

Advanced Level  
Training



RTO: 31464

*Learn with Intention. Serve with Dedication.*  
2022 - HLT62615:

Special Entry: Advanced Diploma Ayurveda Practitioner Training for Graduates of

Ayurveda HLT52165

Multi-Modal - Flexible Delivery

INTERNATIONA  
L COUNCIL OF  
AYURVEDIC  
MEDICINE INC.

Australian  
Qualifications  
Framework



'Dear Dr. Ajit, it was a great pleasure to meet you during my recent visit to Brisbane.  
It was nice to see that your Academy is producing good  
Ayurvedic Practitioners'.

- *Indian High Commissioner. Dr. A M Gondane.*

### **Course Overview:**

Advanced Diploma Ayurveda HLT62615 is the highest level, Government Recognised Qualification in Ayurveda available in Australia. This qualification covers the skills needed to work as an Ayurvedic Practitioner offering advanced, Practitioner level remedial treatments including Ayurvedic Herbal Medicine, Ayurvedic Body Therapies, Ayurvedic Nutritional Medicine, and advanced therapeutic treatments. The qualification also provides an advanced understanding of Ayurvedic Pathology and diagnosis, incorporating Ayurvedic Iridology, Advanced Pulse Diagnosis, and Tongue Diagnosis.

Graduates of this qualification will have a greater ability to determine and manage deeper levels, disease states, and health issues.

This design and content program is a response to the demand for and expectations of higher trained Ayurveda Practitioners in the community.

### **Graduate Profile:**

Graduates of this qualification will be able to: diagnose complex disease states using Ayurvedic diagnostic principles; create and evaluate healthcare strategies for clients using Ayurvedic therapeutic principles; prepare and dispense Ayurvedic herbal formulations to manage client health care concerns; provide and evaluate specialised Ayurvedic remedial therapies to treat a range of disease states; provide leadership to staff and clients through clinical practice and the wider community through the demonstration of Ayurvedic principles in professional practice.

### **Employment Pathway:**

Graduates of this qualification will be trained to develop and provide Ayurvedic Practitioner level healthcare (with a higher level of knowledge and skills, than Ayurvedic Lifestyle Consultants) to the community either in private practice or in an integrated healthcare environment, collaborating with allopathic and other complementary health practitioners.

### **Course Delivery:**

Multi-Modal, Flexible Delivery – (18 months). The AIAS initiated the multi-modal delivery (a 'flexible' and blended method of providing Ayurvedic education) of authentic Ayurveda in Australia. Consequently, the AIAS has been the leader in this area of Ayurvedic learning in Australia. Multi-Modal Delivery is a blended interactive delivery model that is sensitive to the needs of modern students. The Course has been developed over decades to meet the needs of diverse students, learning from across Australia.

Duration: 18 months  
(Multi-Modal delivery)

NB: International student visas not available  
for this delivery option

#### **Entry criteria:**

Applicants must hold  
Diploma Ayurveda HLT52615.

Administration Fee  
(non-refundable): \$500.00

Tuition Fees: \$16,000.00  
(Payment plans available on request)

NB: Cost of air travel, lodging, and meals for  
on-campus workshops are not included

Enrolments: please contact the

A.I.A.S Course Co-Ordinator Enrolments

Close: 31st August 2022

Classes start: 13th October 2022

'Dr. Ajit, Firstly, I just wanted to thank you for having me as a student of A.I.A.S. I am very grateful for your incredible guidance and the passing on of your knowledge and wisdom. It was an incredible 3 years. You and the wonderful team at A.I.A.S were inspirational.'

- Sunday. (AIAS Advanced Diploma Ayurveda, graduate)



Course Delivery.....continued

The A.I.A.S 2017 Advanced Diploma Intake

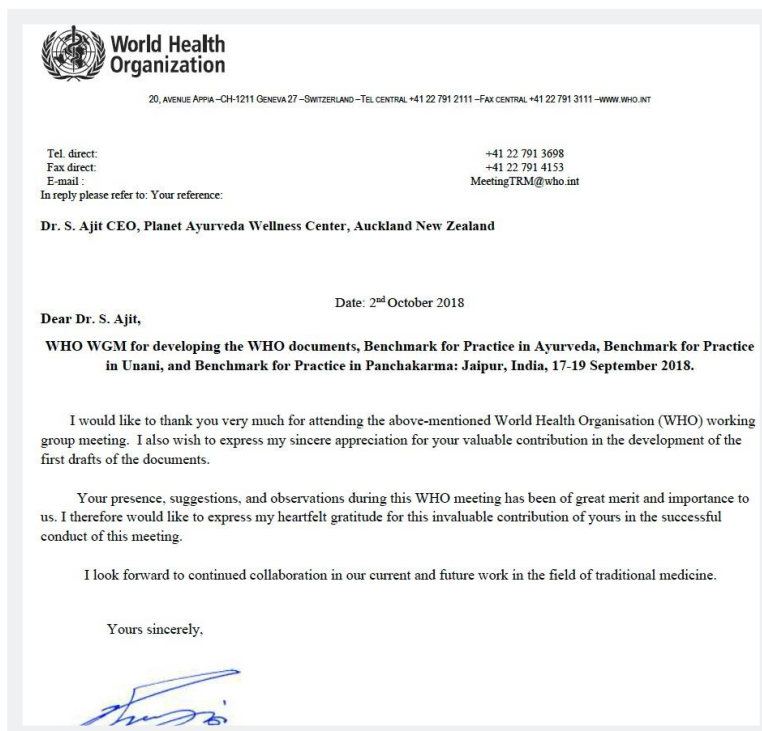
Ayurveda is a unique area of study and requires a significant teacher and well designed and thorough program of learning. Dr. Ajit B.A.M.S takes this matter very seriously and has been involved in leading the standards in Ayurvedic Education locally and internationally, most recently being selected as the Australasian representative at the 2018 WHO working group meeting, benchmarking standards in Ayurvedic Practice and Education in Jaipur (India). The Institute recognises that many people struggle to balance their academic, personal, and professional lives and so delivers its academic program in the following format, over 18 months, for graduates of Ayurveda HLT52615 (otherwise, normally, the full HLT62615 which includes a minimum of 400 hours supervised clinical assessment, is delivered over a three-year period - for those who have not completed Diploma Ayurveda HLT52615).

#### 1st year (first 12 months of study)

- Weekly 'live' webinars with your teacher, Dr. Ajit
- 2 x **two**-day weekend Ayurveda Intensives at our Brisbane Campus (Saturday & Sunday)
- 1 x **nine**-day Practicum training at the AIAS Brisbane Campus
- Weekly online study

#### 2nd year (final 6 months of study)

- Weekly 'live' webinars with your teacher, Dr. Ajit
- 1 x **Two**-day weekend Ayurveda Intensives at our Brisbane Campus (Friday, Saturday & Sunday)
- 1 x **Nine**-day Practicum training at the AIAS Brisbane Campus
- Weekly online study





'Hello Dr. Ajit. I understand that you are the teacher and that we pay for the service of your knowledge, but I just wanted to thank you for your effort. I found the psychology webinar very beneficial. I really appreciate the simplicity you use to allow us as students to understand why and how this works. I learn by understanding WHY.

I want to thank you for making this course so clear for me personally and I really appreciate the effort on your behalf to share your knowledge with us.'

- Joe (A.I.A.S Ayurveda Graduate)

Why choose the Australasian Institute of Ayurvedic Studies?

A.I.A.S is a Registered Training Organisation (R.T.O #31464), providing Government recognised qualifications in Ayurveda.

This is simply the best, most in-depth, and authentic course in Ayurveda in Australia.

You will study a program designed, guided, and assessed by an accredited Ayurvedic Physician, Professor, Vaidya Ajit (B.A.M.S, P.C.A.S) senior Ayurvedic Clinical Practitioner in Australasia, who has worked for the Government of India for 20 years and practiced Ayurveda for 43 years.

You will study authentic Ayurveda as a holistic science with the necessary theoretical and practical skills. You will learn how to apply the principles to your own life with the opportunity to improve and transform your own personal life and then be able to share the practice with your clients.

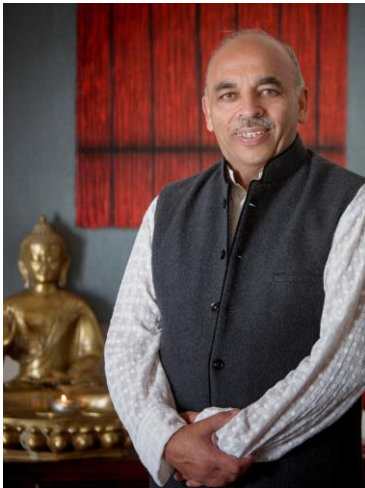
You will receive mentorship from Professor, Vaidya Ajit (B.A.M.S, P.C.A.S) who has been a powerful force in guiding the development of Ayurveda in Australasia, and who knows clearly what must be taught to a new generation of Ayurvedic Practitioners, outside of India.

You can study with us from anywhere in Australia! The multi-modal, flexible course delivery allows people to study with Professor, Vaidya Ajit (B.A.M.S, P.C.A.S) and qualify in Ayurveda, from across the country.

The course offers maximum hours in both theory and practical subjects and both online and face-to-face training.

The AIAS faculty works diligently to spread Ayurveda and was a collaborator with the 8th World Ayurveda Congress, December 2018 Ahmedabad, India

Senior Lecturer, Professor, Vaidya S. Ajit (B.A.M.S, P.C.A.S)



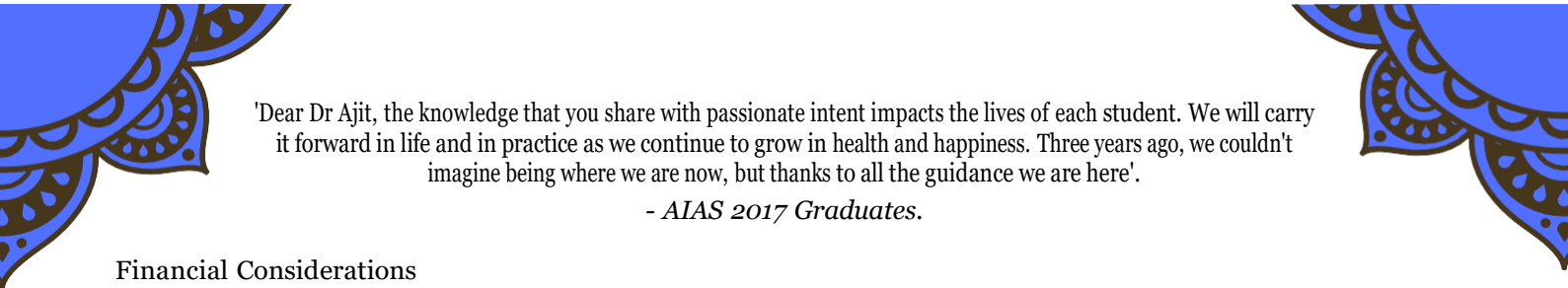
'I still cry whenever I unexpectedly see a photo of Dr Ajit...because of his dedication and passion for Ayurveda ... his love of God ... the panchakarma with him changed my life'. -Maria

Vaidya Ajit is an 'Ayurvedacharya', a graduate of the Government Ayurvedic Medical College, University of Patiala, in North India. In India, Vaidya Ajit worked in general practice and as a 'Panchakarma' Specialist, was a lecturer at several Ayurveda Colleges, and was also a permanent employee of the Government of India as an Ayurvedic Medical Officer, spanning 20 years. Vaidya Ajit is the senior and most experienced Ayurvedic Clinician in Australasia and a leader in the field of Ayurveda outside of India, where he has campaigned tirelessly to create high standards in learning Ayurveda.

Vaidya Ajit is currently CEO of the International Council of Ayurvedic Medicine Inc., an organization established to standardize and streamline the educational, teaching, and regulatory standards for Ayurvedic practice in the world outside of India. Vaidya Ajit was also the founding Patron of the Australasian Ayurvedic Practitioners Association (A.A.P.A) and past and founding president of Australasian Ayurvedic Practitioners Association (New Zealand), both professional bodies for Ayurvedic Practitioners.

He has been instrumental in raising the profile of Ayurveda in Australasia, not only through his teaching and practice but through his numerous speaking engagements, media work, and meetings with Government officials. His efforts have been recognised with a number of awards, including a Lifetime Achievement Award from New Zealand Charter of Health Practitioners.

Vaidya Ajit's background and experience in both India and in Australia are unparalleled. He remains uniquely positioned to provide students in Australia with both authentic training and training suited to the needs of westerners.



'Dear Dr Ajit, the knowledge that you share with passionate intent impacts the lives of each student. We will carry it forward in life and in practice as we continue to grow in health and happiness. Three years ago, we couldn't imagine being where we are now, but thanks to all the guidance we are here'.

- *AIAS 2017 Graduates.*

## Financial Considerations

There is no VET Student Loan available for Ayurveda Courses in Australia (VET Student Loans is an Australian Government loan scheme to assist eligible students studying diploma level and above qualifications to pay their tuition fees).

Consequently, the Ayurveda courses are self-funded in Australia. Students need to consider their ability to meet the costs of the course. The AIAS makes installment plans available so that the cost of the course can also be spread out over the duration of studies.

The AIAS is confident in the value provided in its course offerings. No student at A.I.A.S has ever questioned the value provided in our courses and is often totally amazed at the content.

## Ayurveda is on the Rise –

**Reports from India are indicating that the ‘Ayurveda economy’ has experienced up to 90 percent growth after the COVID-19 pandemic; admissions in BAMS Ayurveda courses in India have risen by 30% in some states; The International multi-level-marketing company has entered the Chyavanprash market and here in Australia, there has been a massive surge of interest in Ayurveda.**

**The Advanced Diploma in Ayurveda is the next step in the study of Ayurveda and provides quality in-depth, recognised training to prepare the practitioners here in Australia to be in a position to meet the future demands and expectations of the public in this arena.**

I am filled with a sense of purpose and realisation that this is my calling for the rest of my life. I feel very fortunate that I have found my path and that within Ayurveda I have a holistic way of living that encompasses all aspects of my life - family, occupation, spirituality, health, relationships, ongoing learning... The enormity of what Dr. Ajit has put in place for sincere students of Ayurveda has dawned on me more fully... He has very intelligently designed a course that has layer by layer built up our knowledge through his lectures, his module notes, and the assignments, both written and practical. He has enkindled my ‘Agni’ for learning through his questions'

- Gita, AIAS Graduate

'Dear Dr. S. Ajit, on behalf of the Conference Advisory / Organizing Committee,  
It is an honour and privilege to confirm you as a Scientific Reviewer and Editorial Team member of the International Conference on Ayurveda, Traditional Medicine, and Medicinal Plants as well as the GARI International Journal of Multidisciplinary Research. With your vast and in-depth knowledge in the area, you would be expected to serve the conference paper review team. Your expertise and knowledge in the area would add a great value to the all the sense of researcher'.

- Sampath Abeywickrama  
Director – Global Academic Research  
Institute Chair, Conference Organizing  
Committee

## Course Deliver Elements

### Webinars:

Through the Internet, online webinars create a 'virtual classroom' on your computer. Even though you are in the comfort of your own home, you can enjoy the benefits of interaction with your teacher and fellow students. You can see your lecturer, Professor, Vaidya Ajit (B.A.M.S, P.C.A.S), and listen to him demonstrate and lecture while you highlight your course module notes and participate in class discussions, just as you would in any classroom setting. This online delivery of theory lectures has greatly helped interstate students and full-time workers access traditional Ayurvedic study in a modern setting.

### Weekend Seminars (Intensives) and Practicums:

Your teacher, Professor, Vaidya Ajit (B.A.M.S, P.C.A.S) is a senior Ayurvedic Clinician and the most experienced Ayurvedic lecturer in Australia.

Dr. Ajit will personally lead along with his team of tutors several weekend Intensives and be involved in practical training workshops at our Brisbane Campus, (121 Mains Rd, Sunnybank, Brisbane) to deliver and assess the practical skills requirements of the qualification. These weekends are a vital component of the course, where you will learn to apply the knowledge delivered through your webinars.

Because of the way the program builds on the knowledge taught over these weekends, you must attend each of these workshops. Missing one of these three-day weekends will mean you will not be able to complete the qualification in your current enrolment. In such cases, you would need to withdraw from your course of study and seek re-enrollment in a future program. For this reason, the Institute recommends students plan carefully before committing to study to ensure they can complete their qualifications in the required time frame.



"I'm so thankful for Dr. Ajit's meticulous training in our bodywork therapies. Just recently, I received a Kati Basti (treatment) from another ayurvedic 'doctor' who had trained in India. I expected the treatment would be authentic sadly I feel that I wasted my money. The technique was so poor, the oil was lukewarm if that, there was no consistency in pressure and the massage was uncomfortable and haphazard. I have to say there was no therapeutic value at all. This experience strengthened my confidence that what AIAS is teaching is ensuring that authentic, powerful, ayurvedic treatments are not being lost. It is encouraging to know that in Australia we have access to a master's Teacher. Thank you, Dr. Ajit, for the time and patience you dedicate to all of us during our training. I feel very encouraged that the high standard of professional training at AIAS means that we as graduates are offering authentic ayurvedic treatments and ensuring that the profound therapeutic value of these treatments, is not being lost."

- Malia (AIAS Advanced Diploma  
Ayurveda Graduate, Physiotherapist)





## Why complete the Advanced Diploma Ayurveda HLT62615?

By now, many of those who have completed the AIAS Diploma Ayurveda HLT52615 will already have recognised Dr. Ajit's unwavering and exacting standard of Ayurvedic principles, treatment protocols, and client care, as well as his dedication to the authentic and holistic perspective of Ayurvedic healthcare.

Many Diploma level students have expressed a desire to learn more and to learn deeper, with regards to Ayurvedic herbs and traditional medicine formulas, more advanced pulse diagnosis and other methods of clinical assessment, advanced Ayurvedic treatments, and Ayurvedic pathology. These areas are the focus of the Advanced Diploma training. Additionally, there is a great emphasis on more particular and much more detailed case studies.



Ayurveda is growing phenomenally and becoming a highly sort after form of health management

"I, Manoj Agrawal, graduated from AIAS with HLT62615 Advanced Diploma of Ayurveda in March 2021, I feel I am very qualified to make this statement compared to several other students as I have previously completed 3 on-campus full-time degrees for a period of 5 years from world recognised Australian universities

-The University of Queensland and Queensland University of Technology.

Comparing my student experience across all educational institutions, in my opinion, the quality of education provided by AIAS and especially, the main educator for the course, Dr. Ajit is unquestionable and the highest I have ever come across. The professionalism displayed throughout my 3 years is top-notch. Comparing other educators, I have heard deliver in this field globally, my opinion is Dr. Ajit is the world's best in the field of Ayurveda.

Furthermore, this is not to mention the added dedication from all AIAS staff who went beyond the times and scope of the course to always help with any queries from any students out of school and during business hours. with high quality. There is no price that can be put into this added value coming from other staff.

I have learned that the field of Ayurveda is extremely unique in its nature and as such, requires the highest standard in teaching to ensure all students who graduate in this field can continue to propagate the teachings and practice as it was as per ancient healing knowledge.

I can also understand there may be a few students who may be unaccustomed to the style of delivery, which requires correction from the course director to students with utmost seriousness if students are found not to be learning the original way Ayurveda has intended.

I have personally witnessed several students themselves very keen to distort or mix their own incorrect ideas into Ayurveda just for their convenience and not follow protocol. The ancient knowledge of Ayurveda for healing should never be compromised for the sake of westernisation, modernisation, commercialization, and this has been the core intent of Dr. Ajit. This dedication is very rare and cannot be found elsewhere. And this has also been emphasized to all trainers of the course.



## Why complete the Advanced Diploma Ayurveda HLT62615?

For those considering their future career in Ayurveda, as public awareness and expectations grow in Australia and other parts of the world there will be increased demand for more highly qualified Ayurvedic Practitioners. Advanced Diploma Ayurveda HLT62615 again, is the highest qualification available in Australia in Ayurveda. Last, but by no means least, Ayurveda is a continuous study - lifelong learning, wonder, and committed students of Ayurveda are always looking to learn more.

In this training program, you will go much deeper into Ayurvedic study, through:

- ◆ Detailed study of Ayurvedic Materia Medica - herbs and traditional herbal preparations of Ayurveda such as Asava and Arishta and an understanding of how and when to select such preparations in various pathologies.
- ◆ The Guggul preparations and why they are so important in the management of deeper pathologies
- ◆ The Medicated Ghritams and when one should use them in clinical situations.
- ◆ All major therapeutic formulations and the guidelines on how to select them.
- ◆ Each formulation will be discussed based on its ingredients so that the practitioner can understand how the particular preparation will work for various imbalances.
- ◆ Traditional formulations such as Batis and why they are so important

Moving into the study of Ayurvedic Pathology you will, by way of exploring the ayurvedic understanding, perspective, and management of disease states for the various channels (Srota systems), including differential diagnosis of disease states, and:

- ◆ Understanding and structuring treatment plans for those diseases,
- ◆ Taking up the next level of Nadi Pariksha (ayurvedic pulse diagnosis) including determination of the 'organ pulses.
- ◆ Learning the amazing assessment tool of Ayurvedic Iris Diagnosis.
- ◆ Understanding why ayurvedic Iridology is such an important and underutilized diagnostic tool
- ◆ Assessing the manifestation of problems in various channels and understanding the imbalances of 6 chakras through Ayurvedic Iridology.
- ◆ Understanding of the particular Dhatu level that imbalances are manifesting in an individual.
- ◆ Being taken through the next level of Ayurvedic case studies and presentations to further support and advance the elementary work undertaken in Diploma level case studies
- ◆ Training in more advanced therapeutic procedures including the 'Navara Kizzi Herbal Massage procedure' (for degenerative joint disorders and muscle wasting, autoimmune joint inflammation, paralysis, and immune disorders); the 'Udwarthanam' method with Herbal Steam Chamber for assisting metabolic disorders, weight problems, and lymphatic congestion); the 'Therapeutic Nasya package' (nasal insufflation via herbal Tailam); more musculoskeletal 'Basti Treatments' and incorporating the 'Nadi Swedana' apparatus (for disc bulges, frozen shoulder, arthritic knees, spondylosis, and sports injuries); the 'Kizzali Herbal Bolus' procedure; 'Karna Purna' and the advanced level 'Shirodhara Treatment' plans
- ◆ More Marma Point Massage, more Ayurvedic Cooking, more Ayurvedic Psychology, and Ayurvedic Counselling, Practical learning of how Ayurvedic emotional healing program can be structured for clients.
- ◆ There will be practical case discussion in class and more Ayurvedic Tongue Diagnosis, more Ayurvedic Nutrition (including designing the 21 x day meal plans).





## Course Detail: Breakdown by Unit:

In Australian V.E.T Qualifications, a qualification is comprised of 'Units of Competency' from the 'National Health Training Package'.

There are 2 areas of Competencies: 1. Specialisation Units of Competency (specific to traditional Ayurveda) and 2. Common Unit Competencies (competencies outside of traditional Ayurveda, designed to provide professional knowledge and skills related to assessing the body from a western point of view, running your own business, and compliance with various regulations).

Advanced Diploma of Ayurveda HLT62615 qualification consists of 25 'Units of Competency' from the Health Training Package. (Note that many of these units of competency will have been delivered in the HLT52615 Diploma Ayurveda).

GREAT NEWS!

Great News for graduates of HLT52615 Diploma Ayurveda is that they will receive a 'transfer of credit' for the following specialisation and common unit competencies achieved in HLT52615 Diploma Ayurveda:

Specialisation Units of Competency:

HLTAYV001 - Develop Ayurvedic practice HLTAYV002  
- Make Ayurvedic lifestyle assessments HLTAYV003 -  
Provide Ayurvedic bodywork therapies HLTAYV004 -  
Provide Ayurvedic lifestyle advice HLTAYV005 - Provide  
advice on Ayurvedic nutrition

Common Unit Competencies:

BSBSMB403 - Market the small business BSBSMB404  
- Undertake small business planning

BSBSMB405 - Monitor and manage small business operations

BSBSMB406 - Manage small business finances CHCCOM006

- Establish and manage client relationships CHCDIV001 -  
Work with diverse people

CHCLEG003 - Manage legal and ethical compliance CHCPRP003

- Reflect on and improve own professional practice HLTAID003 -  
Provide first aid

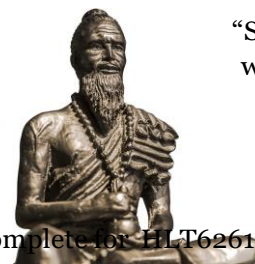
HLTINFO04 - Manage the control of infection HLTWHS004

- Manage work health and safety

'Service, in short, is not what you do, but who you are. It's a way of living that you need to bring to everything you do if you're to bring it to your customer interactions'.

- Betsy Sanders

While the 'common unit competencies might not sound so appealing to those interested in studying principally, Ayurveda, they are nonetheless mandatory requirements for this Government recognised Ayurveda qualification and provide you the additional confidence required for setting up and developing your own business and serving others.



"Set thy heart upon thy work, but never on its reward."

Remaining Specialisation Units of Competency to complete by HLT62615:

HLTAYV006 - Take cases within an Ayurvedic framework HLTAYV007 -

Diagnose conditions within an Ayurvedic framework HLTAYV008 -

Provide Ayurvedic remedial therapies

HLTAYV009 - Provide therapeutic Ayurvedic nutritional advice HLTAYV010

- Select and advise on Ayurvedic medicines - Dravyaguna HLTAYV011 -

Prepare and dispense Ayurvedic medicines - Dravyaguna HLTAYV012 -

Monitor and evaluate Ayurvedic treatments



## *Details of Specialisation Units of Competency*

### **HLTAYV006 - Take cases within an Ayurvedic framework:**

This unit delivers the skills and knowledge required to make a detailed investigation of a client's symptoms that informs client's diagnosis within an Ayurvedic framework. This includes:

Protocols for performing Ayurvedic health assessments, including:

- Three-fold examination techniques, Eight-fold examination techniques, Ten-fold examination techniques, and their importance.
- The Importance of pulse diagnosis in clinical practice, including, Locate and identifying the seven levels of the pulse; Identifying Prakriti and Vikriti through pulse examination; Recognise the various channels and related organs through Pulse; Locate and identifying mental Prakriti and present state of mind of the client
- The Importance of Ayurvedic Iridology in clinical practice, including - Identification of Vata, Pitta, and Kapha scar tissue; Recognise imbalances in various channels and related organs through iris diagnosis
- The Importance of Ayurvedic tongue diagnosis in clinical practice, including identifying the location of each channel and organ on the tongue; Recognise imbalances in various channels and related organs through tongue diagnosis.

### **HLTAYV007 - Diagnose conditions within an Ayurvedic framework**

This unit delivers the skills and knowledge required to make a client diagnosis and structure a treatment plan according to Ayurvedic principles, through an additional 200 hours of supervised Ayurvedic face-to-face training and assessment. This includes knowledge of:

- The Ayurvedic disease process: Sanchaya (accumulation), Prakopa (aggravation), Prasara (overflow), Sthana Samshraya (localisation), Vyakti (re-location), Bheda (differential diagnosis) - with special reference to understanding determining and managing the various stages.
- Nidana (Etiology), Rupa (symptoms), Samprapti (pathogenesis), and therapeutic guidelines (Upashya) of diseases state in all channels, including: Pranavaha - including respiratory but not limited to asthma, cough, hay fever, and sinusitis; Annavaha - including digestive but not limited to anorexia, hyperacidity, indigestion, dyspepsia and vomiting ·ambuvaha - including fluids but not limited to thirst, oedema, and ascites; Rasavaha - including lymphatic but not limited to fever, fatigue, chronic fatigue syndrome; Raktavaha - including circulatory but not limited to hypertension, gout, anaemia, and piles; Mamsavaha - including muscular but not limited to myomas, muscle atrophy, emaciation ·Medovaha - including adipose but not limited to obesity and lipomas; Asthivaha - including skeletal but not limited to scoliosis, rheumatoid arthritis, osteoarthritis, and cervical spondylitis; Majjavaha - including nervous but not limited to attention deficit disorder (ADD)/attention deficit hyperactivity disorder (ADHD), stress, anxiety, and depression; Sukravaha & Arthavavaha & Stanyavaha - reproductive, including but not limited to impotency, menstruation, premenstrual syndrome (PMS), leucorrhoea, lactation but not limited to mastitis, excessive and insufficient lactation; Mutravaha - including urinary but not limited to polyuria, diabetes, and dysuria; Purushivaha - including excretory/stool but not limited to constipation irritable bowel, dysentery and diarrhoea; Swedovaha - including integumentary but not limited to psoriasis, eczema, and acne; Manovaha - including mental but not limited to poor concentration, negative thinking, and memory loss.



### **HLTAYV008 - Provide Ayurvedic remedial therapies**

This unit delivers the extensive skills and knowledge required to provide - and personally experience - therapeutic Ayurvedic remedial therapies, such as Ayurvedic specialised massage and herbalised steam therapy, 'Kizzi Bolus' (therapeutic herbal bolus treatments), 'Udwarthanam treatment', 'Nasyam', 'Netra Basti', and 'Karna Purna'. This includes: - Benefits of treatment; contra-indications to treatment; preparation of the herbal Bolus; structuring a treatment protocol according to constitution and imbalances; pathological indicators of successful treatment; Possible reactions to treatment.

### **HLTAYV009 - Provide therapeutic Ayurvedic nutritional advice**

This unit delivers the skills and knowledge required to determine a nutritional treatment strategy based on the principles of Ayurvedic nutrition and diet.

This includes an understanding of:

- Principles of Ahara, Vihara, and Aushadhi; Variations necessary with the changing seasons; Agnis and their functions; Types and features of culinary herbs and spices in Ayurveda; Ayurvedic cooking and food preparation techniques for major food classifications.

### **HLTAYV010 - Select and advise on Ayurvedic medicines - Dravyaguna**

This unit delivers the skills and knowledge required to determine an ayurvedic medicine treatment strategy based on an existing diagnosis. This includes:

- Over 120 herbs used in Ayurveda, their contraindications, identification and distinguishing features, interrelationships, and incompatibilities

- Principles of formulation (including dosage and duration of treatment) for:

- Avaleha - a minimum of 5; Ghritam - a minimum of 5; Kashayam - a minimum of 5; Churna - a minimum of 10; Guggulu - a minimum of 7; Vati - a minimum of 5; Asava and arishta - a minimum of 10; Bhasmas - a minimum of 5.

### **HLTAYV011 - Prepare and dispense Ayurvedic medicines - Dravyaguna**

This unit delivers the skills and knowledge required to prepare ayurvedic medicines and dispense those medicines according to a pre-prepared order. This includes:

- sources of Ayurvedic medicines and their raw, semi-processed, processed, and manufactured ingredients and methods to determine quality; types of Ayurvedic medicines, what they are, and how they are prepared; techniques to prepare medicines from source materials as per Ayurvedic guidelines, including the practical manufacture of 'Churna', 'Bati' and Avaleha'; equipment and instrumentation components, purpose and operation; recording requirements and procedures environmental conditions required to maintain the integrity of medicines before, during and after preparation.

### **HLTAYV012 - Monitor and evaluate Ayurvedic treatments**

This unit delivers the skills and knowledge required to monitor and evaluate ayurvedic treatments, both from an individual client and a whole practice perspective. This includes:

- types of criteria by which Ayurvedic treatments are evaluated, including regular client follow-ups and feedback.

- typical complications associated with different treatments and therapies and how to respond in an ongoing treatment plan sources of research and evidence that support Ayurvedic practice principles underpinning continuation or variation of treatment and the Ayurvedic rationale that underpins these.



'I would like to tell you that I started to look at the demo of Vaidya (the Ayurvedic Clinical Diagnostic Software tool developed by Dr. Ajit B.A.M.S) This program is of such detail, just amazing. I don't know how one person can do all this profound work. We can only learn from you. I feel so grateful to have met you. Thanks for sharing your knowledge with all of us". -Dr. Harsha Gramminger M.D

**Getting Ready for Your Ayurvedic Practice: Common Unit Competencies:**

These 'Common Units' are an essential component of the Nationally Endorsed Training Package in Ayurveda, for Australia. They will ensure that you obtain the additional skills outside of traditional Ayurvedic learning, to ensure your clinical and practice success. They may not be the primary reason that students come to Ayurveda to study, but they are there to enhance your professional career in Ayurveda.



In the full, 3 x year Advanced Diploma HLT62615, there are 13 Common Unit Competencies. As a graduate of the Diploma HLT52615 qualification, you will be receiving Transfer of Credits for all but 2 x Common Units of the Advanced Diploma, when you forward your verified Diploma Ayurveda HLT52615 parchment, on enrolment. Following are the (only) 2 x additional, Common Unit competencies that you will require, in order to qualify (in addition to the Specialisation Units of competency) for your Advanced Diploma Ayurveda HLT62615.

**HLTAAP003: Analyse and respond to client health information.** - This unit of competency describes the skills and knowledge required to analyse client health information and then plan appropriate health services within the scope of own role. It requires an in-depth knowledge of anatomy and physiology.

**CHCPR005: Engage with health professionals and the health system.** This unit describes the skills and knowledge required to work within the health care system and engage effectively with other health professionals, including writing referral reports.



Above: Ayurvedic herbal Batis made by AIAS Advanced Diploma students



Right eye  
 A-A1; vata scar (colon, rectum) – constipation  
 C2-D; vata scar (pericardium) – anxiety, fear.  
 F1-G; vata scar (pituitary and pineal gland) – somewhat hyperactive.  
 G-H; vata scar (mind) – fearful nature, scattered thoughts, negative thoughts.  
 I1-I2; vata scar (shoulder and neck) – calcification in neck  
 K2-L; vata scar (feet lower leg and knee) – knee problems  
 M-M1; vata scar (ovaries) – dry vagina  
  
 Small swelling or blepharitis (Chalazion/stye) on inside edge of the eyelid. Not noticed by the client – no symptoms. Possibly clogged gland and may be related to high Pitta in the liver and repressed emotions – depletion of Majja dhatu (Mala of Majjadhatu).

Right: Ayurvedic Iris assessment by AIAS Advanced Diploma student, Margaret Duerhoff



Above: AIAS Advanced Diploma student experiencing correct procedure for deep channel cleansing through the swedana steam tent





'It is the duty of every living being to perform welfare activities for the benefit of others with his life, wealth, intelligence, and words. Through his work, thoughts, and words, an intelligent man must perform actions that will be beneficial for all living entities in this life and the next'.

### Frequently Asked Questions

What is meant by Advanced Pulse Diagnosis? You will be building upon the skills acquired in HLT52615 (determination of gati, vega, akruti, tala, bala, and prakruti etc) and add further layers of refinement including determination of the organ pulses.

Do we learn more Advanced Ayurvedic treatments? Yes, you will be learning Advanced treatments for Joint and Neuromuscular imbalances in addition to deep detoxification treatments.

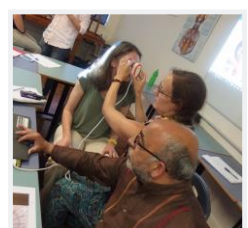
What is meant by advanced case studies? Again, you are building further upon skills acquired in HLT52615 so as to develop a much deeper understanding of the presence, or the possibility of, and nature of, disease states according to Ayurveda. You will learn further assessment techniques and the depth and range of treatments and herbal therapies will be increased.

What is Ayurvedic Pathology? The Advanced Diploma does focus more on pathology as understood in the traditional Ayurvedic texts, together with useful insights from Dr. Ajit's own clinical experience and correlation with the western understanding of the disease. You will access a deeper level of understanding of various diseases, ranging from diabetes, neurological, and organic disturbances.

What is 'differential diagnosis'? An understanding of and differentiation between different types and possibilities of imbalances behind the manifestation of diseases.

Will we become more confident with the Herbal therapies? Of course. This is the level of study which explores healing plants and substances and traditional formulas to a much greater extent. You will study and practice making some traditional Ayurvedic medicines: Swaras, Batis, Avelaha, and Churna.

Do we learn Ayurvedic principles to manage mental/emotional disorders? Yes, at the A.I.A.S emphasis has been placed initially (via HLT52615) on encouraging the student to first balance their own internal state through the 'emotional healing program' and meditation so that they can then proceed further with more insight into the Ayurvedic psychology and utilise these valuable clinical tools to assist others.



'I felt that I wanted to acknowledge my appreciation to all of you for your care, honesty, compassion, and truth over the weekend. On entering the Institute on Saturday morning, I truly felt I was in the right place. I know in the future there may be challenging times arise related to grasping the subjects. After having met you all on the weekend, and experienced the environment of the Institute, I know that when those times arise I, along with the rest of the enrolled students, have an amazing team who will nurture and guide me into the light of understanding. I am truly grateful.

- Allison

## Practical Training in Ayurveda

Does this course contain sufficient practical and face-to-face contact components to train a suitably competent Ayurvedic Practitioner?

Firstly, as a VET qualification, this course is bound by the performance criteria stated in the nationally endorsed training package for Ayurveda which details the knowledge and skills required for Ayurveda Practitioners. The course has to deliver on the 'skills and performance criteria'. The AIAS Ayurveda course contains substantial, practical, face-to-face and supervised training and assessment components. Secondly, as a representative of Ayurveda, Dr. Ajit B.A.M.S takes the matter very seriously. Traditionally, a student needs to place much trust in the Ayurvedic teacher. While the student can't always see what's happening from their point or stage in learning, Dr. Ajit sees the big picture. Dr. Ajit understands the trust placed in him. It's all about the depth and quality of the learning material at AIAS and the teaching method. Dr. Ajit applies both traditional teaching methods and modern and uniquely developed presentations in class.

AIAS has unmatched experience in developing the most in-depth learning material for Ayurvedic study. Our students and graduates of AIAS can attest to this with confidence and trust:

'Dear Dr. Ajit, the way you have been delivering Ayurveda to us gives me no doubt about the veracity and truthfulness in this unique science, medicine, and philosophy. Thank you'. - Lenka

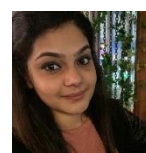
'Hi Richard, (I) studied Ayurveda with you guys in 2013. I'm currently living and working in Peru, spreading the ancient wisdom of Ayurveda to my clients. My main reason for writing this email is because one of my dear clients would love to study Ayurveda with Dr. Ajit, and I know you can maybe guide her and give her more info about the courses'. - Dr. Marjorie Garces (Bachelor of Medicine, Bachelor of Surgery)

'I would like to express my immeasurable gratitude to you all for the learning I have been privileged to undertake through the course. The course is of the highest standard and Dr. Ajit's name is respected amongst practitioners I have encountered. The impact on my health and on my family has been significant and I look forward to having the honour of sharing this with other people. - Natalie

'My lecturer (a medical doctor) has studied Ayurveda in India. He told me that this (AIAS Course) is the premier course outside of India'. - Anna

'Throughout my time there (in India) I was under the instruction of six Ayurvedic physicians. They each remarked on the extent of my knowledge and found it difficult to believe that I had not had any formal medical training. During the first week, they made a collective decision that I did not need guidance on pathologies. They let it be known that they considered my ability to quickly grasp pulse (diagnosis) was due to my Ayurvedic studies and clear spiritual path. They noted that no Westerner's that they have trained - be it from traditional or Ayurvedic models - have ever grasped pulse so quickly - or displayed such a comprehension of Ayurvedic pathologies. It became very apparent to me that the knowledge I had gained through Dr. Ajit's educational program coupled with my application of this knowledge through case studies in the past year has served me very well. I am very grateful for this. - Kris

The AI  
Team



*'We're all working for you and Ayurveda.  
We believe in the power of Ayurveda and are here to  
serve'.*

- Dr. Ajit, Richard, Binu, Leanne, Sonal, Barbara and  
Janvhi are all highly committed to Ayurveda



## A.I.A.S - The Early Years

The A.I.A.S has been associated with the development of Ayurveda standards in Australia from the very start.

The Australasian Institute of Ayurvedic Studies is synonymous with quality and authentic education in Ayurveda and is praised by both students and graduates as providing exceptional training in this ancient science. These accolades have come from 20 years of hard work in promoting Ayurveda in Australia and New Zealand. The story is an interesting one.

In 1997, not long after Dr. Ajit left India with a desire to bring Ayurveda to the West, he was invited to Australia by Richard Clark, the A.I.A.S Institute's Principal, to run a series of workshops in Ayurveda. They attracted a large audience, including many western-trained doctors and complementary health workers, who were keen to integrate Ayurveda into their current health practice. The success of these workshops led Dr. Ajit and Richard Clark to form the Australasian Institute of Ayurvedic Studies (AIAS) as a way of delivering authentic ayurvedic training in Australasia. These workshops continued through 1998 until it was apparent that a more systemised method of training was required.

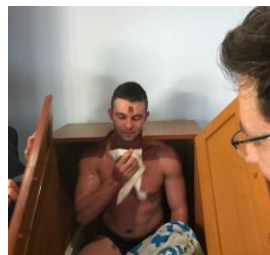
In 1999, under the guidance of Dr. Ajit, the Institute responded to the increased demand for quality training programs by becoming a Registered Training Organization (R.T.O), delivering nationally recognised qualifications under the Australian Qualification Framework's National Health Training Package. Now it is the only training institute in Australasia offering recognized Ayurvedic qualifications in both Australia and New Zealand.

The Institute offers the most comprehensive curriculum in the study of Ayurvedic Medicine outside India. The programs are designed for students wishing to integrate training in Ayurveda into their personal and professional lives. As well as providing students with an understanding of the fundamental principles and practices of Ayurveda, students receive the clinical training necessary to become successful practitioners.

AIAS Graduates will emerge as valuable members of the community, benefitting especially those suffering from ill-health. Through the uniqueness of the vision of Ayurveda and its therapeutic strategies, diet, herbal medicines, and lifestyle education, people will discover better health and more productive and purposeful lives.

*'Dear Vaidya Ajit ji, we went through the (AIAS student's) case studies. Our view is the cases are very well analyzed, based on the Ayurveda concept. We really appreciate the details of history taking focusing even on the practices of the mother, physical health, and mental condition during pregnancy that might have influenced the child's health. You have tried to correlate each symptom according to dosha, dushya, srotas and sroto dushti. Examination portion- Diagnosis based on nadi pareeksha, and jihwa pareeksha is remarkable'.*

*- Professor Darshan Shankar*



At the A.I.A.S you will receive a thorough education in Ayurveda. Dr Ajit B.A.M.S has been sought after as a speaker on Ayurveda at many National and International Ayurveda Conferences and is a highly respected teacher and clinical practitioner of Ayurveda. You may find quicker, cheaper, and easier courses in Ayurveda. But if you're serious, you will want the best course and the best teacher and you will want to have been tested so that you depart from studies feeling that you are deserving and capable of working authentically with Ayurveda.



# A.I.A.S Over The Years



2002 A.I.A.S Ayurveda Practical Training, Byron Bay, NSW



The A.I.A.S 2004 Intake - Gold Coast, QLD



The A.I.A.S 2006 Intake.



The A.I.A.S 2011 Ayurveda Intake



The A.I.A.S 2013 Intake, Brisbane



The A.I.A.S 2014 Advanced Diploma Intake



The A.I.A.S 2015 Advanced Diploma Intake



The A.I.A.S 2016 Advanced Diploma Intake



The A.I.A.S 2020 Intake



The A.I.A.S 2021 Intake





Ayurvedic Medicine  
(Australia)



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The International Council of Ayurvedic Medicine was incorporated in 2014 to formulate common standards for the practice of ayurvedic medicine in Australia and to enhance awareness in the community about this ancient health science. [www.icamau.org/](http://www.icamau.org/)

Find us on Facebook: [www.facebook.com/icamaustralia](https://www.facebook.com/icamaustralia)

### **Planet Ayurveda Wellness Centre**

A choice destination for authentic Ayurvedic treatment and rejuvenation. Founded by Dr. Ajit B.A.M.S, close by in Auckland, New Zealand. This is Australasia's premier Ayurveda Wellness Centre for Authentic Panchakarma and Ayurvedic Rasayana treatments. Face to face and online consultations are available. [www.planetayurveda.co.nz](http://www.planetayurveda.co.nz)

Find us on Facebook: [www.facebook.com/PlanetAyurvedaWellnessCentre](https://www.facebook.com/PlanetAyurvedaWellnessCentre)

### **Ayurda Beauty Products**

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### **Chit Yog Sadhana: The Ancient Path to Wellbeing**

The Chit Yog Sadhana is an 'App' based on ancient wisdom and time-tested methods that help you understand what a holistic approach to health is and how to apply it. We will remain disconnected from our 'Chit' (higher consciousness) and keep suffering at every level until this path is applied.

Find us on Facebook:

[www.facebook.com/chityogsadhana](https://www.facebook.com/chityogsadhana)



Interested in this Course?

What to do next ....

Do your due diligence. Take it upon yourself to research the possibilities available in Ayurveda and make an informed decision. Then act promptly. AIAS has a limited number of spaces in each year's intake and is seeking the most committed Ayurveda students in Australia.

**Enrolments for the 2022 A.I.A.S Advanced Diploma  
HLT62615 Intake  
are now open.**

[www.aiasinstitute.com.au](http://www.aiasinstitute.com.au)

Telephone the A.I.A.S Course Co-Ordinator on 1300 557 487 or 07 3345 8682 and have an in-depth discussion about what is involved in the study.

**LIKE** the A.I.A.S Ayurveda Facebook page and look at what our students do in classes with Dr. Ajit.

Find us on Facebook: [www.facebook.com/AIAS.Australasia](https://www.facebook.com/AIAS.Australasia)

*'I look forward to seeing you there' Dr  
S. Ajit*