6(2)/93-95
<i>Mīśreya</i>	Foeniculum vulgare	Fennel	Bha. Ni. 6(2)/89-92
<i>Pippalī</i>	Piper longum	Long Pepper	Bha. Ni. 6(2)/53-58
<i>Rājikā</i>	Brassica juncea	Mustard seeds	Bha. Ni. 6(9)/69-71
<i>Śuṅṭhī</i>	Zingiber officinale	Ginger	Bha. Ni. 6(2)/44-48
<i>Tila</i>	Sesamum indicum	Sesame	Bha. Ni. 6(9)/63-65
<i>Tvak</i>	Cinnamomum cassia	<u>Cinnamon</u>	Bha. Ni. 6(3)/64-65

<i>Vibhītakī</i>	Terminalia bellerica	Beleric	Bha. Ni. 6(2)/36-37
<i>Yavānī</i>	Carum copticum	Ajwain or Wild Celery	Bha. Ni. 6(2)/75-77

Table 2: Herbal Preparations

Knowledge of the most traditional herbal formulations from classical Āyurvedic texts that support agni (digestive fire) and reduce āma (undigested material), as well as rasāyanas (rejuvenators); includes understanding of protocols for dose and frequency and duration of use

Powders (<i>Cūrṇa</i>)	Jams (<i>Lehyam</i>)
<i>Trikaṭu</i> <i>Sha. Sa. Madh. 6/12-13</i>	<i>Cyavanprāśa</i> <i>Sha. Sa. Madh. 8/10-21</i>
<i>Triphala</i> <i>Sha. Sa. Madh. 6/9-11</i>	
<i>Hingvāṣṭaka</i> <i>A.H. Chi. 14/35</i>	

Classical Text References for AHC Guidelines

The following lists show the standard format for citing sources of the main topics covered in the Ayurvedic Health Counselor guidelines published by NAMA. These sources comprise classical Sanskrit texts, such as the Bṛhad Trayi and Laghu Trayi. English translations of the Sanskrit topic names have not been included due to potential controversies concerning the correlation between certain Ayurvedic and English terms, especially those associated with rogas and Western diagnosis.

List of classical texts, sections, and abbreviations:

Caraka Saṃhitā	C.S.
Suśrutha Saṃhitā	S.S.
Aṣṭāṅga Samgraha	A.S.
Aṣṭāṅga Hṛdayam	A.H.
Sāraṅgadhara Saṃhitā	Sha. Sa.
Bhāva Prakāśa Nighantu	Bha. Ni.
Mādhava Nidāna	M.N.
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 standard referencing method indicates the title of classical text first, followed by the relevant section of the text and then lists the chapter number followed by the verse number. Various versions of the same classical texts are published by different companies; however, the section, chapter, and verse numbers in the different versions all correspond to those in the original texts, regardless of the edition or publisher. Therefore, this method of referencing is considered standard and widely used for classical Āyurvedic texts.

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

Table 3: Classical References

Topic / Heading	Classical Reference
Abhyaṅga	C.S. Su. 5/85-93
Abhyaṅga definition	A.S. Su. 3/55-60
Adāna Kāla	C.S. Su. 6/6
Adharaṇīya vegās	A.S. Su. 5/2
Aghantu Vyādhi	A.S. Su. 5/37-38
Aghantuja Rogas	C.S. Su. 7/51-52
Aghantuja roga prevention	C.S. Su. 7/53-55
Agni Types	C.S. Vi. 6/12
Ahāra – Dina carya	A.S. Su. 3/75-79
Akāśa 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 rotas	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 kārana	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
Aṣṭaṅga 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 dhavana	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
Kapha subdoṣa	A.S. Su. 20 /4
Kapha upakrama	A.S. Su. 21/3-4
Kapha vṛddhi	C.S. Su. 17/52-61
Kapha vyādhi (nānātmaja)	A.S. Su. 20/11, C.S. Su. 20/17

Karna pūraṇa	C.S. Su. 5/84
Kaṣāya rasa	C.S. Su. 26/42.6
Kaṭu Rasa	C.S. Su. 26/42.4
Kitchari (Mudga Yuṣa)	C.S. Su. 15/16, C.S. Su. 27/265-267
Kṛcchra sādhya definition	A.S. Su. 2/29
Kṣīra types	C.S. Su. 1/105-113
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Table 4: AHC Vocabulary List

Saṃskṛt Term	English Translation
Abhighātaja	Disease due to injury
Abhyaṅga	Oil application and massage
Adhyātmika	Disease due to impressions from past lives
Adibhoutika	Disease due to variations in the 5 elements
Adidaivika	Disease due to planetary influence
Agada Tantra	Toxicology
Āgantu Jvara	Fevers due to external causative factors
Āghantu	External
Agni	Fire; digestive fire
Ahaṃkāra	Ego principle
Ahāra	Food or diet
Ahāra sevana vidhi	Healthy eating habits
Ahāraśakti	Power of digestion and assimilation
Ahiṃsa	Non-violence
Akāśa	Ether element
Akṛti	General appearance of external features
Alocaka	Sub type of pitta, influences visual perception
Āma	Undigested food or nourishment
Āmāśaya	Stomach
Ambuvaha srotas	Pathway or channel of water / fluid
Amla	Sour
Amla Vipāka	Sour post digestive effect

Annaja	Disease caused by unhealthy diet
Annavaha srotas	Pathway or channel of anna (food)
Anumāna pramāṇa	Inference as a means of knowledge
Anupaśaya	Differential diagnosis
Āpa	Water
Apāna	Sub type of vāta, aids in initiation of natural urges moving downward
Aparigraha	Non-attachment
Apathya	Unhealthy food habits
Aptopadeśa pramāṇa	Expert testimony as a means of knowledge
Artha	Pursuit of wealth, livelihood
Ārthava	Female reproductive tissue
Ārthavavaha srotas	Pathway or channel of the ovulation
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 biological factors for examination
Aṣṭāṅga Hṛdayam	Third oldest text on Āyurveda written by Vagbhatta Maha Ṛṣi. A concise version of Aṣṭāṅga Saṃgraha
Aṣṭāṅga Saṃgraha	Third oldest text on Āyurveda written by Vagbhatta Maha Ṛṣi
Aṣṭāṅga Yoga	8 limbs of Yoga philosophy
Aṣṭāṅgas of Āyurveda	8 divisions of Āyurveda
Aṣṭasāra Puruṣa	Eight types of ideal constitution
Asteya	Non stealing
Asthi Dhātu	Bony tissue

Asthi Sāra Puruṣa	Individual with excellent asthi dhātu
Asthivaha srotas	Pathway or channel of asthi
Atipravṛtti	Increased flow of srotas
Atma	Soul
Atmaja	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
Ayuḥ	Life
Ayurveda	The science or knowledge of life
Bala	Strength/Immunity
Bāla Cikitsā	Pediatrics
Bala Saṃprāpti	Classification of disease according to the severity of pathology
Bheda	Classification of disease
Bheṣaja	Medicine
Bhrajaka	Sub type of pitta, aids in skin metabolism
Bhūta Vidya	Ayurvedic psychology
Bodhaka	Sub type of kapha, aids in perception of taste
Brahma mūhurta	Ideal time for waking up (4 – 6am)
Brahmacarya	Celibacy, first 25 years of life – years of education
Bṛhad Treya	Caraka Saṃhitā, Susruta Saṃhitā, Aṣṭāṅga Saṃgraha, Aṣṭāṅga Hṛdayam (Both Aṣṭāṅga texts were written by Vagbhatta. Aṣṭāṅga Hṛdayam is the essence version of the Aṣṭāṅga Saṃgraha text, hence both included under this category)
Bṛmhaṇa	Nourishing therapies
Buddhī	Intellect

Cala	Moving or unstable
Caraka Saṃhitā	Oldest authoritative text on Āyurveda, written by Caraka Maha Ṛṣi
Carmakīla	Warts
Caturthaka Jvara	Fever with rise in temperature on every fourth day
Caturviṃśati tattvas	24 components of evolution/existence
Caya	Mild increase of doṣa
Daivyavyapaśraya	Divine or religious therapies
Dāṃṣṭra Cikitsā	Toxicology
Danta Dhāvana	Brushing teeth
Darśana	Observational examination
Daśa Vidha Parīkṣā	10 aspects of examination
Deha	Body
Dhāraṇa	Concentration
Dharma	Conformity to one's duty and nature
Dhātu	Bodily tissue
Dhātu kṣaya	Decreased dhātu
Dhātu vṛddhi	Aggravated dhātu
Dhātugata Jvara	Fever with aggravation of the dhātus
Dik	Direction
Dinacaryā	Daily regimen
Dīpana	Increases digestive fire
Dīrgha breath	Three-part breath
Doṣa	Bodily humors/ that which spoils, vitiator or aggravator
Doṣa Hetu	Causation for aggravation of doṣas
doṣa kṣaya	Decreased doṣa
doṣa upakrama	Measures to pacify the doṣas

doṣa vṛddhi	Aggravated doṣa
Drava	Liquid or dilute
Dṛk Parīkṣā	Assessment of eyes
Duḥkha	Sadness/ misery
Duṣya	Aggravated doṣa, dhātu or mala
Gaṇḍūṣa	Oil pulling
Graha Cikitsā	Vedic astrology
Guru	Heavy; also, teacher
Hima	Cold
Indriyas	Senses
Ísvara pranidhāna	Devotion to god
Jala	Water
Jarā Cikitsā	Rejuvenation therapies
Jaṭharāgni	Digestive fire
Jihva	Tongue
Jihvā Parīkṣā	Tongue assessment
Jīrna Lakṣana	Signs and symptoms of good digestion
Jñānendriya	Sense organs: eyes, nose, ears, tongue & skin
Kāla	Time / Season
Kalekapoṭa nyāya	Nutrient absorption as a selective process similar to pigeons feeding
Kapālabhati	Skull shining breath
Karmaja	Disease due to an individual's actions
Karmandriya	Motor organ: vocal cords, hands, feet, urino-genitals & anus
Kaṣaya	Astringent taste
Kaṭhina	Hard

Kaṭu	Pungent
Katu Vipāka	Pungent post digestive effect
Kavala	Mouth gargle
Kāya	Body
Kāya Cikitsā	General Medicine
Kedār kulya nyāya	Distribution of nutrients similar to a paddy irrigation field
Khara	Rough or gritty
Kledaka	Sub type of kapha, aids in moistening food
Koṣṭha	Types of colon associated with doṣa predominance
Kṛcchra sādhyā	Curable but challenging prognosis
Kṛmija	Disease caused by bacteria, viruses or parasites
Kṣīra dadhī nyāya	Assimilation of nutrients similar to transformation of milk to various dairy products
Laghu	Light
Lañghana	Depleting therapies
Lavaṇa	Salty
Madhura	Sweet
Madhura Vipāka	Sweet post-digestive effect
Madhyama	Medium, moderate
Mahat / Buddhi	Causative intelligence
Majja	Bone marrow & nerve tissue
Majja Dhātu	Bone marrow and nervous tissue
Majja Sāra Puruṣa	Individual with excellent majja dhātu
Majjavaha srotas	Pathway or channel of majja
Mala	Bodily waste
Mala Parīkṣā	Stool assessment
Malotsarga	Elimination of waste

Māṃsa	Muscles
Māmsa Dhātu	Muscle tissue
Māmsa Sāra Puruṣa	Individual with excellent māmsa dhātu
Māṃsavaha srotas	Pathway or channel of māṃsa
Manas	Mind
Mānasika	Disease manifesting in the mind
Manda	Slow
Manda agni	Slow digestive fire
Manovaha srotas	Pathway or channel of the mind
Medaḥ Sāra Puruṣa	Individual with excellent medo dhātu
Medas	Fat
Medo Dhātu	Fatty tissue
Medovaha srotas	Pathway or channel of medas
Mṛdu	Soft
Mūtra	Urine
Mūtra Parīkṣā	Urine assessment
Mūtravaha srotas	Pathway or channel of mūtra
Nāḍī	Channel
Nāḍī Parīkṣā	Pulse assessment
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

Nidāna	Causative factors
Nidāna Pañcaka	Five aspects of pathology
Nidra	Sleep
Nija	Internal
Nirāma	Without Āma
Nirāma Jvara	Fever present with no āma. Occurs in chronic fevers, past 8 days of symptoms.
Nīyama	Ethical observances
Nyāya	Indian philosophy written by Gautama
Ojas	Essence of life
Ojo Kṣaya	Diminished ojas
Ojovisrama	Displaced or dislodged ojas
Ojovyāpat	Impairment or derangement of ojas
Oka- sātmya	Unhealthy habits
Pācaka	Sup type of pitta, aids in digestion
Pācana	Enhances digestion of food and āma
Pacyamāna Jvara	Fever present while āma is being digested
Pacyamānāśaya	Small intestines
Pakvāśaya	Colon or large intestines
Pañca jñānendriyas	Five sensory organs of cognition
Pañca karmendriyas	Five organs of action
Pañca Mahā Bhūta (elements)	Five great elements
Pañca Nidāna Lakṣana	Five components of diagnosis of disease
Pañca tanmātras	Five subtle principles
Parīkṣā	Examination
Pariṇāma	Change/transformation

Pathya	Healthy dietary regimen
Picchila	Cloudy or slimy
Prabhāva	Specialized therapeutic effect
Prajñāpradha	Intellectual transgression
Prakopa	Moderate increase of doṣa
Prākṛta	Natural and expected cause for disease
Prakṛti	1. Primordial nature 2. Constitution type
Pramāṇa	Measurement of body- height, weight, posture, circumference of head
Prāṇa	Vital energy
Prānavaha srotas	Pathway or channel of prāna
Prāṇayāma	Breathing exercises
Prasara	Significant increase of doṣa
Praśna	Questioning for examination
Pratyahara	Withdrawal from senses
Pratyakṣa pramāṇa	Sensory observation as a means of knowledge
Pravāhikā	Dysentery
Pravara	Optimum, best
Pṛthvī	Earth element
Purīṣa	Fecal matter
Purīṣavaha srotas	Pathway or channel of purīṣa
Puruṣa	1. (Eternal cause) 2. Man or individual
Pūrvā Mīmāṃsā	Indian philosophy written by Jaimini
Pūrvā Rūpa	Premonitory signs and symptoms
Rajas	One of the three maha gunas, a doṣa of the mind, energy of action
Rajo / Rajas	Menstruation

Rajovaha srotas	Pathway or channel of menstruation
Rakta Dhātu	Blood
Rakta Sāra Puruṣa	Individual with excellent rakta dhātu
Raktavaha srotas	Pathway or channel of rakta
Rañjaka	Sub type of pitta, aids in pigmentation
Rasa	Plasma/ taste
Rasavaha srotas	Pathway or channel of rasa
Rasāyana	Rejuvenation therapies
Rasāyana	That which nourishes all the dhātus
Rātri Jagaraṇa	Night vigil
Rātricarya	Nightly regimen
Roga Marga	Pathway for disease manifestation
Ṛtu Caryā	Seasonal regimen
Ṛtu sandhi	Seasonal transition
Rugṇa patrakam	Client intake form
Rūkṣa	Dry
Rūpa	Signs and Symptoms
Śabda Parīkṣā	Sounds and voice assessment
Sabda pramāṇa	Word or reliable testimony as a means of knowledge
Sad 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
Salya 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
Samhanana	Physical build
Sāmṅhya	Indian philosophy written by Kapila
Samṅprapṛti	Pathogenesis
Sāndra	Solid or dense
Saṅga	Obstruction of srotas
Santośa	Contentment
Sara	Flowing
Sāririka	Disease manifesting in the body
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
Sira Granthi	Nodules in srotas
Sīta	Cold
Sīta pūrva Jvara	Cold sensation on the skin along with stiffness followed by fever, caused by vāta and kapha.
Sīta vīrya	Cold potency
Sītakarī	Cool breathing through teeth and flattened tongue

Sītali	Cool breathing with curled tongue
Slakṣaṇa	Slippery
Slakṣṇa	Smooth
Sleṣaka	Sub type of kapha, provides lubrication to joints
Snāna	Bath
Snigdha	Unctuous or oily
Sokaja Atisāra	Signs and symptoms of loose stools including diarrhea caused by grief, fear or stress
Sparśa Parīkṣā	Skin assessment
Sparśana	Palpation and touch examination
Srotāṃsi	Channels or pathways including arteries, veins etc. (plural)
Srotas	Channel, pathway (singular)
Sroto duṣṭi	Abnormalities in srotas
Stanya	Breast Milk
Stanyavaha srotas	Pathway or channel of stanya (breast milk)
Sthāna Saṃśraya	Aggravated doṣa conglomerating with other doṣa or dhatu
Sthira	Stable
Sthūla	Gross or big
Sthula Sārīra	Gross body
Sukha	Happiness
Sukra Dhātu	Reproductive tissue (Sperm in male)
Sukra Sāra Puruṣa	Individual with excellent śukra dhātu
Sukravaha srotas	Pathway or channel of śukra
Sūkṣma	Small or minute
Sukṣma Sārīra	Subtle body

Susādhyā	Easily curable prognosis
Susruta Saṃhitā	Second oldest authoritative text on Āyurveda, written by Susruta Maha Ṛṣi
Svadyāya	Self study
Svastha	Optimum state of health
Sveda	Sweat
Svedovaha srotas	Pathway or channel of svedas
Tamas	One of the three maha gunas, energy of darkness
Tanmatra	Subtle elements
Tapas	Sacrifice
Tarpaka	Sub type of kapha, nourishes the sensory organs
Tejas	Essence of fire and pitta doṣa
Tīkṣṇa	Sharp/ penetrating
Tīkṣṇa agni	Intense digestive fire
Tikta	Bitter taste
Trayopasthamba	Three pillars of life
Trividha Parīkṣā	Three methods of examination
Tvak	Skin
Tvak Sāra Puruṣa	Individual with excellent skin
Ubhaya Hetu	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
Ujjayi	Ocean sounding breath
Upadhātus	Byproducts of nutrition
Upamāna pramāṇa	Comparison or analogy as a means of knowledge
Upaśaya	Exploration therapy (diagnostic aid)
Upaśaya	Trial and error method for differential diagnosis

Ūrdhvāñga Cikitsā	ENT and ophthalmology
Uṣṇa	Hot
Uṣṇa vīrya	Hot potency
Uṣṇodaka	Boiled water
Uttara Mīmāṃsa / 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
Vājīkarana	Fertility Therapies
Vāyu	Air element
Vidāhi	Causing burning sensation
Vihāra	Activities
Vikṛti	Pathological state
Vimārga gamana	Diverted flow of srotas
Vipāka	Post digestive effect
Viruddha Ahāra	Incompatible food
Vīrya	Potency
Viśada	Clear or non-slimy
Viṣama agni	Irregular digestive fire
Viśeṣa	Specific, in reference to type of causative factor as well as type of disease
Vṛṣa Cikitsā	Fertility Therapies
Vyādhi Hetu	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

Vyvasāya	Occupational causative factors for disease
Yama	Moral restraints
Yāpya	Palliative or manageable but non-curable prognosis
Yoga Darśana	Indian philosophy written by Patañjali
Yukti pramāṇa	Reasoning as a means of knowledge
Yuktivyapaśraya	Physical / material therapies including diet, herbs and treatments.

NAMA Educational Outline for Competencies and Scope of Practice Support Documents

[Ayurvedic Health Counselor Educational Outline for Competency](#)

[Scope of Practice Document](#)