



NATIONAL AYURVEDIC  
MEDICAL ASSOCIATION  
CERTIFICATION BOARD

**AYURVEDIC PRACTITIONER  
NAMACB Reference Guide**

**2022 Edition**

Copyright © 2021 National Ayurvedic Medical Association and  
National Ayurvedic Medical Association Certification Board  
All rights reserved.

As an emerging healthcare profession in the U.S., your participation in the Ayurvedic Practitioner 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 Practitioner Study Guide while preparing for the NAMACB Ayurvedic Practitioner Exam.

**Information about the Ayurvedic Practitioner Exam:**

- The exam is comprised of 79 multiple choice questions.
- You will have 150 minutes to complete the exam.
- The AP Exam costs \$450 USD.
- The exam is Pass/Fail.
- There are two versions of the exam you may choose from:
  - [On-Site Proctored \(OSP\)](#)
  - [On-Line Proctored \(OLP\)](#)
- Please register for the AP exam [here](#).
- You will receive your results for the exam within three weeks of taking it.

## **NAMACB Reference Guide Table of Contents**

Study Guide Outline	page 4
Herbs and Formulas List	page 19
Classical Texts References	page 23
Vocabulary List	page 38
Ayurvedic Practitioner Scope of Practice and Educational Competencies Document Links	page 55

# NAMACB Reference Guide

## 1. Introduction to Ayurveda

- a. Ṣad Darśana
  - i. Sāṃkhya
    1. 24 tattvas (Caturviṃśati tattvas)
  - ii. Yoga
    1. Aṣṭāṅga Yoga  
(Yama, Niyama, Asana, Prāṇāyāma, Pratyāhāra, Dhāraṇa, Dhyāna, Samādhi)
  - iii. Nyāya
  - iv. Vaiśeṣika
    1. Pratyakṣa pramāṇa
    2. Anumāna pramāṇa
    3. Upamāna pramāṇa
    4. Sabda / Aṅtopadeśa 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 Ayurveda, Historical background and origins
- d. Bṛhad Treya – Caraka Saṃhitā, Susruta Saṃhitā, Aṣṭāṅga Saṃgraha & Aṣṭāṅga Hṛdayam
- e. Laghu Treya- Sāraṅgadhara Saṃhitā, Bhāva Prakāśa Nighantu, Mādhava Nidāna
- f. 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. Dāmṣṭra Cikitsā / Agada Tantra (toxicology)
  - vii. Jarā Cikitsā (Rasāyana – rejuvenation)
  - viii. Vṛṣa Cikitsā (Vājīkarana – Fertility)
- g. Concept of Macrocosm and Microcosm

h. Samānya Viśeṣa siddhānta (Concept of similarity and dissimilarity)

## 2. Ayurvedic 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 doṣas, causes and treatment principles)
  1. Ūrdhvaga (upwards)
  2. Adhoga (downwards)
  3. Tīryak (horizontally)
  4. From koṣṭha (GIT) to śākha (extremities) to asthi (bones) to Marma (vital spots)
- xiv. General measures of doṣa upakrama (Pacification of doṣa)
- xv. Nānātmaja Vyadhis
  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 aggravated dhātus
- vii. Causes, signs and symptoms of dhātu kṣaya (decreased)

### 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 (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 Śakti (Ability to Digest)
- k. Vyāyāma Śakti (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 health
- b. Factors that promote mental health
- c. Factors that promote spirituality

#### 6. Trayopasthamba - Three Pillars of life

##### a. 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. Digestion
  1. Dosas involved in digestion in the Amāśaya
  2. Stages of digestion and predominance of doṣas
  3. Factors which influence the rate and quality of digestion
  4. Dhātu parināma (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. Ama Viṣa: signs, symptoms and treatment
11. Daṇḍaka: signs, symptoms and treatment
12. Alasaka: signs, symptoms and treatment
- 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. Guṇas (qualities)
  1. 20 types
  2. Effect on doṣas
  3. Other Guṇas
- vii. Vyavāyi (absorbed quickly without digestion)
- viii. Vikāṣī (spreads quickly and Harmful to dhātus)
- ix. Grahi (moisture absorbent)
  1. Vīrya (Potency)
  2. Uṣṇa vīrya, effect on doṣas, and uses
  3. Sīta 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 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 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 Ahāra – Incompatible food
  9. Examples of food that are Rasāyana (rejuvenate)
  10. Examples of food that are Vājikaraṇa (Aphrodisiac)
- xiii.



**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. Abrahmacarya - Sexual activity and natural urges**

**7. Dinacaryā**

- a. Brahma mūhurta – ideal time for waking up
- b. Malotsarga – elimination of wastes
- c. Danta Dhāvana – brushing teeth, tongue scraping
- d. Gaṇḍūṣa & 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. 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. Sāririka
- xvi. Mānasika
- xvii. Atmaja
- xviii. Karmaja
- xix. Annaja
- xx. Kṛmija
- xxi. Vyvasāya
- xxii. Abhighātaja
- xxiii. Auśadhaja
- xxiv. Adhyātmika
- xxv. Adibhoutika
- xxvi. Adidaivika
- b. Pūrva Rūpa
  - xxvii. Sāmānya – General
  - xxviii. Viśeṣa – Specific
- c. Sad Kriya 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. ābhyaantara (internal)
  - iii. Madhyama (intermediate)

## 10. Parīkṣā – Examination

- a. Trividha Parīkṣā
  - i. Darśana – definition, utilization, and methods
  - ii. 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. Ahāra (Nature of the patient's diet)
- e. 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)
  - viii. Akṛti (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

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

1. Ajīrṇa (Indigestion)
2. Aruci (Ageusia/ inability to taste)
3. Cardi (vomiting)
4. Amlapitta (Peptic ulcers)
5. Ānāha (heartburn)
6. Udara śūla (colic pain)
7. Kṛmi (infection / parasites)
8. Grahaṇi (Spru / IBS/ Celiac disease)
9. Atisāra (diarrhea)
10. Pravahika (dysentery)
11. Malabaddhata (chronic constipation)
12. Arśhas (hemorrhoids)
13. Kāsa (Cough)
14. Śvāsa (Asthma / difficulty in breathing)
15. Hicca (hiccups)
16. Tṛṣṇa (Morbid thirst)
17. Prameha (Urinary disorders including diabetes)
18. Mutrakrucchra (dysuria)
19. Mutragata (urinary. Retention/obstruction)
20. Śoṭha (Swelling / edema)
21. Jvara (All types of fevers)
22. Pāṇḍu (Anemia)
23. Raktapitta (Bleeding disorders)
24. Dāha (burning sensation)
25. Vātarakta (Rheumatoid arthritis / Gout)
26. Kāmala (Jaundice)
27. Granthi (Aneurysm)
28. Galaganda (Goiter)
29. Gandamala (mumps / Scrofula)
30. Staulya – obesity (Medo roga – disease of fatty tissue)
31. Asthigata vāta (Abnormal vāta localized in the joints)
32. Sandhigata vāta (osteo arthritis)
33. Āma vāta (Rheumatic fever)
34. Pakṣāvadhā (Paralysis associated with stroke)
35. Ākṣepaka (Spasm / convulsions)

36. Kampavāta (Parkinson's disease)
37. Other Vāta Vyādhis (disorders of Vāta)
38. Apasmāra (epilepsy)
39. Gṛdrasi (sciatica)
40. Klaibya (impotency)
41. Yoni vyāpat (disorders of the uterus)
42. Pradara (Leucorrhoea)
43. Stanya rogas (disorders of the breasts)
44. Unmāda (Insanity)
45. Smṛti bhramṣa (memory loss, lack of cognition)
46. Hṛd roga (Heart Disease)
47. Visarpa (Erysipelas)
48. Kaṇḍu (Urticaria)
49. Kuṣṭha (Skin Disorders)
50. Aśmari (Kidney calculi)
51. Gulma (Abdominal tumors)
52. Arbuda (All types of Cancers)

(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. Samana: Palliative Care (non-elimination of Doṣas)
  - i. Indications and contraindication 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
  - v. Vyāyāma
  - vi. Ātapa sevana
  - vii. Māruta Sevana
- c. Ahāra (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. Tongue cleaning
  - 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 Kala: Time for administration of medicines
  - ii. Anupāna: vehicle or adjuvants to formulas
  - iii. Matra (dose)
- f. Sensory Therapies
- i. Aromatic therapy
  - ii. Taste therapy
  - iii. Touch therapy
  - iv. Sound Therapy
  - v. Visual therapy

### 13. Sodhana: 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, Majja- bone marrow)
  - ii. Internally – Sneha Pāna
  - iii. Externally
  - iv. Abhyaṅga (oil application)
  - v. Dhāra (pouring of oil)
  - vi. Picchu (Oil soaked cotton)
  - vii. Vasti (Oil well) etc.
  - viii. Svedana – Sweating procedures
    - 1. Bāṣpa – steam

2. Avagāha – liquid immersion
3. Pinda – Poultice
4. Upanaha – Warm pastes
5. Sankara – Bandage with warm paste
6. Nadi – localized steam through a tube
7. Prastara – steam tent
8. Jentaka – sweating in a hut (sauna, steam room)
9. Aśmaghna – hot stone therapy
10. 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. Asthāpana 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
- ii. Dhuma pāna – medicated smoke inhalation
- iii. Gandūṣa – Medicated liquid used for mouth salve
- iv. Kavala – gargling

d. Other therapies:

- i. Udvartana: Dry powder massage
- ii. Sirodhara

## 14. Rejuvenation Therapy

- a. Indications
- b. Contraindications
- c. Preparatory measures such as mild cleanses etc.
- d. Methods
  - i. Kutipraveśa Rasāyana: Confined rejuvenation (Retreat style)
  - ii. Vāta Atāpika: 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 that promote nourishment
- b. Herbal formulas that promote nourishment
- c. External therapies that promote tonification
- d. Daily Routines which promote tonification
- e. Indications and Contraindications for tonification

#### **16. Prasūti Tantra: Pre-Natal, and Post Natal therapies**

- a. Diet and life style measures for both new born and mother
- b. Assessment and interventions for mild 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
  - iv. Food and herbs along with dose and appropriate method of administration for infants
  - v. External therapies suitable for an infant

#### **17. 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

#### **18. 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

### **19. 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 Life style, 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.

### **20. Yoga**

- 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

### **21. Jyotiṣa (Vedic Astrology)**

- 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)*

## **22. Vastu Sāstra (Vedic Architecture)**

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

## Table 1: Basic Herb List for the Ayurvedic Practitioner

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 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	Reference
<i>Āmalakī</i>	<i>Embolica officinalis</i>	Indian Gooseberry	Bha. Ni. 6(2)/38-41
<i>Anantamūla</i>	<i>Hemidesmus indicus</i>	Sariva, Upalsari	Bha. Ni. 6(4)/236-238
<i>Arjuna</i>	<i>Terminalia arjuna</i>		Bha. Ni. 6(6)/16-17
<i>Aśoka</i>	<i>Saraca indica</i>		Bha. Ni. 6(5)/47-48
<i>Aśvagandha</i>	<i>Withania somnifera</i>		Bha. Ni. 6(4)/189-190
<i>Balā</i>	<i>Sida cordifolia</i>		Bha. Ni. 6(4)/142-146
<i>Bhr̥ngarāja</i>	<i>Eclipta alba</i>		Bha. Ni. 6(4)/239-241
<i>Bhūmyāmalakī</i>	<i>Phyllanthus amarus</i>	Bhui -avala	Bha. Ni. 6(4)/277-278
<i>Bilva</i>	<i>Aegle marmelos</i>	Bael Fruit	Bha. Ni. 6(4)/13 Bha. Ni. 6(7)/56-60
<i>Brahmī</i>	<i>Bacopa monnieri</i> , <i>Centella asiatica</i> (active debate on this)		Bha. Ni. 6(4)/179-181
<i>Citraka</i>	<i>Plumbago zeylanica</i>		Bha. Ni. 6(2)/70-71
<i>Dāruharidrā*</i>	<i>Berberis aristata</i>	Daruhalad	Bha. Ni. 6(2)/201-202
<i>Devadāru*</i>	<i>Cedrus deodara</i>	Deodar	Bha. Ni. 6(3)/24-25
<i>Dhānyaka</i>	<i>Coriandrum sativum</i>	Coriander	Bha. Ni. 6(2)/86-88
<i>Elā</i>	<i>Elettaria cardamomum</i>	Cardamom	Bha. Ni. 6(3)/63
<i>Eraṇḍa</i>	<i>Ricinus communis</i>	Castor oil	Bha. Ni. 6(4)/60-63
<i>Gokṣura</i>	<i>Tribulus terrestris</i>	Gokharu	Bha. Ni. 6(4)/44-46
<i>Gudūcī</i>	<i>Tinospora cordifolia</i>	Gulvel, Amrita	Bha. Ni. 6(4)/1-9
<i>Guggulu</i>	<i>Commiphora mukul</i>	Guggul	Bha. Ni. 6(3)/32-45
<i>Haridrā</i>	<i>Curcuma longa</i>	Turmeric	Bha. Ni. 6(2)/196-197
<i>Harītakī</i>	<i>Terminalia chebula</i>	Chebolic Myrobalan	Bha. Ni. 6(2)/1-37
<i>Hir̥gu</i>	<i>Ferula assa-foetida</i>	Asafoetida	Bha. Ni. 6(2)/100-101
<i>Jaṭāmāmsī*</i>	<i>Nardostachys jatamansi</i>	Indian spikenard	Bha. Ni. 6(3)/89
<i>Jātīphalā</i>	<i>Myristica fragrans</i>	Nutmeg	Bha. Ni. 6(3)/54-55
<i>Jīraka</i>	<i>Cuminum cyminum</i>	Cumin	Bha. Ni. 6(2)/81-85
<i>Jyotiṣmatī*</i>	<i>Celastrus paniculatus</i>		Bha. Ni. 6(2)/171-172
<i>Kalamegha*</i>	<i>Andrographis paniculata</i>	King of Bitters	
<i>Kapikacchu</i>	<i>Mucuna pruriens</i>		Bha. Ni. 6(4)/129-131
<i>Kaṭukī*</i>	<i>Picrorhiza kurroa</i>	Kutki	Bha. Ni. 6(2)/151-152
<i>Kirātatikta*</i>	<i>Swertia chirata</i>	Kade chirait	Bha. Ni. 6(2)/153-155
<i>Kumārī</i>	<i>Aloe barbadensis</i>	Aloe	Bha. Ni. 6(4)/229-230

<i>Kuṭaja</i>	Holarrhena antidysenterica	Kuda	Bha. Ni. 6(4)/116-118
<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>Lodhra*</i>	Symplocos racemosa		Bha. Ni. 6(2)/215-216
<i>Maṇḍūkapaṇī</i>	Centella asiatica	Gotu kola	Bha. Ni. 6(4)/279-281
<i>Mañjiṣṭhā</i>	Rubia cordifolia		Bha. Ni. 6(2)/188-191
<i>Marica</i>	Piper nigrum	Black Pepper	Bha. Ni. 6(2)/59-61
<i>Meṣaśrīgī</i>	Gymnema sylvestre	Gurmar, Shardunika	Bha. Ni. 6(4)/253-255
<i>Methikā</i>	Trigonella foenum-graeceum	Fenugreek	Bha. Ni. 6(2)/93-95
<i>Miśreya</i>	Foeniculum vulgare	Fennel	Bha. Ni. 6(2)/89-92
<i>Mustā</i>	Cyperus rotundus	Nagarmotha	Bha. Ni. 6(3)/92-94
<i>Nimba</i>	Azadirachta indica	Neem	Bha. Ni. 6(4)/93-94
<i>Padmaka</i>	Nelumbo nucifera	Lotus	Bha. Ni. 6(5)/1-13
<i>Pippalī</i>	Piper longum	Long Pepper	Bha. Ni. 6(2)/53-58
<i>Punarnavā</i>	Boerhaavia diffusa		Bha. Ni. 6(4)/231-233
<i>Rājikā</i>	Brassica juncea	Mustard seeds	Bha. Ni. 6(9)/69-71
<i>Rakta Candana</i>	Pterocarpus santalinus	Red sandalwood	Bha. Ni. 6(3)/16-17
<i>Raktapuṣpi</i>	Hibiscus rosa	Hibiscus	Bha. Ni. 6(5)/58
<i>Rāsnā</i>	Alpina officinarum	Galangal	Bha. Ni. 6(2)/162-164
<i>Saindhava Lavaṇa</i>		Mineral Salt	AH. Su. 6/144
<i>Śallakī</i>	Boswellia serrata		Bha. Ni. 6(6)/22-23
<i>Śaṅkhaṇḍī</i>	Evolvulus alsinoides		Bha. Ni. 6(4)/269-270
<i>Sat Isabgol</i>	Plantago psyllium	Psyllium Husks	
<i>Śatāvarī</i>	Asparagus racemosus	Asparagus root	Bha. Ni. 6(4)/184-188
<i>Śilājītu</i>	Asphaltum	Mineral Pitch	Bha. Ni. 6(8)/78-82
<i>Śuṅṭhī</i>	Zingiber officinale	Ginger	Bha. Ni. 6(2)/44-48
<i>Svarṇapatrī</i>	Senna alexandrina	Senna	
<i>Tagara</i>	Valeriana wallichii	Valerian	Bha. Ni. 6(3)/18-19
<i>Tarunī</i>	Rosa centifolia	Red rose petals	Bha. Ni. 6(5)/22-23
<i>Tavakṣīrī</i>	Maranta arundinacea	Arrowroot	AH. Su. 30/51
<i>Tīla</i>	Sesamum indicum	Sesame	Bha. Ni. 6(9)/63-65
<i>Tulasī</i>	Ocimum sanctum	Holy Basil	Bha. Ni. 6(5)/62-63
<i>Tvak</i>	Cinnamomum cassia	Cinnamon	Bha. Ni. 6(3)/64-65
<i>Uśīra</i>	Vetiveria zizanioides	Vetiver	Bha. Ni. 6(3)/84-88
<i>Vacā</i>	Acorus calamus	Sweet Flag	Bha. Ni. 6(2)/102-103
<i>Vasaka</i>	Adhatoda vasica	Malabar Nut	Bha. Ni. 6(4)/88-90
<i>Vibhītakī</i>	Terminalia belerica	Beleric	Bha. Ni. 6(2)/36-37
<i>Viḍaṅga</i>	Embelia ribes		Bha. Ni. 6(2)/111-112
<i>Vidārī Kanda</i>	Ipomoea digitata	Indian ginseng	Bha. Ni. 6(4)/180-182
<i>Yaṣṭi Madhu</i>	Glycyrrhiza glabra	Licorice root	Bha. Ni. 6(2)/145-146

Yavānī	Carum copticum	Ajwain or Wild Celery	Bha. Ni. 6(2)/75-77
--------	----------------	-----------------------	---------------------

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

## Table 2: Herbal Preparations:

Knowledge of various preparations of herbs and how they are made including: infusions, decoctions (kaṣāya), fresh juice (svarasa), jam (avalehya/lehyam), medicated ghee (ghṛta), powders (cūrṇa), medicated oils (taila), pills (vaṭi), moist bolus (kalka), and fermented preparations (āsava/ariṣṭa), including 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	Gandhavahastādi S.Y. Kasa / 30	Aṇu Taila A.H. Su. 20/37-39	Aśvagandha Ghṛta Bh. Ra. 74/52-62	Aśoka Ariṣṭa Bh. Ra. 69/114-116	Cyavanprāśa Sha. Sa. Madh. 8/10-21
Daśamūla Bh. Ra.15/13-15	Citrakādi Vaṭi Sha. Sa. Madh. 6/108-111		Aśvagandha Bala Taila S.Y. Taila Pra./79	Śatāvarī Ghṛta S.Y. Ghṛta Pra./ 23	Aśvagandha Ariṣṭa Bh. Ra. 21/15-21	Draksha avaleha Y.R
Hirṅvāṣṭaka A.H. Chi. 14/35	Gokṣurādi Guggulu Sha. Sa. Madh.7/84-87		Bhṛṅgarāja/ Mahābhṛṅgarāja Taila Bh. Ra. 64/271-272	Triphala Ghṛta Bh. Pra. Madh. 70/52-53	Daśamūla Ariṣṭa Sha. Sa. Madh. 10/78-92	
Sitopalādi Sha. Sa. Madh. 6/134-137	Kaiṣora Guggulu Sha. Sa. Madh. 7/70-81		Brāhmī Taila A.F.I.	Tikta Ghṛta	Drakṣa Āsava Bh. Ra. 9/17-173	
Tālīsādi Sha. Sa. Madh. 6/130-134	Lavaṅgādi Vaṭi A.F.I. Vol 1		Eraṅḍa (Castor) Taila Bh. Ra. 43/105-108	Brahmi Ghṛta Bh. Pra. Madh. 23/18	Kumārī Āsava Sha. Sa. Madh. 10/ 18-27	
Trikaṭu Sha. Sa. Madh. 6/12-13	Mahāsudarśana Vaṭi Bh. Ra. 6/ 54		Mahānārāyan Taila Bh. Ra. 26/343-354		Lohāsava Sha. Sa. Madh. 10/34-38	
Triphala	Maricyādi Vaṭi		Nīlgiri (Eucalyptus) Taila			

<i>Sha. Sa. Madh.</i> 6/9-11	<i>Sha. Sa. Madh.</i> 7/13-15					
	<i>Punarnavādi Guggulu</i> <i>Bh. Pra. Madh.</i> 29/165-169		<i>Nimba (Neem) Taila</i> <i>Bh. Pra. Madh.</i> 61/141-142			
	<i>Simhanāda Guggulu</i> <i>Bh. Pra. Madh.</i> 29/222 -228		<i>Dhanwantaram Taila</i>			
	<i>Śaṅkha Vaṭi</i> <i>Bh. Pra. Madh.</i> 6/95-98		<i>Kshirbala Tail</i>			
	<i>Yogarāja Guggulu</i> <i>Sha. Sa. Madh.</i> 7/56-70		<i>Tila Taila</i>			
			<i>Dhanwantaram Taila</i>			
			<i>Kshirbala Tail</i>			
			<i>Tila Taila</i>			

## Classical Text References for AP Guidelines

The following references are regarding the list of topics enumerated in the Ayurvedic Practitioner 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 Ayurvedic 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.
Sāraṅghara 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 Ayurvedic 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
Ama	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
Aptopadesa pramāna	C.S. Su. 11/18-19
Arogya 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
Atapa sevana	A.S. Su. 12/91
Auśadha kāla	A.S. Su. 23/12-21
Ayurveda definition	C.S. Su. 1/41
Ayus 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 mālyā – 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 sādhyā definition	A.S. Su. 2/29
Kṣīra types	C.S. Su. 1/105-113
Kṣīra Varga	A.S. Su. 6/51-61
Kṣudha nigraha	A.S. Su. 13/2
Kvātha/ Kaṣāya	Sha. Sa. Madh. 2/1-150
Lañghana	C.S. Su. 22/9,18
Lavaṇa Rasa	C.S. Su. 26/42.3
Lavaṇa Types	C.S. Su. 1/88-92
Lekhana definition	Sha. Sa. Prat. 4/10-11
Madhu (Honey)	C.S. Su. 27/249
Madhu/ ikṣhu	A.S. Su. 6/86-93
Madhura rasa	C.S. Su. 26/42.1
Madhya Varga	A.S. Su. 6/109-134
Majjavaha srotas	C.S. Vi. 5/18
Mala functions	A.S. Su. 1/32
Mala kṣaya	A.S. Su. 19/6
Mala vṛddhi	A.S. Su. 19/4
Malas	A.S. Su. 19/2
Mamsavaha srotas	C.S. Vi. 5/15
Mānasīka roga	C.S. Su. 11/46

Manas qualities	C.S. Su. 8/4-6
Mānasīka vyādhi	A.S. Su. 1/40
Manovaha srotas	C.S. Vi. 6/5-6
Māruta sevana	A.S. Su. 12/86-90
Mūtra varga	A.S. Su. 6/135 – 142
Mūtravaha srotas	C.S. Vi. 5/20
Nasya – Dina carya	A.S. Su. 3/26-27
Nava dravyas	C.S. Su. 1/48
Nidra	C.S. Su. 21/25-49
Nija vyādhi	A.S. Su. 1/39
Ojas	A.S. Su. 19/29-34, C.S. Su. 17/73-76 C.S. Su. 30/ 6-11
Pācana	Sha. Sa. Prat. 4/2
Pāda catuṣṭaya	C.S. Su. 9/3 A.S. Su. 2/27
Pañca indriya adhiṣṭāna	C.S. Su. 8/10
Pañca indriya artha	C.S. Su. 8/11
Pañca indriya buddhya	C.S. Su. 8/12
Panca indriya dravyas	C.S. Su. 8/9
Pañca indriyas	C.S. Su. 8/8
Pañca jñanendriya	Sha. Sa. Prat. 5/64
Pañca karmendriya	Sha. Sa. Prat. 5/65
Pañca mahābhūta	Sha. Sa. Prat. 5/63
Pañca pañcaka	C.S. Su. 8/3
Pañca tanmatra	Sha. Sa. Prat. 5/61-62
Parināma	A.S. Su. 22/7
Physical properties of 5 bhūtas	C.S. Su. 26/11
Pitta guṇas	A.S. Su. 1/27
Pitta kṣaya	C.S. Su. 17/52-61
Pitta pacifying herbs	A.S. Su. 14/7
Pitta prakṛti	A.H. Sa. 3/90-95
Pitta subdoṣa	A.S. Su. 20/3
Pitta upakrama	A.S. Su. 21/2
Pitta vṛddhi	C.S. Su. 17/52-61
Pitta vyādhi (nānātmaja)	A.S. Su. 20/10, C.S. Su. 20/14
Prabhāva	A.S. Su. 17/52-59
Prabhāva	Sha. Sa. Prat. 2/21-22
Prajñāparadha	A.S. Su. 22/6
Pramānas	C.S. Su. 11/17
Prāṇa	C.S. Su. 17/13-14
Prāṇavaha srotas	C.S. Vi. 5/10
Pratyakṣa pramāna	C.S. Su. 11/20, C.S. Vi. 4/7
Pṛthvī mahābhūta	A.S. Su. 17/4

Purīṣavaha srotas	C.S. Vi. 5/21
Pūrva karma	A.S. Su. 5/26
Qualities of a Patient	C.S. Su. 9/9
Qualities of a Physician	C.S. Su. 9/6
Qualities of an attendant	C.S. Su. 9/8
Qualities of medicine	C.S. Su. 9/7
Quality of food	C.S. Su. 5/4-8
Rajas	A.S. Su. 1/39
Raktavaha srotas	C.S. Vi. 5/14
Rasa	A.S. Su. 4/60
Rasavaha srotas	C.S. Vi. 5/13
Rasāyana	Sha Sa. Prat. 4/13-14
Rātrī jāgarana	C.S. Su. 21/50
Ṛtu sandhi	A.S. Su. 4/61-62
Ṛtu carya	A.S. Su. 4, C.S. Su. 6
Roga Bheda	A.S. Su. 22/1-2
Roga Mārga	A.S. Su. 22/9
Rūkṣana	C.S. Su 22/14
Rūkṣana cikitsa	A.S. Su. 24/4
Rūpa	MN 1/7
Ṣaḍ rasa	C.S. Vi. 1/4
Ṣaḍ rasa and doṣas	A.S. Su. 1/33-34
Sadvṛtta	A.S. Su. 3/40-54, A.S. Su. 3/80-106
Sadvṛtta	C.S. Su. 8/18-19
Samagni	M.N. 6/2-4
Sāmāna cikitsa	A.S. Su. 1/46
Sāmānya viśeṣa siddhānta	C.S. Su. 1/44 -45
Samprāpti	M.N. 1/10
Samkhya philosophy – ahamkara	Sha. Sa. Prat. 5/58 – 60
Samkhya philosophy – Mahad	Sha. Sa. Prat. 5/57
Samkhya philosophy – manas	Sha. Sa. Prat. 5/59
Samkhya philosophy - Prakṛti	Sha. Sa. Prat. 5/56
Samkhya philosophy - Puruṣa	Sha. Sa. Prat. 5/55
Sattva	A.S. Su. 1/39
Sirovirecana dravyas	C.S. Su. 2/3-6
Snāna	A.S. Su. 3/67-70
Snāna	C.S. Su. 5/94
Snehana	C.S. Su. 22/15
Snehana cikitsa	A.S. Su. 24/4
Sodhana cikitsa	A.S. Su. 1/4
Srotas	C.S. Vi. 5/6
Sroto duṣṭi	C.S. Vi. 5/24

Stambhana	C.S. Su. 22/17
Sthambana cikitsa	A.S. Su. 24/4
Sukha sādhyā definition	A.S. Su. 2/26 – 28
Sukravaha srotas	C.S. Vi. 5/19
Svātantra	A.S. Su. 22/10
Svedana	C.S. Su. 22/16
Svedana cikitsa	A.S. Su. 24/4
Svedovaha srotas	C.S. Vi. 5/22
Taila varga	A.S. Su. 6/94-108
Takra	A.S. Su. 6/65-66
Takra properties	C.S. Su. 27/229
Tamas	A.S. Su. 1/39
Tejas mahābhūta	A.S. Su. 17/6
Three desires of life	C.S. Su. 11/3
Tīkṣṇa agni	M.N. 6/2-4
Tikta rasa	C.S. Su. 26/42.5
Tongue scraping	C.S. Su. 5/74-75
Trīsūtra definition (Hetu, liṅga auṣadha)	C.S. Su. 1/24
Trividha auṣadha	C.S. Su. 11/54
Trividha bala	C.S. Su. 11/36
Trividha cikitsa	A.S. Su. 12/3
Trividha kāraṇa	C.S. Su. 1/54
Trividha parikṣa	A.S. Su. 1/43
Trividha roga mārṅa	C.S. Su. 11/ 48-49
Tṛṣṇa nigraha	A.S. Su. 24/11-14
Tryopasthamba	C.S. Su. 11/35
Types of sneha dravyas	C.S. Su. 1/86-88
Udvardana	A.S. Su. 3/66-67
Uṣṇa jala pāna	A.S. Su. 6/34
Vamana dravyas	C.S. Su. 2/7-8
Vāta cikitsa / upakrama	A.S. Su. 21/1
Vāta gunas	A.S. Su. 1/26
Vāta Kṣaya	C.S. Su. 17/52-61
Vāta pacifying herbs	A.S. Su. 14/7
Vāta prakṛti	A.H. Sa. 3/84-89
Vāta subdosa	A.S. Su. 20/2
Vāta vṛddhi	C.S. Su. 17/ 52 – 61
Vāta vyādhi (nānātmaja)	A.S. Su. 20/9, C.S. Su. 20/11
Vāyu mahābhūta	A.S. Su. 17/7
Vedic Source of Ayurveda	C.S. Su. 30/21
Vihāra	A.S. Su. 12/277
Vikāṣi definition	A.S. Su. 1/38

Vimśati gunas	A.S. Su. 1/36-37
Vipāka	A.S. Su. 17/24-28
Vipāka	Sha. Sa. Prat. 2/19-21
Virecana dravyas	C.S. Su. 2/9-10
Viruddha 18 types	C.S. Su. 26/86-101
Vīrya	A.S. Su. 17/14-16
Vīrya	Sha. Sa. Prat. 2/17-18
Visarga kāla	C.S. Su. 6/5,7
Vyavāyi definition	A.S. Su. 1/37
Vyāyāma	A.S. Su. 3/61-64
Yāpya definition	A.S. Su. 2/30 – 31
Yukti pramāna	C.S. Su. 11/25
Pañca Nidāna Lakṣana	M.N. 1/4
Nidāna	M.N. 1/5
Pūrva rūpa	M.N. 1/6
Rūpa	M.N. 1/7
Upaśaya	M.N. 1/8-9
Samprāpti	M.N. 1/10
Samkhya Samprāpti	M.N. 1/11-13
Vikalpa Samprāpti	M.N. 1/11-13
Prādhānya Samprāpti	M.N. 1/11-13
Bala Samprāpti	M.N. 1/11-13
Kāla Samprāpti	M.N. 1/11-13
Jvara	M.N. 2/1
Jvara Samprāpti	M.N. 2/2
Jvara Rūpa	M.N. 2/3
Jvara Pūrva rūpa	M.N. 2/4-7
Vātaja Jvara	M.N. 2/8,9
Pittaja Jvara	M.N. 2/10,11
Kaphaja Jvara	M.N. 2/12,13
Vāta pitta Jvara	M.N. 2/14,15
Vāta kapha Jvara	M.N. 2/15,16
Kapha pitta Jvara	M.N. 2/17
Sannipāta Jvara	M.N. 2/18-23
Agantu Jvara	M.N. 2/26-29
Viśama Jvara	M.N. 2/31
Santata Jvara	M.N. 2/32-35
Satata Jvara	M.N. 2/34
Anyedhyuṣka Jvara	M.N. 2/32- 35
Tṛtīyaka Jvara	M.N. 2/35-37
Caturthaka Jvara	M.N. 2/38-39
Vātabalāsaka Jvara	M.N. 2/40
Pralepaka Jvara	M.N. 2/41

Dāha pūrva Jvara	M.N. 2/47
Sīta pūrva Jvara	M.N. 2/47
Dhātugata Jvara	M.N. 2/48-54
Kālaja Jvara	M.N. 2/55-57
Antarvega Jvara	M.N. 2/59
Bahirvega Jvara	M.N. 2/60
Ama Jvara	M.N. 2/61-63
Pacyamāna Jvara	M.N. 2/64
Nirāma Jvara	M.N. 2/65
Jvara Sādhya Asādhyata	M.N. 2/66,67
Gambhīra Jvara	M.N. 2/68
Jvara Upadrava	M.N. 2/70
Asādhya Jvara	M.N. 2/69-73
Jvara Mokṣa Lakṣana	M.N. 2/74
Jvara Mukta Lakṣana	M.N. 2/75
Atisāra Nidāna	M.N. 3/1-3
Atisāra Samprāpti	M.N. 3/4
Atisāra Rūpa	M.N. 3/4
Atisāra Pūrva rūpa	M.N. 3/5
Vātaja Atisāra	M.N. 3/6
Pittaja Atisāra	M.N. 3/7
Kaphaja Atisāra	M.N. 3/7
Tridoṣaja Atisāra	M.N. 3/8
Sokaja Atisāra	M.N. 3/9-10
Ama Atisāra	M.N. 3/11
Atisāra Sādhya Asādhyata	M.N. 3/14-19
Rakta Atisāra	M.N. 3/20
Pravāhikā	M.N. 3/21
Vāta Pravāhikā	M.N. 3/22
Pitta Pravāhikā	M.N. 3/22
Kapha Pravāhikā	M.N. 3/22
Rakta Pravāhikā	M.N. 3/22
Atisāra Mukta lakṣana	M.N. 3/23
Grahaṇī Nidāna	M.N. 4/1
Grahaṇī Samprāpti	M.N. 4/1
Grahaṇī Rūpa	M.N. 4/2,3
Grahaṇī Pūrva rūpa	M.N. 4/4
Vātaja Grahaṇī	M.N. 4/5-10
Pittaja Grahaṇī	M.N. 4/11,12
Kaphaja Grahaṇī	M.N. 4/13-16
Tridoṣaja Grahaṇī	M.N. 4/17
Samgraha Grahaṇī	M.N. 4/18
Ghatī yantra Grahaṇī	M.N. 4/18

Grahaṇī Sādhyā Asādhyata	M.N. 4/19-20
Arśas Bheda	M.N. 5/1
Arśas	M.N. 5/2
Vātaja Arśas Nidāna Saṃprāpti	M.N. 5/3-4
Pittaja Arśas Nidāna Saṃprāpti	M.N. 5/5-6
Kaphaja Arśas Nidāna & Saṃprāpti	M.N. 5/7-8
Dvandvaja Arśas	M.N. 5/9
Tridosaja (Sahaja) Arśas	M.N. 5/9
Vātaja Arśas Rūpa	M.N. 5/10-14
Vātaja Arśas upadrava	M.N. 5/15
Pittaja Arśas Rūpa	M.N. 5/16-18
Kaphaja Arśas Rūpa	M.N. 5/19-23
Tridosja Arśas Rūpa	M.N. 5/23
Rakta Arśas Rūpa	M.N. 5/24-26
Rakta Arśas Bheda	M.N. 5/27-30
Arśas Pūrva rūpa	M.N. 5/31,32
Arśas Saṃprāpti	M.N. 5/33,34
Arśas Sādhyā Asādhyata	M.N. 5/35-41
Carmakīla	M.N. 5/43
Ajīrna bheda	M.N. 6/5-6
Āma Ajīrna	M.N. 6/5-6
Vidagdha Ajīrna	M.N. 6/5-6
Viṣṭabdha Ajīrna	M.N. 6/5-6
Rasaśeṣa Ajīrna	M.N. 6/5-6
Dina pāki Ajīrna	M.N. 6/5-6
Ajīrna Nidāna	M.N. 6/7-9, 26
Āma Ajīrna Rūpa	M.N. 6/10
Vidagdha Ajīrna Rūpa	M.N. 6/11
Viṣṭabdha Ajīrna Rūpa	M.N. 6/12
Ajīrna Upadrava	M.N. 6/13-15
Visūcika	M.N. 6/16-18
Alasaka	M.N. 6/19,20
Vilambīka	M.N. 6/21
Ajīrna Sādhyā Asādhyata	M.N. 6/23
Jīrna Lakṣana	M.N. 6/24
Visūcika Upadrava	M.N. 6/25
Ajīrna Rūpa	M.N. 6/27
Kṛmi Bheda	M.N. 7/1-3
Kṛmi Nidāna	M.N. 7/4
Puriṣaja Kṛmi Nidāna	M.N. 7/5
Kaphaja Kṛmi Nidāna	M.N. 7/5
Raktaja Kṛmi Nidāna	M.N. 7/5

Kṛmi Lakṣana	M.N. 7/6
Kaphaja Kṛmi Sthāna, Bheda, Rūpa	M.N. 7/7-10
Raktaja Kṛmi Sthāna, Bheda, Rūpa	M.N. 7/11-12
Puriṣaja Kṛmi Sthāna, Bheda, Rūpa	M.N. 7/13-16
Pāṇḍu Bheda	M.N. 8//1
Pāṇḍu Saṃprāpti	M.N. 8/2,8-10
Pāṇḍu Rūpa	M.N. 8/3
Vātaja Pāṇḍu	M.N. 8/4
Pittaja Pāṇḍu	M.N. 8/5
Kaphaja Pāṇḍu	M.N. 8/6
Tridosaja Pāṇḍu	M.N. 8/7
Pāṇḍu Lakṣana	M.N. 8/11
Pāṇḍu Sādhyā Asādhyata	M.N. 8/12-15
Kāmala	M.N. 8/16
Kumbha Kāmala	M.N.8/17,18
Halīmaka	M.N. 8/22,23
Rājayakṣmā Nidāna	M.N. 10/1
Rājayakṣmā Saṃprāpti	M.N. 10/2
Rājayakṣmā Pūrva rūpa	M.N. 10/3,4
Rājayakṣmā Rūpa	M.N. 10/5-7
Rājayakṣmā Sādhyā Asādhyata	M.N. 10/8-13
Soṣa Lakṣana	M.N. 10/14
Soṣa Rūpa	M.N. 10/15-19
Soṣa Sādhyā Asādhyata	M.N.10/20
Urakṣata	M.N. 10/21-28
Urakṣata Sādhyā Asādhyata	M.N. 10/31
Madātyaya Nidāna	M.N. 18/1
Madātyaya varjya	M.N. 18/2-6,12
Madātyaya stages	M.N. 18/7-11
Madātyaya Upadrava	M.N. 18/13-15
Vātaja Madātyaya	M.N. 18/16-18
Pittaja Madātyaya	M.N. 18/16-18
Kaphaja Madātyaya	M.N. 18/16-18
Tridoṣaja Madātyaya	M.N. 18/16-18
Paramada	M.N. 18/19
Pānā Ajīrna	M.N. 18/20
Pānā vibhrama	M.N. 18/20
Madātyaya Sādhyā Asādhyata	M.N. 18/21
Unmāda Saṃprāpti	M.N. 20/1
Unmāda Bheda	M.N. 20/2,3



Unmāda Nidāna	M.N. 20/4-5,14-15
Unmāda Rūpa	M.N. 20/6
Vātaja Unmāda	M.N. 20/7,8
Pittaja Unmāda	M.N. 20/9-10
Kaphaja Unmāda	M.N. 20/11,12
Sannipātaja Unmāda	M.N. 20/13
Viṣaja Unmāda	M.N. 20/15
Unmāda Sādhyā Asādhyata	M.N. 20/16
Bhuto Unmāda	M.N. 20/17
Deva Graha Unmāda	M.N. 20/18
Asura Graha Unmāda	M.N. 20/19
Gandharva Graha	M.N. 20/20
Yakṣa Graha	M.N. 20/21
Pitra Graha	M.N. 20/22
Bhujaṅga Graha	M.N. 20/23
Rākṣasa Graha	M.N. 20/24
Piśāca Graha	M.N. 20/25
Unmāda Sādhyā Asādhyata	M.N. 20/26-28
Apasmāra Nidān Bheda	M.N. 21/1
Apasmāra Purva rupa	M.N. 21/2
Vātaja Apasmāra	M.N. 21/3
Pittaja Apasmāra	M.N. 21/4
Kaphaja Apasmara	M.N. 21/5
Tridosaja Apasmara	M.N. 21/6
Apasmāra Sādhyā Asādhyata	M.N. 21/7
Vātavyadhi Nidāna Samprapti	M.N. 22/1-4
Kosthagata Vāta	M.N. 22/10
Sarvaṅga Vāta	M.N. 22/11
Guḍa gata Vāta	M.N. 22/12
Amaśaya gata Vāta	M.N. 22/13
Pakvaśaya gata Vāta	M.N. 22/14
Indriya Twak Gata Vāta	M.N. 22/15
Asrk gata Vāta	M.N. 22/16
Mamsa-Medo gata Vāta	M.N. 22/17
Majja-Asthi gata Vāta	M.N. 22/18
Sukra gata Vāta	M.N. 22/19
Sira gata Vāta	M.N. 22/20
Snayugata Vāta	M.N. 22/21
Sandhigata Vāta	M.N. 22/21
Prana Vāta Avarṇa	M.N. 22/22-27
Udana Vāta Avarṇa	M.N. 22/22-27
Samana Vāta Avarṇa	M.N. 22/22-27
Apana Vāta Avarṇa	M.N. 22/22-27

Vyana Vāta Avarṇa	M.N. 22/22-27
Dhamani gata Vāta (Akṣepaka)	M.N. 22/27
Apatantraka	M.N. 22/28-32
Apatānaka	M.N. 22/28-32
Danḍāpatānaka	M.N. 22/28-32
Abhyantarāyama	M.N. 22/33-36
Bāhyayāma	M.N. 22/33-36
Ekāṅga roga	M.N. 22/39-41
Pakṣavadha	M.N. 22/39-41
Sarvāṅga Vāta	M.N. 22/39-41
Pakṣavadha Sādhyā Asādhyata	M.N. 22/42,43
Ardita	M.N. 22/44-46
Ardita Pūrva rūpa	M.N. 22/47
Hanu graha	M.N. 22/49,50
Manyā stambha	M.N. 22/51
Jihwā stambha	M.N. 22/52
Sirograha	M.N. 22/53
Ḡrdhrasi	M.N. 22/54,56
Viśvāci	M.N. 22/57
Kroṣṭaka Sirṣa	M.N. 22/58
Khañja	M.N. 22/59
Paṅgu	M.N. 22/59
Kalāya kañja	M.N. 22/60
Vātakantaka	M.N. 22/61
Pāda dāha	M.N. 22/62
Pāda harṣa	M.N. 22/63
Aṃsa Soṣa	M.N. 22/64
Apabāhuka	M.N. 22/64
Mūka Minmina	M.N. 22/65
Tūnī	M.N. 22/66
Pratitūnī	M.N. 22/67
Ādhmāna	M.N. 22/68
Pratyādhmāna	M.N. 22/69
Vātaṣṭhīla	M.N. 22/70,71
Pratyāṣṭhīla	M.N. 22/72
Anuloma	M.N. 22/73
Pratiloma	M.N. 22/73
Kampa Vāta	M.N. 22/74
Khallī	M.N. 22/74
Ūrdha Vāta	M.N. 22/75
Vāta vyādhi Sādhyā Asādhyata	M.N. 22/77-79
Vāta Rakta Nidānam, Samprāpti	M.N. 23/1-4
Vāta Rakta Pūrva rūpa	M.N. 23/5-7

Vātaja Vāta Rakta	M.N. 23/8,9
Raktaja Vāta Rakta	M.N. 23/10
Pittaja Vāta Rakta	M.N. 23/11
Kaphaja Vāta Rakta	M.N. 23/12
Vāta Rakta Sādhyā Asādhyata	M.N. 23/14-18
Ama Vāta Nidāna, Samprapti	M.N. 25/1-5
Ama Vāta Rūpa	M.N. 25/6
Ama Vāta Upadrava	M.N. 25/7,12
Ama Vāta Sādhyā Asādhyata	M.N. 25/8-10
Pittaja Ama Vāta	M.N. 25/11
Vātaja Ama Vāta	M.N. 25/11
Kaphaja Ama Vāta	M.N. 25/11
Prameha	M.N. 33/1
Prameha Samprāpti	M.N. 33/2
Prameha Bheda	M.N. 33/3-4
Prameha Pūrva rūpa	M.N. 33/5
Prameha Rūpa	M.N. 33/6-7
Kaphaja Prameha (10 Types)	M.N. 33/7-12
Udakameha	M.N. 33/7-12
Iksūmeha	M.N. 33/7-12
Sāndrameha	M.N. 33/7-12
Surāmeha	M.N. 33/7-12
Piṣṭameha	M.N. 33/7-12
Sukrameha	M.N. 33/7-12
Sikatāmeha	M.N. 33/7-12
Sītameha	M.N. 33/7-12
Sanairmeha	M.N. 33/7-12
Lālāmeha	M.N. 33/7-12
Pittaja Prameha (6 Types)	M.N. 33/13-14
Kṣārameha	M.N. 33/13-14
Nīlameha	M.N. 33/13-14
Kālameha	M.N. 33/13-14
Haridrāmeha	M.N. 33/13-14
Mañjiṣṭhameha	M.N. 33/13-14
Raktameha	M.N. 33/13-14
Vātaja Prameha	M.N. 33/15-17
Vasāmeha	M.N. 33/15-17
Majjāmeha	M.N. 33/15-17
Kṣaudrameha	M.N. 33/15-17
Hastimeha	M.N. 33/15-17
Kaphaja Upadrava	M.N. 33/18
Pittaja Prameha Upadrava	M.N. 33/19
Vātaja Prameha Upadrava	M.N. 33/20

Prameha Sādhya Asādhyata	M.N. 33/21-24,36
Madhumeha	M.N. 33/23-26
Prameha Pidaka (10 Types)	M.N. 33/27-35
Sarāvika	M.N. 33/27-35
Sarṣapikā	
Kacchapikā	M.N. 33/27-35
Jālinī	M.N. 33/27-35
Vinatā	M.N. 33/27-35
Putrinī	M.N. 33/27-35
Alajī	M.N. 33/27-35
Masūrikā	M.N. 33/27-35
Vidārikā	M.N. 33/27-35
Vidradhikā	M.N. 33/27-35
Meda Roga Nidāna, Saṃprāpti, Rūpa	M.N. 34/1-8
Medo Ativrddhi Laksana	M.N. 34/9
Kuṣṭha Nidāna, Saṃprāpti	M.N. 49/1-6
Kuṣṭha Bheda	M.N. 49/7
Kuṣṭha Pūrva rūpa	M.N. 49/8,9
Mahā Kuṣṭha (7 Types)	M.N. 49/10-16,33-36
Kāpāla	M.N. 49/10-16,33-36
Udumbara	M.N. 49/10-16,33-36
Maṇḍala	M.N. 49/10-16,33-36
Rṣyajihva	M.N. 49/10-16,33-36
Puṇḍarīka	M.N. 49/10-16,33-36
Sidhma	M.N. 49/10-16,33-36
Kākaṇa	M.N. 49/10-16,33-36
Kṣudra Kuṣṭha (11 Types)	M.N. 49/17-22
Eka	M.N. 49/17-22
Carma	M.N. 49/17-22
Kītibha	M.N. 49/17-22
Vaipādika	M.N. 49/17-22
Alasaka	M.N. 49/17-22
Dadru-mandala	M.N. 49/17-22
Caromadala	M.N. 49/17-22
Pāmā	M.N. 49/17-22
Kacchū	M.N. 49/17-22
Visphoṭa	M.N. 49/17-22
Satāru	M.N. 49/17-22
Vicarcikā	M.N. 49/17-22
Kuṣṭha in Dhātus	M.N. 49/25-30
Kuṣṭha Sādhya Asādhyata	M.N. 49/31-32
Kuṣṭha Upadrava	M.N. 49/37-39

Svitra	M.N. 49/40-41
Aupasargika Roga Nidāna	M.N. 49/42-43

**Table 4: AP Vocabulary List**

<b>Saṃskṛt Term</b>	<b>English Translation</b>
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
Ahaṃkāra	Ego principle
Āhāra	Food or diet
Āhāra Sevana Vidhi	Healthy eating habits

Āhārasakti	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 Sādhyā Asādhyatā	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 Sādhyā Asādhyatā	Prognosis of hemorrhoids
Arśa Samprāpti	Pathogenesis of hemorrhoids
Ārtava	Menstrual blood
Ārtavavaha Srotas	Pathway or channel of the ovulation
Artha	Pursuit of wealth, livelihood
Aruci	Ageusia/inability to taste
Asādhyā	Incurable prognosis
Asādhyā 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 Sādhya Asādhyatā	Loose stools including diarrhea prognosis
Atisāra Samprāpti	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
Bhujaṅga 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 Saṁhitā, Śusruta Saṁhitā, Aṣṭāṅga Saṁgraha, Aṣṭāṅgahrdayam (Both Aṣṭāṅga texts were written by Ācārya Vagbhata. Aṣṭāṅgahrdayam is the essence version of the Aṣṭāṅga Saṁgraha text, hence both included under this category)



Bṛ̥ṃhana	Nourishing therapies
Buddhī	Intellect
Cala	Moving or unstable
Caraka Saṃhitā	Oldest authoritative text on Āyurveda, written by Caraka Maha Ṛ̥ṣi
Cardi	Vomiting
Carmakīla	Warts
Caturthaka Jvara	Fever with rise in temperature on every fourth day
Caturvīṃśati Tattva	24 components of evolution / existence
Caya	Accumulation of Doṣa
Dāha	Burning sensation
Dāhapụ̄rva Jvara	Burning sensation prior to the onset of fever, Caused by predominance of pitta and is difficult to treat
Daivavyapāśraya	Divine or religious therapies
Dāmṣṭrā 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
Ḡḍhrasi	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 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
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
Kedārīkulyānyāya	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
Kṛechra 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 Parīkṣā	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
Ojovisramsā	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	Vitiation 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
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
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 Samprāpti	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
Rātricaryā	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
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 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

Śīṭali	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 Sādhyā Asādhyata	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 Rṣi

Svadhyaāya	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
Tīkṣṇa	Sharp/ penetrating
Tīkṣṇa 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 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 Saṁprāpti	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 Sādhyā Asādhyata	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 Saṁprāpti	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
Viṣaja Unmāda	Psychosis due to poisons, contaminants
Viṣama 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
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.

## **NAMA Educational Outline for Competencies and Scope of Practice Support Documents**

[Ayurvedic Practitioner Educational Outline for Competency](#)

[Scope of Practice Document](#)