



# COURSE CATALOG

Holistic Ayurvedic Coach (HAC)  
Ayurvedic Health Counselor (AHC)  
Ayurvedic Practitioner (AP)

**FALL 2023 PROGRAMS**

V1.6

August 21, 2023 - August 21, 2024

## REGISTERED OFFICES

### **State of CA**

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### **State of WA**

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### **India**

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Monastery Lane, Karimattathu  
Aluva Munnar Road  
Aluva, Kerala, India-683101

AyurvedaGram Heritage Wellness Center  
Hemmandanahalli, Samethanahalli Post  
Whitefield, Bangalore-560 067



Registration: [admissions@keralaayurveda.us](mailto:admissions@keralaayurveda.us)  
All Other Course Support: [support@keralaayurveda.us](mailto:support@keralaayurveda.us)  
Website: [www.keralaayurveda.us/courses](http://www.keralaayurveda.us/courses)

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*While Kerala Ayurveda Academy is not accredited with the US Department of Education, we are currently undergoing accreditation with the Ayurvedic Accreditation Commission (AAC), which is undergoing the process of recognition with the US Department of Education.*



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## *Welcome to* **Kerala Ayurveda Academy**

**OUR MISSION:** To integrate traditional Ayurvedic wisdom and healing with scientific research.

**OUR PURPOSE:** To serve as an authentic source of Ayurvedic education, research and community health care.

**OUR COMMITMENT:** To bring the highest caliber of academic excellence to the US and abroad.

Kerala Ayurveda Academy (KAA) invites you to embark on a journey into the world of Ayurveda, where you will discover a profound potential for health and well-being offered by a time-proven, harmonious and holistic healthcare system.

Healthcare in the United States is changing. Health science has evolved to encompass our beliefs, emotions, behavior, thoughts, family and cultural systems, as well as the environmental context in which we live. All these elements are relevant to our health. Ayurveda is a 5,000-year-old Indian system of healing that encompasses these aspects while offering solutions to achieve harmony at the level of Body, Mind and Spirit. Join us to become involved with this pioneering work that is transforming our healthcare industry into a more current model of holistic healthcare.

Kerala Ayurveda Academy is committed to offering the highest quality of education and services to our students so that they become the finest Ayurvedic health practitioners and educators for the future. Our aim is to maintain the authenticity of Ayurveda in the United States.



The curriculum is based on an Ayurvedic educational curriculum from Indian universities and is both academically challenging and rewarding. Students will find studying at Kerala Ayurveda Academy intellectually stimulating and competitive. The programs encompass all fields of Ayurveda including Ayurvedic philosophy, herbology, psychology, Ayurvedic Dosha imbalance management, research, clinical practice and clinical application.

We have assembled the most qualified and experienced faculty to teach Ayurvedic principles. Most faculty members have Ayurvedic degrees from prestigious universities in India and 15 to 30 years of clinical experience. With Kerala Ayurveda Academy, feel assured that you will receive an authentic Ayurvedic education. The program coordinators at each location are supportive and eager to assist students in any way possible.



*We congratulate you on your decision to become part of an inner circle of  
Ayurvedic healers who promote healing and Life.*

## AYURVEDA: THE SCIENCE OF LIFE

*Kerala Ayurveda Academy invites you on a great life adventure...*

Kerala Ayurveda Academy is the first institute in the US to provide authentic Ayurvedic programs throughout the country. We currently offer in-person training in the state of California plus online learning for students across the globe.

Ayurveda and Yoga are 5,000-year-old sister sciences and belong to the world's oldest known, most well-documented healthcare system. Ayurveda, the science (Veda) of life (Ayur), balances the body and mind using natural therapies and herbal medicines. Yoga, the science of mind, brings balance and purity to the body. The two complement each other and together achieve harmony of the body, mind and spirit, which is the essence of true health.

Knowledge of Ayurveda in today's world is essential as it aims to preserve health and prevention of disease by establishing balance and harmony through nutrition, herbs, meditation and daily routines. Ayurvedic science provides knowledge to unfold the reality beyond the physical body and access the infinite power of the subtle energetic fields. The World Health Organization recognizes Ayurveda as a complete natural healthcare system.

Now is the perfect time for Ayurvedic graduates to embark on a professional journey. They have a unique opportunity today to lead successful lives by assisting family, friends and clients in creating healthier bodies, minds and communities, lowering healthcare costs and supporting our entire planet.



*"My experience... has been nothing short of wonderful... Educational, enjoyable, practical and indispensable...I watched my relationship with family, friends and myself blossom to levels I never could have imagined. KAA has taught me that Ayurveda is truly a way of life, a balanced life and a better life." –Kari*

## PROFESSIONAL POSSIBILITIES WITH AYURVEDA\*

- **All Graduates** can start a wellness business or align with other wellness professionals to create an integrative practice.
- **Licensed Healthcare Practitioners and Healers** from all backgrounds can apply their Ayurvedic knowledge to enhance their current practice.
- **Massage Therapists and Bodyworkers** can expand/deepen their offering by incorporating Ayurvedic techniques.
- **Estheticians** in skin and beauty may enhance their treatments, services and products.
- **Freelance Writers** may launch Ayurvedic publications, publish articles, or create blog content.
- **Research-Savvy Students** may get involved in Ayurvedic research projects. The Office of Alternative Medicine funds many research projects in holistic healthcare.
- **Entrepreneurs** may develop products, open wellness centers, spas or resorts.
- **Students in Academics** may teach or deepen their education with more continued studies. Kerala Ayurveda Academy offers advanced programs in continuing education in the US as well as programs in Kerala Ayurveda Academic Facilities in Cochin and Bangalore, India.

*\*These possibilities vary according to the level of education in Ayurveda.*

# WHY CHOOSE KERALA AYURVEDA ACADEMY?

<b>AUTHENTICITY</b>	We offer the highest level of Ayurvedic education outside of India based on the root Vedic texts. Our faculty and advisors include several of the world's leading Ayurvedic experts.
<b>FLEXIBILITY</b>	Programs include weekend and evening sessions, online learning, live streamed and in person formats.
<b>ALUMNI BENEFITS</b>	We strive to offer the most generous alumni benefits including continued access to curriculum and discounts.
<b>GLOBAL COMMUNITY</b>	Our students and alumni are part of a global Ayurvedic community and have access to rich resources in India with support from Kerala Ayurveda, Ltd., a full spectrum Ayurvedic company.

## *As a Kerala student, you can take pride in knowing...*

- You are part of a globally recognized and highly respected Ayurvedic lineage that is experiencing tremendous growth in the West. With 1,500+ alumni, you are a part of one of the largest student bodies of Ayurveda in the country.
- You embark on your journey knowing that you can qualify for all three levels of professional membership in Ayurveda set by the Ayurvedic Accreditation Commission (AAC), including the option to study at our sister sites in India.
- Kerala Ayurveda Academy is a 100% subsidiary of Kerala Ayurveda Limited (KAL), India - a full spectrum Ayurveda company operating 30 Ayurveda clinics, 2 hospitals, 400 herbal formulations, Medicinal Herbal Gardens and AyurvedaGram Heritage Life Centre. KAL is part of Katra Life Sciences, which aims at providing "Life, naturally" to all.
- Each year, KAL and Kerala Ayurveda USA provide Life services to more than 70,000 people, and KAA welcomes over 200 new students to the Kerala Family.
- KAL is based in Kerala, India, referred to as "God's Own Country": the land that cherishes the traditional practice of Ayurveda and where the science has been preserved in its purest and most authentic form.
- KAL and KAA have embarked on a journey to make Ayurveda a global choice for better health. KAL's mission is to "Evolve Ayurveda" with substantial investments in research so that Ayurveda is promoted globally in an authentic manner for the benefit and Life of humankind.
- KAL is powered by a cutting-edge research team including biologists, chemists, scholars and practitioners, and has applied science to adapt this ancient wisdom for the new millennium – for products that are pure, safe and functional.
- Kerala Ayurveda is one of the most well-regarded names in Ayurveda and has received the honors:
  - Best Ayurvedic Treatment Center of the Year – AyurvedaGram, 2017, ASSOCHAM

- Indian Agribusiness Excellence Awards – Katra Phytochem, 2017
- Herbal Company of the Year, 2016, ASSOCHAM
- Spa & Life Centre of the Year – AyurvedaGram, 2016 from ASSOCHAM
- Best Integrated Life Provider in India - AyurvedaGram, 2010 & 2011, Frost & Sullivan Award
- Make in India Emerging Entrepreneurs, 2017, India Today
- Certification of Excellence – AyurvedaGram, TripAdvisor
- Ranked 5 out of 724 for Specialty Hospitality in Bengaluru (Bangalore), TripAdvisor
- Kerala Ayurveda supports the Asha Foundation in India, an organization dedicated to the service of child welfare and rehabilitative assistance, especially in the areas of autism and cerebral palsy.



#### **THE ASHA FOUNDATION™**

*The Asha Foundation is a medical service and research foundation in India that provides complimentary and rehabilitative healthcare to children suffering from various ailments, particularly autism and cerebral palsy. Every year, Kerala Ayurveda Academy donates a portion of its proceeds to The Asha Foundation.*





## CLASSROOM LOCATION

*Milpitas, CA*

**Kerala Ayurveda Academy & Wellness Center**

*691 South Milpitas Blvd Suite 206*

Located in San Francisco South Bay and eight miles from the San Jose Airport, our flagship location consists of a spacious classroom for lectures, dynamic conference and auditorium rooms, consultation and Panchakarma rooms, and a library. Amenities include free wifi and ample parking space. The

center is located within walking distance of restaurants and health clubs. Our Student Support team can provide more information and local guidance for planning your visit.

## IN PERSON & ONLINE LEARNING

All our courses include a combination of in-person and online learning. Online learning is conducted through live-streamed classes via Zoom and self-paced learning and resources in our robust elearning platform by TalentLMS.



*Initially, I was wondering if the online learning program is a good enough format to transmit such a complex knowledge as Ayurveda, but thanks to Dr. J and his crew, his promise became more than true. Doing the [Counselor program] (online) has been the best decision ever. -Nadja*





## The Ayurvedic Study Journey

It's our goal at Kerala Ayurveda Academy to provide all available levels of professional education – in alignment with the most current industry standards, and in a progressive format so you can upskill at an achievable pace. This catalog includes detailed information on the first three levels of Ayurvedic Training: **Holistic Ayurvedic Coach (HAC)**, **Ayurvedic Health Counselor (AHC)** and **Ayurvedic Practitioner (AP)**. If you would like more information on any other of our Ayurvedic programs, please visit our website at [www.keralaayurveda.us](http://www.keralaayurveda.us).



# TRAINING LEVELS

Our programs build upon one another for cumulative learning so you can achieve the highest level of Ayurvedic education available in the US.

COACH – HAC <i>Not AAC-recognized*</i>	Counselor – AHC Level I*	Practitioner - AP Level II*
300 Hours – 6 months	600 Hours – 1 Year	910 Hours – 1.5 Years
<b>TRACK OPTIONS</b>	<b>TRACK OPTIONS</b>	<b>TRACK OPTIONS</b>
All Online	All Online	Hybrid
Hybrid	Hybrid	AAC Track:
First 6 modules are transferrable to AHC	AAC Track:	
		

**\*The Ayurvedic Accreditation Commission (formally National Ayurvedic Medical Accreditation Council) - AAC sets competency standards for professional Ayurvedic education. HAC is not AAC-approved as its hours are below the first level benchmark set by AAC for Ayurvedic professional education. The AAC Formats of AHC and AP are the only program versions that meet the competencies required by AAC for our program graduates to be eligible to take the Board Exam offered by NAMA's Certification Board (NAMACB). All Online & Hybrid students may transition to the AAC format at an additional cost.**

**Kerala Ayurveda Academy's in Person AHC and AP are currently AAC Recognized programs and are in candidacy status for Accreditation with AAC.**

To meet the new requirements designated by the Ayurvedic Accreditation Commission (AAC; formerly NAMAAC), KAA will be conducting the AHC program in one format starting Fall 2024.

*What this means for our new students:*

All students (in person as well as online) who wish to complete the AHC program, will be required to satisfy the 180 in person hours and the 50 Clinical Encounters, as designated by AAC, from Fall 2024 onwards.

*What this means for those who have completed the HAC program at KAA:*

Those students who have completed the HAC program and would like to complete their AHC certification in the All Online or Hybrid format must enroll in either the Fall 2023 or Spring 2024 AHC programs.

After Spring 2024 (beginning with the Fall 2024 programs), all AHC students will be required to complete the in-person requirements of 180 hours and 50 Clinical Encounters.

*How can I complete the in-person hours/clinical encounters:*

This 180-hour requirement and 50 clinical encounter requirements (Please note: the online portion of HAC/AHC does meet the standards of 35 clinical encounters) can be met by following the steps below:

1. Attend the two Practical Immersions and Weekend Intensives aligned with KAA 107 & KAA 111 course modules at our Academy & Wellness Center in Milpitas, in person (90 hours, 11 clinical encounters)
2. Attend two AHC Clinical Internships at KAA Milpitas in person (90 hours, 15 in person clinical encounters)

**Externship:** (The below could be a substitute for the above if the hours and 15 clinical encounters are met)

3. Attend an Independent Internship in India (Cochin - The Health Village) (hours may vary depending on your needs, additional tuition required)

Book your in-person hours with a KAA-approved instructor to satisfy the in-person hours and curriculum at their provided location (this may require additional tuition to be paid to the instructor)

**Please Note:** Pre-approval is required for the above Externship options (3 and 4). Please contact Student Support for further information.

### ■ Holistic Ayurvedic Coach (HAC)

Prerequisite: High School Diploma or Equivalent

The Holistic Ayurvedic Coach program offers an authentic introduction to Ayurveda and how it can be practically applied to an individual's life for self-improvement or career enhancement, including fundamental principles of Ayurveda, Ayurvedic physiology and psychology, nutrition, Yoga, lifestyle and seasonal protocols. The entire HAC program is the first six modules of the level I Ayurvedic Health Counselor program, which allows the HAC student an opportunity to seamlessly transition into AHC.

### ■ LEVEL I - Ayurvedic Health Counselor (AHC)

Prerequisite: High School Diploma or Equivalent • Corequisite: Anatomy & Physiology

The level I Ayurvedic Health Counselor program builds on the HAC program topics listed above by offering study modules focused on Ayurvedic herbology, an introduction to Panchakarma detoxification, as well as disease pathology and management. Upon graduation an AHC can determine and analyze body constitution, conduct Ayurvedic lifestyle consultations, and offer guidance on daily routines, Ayurvedic therapies and home remedies.

### ■ LEVEL II - Ayurvedic Practitioner (AP)

Prerequisite: Level I AHC • Corequisite: Anatomy & Physiology

After completing AHC, students are eligible for the level II Ayurvedic Practitioner program in which all the key clinical concepts are explored more deeply. Students learn the etiological factors contributing to the nature and structure of disease as well as management techniques.



## TRAINING LEVEL TRACKS

We offer three tracks for our programs: All Online, Hybrid and AAC. These tracks are designed to offer maximum flexibility to students who choose the All Online or Hybrids Tracks, as well as a AAC Track which meets the requirements to take the Board Exams offered by the National Ayurvedic Medical Association Certification Board (NAMACB). Students who complete the All Online or Hybrid Tracks for AHC and AP have an opportunity to transition to the AAC Track at an additional cost.



	ALL ONLINE TRACK	HYBRID TRACK	AAC TRACK
<b>Coach HAC</b>	300 hours	300 hours	N / A
<b>Counselor AHC</b>	600 hours	600 hours	600 hours +92 hours in person AHC Clinical Internship
Transition to AAC Track <i>Optional</i>	<i>Add on:</i> <ul style="list-style-type: none"> <li>• 2 in person Practical Immersions</li> <li>• 2 in person AHC Clinical Internships</li> </ul> <i>See AHC Format Breakdown and Tuition and Fees for details.</i>	<i>Add on:</i> <ul style="list-style-type: none"> <li>• 2 in person Practical Immersions</li> <li>• 2 in person AHC Clinical Internships</li> </ul> <i>See AHC Format Breakdown and Tuition and Fees for details.</i>	N / A
<b>Practitioner AP</b>	N / A	910 hours	910 hours
Transition to AAC Track <i>Optional</i>	N / A	<i>Add on:</i> 85 hours in person – several options available. <i>See AP Format Breakdown for options.</i>	N / A

# NAMA, AAC AND PROFESSIONAL MEMBERSHIP

Our Academy aligns with the Ayurvedic Accreditation Commission (AAC), the largest Ayurvedic organization in the US, to provide industry standards. We also encourage students to join the National Ayurvedic Medical Association (NAMA) to help support these goals as Ayurveda is not currently licensed as a medical practice in the US, and one of AAC and NAMA's goals is to make licensure possible.

NAMA membership by students and professionals is all optional. KAA opts into this alignment as we believe that standardization of the profession and licensure offers benefits to professionals as well as clients, making Ayurveda more accessible.

## We are associated with AAC in the following ways:

1. As Recognized School
2. AHC, AP and ACS/AD(AAP) are AAC-recognized which means that graduates of these programs qualify to sit for the National Ayurvedic Medical Association Certification Board (NAMACB) certification exams.
3. Please note, only the AHC, AP and ACS/AD(AAP) courses are eligible for AAC Accreditation; HAC does not fall in this category.

## We are associated with NAMA in the following ways:

1. As an Organizational Member
2. As a PACE (Professional Ayurvedic Continuing Education) sponsor.
3. We sponsor NAMA's annual conference and attend as an exhibitor.

## AAC-recognized Programs

The following programs are approved by AAC and therefore professional membership in NAMA is granted to those graduates. Please note that only the AAC Track of Level I and Level II programs are AAC-approved. Students of Online or Hybrid Tracks must complete additional in person hours, at an additional cost, to meet AAC Track requirements.

[For more information](#), please see the individual Program Overviews in this catalog on transitioning to the AAC Track.

NAMA Professional Membership Level	Kerala Ayurveda Program
Level I: Ayurvedic Health Counselor	Ayurvedic Health Counselor – AAC Track <i>*All Online and Hybrid Tracks are <b>not</b> AAC-recognized.</i>
Level II: Ayurvedic Practitioner	Ayurvedic Practitioner – AAC Track <i>*Hybrid Track is <b>not</b> AAC-recognized.</i>
Level III: (TBD)	Level 3 equivalent of AAC Ayurvedic Doctor Program (TBD)

We encourage our students and faculty to explore what NAMA offers. Students can join NAMA at the Student Membership level at no cost.



## FACULTY

Kerala Ayurveda Academy's mission is to offer authentic Ayurvedic courses by experienced Ayurvedic Doctors. Many of our faculty members are established Ayurvedic physicians who have received degrees from renowned universities in India – the “Holy Land” of Ayurveda – and have more than 15 years of experience in Ayurvedic practice and teaching. Faculty are eager to share and hand over this ancient wisdom to our enthusiastic students.

*Kerala Ayurveda Academy is passionate about your success and increasing knowledge. The staff and instructors truly care about you as a person and future practitioner. Their community minded approach makes the student experience unique and vital. –Heather*

*As I complete my [Counselor] program, I realize how much my life has been impacted by the authentic, sincere, and expert guidance of the Vaidya-ji's, mentors, and support staff. I am confidently and eagerly looking forward to continuing my Āyurvedic journey at Kerala Ayurveda Academy. –Debmalya*

*[Vaidya. Jayarajan's] method of teaching was very organized and thorough. I thank him for being so passionate about Ayurveda; he is truly an inspiration. –Bobby*

*I really enjoyed and appreciated the high level of interaction Rucha Kelkar provided... her teaching was fantastic... and inspiring! – Anonymous*

*I appreciate the way Dr. Kamya teaches... she usually comes up with a little exercise at the end to apply the knowledge that we are learning. It helps with the understanding of how we will apply what we're learning in real life. –Bernadette M.*

*I just love that in such a short time, I have much more understanding of content in the classes [Dr. Sheena] teaches. –Anonymous*

*What I trust most about this school is the level of faculty and staff member commitment. There is a true sense of family with students supporting each other in learning this great science. I'm happy to be a part of it. –Izumi*

*I am a proud graduate.... I can truly say that the timeless science of Ayurveda along with the brilliant panel of teachers at KAA, have influenced me greatly. –Karen*

*I'd like to express my high regard for the Academy. Their course curriculum is authentic, classical Ayurveda, taught by instructors with competence in passing on their deep wisdom and understanding of Ayurveda. –Renee*



## ACADEMY DIRECTOR & MASTER FACULTY



### **Vaidya. Jayarajan Kodikannath**

BSc, BAMS

Vaidya. Jayarajan is the Academy Director, Kerala Ayurveda USA, responsible for all academic programs conducted internationally by Kerala Ayurveda. He is a Kerala, India native from a Vaidya family, a veteran Ayurveda scholar and clinician. He is also a Lead Trainer for Domain Experts in Ayurveda with over two decades of experience in health and education in India and the US

*Programs: HAC, AHC, AP*

## FACULTY



### **Vaidya. Vandana Barnawal**

BSc, BAMS, MD (Masters in Ayurveda)

Vaidya. Vandana, the founder of AyurveDatri, is a leading expert of Ayurveda specializing in women's health. She has more than 25 years of experience involving various aspects of clinical, research, teaching and education in Ayurveda. She is on the Board of Directors at Council for Ayurveda Research, USA (CAR), professional member National Ayurvedic Medical association, USA, (NAMA), State Director Ohio at Association of Ayurvedic Professionals of North America, USA (AAPNA). She is a published author of *Stree Roga Vimarsh*, a book of Ayurvedic Gynecology and *Prasuti Tantra Sandarshini*, a book of Ayurvedic obstetrics. She is a regional editor with Journal of Research and Education in Indian Medicine. She is the recipient of many awards, including the Charaka Award for excellence in teaching by AAPNA.

*Programs: HAC, AHC, AP*



### **Vaidya. Sriranjini Jaideep**

MD (Ayurveda), PhD (NIMHANS)

Vaidya. Sriranjini is a clinician researcher with an illustrious career of 20 years in Ayurveda clinical practice, transdisciplinary research and academics. She is an MD in Kayachikitsa (Internal medicine branch of Ayurveda) and a PhD from NIMHANS, Bangalore, a Vaidya Scientist Fellow and a certified Yoga Instructor from SVYASA University. She was a consultant physician at world class, authentic Ayurveda hospitals in India including Institute of Ayurveda and Integrative Medicine and the Ramaiah Indic Specialty Ayurveda at Bangalore where she catered to patients of diverse ailments. She has been a Co-investigator on several research projects and is faculty for workshops on research methodology, medical ethics, biostatistics and scientific writing. She has published her research articles in peer reviewed scientific journals and has won several young

researcher awards at international conferences. Currently, she is a Freelance Research Consultant at Ramaiah Ayurveda and provides Ayurveda consultation from Canada.

**Programs: AHC, AP**



### **Vaidya. Rucha Kelkar**

BAMS, PT, DPT

Vaidya. Rucha Kelkar earned her graduate degree from University of Pune, India and secured a top rank in all three academic years of her Ayurvedic education. She is an accomplished Ayurvedic practitioner, educator and writer, also a licensed physical therapist with a master's degree in physical therapy.

**Programs: HAC, AHC, AP**



### **Mamta Landerman**

CAP, PKS

Mamta Landerman is a Clinical Ayurveda and Panchakarma specialist. She was the Founding President and a Board Director of CAAM (The California Association of Ayurvedic Medicine) and produced the Ayurveda International Symposium at U.C. Berkeley, bringing together the various lineages of Ayurveda in the US to sow seeds for the future vision of the Ayurvedic profession in this country. She has been practicing and teaching Ayurveda and transformational work for the last 23 years.

**Programs: HAC, AHC**



### **Alka Mulakalari**

CAP, LMT, AD (NAMA)

Her belief, love, and passion to heal and help people to walk towards optimal health Spiritually using Sattvik and natural means diverted her back to her roots from where she comes to Ayurveda. She believes that touch is the best source to heal people and to reach their heart. Alka is a certified Ayurvedic Wellness Practitioner and Panchakarma Technician from Kerala Ayurveda Academy and has earned her diploma in Ayurvedic Sciences at well-known Ayurveda colleges in India. She is also a California Licensed Massage Therapist graduated from Everest College, San Francisco. She specializes in Panchakarma techniques and Ayurvedic detox programs, combining the knowledge of western massage techniques and traditional Ayurvedic preventive measures. She is a compassionate and inspiring educator, committed to providing services to humanity.

**Programs: HAC, AHC, AP**





### **Vaidya. Kamya Pillai**

BAMS, AWP

Vaidya. Kamya Pillai trained in Ayurvedic Medicine at Mahatma Gandhi University, Kerala and later served as a faculty in the same university under the Ophthalmology and ENT departments. She gained valuable experience managing a broad spectrum of disorders while operating as an independent practitioner in India during 2009-2013. Her white papers on various health topics were received in seminars across India. In 2015, she completed her Ayurvedic Life Practitioner (AP) from Kerala Ayurveda Academy at the AP and serves the program as a mentor for students.

*Programs: HAC, AHC, AP*



### **Vaidya. Princy Prasad**

BAMS, MS (Ayu), PhD (Ayu)

Vaidya. Princy Prasad is a zealous learner and educator of the Science of Life, Ayurveda. Trained by experienced Vaidyas of Kerala, she has a special focus on (i) Orthopaedic management (ii) Para-surgical procedure and on diverse health conditions. Obtaining her degree in Ayurvedic Medicine and Surgery and master's degree in Surgery (Ayu) from Kerala University of Health Sciences, she continued her research studies in Gujarat Ayurveda University, Jamnagar for the fulfillment of Doctor of Philosophy (Ayu). For the past decade, she has worked in Government Institutions and Hospitals in India managing cases from various socio-economic status. Having a clear understanding of Principles of Ayurveda, patient care, research and development, she worked under National AYUSH mission for the upgradation of hospitals with her expertise. Teaching being one of her passions, she gained 5 years' experience as a Lecturer in Ayurveda (Undergraduate and Postgraduate) and is a constant learner of this ocean of knowledge. She authored articles in Ayurveda for reputable Ayurvedic journals and is the subject editor of International Journal for AYUSH case reports. Vaidya. Princy loves to share her knowledge as she believes, "In vain have you acquired knowledge if you have not imparted it to others."

*Programs: AHC, AP*



### **Revathi Raghavan**

AWP

Revathi Raghavan is a certified Ayurvedic Practitioner, Marma Chikitsa Trainer, and a Yoga and Meditation Instructor. As an Ayurveda educator, she regularly travels and conducts Ayurvedic workshops on Dinacharya (Ayurvedic selfcare/daily routine), Skin and Beauty, Cooking and Nutrition, and "Herbs, Spices and Home Remedies". She has trained over three hundred fifty Marma practitioners in the US. She serves as a teaching faculty at Kerala Ayurveda Academy in Milpitas, California. She is a professional member of National Ayurvedic Medical Association (NAMA). She holds a master's degree in Mass Communications and a Bachelors in

Electronics Engineering. She lives in California where she consults and offers therapies at her practice. In her leisure time, she enjoys singing, dancing, artwork, hiking, cooking and photography.

**Program: HAC, AHC**



**Vaidya. Sheena Sooraj**

BAMS

Vaidya. Sheena Sooraj is an experienced Ayurvedic practitioner and native of Kerala, India. She developed her passion for Ayurveda at a young age, as her grandfather was a well-known Ayurvedic physician and astrologer. She has experience running her own practice in India and the US and has successfully managed a wide range of diseases. An active advocate of Ayurveda, she is a public speaker on Ayurveda's importance in daily life, having led talks at schools, corporate offices and banks.

**Programs: HAC, AHC, AP**



**Vaidya. Ram Tamang**

BAMS

Vaidya. Ram Tamang trained in the J. Krishnamurti foundation in Bangalore where he earned his degree in Ayurvedic Medicine and Surgery and studied intensely with several Yoga masters in India. He has practiced and taught internationally, including his role heading a Panchakarma Center at an Ayurveda Retreat in South India, Ayurveda workshops in Amsterdam, Netherlands and work with Allopathic Doctors in an emergency ward in India.

**Programs: HAC, AHC, AP**



**Vaidya. Nimin Sreedhar**

BAMS

Vaidya. Nimin Sreedhar Ayurveda doctor by profession, and he is dedicating his career to contribute towards projects that would make Ayurvedic learning, practice and healing even more efficient and effective. Through his flagship project, the Dravya App, he is constantly searching for innovative solutions to some of the most nagging problems in the Ayurveda sector.

**Programs: HAC, AHC, AP**



## Holistic Ayurvedic Coach (HAC)

### 300 HOUR TRAINING PROGRAM

The Holistic Ayurvedic Coach (HAC) training program is designed for those who are passionate about maintaining optimal quality of life, want to ensure longevity for themselves and want to guide their family, friends and communities. Students will gain knowledge on necessary principles and natural tools to maintain quality health. These tools include a comprehensive Ayurvedic nutritional education (Ahara), daily routines and lifestyle practices to optimize health (Vihara), as well as a clear understanding of the mind and thought processes (Vichara) and their relationship to well-being.

**Upon successful completion of the HAC course, you will be awarded a Holistic Ayurvedic Coach Certificate.**



# Program Overview

## SCOPE OF PRACTICE

This program does not lead to positions that would require licensing in this field, as there is no required licensing for Ayurveda at this time. With a Holistic Ayurvedic Coach certificate, you will be able to offer lifestyle guidance and support individuals with health prevention.

### **Holistic Ayurvedic Coaches can:**

- Educate clients and the public on Ayurvedic principles including the holistic view of health, the elements, Doshas, Ayurvedic diet, daily and nightly routines, and living in alignment with nature's rhythms.
- Explain the connection between body, mind and spirit and how various natural tools and principles can enhance the quality of life.
- Offer talks/write articles about principles of Ayurvedic living.
- Offer cooking classes using Ayurvedic recipes along with techniques and tips to create Ayurvedically balanced meals.
- Analyze a client's unique mind-body constitution according to Ayurvedic principles.
- Take health history of a client's personal and family wellness.
- Advise clients on dietary choices and kitchen spices based on their Doshas and the six tastes.
- Create daily and nightly routines for clients based on their constitution, age and the seasons.
- Recommend yoga and yogic practices for improved health.

### **Holistic Ayurvedic Coaches cannot:**

- Diagnose diseases
- Treat diseases
- Prescribe treatments or medicines (including herbal medicines)
- Do pulse diagnosis

## PREREQUISITE

Students must submit a high school diploma or equivalent prior to enrollment.

## GENERAL FORMAT

### 6 Months – 300 Total Hours

- 6 Weekend Intensives – in person or live streamed\*
- 1-Day Clinical Practicum – in person or live streamed\*
- 12 Tuesday Virtual Classes – live streamed\*
- 5 Group Mentoring Sessions – live streamed\*
- Online Recorded Lectures – elearning\*
- Assignments – elearning\*

*\* Internet connection required. Live streamed sessions are recorded for later viewing.*

ALL ONLINE TRACK	HYBRID TRACK
All live classes are attended via live streaming	Weekend Intensive classes can be attended in person or live streamed

## FORMAT BREAKDOWN

	ALL ONLINE TRACK	HYBRID TRACK
6 Weekend Intensives	Live streamed	In person or live streamed
1-Day Clinical Practicum	Live streamed	In person or live streamed
12 Tuesday Virtual Classes	Live streamed	Live streamed
5 Group Mentoring Sessions	Live streamed	Live streamed
Online Recorded Lectures	Elearning – self-paced	Elearning – self-paced



# Curriculum

The Holistic Ayurvedic Coach training program covers both theoretical and practical training, including a blend of online learning, in person hands-on training experience, clinical encounters and assignments. Live classroom sessions and a 1-day hands-on clinical practicum are supplemented by online recorded lectures on our elearning platform.

## LEARNING MATERIALS & RESOURCES

- **Course manuals:** digital manuals are provided for each Weekend Intensive module. Print manuals are available for an additional cost.
- **Elearning:** learn anytime, anywhere, at your own convenience on your own computer. Our HAC training program content is made available to students online via our elearning platform powered by TalentLMS. Elearning provides access to course information, live class recordings, assignments, online recorded lectures, course manuals, class slides, pretests and tests.
- **On Site Reference Library:** We offer an onsite reference library in our main Academy classroom for student use during classroom breaks, before and after class. Students may use the library outside classroom hours during Academy Office business hours with permission of the Academy Administration.

## STUDENT MENTORS

Students have access to an experienced Ayurvedic Practitioner (AP) mentor who can be contacted via the elearning platform. Student Mentors conduct webinars, review and grade assignments, and are also available to assist with questions for the duration of the scheduled program.

## RECOMMENDED READING

Students receive detailed digital course manuals, material and handouts for each class. The following list of books is not mandatory but recommended for additional reading.

AUTHOR	TITLE
Khirsagar, Dr. Manisha	<i>Ayurveda: A Quick Reference Handbook</i>
Yarema, Dr. Thomas	<i>Eat-Taste-Heal: An Ayurvedic Cookbook for Modern Living</i>
Svoboda, Dr. Robert	<i>Prakriti: Your Ayurvedic Constitution</i>
Kodikannath, Jayarajan and Gregory, Alyson Young	<i>The Parent's Complete Guided to Ayurveda</i>

## WEEKEND INTENSIVES

### **KAA 101 | The Essence of Ayurveda (Tarka Sankhya and Sharir)**

Begin your education with an introduction to the 5,000-year-old history and philosophy of Ayurveda. The three universal energies (Doshas) and five fundamental elements (Mahabhutas) are the starting point for any Ayurvedic student. This leads to an understanding of the 20 foundational qualities of life (Gunas), the key to health. The application of these guiding principles will also be covered as it relates to the concepts of physiological disposition (Prakruti), imbalance (Vikruti) and Dynamic Balance. Additional topics include:

- The fundamental tenets of an effective Ayurvedic health program
- The universe and humanity's place within it: An Ayurvedic View
- The cosmology of the soul
- Comprehensive introduction to basic Ayurvedic concepts: Doshas, Dhatus, Malas, Asthis, Sandhis, Srotas

### **KAA 102 | Ayurvedic Physiology (Dosha Dhatu Mala Vigyan)**

Ayurvedic Physiology is designed to describe the subtle energies and foundational structures of the human body. Ayurveda explains the formation and structure of the seven tissues of the body in detail. This course will cover the details of these seven tissues and offer a deeper look into how they work cohesively to form the structure and function of the human body. Additional topics include:

- The 15 subtle energies of the body (Subdoshas), their locations, qualities, and importance in health
- Natural wastes and their functions
- The essence of life which is responsible for vigor and youthfulness (Ojas), as well as how it is regenerated and preserved.

### **KAA 103 | Ayurvedic Psychology (Manasa Shastra)**

Ayurvedic Psychology offers a fascinating look into the psychology of the human being from a cosmological and energetic perspective. This course will cover the three Gunas and how they are fundamental for understanding the mind and emotions. Additionally, the Ayurvedic study of how energy moves through the body is powerful and important to fully understand holistic human health. This course will cover the chakras and how to keep them healthy as well as the physical energy centers (Marmas) and their role in health and disease. Additional topics include:

- The psychological energies (subtle Doshas), their function, location and origin
- Kundalini energy and the mechanics of vital living
- The nature and aspects of the mind and how it functions and operates.
- Meditation and Pranayama (breathing techniques)

### **KAA 104 | Ayurvedic Nutrition & Cooking (Ahara Vigyan)**

Ayurvedic Nutrition & Cooking places an emphasis on foods that ground the soul, nourish the body and delight the senses. This is a fun course with in-person cooking demonstrations teaching

how to prepare simple, nutritious and sensually gratifying meals. Ayurvedic cooking is aimed towards pleasing all five senses and experiencing all six tastes. This course will also review techniques for maximum nutrient absorption and explain how that relates to a balanced digestive system. Additional topics include:

- The mechanics of satiation and its relationship to the tastes and senses
- When, where, what and how to eat.  
The definition of health
- Chaturvidha Ahara, Shatrasas, Ahara Vidhi Vishesha, and the Guna Karma of spices

### **KAA 105 | Ayurvedic Prevention Science (*Swastha Vritta*)**

Ayurvedic Prevention Science provides a comprehensive blueprint for daily and seasonal living to maintain optimal health, year-round. This can be done by learning the ideal Ayurvedic daily routine (*Dinacharya*) to live a balanced life and maximize effectiveness of your efforts. Additional topics include:

- Seasonal routines to maintain health and prevent allergies and seasonal infections.
- Ways to stay healthy year-round by supporting a strong immune system.
- How a modification or change in your daily routine according to the season will impact your health

### **KAA 106 | Ayurveda and Yoga (Yoga Vigyan) and Clinical Practice (3 days)**

Ayurveda and Yoga will focus on understanding the principles of Yoga in connection with the Ayurvedic concepts. The course will begin with a detailed understanding of the eight limbs of Yoga and the koshas in connection with Yoga and Ayurveda. This course will also teach students how to customize each yoga practice based on the individual's constitution. Additional topics include:

- How Yoga and Ayurveda combined can create the foundation for a transformed experience of living
- Yoga and Ayurveda to deepen your spiritual practice.
- Pranayama and meditation techniques

## **1-DAY CLINICAL PRACTICUM**

This small group practical provides the opportunity to practice clinical techniques with supervised guidance, honing coaching skills utilizing all the tools learned thus far.

## **TUESDAY VIRTUAL CLASSES**

Virtual Classes covers topics in alignment with the upcoming or recent Weekend Intensive. These sessions offer students opportunities to explore topics raised in the Weekend Intensives in more depth, such as *Doshas* (one of the core principles of Ayurveda), *Ahara* (the inputs of life) and *Dinacharya* (daily and nightly rituals).

## GROUP MENTORING SESSIONS

Each session is conducted by a KAA Student Mentor and focuses on a topic related to the Weekend Intensive curriculum and assignments. There will be ample time for questions and interactions.

## ONLINE RECORDED LECTURES

Online Recorded Lectures are included in each monthly module, covering topics in alignment with the Weekend Intensives to reinforce key concepts. Students may watch recorded lectures at their own pace throughout the month. Each individual lecture is equivalent to approximately 1-2 hours in length.

## ASSIGNMENTS

To fully integrate the role of the Holistic Ayurvedic Coach, assignments are included in the HAC program. The assignments build upon each module of learning and one another. They include:

### *Personal Transformation Journey*

Healing begins right at home for the healer. When we learn to work with Ayurveda to bring healing to our own lives, we can ground our knowledge in first-hand experience and better support others in doing the same. This assignment involves a self-assessment and experiential process of implementing the Ayurvedic principles and practices learned in class.

### *Ayurvedic Constitution Assessments*

Each student will conduct in person one-on-one Ayurvedic Constitution Assessments with ten (10) people utilizing intake forms provided by KAA to practice skills in client interactions, assessment and documentation.

### *Clinical Consultations*

Students will follow two (2) clients from KAA module 102 through 105, beginning with consultations and progressing with assessment and counseling based on the topics covered each month. This offers the student the ability to build upon all the learning to create a case study approach.

## PRETESTS & TESTS

Pretesting and testing are associated with each monthly course module to supplement student learning throughout the program.

# Schedule and Hours

For detailed class dates see the online schedule: [keralaayurveda.us/courses/schedules](https://keralaayurveda.us/courses/schedules)

## FALL 2023 START AND COMPLETION

- **Start Date:** Orientation – Tuesday, October 10, 2023, 5:30-7:00pm Pacific.
- **End Date:** Closing Ceremony – March 18, 2024, 5:30-6:30pm Pacific.

## GENERAL CLASS SCHEDULE

For attendance requirements see the Attendance Policy

### *1 Student Orientation – 1.5 hours*

#### **Weekday Evening 5:30-7:00pm US Pacific Time**

Required live streamed session prior to the class start date. It is recorded for later viewing.

### *6 Weekend Intensives – 18 hours each - 108 hours*

#### **Sat-Sun 8:00am-6:00pm US Pacific Time**

Offered once per month for six consecutive months, both in person and live streamed. They are recorded for later viewing.

### *1-Day Clinical Practicum - 9 hours*

#### **Monday 8:00am-6:00pm US Pacific Time**

In person and live streamed session, recorded for later viewing.

### *12 Tuesday Virtual Classroom Sessions – 2 hours each - 24 hours total*

#### **Tuesdays 5:30-7:30pm US Pacific Time**

Live streamed and recorded for later viewing.

### *5 Group Mentoring Sessions – 1-1.5 hours each – 6 hours total*

#### **Mondays 5:30-6:30 or 7:00pm US Pacific Time**

Live streamed and recorded for later viewing.

### *Online Recorded Lectures - 115 hours*

#### **Elearning platform**

Self-paced work with recommended viewing deadlines aligned with the Weekend Intensives to stay on track for completion.



*Ayurvedic Constitution Assessments – 20 hours*

**Self-paced**

*Clinical Consultations – 16 hours*

**Self-paced**

# Grading and Graduation Requirements

## GRADING

- **Grading** – is based on a cumulative pass/fail mark from the following course components:
- **Assignments** – are reviewed on a pass/fail basis and are submitted via the elearning platform. Project and assignment grades are posted within 10 days of submission.
- **Tests** – a minimum grade of 70% is required to pass. Tests are multiple choice, self-paced and conducted via elearning. There are 6 tests which correspond to the weekend intensive modules. A student who does not achieve the minimum passing grade of 70% for completion may retake the test up to three times. The highest score will be recorded. Test scores are immediately available in the elearning platform.

## GRADUATION REQUIREMENTS

- Tuition is paid in full.
- Attendance requirements are met (See Attendance Policy: HAC).
- All tests, assignments and elearning course material are complete with a passing grade.

**Upon the successful completion of the above requirements, the student will receive a Holistic Ayurvedic Coach certificate.**

# Tuition and Fees

## PROGRAM TUITION

	ALL ONLINE TRACK	HYBRID TRACK
Registration Fee	\$100	\$100
Tuition	\$3,750	\$3,750
TOTAL	\$3,850	\$3,850

**Multiple payment plans are available.**

[For more information](#) see the Payment Plans section.

## BOOKS & MATERIALS

Digital copies of our course manuals are included in tuition. Print manuals are available at an additional cost of \$150.

## Application

**Applying online is easy!** Begin the process with our **online application** via our website: [keralaayurveda.us/courses/apply](https://keralaayurveda.us/courses/apply). As a prospective student, you are encouraged to review this Catalog prior to signing the Enrollment Agreement. **California Students:** you are also encouraged to review the Student Performance Fact Sheet, which must be provided to you prior to signing the Enrollment Agreement.



# Ayurvedic Health Counselor (AHC)

## 600 HOUR TRAINING PROGRAM

The Ayurvedic Health Counselor (AHC) training program is based on the first goal of Ayurveda - *Swasthasya Swasthya Rakshanam* - to preserve the health of a healthy person. Students will gain the tools necessary to restore and preserve health and prevent disease. These tools include a comprehensive nutritional education (*Ahara*), daily routines and practices to maximize health (*Vihar*), as well as a clear understanding of the mind and thought processes (*Vichara*) and their relationship to well-being.

**Upon successful completion of the AHC course you will be awarded an Ayurvedic Health Counselor Certificate.**

# Program Overview

## SCOPE OF PRACTICE

With this certificate, students can counsel clients for wellness. This program does not lead to positions that would require licensing in this field, as there is no required licensing for Ayurveda at this time.

### *Ayurvedic Counselors can:*

- Analyze mind-body constitution
- Complete health history intake
- Suggest dietary changes (explain Ayurvedic view about qualities and 6 tastes)
- Suggest daily routine changes (explain daily predominance of Doshas at different times)
- Suggest seasonal routine (explain seasonal predominance of Doshas)
- Suggest life cycle routine (explain life cycles and predominance of Doshas)
- Explain about Ayurvedic concepts (related to Prakriti, Vikriti, qualities, etc.)
- Explain the connection between Body and Mind and how diet and lifestyle, meditation, Pranayama can help prevent many emotional problems.
- Offer talks and write articles on various concepts on Ayurveda
- Offer basic oil therapies
- Offer cooking classes using Ayurvedic recipes along with techniques and tips to create Ayurvedically balanced meals
- Suggest common herbs and spices

### *Ayurvedic Counselors cannot:*

- Diagnose diseases
- Treat diseases
- Prescribe treatments or medicines (including herbal medicines)
- Prescribe or perform Panchakarma (unless allowed in your scope of practice under other licensing)
- Perform pulse diagnosis

## PREREQUISITES

- Students must submit a high school diploma or equivalent prior to enrollment.

- It's essential for Ayurvedic students in professional programs to have adequate knowledge of Anatomy and Physiology (A&P). As a condition of graduation from the AHC program, the equivalent of four (4) college-level A&P credits (60 hours) is required. (A&P credit completion is not required prior to enrollment, it may be taken as a corequisite alongside the AHC program). KAA offers an online partner A&P course, or you can provide documentation of A&P credit completion from an approved institution. Please visit our website to learn more about our partner course or to submit your documentation.

## GENERAL FORMAT

### 1 Year – 600 Total Hours

- 11 Weekend Intensives – in person or live streamed\*
- Two 5-Day Practical Immersions – in person or live streamed\*
- 1-Day Clinical Practicum – in person or live streamed\*
- 28 Tuesday Virtual Classes – live streamed\*
- 6 Monday Virtual Classes – live streamed\*
- 10 Group Mentoring Sessions – live streamed\*
- Online Recorded Lectures – elearning\*
- Assignments – elearning\*
- **Optional AAC TRACK:** Two 5-Day AHC Clinical Internships – In person

ALL ONLINE	HYBRID TRACK	AAC TRACK
<u>Weekend Intensives</u> and <u>Practical Immersions</u> attended live streaming No <u>AHC Clinical</u> <u>Internships</u>	<u>Weekend Intensives</u> and <u>Practical Immersions</u> attended in person or live streaming No <u>AHC Clinical</u> <u>Internships</u>	<u>Weekend Intensives</u> attended in person or live streaming <u>Practical Immersions</u> attended in person <u>AHC Clinical Internships</u> attended in person

*\*Internet connection required. Live streamed sessions are recorded for later viewing.*



## FORMAT BREAKDOWN

	<b>ALL ONLINE TRACK</b> <i>Not AAC-recognized</i>	<b>HYBRID TRACK</b> <i>Not AAC-recognized</i>	<b>AAC TRACK*</b>
<b>11 Weekend Intensives</b>	Live streamed	In person or live streamed	In person or live streamed
<b>Two 5-Day Practical Immersions</b>	Live streamed <i>Add-on available (in person) for AAC Track**</i>	In person or live streamed <i>Add-on available (in person) for AAC Track**</i>	In person
<b>6 Monday Virtual Classes</b>	Live streamed	Live streamed	Live streamed
<b>28 Tuesday Virtual Classes</b>	Live streamed	Live streamed	Live streamed
<b>10 Group Mentoring Sessions</b>	Live streamed	Live streamed	Live streamed
<b>Online Recorded Lectures</b>	Elearning – self-paced	Elearning – self-paced	Elearning – self-paced
<b>Program Hours</b>	600	600	600
<b>Two 5-Day AHC In Person Clinical Internships to meet AAC Requirements*</b>	Not included (Optional 2 Practical Immersions and 2 Clinical Internships to meet AAC Requirements)	Not included (Optional 2 Practical Immersions and 2 Clinical Internships to meet AAC Requirements)	92
<b>Total Hours</b>	600	600	692

\*The AAC Track is required to qualify to sit for the National Ayurvedic Medical Association Certification Board ([NAMACB](#)) certification exam as an Ayurvedic Health Counselor (AHC). The Ayurvedic Accreditation Commission ([AAC](#)) sets competency standards for professional Ayurvedic education. All Online & Hybrid students may transition to the AAC Track with additional in person training hours, at an additional cost.

\*\*See Attendance Policy, Practical Immersion Policies and Tuition and Fees for details.

# Curriculum

The Ayurvedic Health Counselor training program covers both theoretical and practical training, including a blend of online learning, in person hands-on training experience, clinical encounters and assignments. Live classroom sessions and hands-on practicums are supplemented by online recorded lectures.

## LEARNING MATERIALS & RESOURCES

- **Course manuals:** digital manuals are provided for each Weekend Intensive module. Print manuals are available for an additional cost.
- **Elearning:** learn anytime, anywhere, at your own convenience on your own computer. Our AHC training program content is made available to students online via our elearning platform powered by TalentLMS. Elearning provides access to course information, live class recordings, assignments, online recorded lectures, course manuals, class slides, pretests and tests.
- **On Site Reference Library:** We offer an onsite reference library in our main Academy classroom for student use during classroom breaks, before and after class. Students may use the library outside classroom hours during Academy Office business hours with permission of the Academy Administration.

## MENTOR PROGRAM

Students have access to an experienced Ayurvedic Practitioner (AP) mentor who can be contacted via the elearning platform. Student Mentors conduct webinars, review and grade assignments, and are also available to assist with questions for the duration of the scheduled program.

## RECOMMENDED READING

Students receive detailed digital course manuals, material and handouts for each class. The following list of books is not mandatory but recommended for additional reading.

AUTHOR	TITLE
Frawley, David	<i>Yoga and Ayurveda; Ayurveda and the Mind; The Yoga of Herbs</i>
Lad, Dr. Vasant	<i>Textbook of Ayurveda (Two volumes)</i>
Lele, Dr. Avinash	<i>Secrets of Marma; Panchakarma and Ayurvedic Massage</i>
Ranade, Dr. Subhash	<i>Health and Disease in Ayurveda and Yoga; Natural Healing through Ayurveda</i>
Svoboda, Dr. Robert	<i>Prakriti: Your Ayurvedic Constitution</i>
Yarema, Dr. Thomas	<i>Eat-Taste-Heal: An Ayurvedic Cookbook for Modern Living</i>
Prof. K.R. Srikantha Murthy	<i>Vagbhata's Astanga Hrdayam</i>
Khirsagar, Dr. Manisha	<i>Ayurveda: A Quick Reference Handbook</i>

## WEEKEND INTENSIVES

### KAA 101 | The Essence of Ayurveda (Tarka Sankhya and Sharir)

Begin your education with an introduction to the 5,000-year-old history and philosophy of Ayurveda. The three universal energies (*Doshas*) and five fundamental elements (*Mahabhutas*) are the starting point for any Ayurvedic student. This leads to an understanding of the 20 foundational qualities of life (*Gunas*), the key to health. The application of these guiding principles will also be covered as it relates to the concepts of physiological disposition (*Prakruti*), imbalance (*Vikruti*) and Dynamic Balance. Additional topics include:

- The fundamental tenets of an effective Ayurvedic health program
- The universe and humanity's place within it: An Ayurvedic View
- The cosmology of the soul
- Comprehensive introduction to basic Ayurvedic concepts: Doshas, Dhatus, Malas, Marmas, Asthis, Sandhis, Srotas

### KAA 102 | Ayurvedic Physiology (Dosha Dhatu Mala Vigyan)

Ayurvedic Physiology is designed to describe the subtle energies and foundational structures of the human body. Ayurveda explains the formation and structure of the seven tissues of the body in detail. This course will cover the details of these seven tissues and offer a deeper look into how they work cohesively to form the structure and function of the human body. Additional topics include:

- The 15 subtle energies of the body (Subdoshas), their locations, qualities and importance in health
- Natural wastes and their functions
- The essence of life that is responsible for vigor and youthfulness (Ojas), as well as how it is regenerated and preserved

### KAA 103 | Ayurvedic Psychology (Manasa Shastra)

Ayurvedic Psychology offers a fascinating look into the psychology of the human being from a cosmological and energetic perspective. This course will cover the three *Gunas* and how they are fundamental for understanding the mind and emotions. Additionally, the Ayurvedic study of how energy moves through the body is powerful and important to fully understand holistic human health. This course will cover the chakras and how to keep them healthy as well as the physical energy centers (*Marmas*) and their role in health and disease. Additional topics include:

- The psychological energies (subtle *Doshas*), their function, location and origin
- Kundalini energy and the mechanics of vital living
- The nature and aspects of the mind and how it functions and operates
- Meditation and Pranayama (breathing techniques)

## KAA 104 | Ayurvedic Nutrition & Cooking (*Ahara Vigyan*)

Ayurvedic Nutrition & Cooking places an emphasis on foods that ground the soul, nourish the body and delight the senses. This is a fun course with in-person cooking demonstrations teaching how to prepare simple, nutritious and sensually gratifying meals. Ayurvedic cooking is aimed towards pleasing all five senses and experiencing all six tastes. This course will also review techniques for maximum nutrient absorption and explain how that relates to a balanced digestive system. Additional topics include:

- The mechanics of satiation and its relationship to the tastes and senses
- When, where, what and how to eat
- The definition of health
- Chaturvidha Ahara, Shatrasas, Ahara Vidhi Vishesha, and the Guna Karma of spices

## KAA 105 | Ayurvedic Prevention Science (*Swastha Vritta*)

Ayurvedic Prevention Science provides a comprehensive blueprint for daily and seasonal living to maintain optimal health, year-round. This can be done by learning the ideal Ayurvedic daily routine (*Dinacharya*) to live a balanced life and maximize effectiveness of your efforts. Additional topics include:

- Seasonal routines to maintain health and prevent allergies and seasonal infections
- Ways to stay healthy year-round by supporting a strong immune system
- How a modification or change in your daily routine according to the season will impact your health

## KAA 106 | Ayurveda and Yoga (*Yoga Vigyan*)

Ayurveda and Yoga will focus on understanding the principles of Yoga in connection with the Ayurvedic concepts. The course will begin with a detailed understanding of the eight limbs of Yoga and the koshas in connection with Yoga and Ayurveda. This course will also teach students how to customize each yoga practice based on the individual's constitution. Additional topics include:

- How Yoga and Ayurveda combined can create the foundation for a transformed experience of living
- Yoga and Ayurveda to deepen your spiritual practice
- Pranayama and meditation techniques

## KAA 107 | Ayurvedic Herbology (*Dravya Guna Shastra*)

Ayurvedic Herbology marks the halfway point in your Ayurvedic Health Counselor education. This detailed class will introduce the concepts of herbal energetics and how to identify the healing properties of household herbs. There will be a comprehensive analysis of herbal characteristics such as taste, potency, post-digestive effect and what they mean for your health. Special emphasis will be placed on over twenty different Ayurvedic herbs such as Amla, Brahmi, Neem and Shatavari. Additional topics include:

- Herbs to boost the immune system, delay aging and improve the quality of life
- How to maximize the absorption of herbs and medicines
- Preparing and administering specialized herbs and herbal concoctions

- Popular formulations and recipes

### **KAA 108 | Introduction to Ayurvedic Bodywork (Panchakarma)**

Introduction to Ayurvedic Bodywork will focus on hands-on techniques to promote cellular healing and regeneration. This course will cover simple body therapies that have an anti-aging effect, improve digestive absorption, calm the mind and improve sleep. Additional topics include:

- Daily therapies to promote healing and wellness
- Treatments to improve skin tone and luster while also soothing the nervous system
- A hands-on introduction to Snehana, Swedana, Shirodhara, Padabhyanga, Shiroabhyanga, Kati Basti, Lepas, Udvartana and Soundarya Shringar

### **KAA 109 | Assessment of Dosha Imbalances (Roga Nidan)**

Assessment of Dosha Imbalances will describe how diseases form and progress, how an individual can spring from health to imbalances. This course will cover simple ways to identify warning signs long before they become full-blown symptoms. Additional topics include:

- The Ayurvedic energies and structures (Dosha, Dhātu, Mala) and their role in the disease process
- How to analyze the various systems and structures of the body and identify potential warning signs: tongue, pulse and mala diagnosis
- In-depth examination of case studies

### **KAA 110 | Management of Dosha Imbalances (Kaya Chikitsa)**

Management of Dosha Imbalances will describe how to address various imbalances and how to prevent their progression. This course will introduce the unique etiopathogenesis that Ayurveda uses to explain energies and structures (*Dosha, Dhātu, Mala*) and their role in various etiopathogenesis. The evolution of diseases through various Dosha stages reaching the final degenerative phase. Additional topics include:

- Simple ways to identify warning signs and methods of arresting the disease progression.
- Tools and techniques including simple herbal treatments and dietary & lifestyle changes to restore and maintain equilibrium
- Various methodologies involved in Palliative (*Shamana*) and Purification (*Shodhana*) treatments

### **KAA 111 | Review, Clinical Management**

Review and Clinical Management will take a final look at the prior ten months in a summarized review and investigate Ayurveda's application in modern times. Students will be guided on how to build and sustain clinical practice and how the science of Ayurveda applies to the business model. The highlights of the class are consultation demonstrations and practice for the students.



## AHC PRACTICAL IMMERSIONS

These intensives focus on the main Ayurvedic Lifestyle recommendations and are taught under the guidance of an Ayurvedic Doctor (*Vaidya*).

### *AHC Practical Immersion 1 (coincides with KAA 107)*

This 5-day practicum (including weekend module KAA 107), covers Ayurvedic cooking, herbology and a detailed review of the client intake process. It covers how to utilize information from the healthy history intake, principles and practice of individual constitution (Prakriti) assessment, plus guided counseling with live cases.

### *AHC Practical Immersion 2 (coincides with KAA 111)*

This 5-day practicum (including weekend module KAA 111) reviews the process from client intake through final recommendations. It offers many practice sessions with live case consultations, and exploration of the practical ways in which this training can be implemented.

**Required in person attendance for AAC Track. Online & Hybrid students may attend future sessions to meet AAC Track requirements.**

**For more information:** see **AHC Attendance Policy, Practical Immersion Policies, Tuition and Fees.**

## 1-DAY CLINICAL PRACTICUM

A small group practical setup provides the opportunity to practice clinical techniques with supervised guidance, honing counseling skills utilizing all the tools learned thus far.

## TUESDAY VIRTUAL CLASSES

Tuesday Virtual Classes are offered live approximately twice per month, covering topics in alignment with the upcoming or recent Weekend Intensive. These sessions offer students opportunities to explore topics raised in the Weekend Intensives in more depth, such as *Doshas* (one of the core principles of Ayurveda), *Ahara* (the inputs of life) and *Dinacharya* (daily and nightly rituals).

## MONDAY VIRTUAL CLASSES

There are six Monday Virtual Classes. These sessions will cover topics on Business and Ethics.

## ONLINE RECORDED LECTURES

Online Recorded Lectures are included in each monthly module, covering topics in alignment with the Weekend Intensives.

## *Ashtanga Hridayam*

### **Part 1: The Quest for Longevity: Foundational Principles of Ayurveda**

### **Part 2: Daily Regimen for Health and Longevity**

Class recordings of the first two sessions of our *Ashtanga Hridayam* online series (offered live twice per year) are included in the Online Recorded Lectures to provide students with a rich learning experience straight from the Vedic texts. *Ashtanga Hridayam* is one of the most used root texts of Ayurveda today. Composed in a beautiful poetic format called *Sutras* for easy memorization by practitioners, each line of the text is filled with practical information. Students learn the text line-by-line, how to chant the Sanskrit and understand the deeper meaning behind the principles.

## **AAC TRACK: AHC CLINICAL INTERNSHIPS**

AHC Clinical Internships include clinical consultations, which are a combination of observing the faculty conducting a consultation and student-conducted in person consultations under faculty supervision. The goal of this training is to reinforce learned concepts with applied applications in a clinical setting, with many opportunities to ask questions and receive mentored guidance.

*Online & Hybrid students must attend future sessions to meet AAC Track requirements. For more details, see: AHC Attendance Policy, Practical Immersion Policies, Tuition and Fees.*

## **ASSIGNMENTS**

To support your development as an Ayurvedic Health Counselor, assignments are included in the AHC program which build upon each module of learning, and each another.

### *Personal Transformation Journey*

Healing begins right at home for the healer. When we learn to work with Ayurveda to bring healing to our own lives, we can ground our knowledge in first-hand experience and better support others in doing the same. This assignment involves a self-assessment and experiential process of implementing the Ayurvedic principles and practices learned in class.

### *Ayurvedic Constitution Assessments*

Each student will conduct in person one-on-one constitution assessments with ten (10) people utilizing intake forms provided by KAA to practice skills in client interactions, assessment and documentation. This assignment is completed during the HAC portion of your program.

### *Clinical Consultations*

Students will follow two (2) *Rogis* (clients) throughout the program until KAA 111, beginning with consultations and progressing with assessment and creating guidance based on the topics

covered in each month. This offers the student the ability to build upon all the learning to create a case study approach.

### *Chikitsa Protocols*

Students will be provided five (5) case papers for review and development of a comprehensive Ayurvedic chikitsa protocol to demonstrate the cumulative skills learned in case evaluations from the previous two assignments.

### *Research Project: Community Health Presentation **OR** Research Paper*

Students have the choice of a Community Health Presentation or Research Paper.

#### **Community Health Presentation Description**

Students will prepare a 1-1.5-hour presentation for a group in the community on an approved topic of student's choice. Students may host and organize the event for personal contacts or offer in conjunction with a greater organization (e.g., a Yoga studio), or arrange to deliver this presentation at an office, school or other place of business.

**OR**

#### **Research Paper Description**

Students will prepare a 5–7-page paper on an approved topic within the scope of practice as an Ayurvedic Health Counselor.

## PRETESTS & TESTS

Pretesting and testing are associated with each monthly course module to supplement student learning throughout the program.

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## Schedule and Hours

*For detailed class dates* see the online schedule: [keralaayurveda.us/courses/schedules](https://keralaayurveda.us/courses/schedules)

### FALL 2023-2024 START & COMPLETION

- **Start Date:** Orientation - Tuesday, October 10, 2023, 5:30-7:00pm Pacific
- **End Date:** Closing Ceremony – Tuesday, October 8, 2024, 5:30-7:00pm Pacific

### GENERAL CLASS SCHEDULE

*For attendance requirements* see the Attendance Policy

### *Student Orientation – 1.5 hours total*

#### **Weekday Evening 5:30-7:00pm US Pacific Time**

Required live streamed session is recorded for later viewing.

### *11 Weekend Intensives – 18 hours each - 198 hours*

#### **Sat-Sun 8:00am-6:00pm US Pacific Time**

Offered once per month for eleven consecutive months, both in person and live streamed. They are recorded for later viewing.

### *2 AHC Practical Immersions – 27 hours each - 54 hours total*

#### **Mondays-Wednesdays 8:00am-6:00pm US Pacific Time**

5-day intensives offered in person or live streamed, recorded for playback. They include the AHC Weekend Intensive KAA 107 and KAA 111 respectively.

**Required in person attendance for AAC Track. Online & Hybrid students must attend future sessions to meet AAC Track requirements.**

**For more information:** see AHC Attendance Policy, Practical Immersion Policies, Tuition and Fees.

### *1-Day Clinical Practicum - 9 hours*

#### **Monday 8:00am-6:00pm US Pacific Time**

In person and live streamed session, recorded for later viewing.

### *28 Tuesday Virtual Classroom Sessions – 2 hours each - 56 hours total*

#### **Tuesdays 5:30-7:30pm US Pacific Time**

Live streamed and recorded for later viewing.

### *6 Monday Virtual Classroom Sessions – 2 hours each - 12 hours total*

#### **Mondays 5:30-7:30pm US Pacific Time**

Live streamed and recorded for all students.

### *10 Group Mentoring Sessions – 12 hours*

#### **Mondays 5:30-6:30pm or 5:30-7:00pm US Pacific Time**

Live streamed and recorded for all students.

*Ayurvedic Constitution Assessments – 20 hours*

**Self-paced**

*Clinical Consultations – 26 hours*

**Self-paced**

*Chikitsa Reviews with Mentor – 1 hour*

**Scheduled at mutual convenience**

*Recorded Lectures – 172 hours*

**Self-paced**

*Ashtanga Hridayam Recordings – 36 hours*

**Self-paced**

*Closing Ceremony – 1.5 hours*

**Evening session at the end of the program**

## AAC TRACK

*AHC Clinical Internships – 46 hours each - 92 hours total*

**8:00am-6:00pm US Pacific Time**

Two 5-day intensives offered in person only with required attendance for the AAC Track.

*Online & Hybrid Track students must attend future sessions to meet AAC Track requirements. For more details, see: AHC Attendance Policy, Practical Immersion Policies, Tuition and Fees.*

# Grading and Graduation Requirements

## GRADING

- **Grading** – is based on a cumulative pass/fail mark from the following course components:
  - **Assignments** – are reviewed on a pass/fail basis and must all be completed to graduate.
  - **Tests** – a minimum grade of 70% is required to pass. Tests are self-paced and taken online after each weekend intensive.



## GRADUATION REQUIREMENTS

- Tuition is paid in full.
- Documentation is submitted of completing the equivalent of 4 credits of college level Anatomy & Physiology course.
- Attendance requirements are met for the student's chosen format – Online, Hybrid or AAC (see AHC Attendance Policy: AHC).
- AAC Track students complete the required 180 hours of in person training.
- All tests, assignments & elearning course material are complete with a passing grade.
- Format Option of each program must be followed.

**Upon the successful completion of the above requirements, the student will receive an Ayurvedic Health Counselor certificate.**

## Tuition and Fees

### PROGRAM TUITION

	ALL ONLINE TRACK	HYBRID TRACK	AAC TRACK
Registration Fee	\$100	\$100	\$100
Tuition	\$7,500	\$7,500	\$7,500
2 AHC Clinical Internships	n/a	n/a	\$1,350
<b>TOTAL</b>	<b>\$7,600</b>	<b>\$7,600</b>	<b>\$8,950</b>

**Multiple payment plans are available.** [For more information](#) see Payment Plans.

## TRANSITION TO AAC TRACK

Online and Hybrid Students can meet the AAC Track requirements with program add-ons.

	ALL ONLINE TRACK	HYBRID TRACK
2 AHC Clinical Internships	\$675 each	\$675 each
TRANSITION TOTAL	\$1,350	\$1,350

## BOOKS & MATERIALS

Digital copies of our course manuals are included in tuition. Print manuals are available at an additional cost of \$300.

## Application

**Applying online is easy!** Begin the process with our **online enrollment forms** via our website: [keralaayurveda.us/courses/apply](https://keralaayurveda.us/courses/apply). As a prospective student, you are encouraged to review this Catalog prior to signing the Enrollment Agreement. **California Students:** you are encouraged to review the Student Performance Fact Sheet, which must be provided to you prior to signing the Enrollment Agreement.

**Students from other institutions** are welcome! Our Admissions and Student Support team will work with you to create a transfer plan (see the Transfer Policy).



## Ayurvedic Practitioner (AP)

### 910 HOUR TRAINING PROGRAM

The Ayurvedic Practitioner (AP) program is based on the second goal of Ayurveda—*Aaturasya Vikara Prashamanam* (disease management). At this level, the emphasis is on gaining a deeper understanding of the disease process and management techniques at its various stages. Students will gain a deeper understanding of Ayurvedic concepts and techniques.

**Upon successful completion of the AP Program, you will be awarded an Ayurvedic Practitioner Certificate.**

# Program Overview

## SCOPE OF PRACTICE

With this certificate, students gain the skills and knowledge to assess the Ayurvedic constitution and imbalances in a client and suggest food, lifestyle changes and recommend Ayurvedic herbs, spices and Ayurvedic herbal supplements based on the Samprapti/imbalances. However, the practice of these may vary from state to state. Please check the regulations with the state in which you practice. This program does not lead to positions that would require licensing in this field, as there is no required licensing for Ayurveda at this time.

### *Ayurvedic Practitioners can:*

- Analyze Body Constitution
- Complete health history intake
- Assess the imbalances of *Agni, Dosha, and Strotases* based on the Ayurvedic Principles
- Suggest food and lifestyle changes based on the Ayurvedic Constitution (*Prakriti*) and various imbalances in the mind/body systems (*Vikriti*)
- Suggest Ayurvedic herbs, spices and Ayurvedic herbal supplements based on the Ayurvedic Constitution (*Prakriti*) and various imbalances in the mind/body systems (*Vikriti*)
- Suggest Ayurvedic bodywork techniques based on the Ayurvedic Constitution (*Prakriti*) and various imbalances in the mind/body systems (*Vikriti*)
- Explain about Ayurvedic concepts (related to *Prakriti, Vikriti*, qualities etc)
- Explain the connection between Body and Mind and how diet and lifestyle, meditation, Pranayama, Ayurvedic herbs, Ayurvedic bodywork techniques and Yoga can help manage many physical, mental and emotional problems
- Offer talks/write articles on various concepts on Ayurveda
- Offer simple Ayurvedic bodywork techniques based on the Ayurvedic Constitution (*Prakriti*) and various imbalances in the mind/body systems (*Vikriti*)
- Offer cooking classes giving simple cooking tips

### *Ayurvedic Practitioners cannot:*

- Diagnose diseases medically
- Treat diseases medically
- Prescribe medical treatments or medicines
- Perform Panchakarma (unless allowed in your scope of practice under other licensing)

# PREREQUISITES

It's essential for Ayurvedic students in professional programs to have adequate knowledge of Anatomy and Physiology (A&P). As a condition of graduation from the AP program, the equivalent of six (6) college-level A&P credits (90 hours) is required. (A&P credit completion is not required prior to enrollment, it may be taken as a corequisite alongside the AP program). KAA offers an online partner A&P course, or you can provide documentation of A&P credit completion from an approved institution. Please visit our website to learn more about our partner course or to submit your documentation.

## *AP AAC Track*

- KAA AHC AAC Track graduates can enter the AP program directly.
- KAA AHC Online and Hybrid Track graduates must meet all AHC AAC Track standards before enrolling in the AP AAC Track.
- Transfer Students who have completed a program equivalent to AHC from other educational institutions will be required to undergo a review process to determine their competency in Ayurvedic principles and practices.

## *AP Hybrid Track*

- KAA AHC AAC, All Online and Hybrid Track graduates may enter AP Hybrid Track directly
- Transfer Students who have completed a program equivalent to AHC from other institutions will be required to undergo a review process to determine their competency in Ayurvedic principles and practices.

# GENERAL FORMAT

## **1.5 Years – 910 Total Hours**

- 10 Weekend Intensives – in person or live streamed\*
- 1 Practical Immersion - in person
- 230 Hours AP Clinical Internship – in person
- 31 Virtual Classes – live streamed\*
- 10 Monthly Clinical Case Discussions - live streamed\*
- 5 Group Mentoring Sessions - live streamed\*
- Online Recorded Lectures – elearning\*
- Assignments – elearning\*

*\* Internet connection required. Live streamed sessions are recorded for later viewing.*



HYBRID TRACK	AAC TRACK
<u>Weekend Intensives</u> attended in person or live streaming	<u>Weekend Intensives</u> attended in person

## FORMAT BREAKDOWN

	HYBRID TRACK	AAC TRACK*
10 Weekend Intensives	In person or live streamed 210 In person	In person
1 Practical Immersion	In person	In person
230 Hours AP Clinical Internship	In person	In person
31 Virtual Classes	Live streamed	Live streamed
10 Monthly Clinical Case Discussions	Live streamed	Live streamed
5 Group Mentoring Sessions	Live streamed	Live streamed
Online Recorded Lectures	Elearning – self-paced	Elearning – self-paced
Assignments	Elearning – self-paced	Elearning – self-paced
AAC TRACK* TRANSITION HOURS	Add on 85 hours of: US AP Clinical Internship KAA India Immersion Pre-Approved Externship Independent India Internship Mentored Experiential PK  <i>Choose one of the above or blend these options</i>	N/A

**\*The AAC Track is required to satisfy the Level III program that aligns with the AAC AD program prerequisites and to qualify to sit for the AAC certification exam as an Ayurvedic Practitioner (AP). The Ayurvedic Accreditation Commission (AAC) sets competency standards for professional Ayurvedic education. *Hybrid students may transition to the AAC Track with additional in person training hours, at an additional cost.***

## Curriculum

The Ayurvedic Practitioner training program covers both theoretical and practical training, including a blend of online learning, in person hands-on training experience, clinical encounters and self-paced assignments. Live classroom sessions and hands-on practicums are supplemented by online recorded lectures on our elearning platform.

## LEARNING MATERIALS & RESOURCES

- **Course manuals:** digital manuals are provided for each Weekend Intensive module. Print manuals are available for an additional cost.
- **Elearning:** learn anytime, anywhere, at your own convenience on your own computer. Our AP training program content is made available to students online via our elearning platform powered by TalentLMS. Elearning provides access to course information, live class recordings, assignments, online recorded lectures, course manuals, class slides, pretests and tests.
- **On Site Reference Library:** We offer an onsite reference library in our main Academy classroom for student use during classroom breaks, before and after class. Students may use the library outside classroom hours during Academy Office business hours with permission of the Academy Administration.

## MENTOR PROGRAM

Students have access to an AP graduate or AD student mentor who is supervised by an Ayurvedic Doctor (*Vaidya* - BAMS). Student Mentors can be contacted via the elearning platform to review and grade assignments and are also available to assist with questions during studies.

## RECOMMENDED READING

Students receive detailed digital course manuals, material and handouts for each class. The following list of books is not mandatory but recommended for additional reading.

AUTHOR	TITLE
Prof. K. R. Srikantha Murthy	<i>Ashtanga Hridayam: Vol 1, 2 &amp; 3</i>
Dr. G. Prabhakara Rao	<i>Sahasrayogam</i>

Prof. K. R. Srikantha Murthy	<i>Bhavaprakasa of Bhavamisra: Vol 1 &amp; 2</i>
Dr. Kanjiv Lochan	<i>Bhaisajya Ratnavali: Vol 1, 2 &amp; 3</i>
Prof. K.R. Shrikantha Murthy	<i>Astanga Samgraha of Vagbhata</i>
Frawley, David	<i>The Art and Science of Vedic Counseling</i>
Dr. R. K. Sharma & Vaidya. Bhagavan Dash	<i>Charaka Samhita: Vol 1, 2, 3, 4, 5 &amp; 6</i>
Arya Vaidya Sala	<i>Indian Medicinal Plants: Vol 1, 2, 3, 4 &amp; 5</i>
Kodikannath, Jayarajan and Gregory, Alyson Young	<i>The Parent's Complete Guided to Ayurveda</i>

## WEEKEND INTENSIVES

### KAA 201 | Advanced Anatomy, Physiology & Basic Principles (Dosha Dhatu Mala Vigyan)

Includes an in-depth discussion of the *Doshas*, *Subdoshas*, *Dhatus*, *Malas*, and *Agni*. Greater emphasis is placed on the *Srotas*, *Kalas* and *Marmas*. This course also includes a deep exploration of the basic principles directly from the scriptures such as the *Soothrasthana* of *Ashtanga Hridayam*. Additional topics include:

- An overview of embryology
- The relationship between the Panchabhutas and the Gunas
- An introduction to the fascinating world of Marma Sareera, seats of Prana in the body

### KAA 202 | Pathophysiology & Ayurvedic Diagnostic Methods (Advanced Nidan & Rogi Pariksha)

Includes a detailed exploration of the five stages of disease identification: *Nidan*, *Purvaroop*, *Roopa*, *Upashaya*, and *Samprapti*. This course also looks at the six stages of the disease process: *Sanchaya*, *Prakopa*, *Prasara*, *Sthanasamshraya*, *Vyakti* and *Bheda*. Students will gain an understanding of the signs of *Dhatu* and *Srota Dushti*. Students will delve deeply into Ayurvedic client examination methods. Topics include:

- An understanding of the stages from health to disease
- Threefold client examination (*Darshana*, *Sparshana*, and *Prashana*)
- Eight-fold clinical evaluation (Pulse, Tongue, Voice, Physical Stature, Vision, Skin, Urine, and Bowel)

### KAA 203 | Advanced Herbology & Ayurvedic Pharmaceutics (Dravya Guna & Bhaishajya Kalpana)

Expands upon the principles of Ayurvedic herbal energetics, actions, uses and preparations with over thirty additional herbs. Learn the preparation of popular Ayurvedic formulations and their clinical application, times of administration and Anupanas, measurements and dosage of Ayurvedic herbs and formulations. Topics include:

- Preparation of Formulations: Decoctions, Herbal Oils, Ghees, Pastes, Poultices, Pills, Powders & Jams
- An understanding of how an herb's Gunas affect the body
- Traditional preparation of buttermilk & ghee from milk

### **KAA 204 | Advanced Bodywork, Detoxification & Rasayana (*Panchakarma & Rasayana*)**

Advanced Bodywork, Detoxification and *Rasayana* is a hands-on course. A detailed theory of Panchakarma will be covered, including the *Poorvakarma* (Preparation), *Pradhanakarma* (Main Procedure) and *Paschatkarma* (Post-Procedural Convalescence). The preparatory procedures, including various types of *Snehana* & *Swedana* therapies, will be explained. This course also covers the five Ayurvedic Detoxification procedures. The post Panchakarma convalescence, such as specific food and lifestyle modifications, is also a part of this course. Topics include:

- Snehana & Swedana Therapies - Abhyanga, Choornasweda, Patrapotala Sweda, Njavarakizhi, Pizhichil, Udwartanam, Kateevasthy, Nethratharpanam, Lepam, Pichu
- Panchakarma: Vamana, Virechana, Anuvasana, Niroohavasthy, Nasya
- Various aspects of Rasayana - the anti-ageing modalities of Ayurveda

### **KAA 205-208 | Kayachikitsa I-IV**

Each Kayachikitsa course I, II, III and IV will cover the following topics for their course theme:

- Nidana and Samprapti
- Ayurvedic Clinical Assessment
- Management Protocol
- Preparation of Specific Formulations

### **KAA 205 | Kayachikitsa I: Management of Digestive System & Metabolic Disorders**

The course will cover Ayurvedic etiology, pathogenesis, symptoms, signs, and detailed herbal treatments, as well as dietary and lifestyle changes, for several digestive and metabolic disorders.

### **KAA 206 | Kayachikitsa II: Management of Nervous System & Musculoskeletal Disorders**

This course will cover Ayurvedic etiology, pathogenesis, symptoms, signs, detailed herbal treatments and dietary and lifestyle changes for several nervous systems and musculoskeletal disorders. This course also covers fracture management and bandages.

### **KAA 207 | Kayachikitsa III: Management of Respiratory System & Cardiovascular System Disorders**

This course covers Ayurvedic etiology, pathogenesis, symptoms, signs, detailed herbal treatments and dietary and lifestyle changes for several respiratory, circulatory and cardiac disorders.

## KAA 208 | Kayachikitsa IV: Management of Skin, Special Senses & Mental Disorders

This course covers Ayurvedic etiology, pathogenesis, symptoms, signs, detailed herbal treatments and dietary and lifestyle changes for several skin disorders, diseases of sense organs and mental disorders.

## KAA 209 | Kayachikitsa V: Management of Reproductive & Excretory System Disorders, Gynecology & Pediatrics

This course covers the Ayurvedic etiology, pathogenesis, symptoms, signs, detailed herbal treatments and dietary and lifestyle changes for several female and male reproductive system disorders. This course also covers a general outline of childcare and management of pediatric conditions. This includes:

- Reproductive & Excretory System Disorders
  - ◆ Nidana and Samprapti
  - ◆ Ayurvedic Clinical Assessment
  - ◆ Management Protocol
  - ◆ Preparation of Specific Formulations
- Ayurvedic Gynecology
- Ayurvedic Pediatrics
  - ◆ Prenatal & Postnatal Therapies
  - ◆ Baby Massage

## KAA 210 | Clinical In Person Internship

17 hours of internship is included in the 10 sessions of the Weekend monthly in person learning experience. Students will evaluate clients in the following areas: Potential treatments, dietary and lifestyle recommendations, Ayurvedic herbal formula recommendations, daily routines and seasonal changes. This includes:

- Clinical Internship
- Supervised internship
- One-on-one clinical consultation and creation of chikitsa protocol.

## AP PRACTICAL IMMERSION

### *Corresponds with KAA 210*

- Complete clinical management including conducting consultations
- Honing the clinical assessment skills
- Creating protocol based on *Samprapti* and client guidance
- At least 6 clinical encounters

## AP CLINICAL INTERNSHIP

*For more information* see the AP Clinical Internship section

## THURSDAY VIRTUAL CLASSES

Thursday Virtual Classes are offered live approximately twice per month, covering topics in alignment with the upcoming or recent Weekend Intensive. These sessions offer students opportunities to explore topics raised in the Weekend Intensives in more depth, such as Clinical Management of *Ama*, Pain Management in Ayurveda and Samprapti & Case Papers.

## ONLINE RECORDED LECTURES

Online Recorded Lectures are included in each monthly module, covering topics in alignment with the Weekend Intensives and include the following:

### *Vedic Formulations: Clinical Applications*

One of the important skills of an Ayurvedic Practitioner is the ability to select the right herbs and formulations for an individual's constitution and imbalances. In these recordings, you will learn the most used and effective Vedic formulations as documented in the classical texts. The class will cover multiple formulations and single herbs. Students receive an overview of the formulation, contents of the formulations, method of preparation, specific indications, dosage forms, and appropriate adjuvants. Part one of this series is included as a recording and quiz in your AP Program in your elearning platform.

### *Ashtanga Hridayam*

The Ashtanga Hridayam, the "Heart or Essence of all the Eight Branches of Ayurveda," is one of the primary ancient root texts of Ayurveda. Today, the Ashtanga Hridayam continues to serve as a root source for Ayurvedic philosophy and protocol, providing clear guidelines in all aspects of health.

As an Ayurveda student, it is important to use the authentic teachings of the ancient Vedic texts. As part of your AP training, the recordings of Parts 3 -7 of our Ashtanga Hridayam series are included.

## MONTHLY REVIEW SESSIONS

These sessions are held after the weekend intensive modules to review the content covered in the previous intensive class. There will be time for review, questions and discussions on the class content.

## CLINICAL CASE DISCUSSIONS

This program is dedicated to interactive reviews of clinical conditions, including cases submitted by participants. It is an opportunity for students to receive feedback on live cases and collaborate with fellow Ayurvedic Practitioners and Level 3 students on protocol development. Note: if there are no participant-submitted cases for a session, the faculty member will provide cases for review.



# ASSIGNMENTS

## *Individual Clinical Consultations*

**Chikitsa Consultations:** each student will complete 2 Clinical Consultations (120 minutes) for each module KAA 205-209 and 1 follow-up session (60 minutes).

## *Assignments: choose one of the following:*

### **A) Community Health Education Assignment**

Students will prepare a presentation for a group in the community. They may organize this presentation themselves and invite the public or arrange to deliver this presentation at an office, school or other place of business. This presentation should run two hours in length and be delivered on a topic of interest to the group.

Approximately 12 hours of preparation should go into the presentation's preparation and planning, and 2 hours of uninterrupted delivery (i.e., the student is the main presenter and speaker).

### **B) Research Paper**

A comprehensive Research Paper, 15 to 20 pages in length, on a topic of interest to you that is first approved by the AP Mentor.

### **C) Research Project**

A detailed Research Project on a topic and format approved by the AP Mentor.

# PRETESTING AND TESTING

Pretesting and testing are associated with each monthly course module to supplement student learning throughout the program.

# Schedule and Hours

See the Schedule for a complete calendar of classes: [keralaayurveda.us/courses/schedules](https://keralaayurveda.us/courses/schedules)

## FALL 2023-2023 START & COMPLETION

- **Start Date:** Orientation: October 26, 2023
- **End Date:** April 26, 2025

# GENERAL CLASS SCHEDULE

*For attendance requirements* see the Attendance Policy

## *1 Student Orientation - 2 hours*

### **Weekday Evening 5:30-7:30pm US Pacific Time**

Required live streamed session prior to the class start date. It is recorded for later viewing.

## *10 Weekend Intensives – 18 hours each - 180 hours total*

### **Sat-Sun 8:00am-6:00pm US Pacific Time**

Offered once per month for 10 months, both in person and live streamed. They are recorded for later viewing.

## *1 AP Practical Immersion – 27 hours*

### **Mon-Wed 8:00am-6:00pm US Pacific Time**

5-day intensive offered in person. It includes the AP Weekend Intensive KAA 210.

**Required in person attendance for AAC Track. Hybrid students may attend future sessions to meet AAC Track requirements.**

*For more information:* see the AP Attendance Policy, Practical Immersion Policies and Tuition and Fees.

## *31 Thursday Virtual Classroom Sessions – 2 hours each - 62 hours total*

### **Thursdays 5:30-7:30pm US Pacific Time**

Live streamed and recorded for later viewing.

## *5 Group Mentoring Sessions – 1.5 hours each – 7.5 hours total*

### **Thursdays 5:30-7:00pm US Pacific Time**

Live streamed and recorded for later viewing.

## *10 Monthly Review Sessions – 2 hours each - 20 hours total*

### **Thursdays 5:30-7:30pm US Pacific Time**

Live streamed and recorded for later viewing.

## *10 Monthly Clinical Case Discussions – 1.5 hours each - 15 hours total*

### **Tuesdays 5:00-6:30pm US Pacific Time**

Live streamed and recorded for later viewing. Students are required to attend the 10 sessions offered concurrently with the AP training program.

## *Online Recorded Lectures - 337 hours*

### **Elearning platform**

Self-paced work with recommended viewing deadlines aligned with the Weekend Intensives to stay on track for completion. Recorded lectures include

- ◆ Weekend Topic teachings – 201 hours
- ◆ Ashtanga Hridayam sessions 3-7 – 112 hours
- ◆ Vedic Formulations, session 1 – 24 hours

## *AP Clinical Internship – 230 hours*

Students may begin their AP Clinical Internship after the sixth course module of the AP program. Internships are conducted in the US and India and include several format options.

*For more information* see the AP Clinical Internship section

## *Individual Consultations – 30 hours*

Clinical Encounters are client interactions. In addition to the AP Practical Immersion, classroom clinical encounters and AP Clinical Internship Clinical Encounters, there are additional Clinical Encounter *hours* which occur during the self-paced assignment Ayurvedic Constitution Assessments, which are assigned throughout the program and conducted with supervision from Student Mentors and Faculty.

# AP Clinical Internship

Kerala Ayurveda Academy offers regularly scheduled AP Clinical Internship training opportunities at our US and India locations. Students may design a format based on their location interest. Internships are also open to students and alumni from other institutions, as well as KAA alumni who seek additional clinical training. AP students may commence their AP Clinical Internship training midway through the AP program and are required to complete 230 hours total for graduation.

**NOTE:** AP Clinical Internship training tuition is separate from course tuition. See Tuition and Payment Plans for more information. You may also find more detailed information on the India Internship in our India Internship catalog, available on the website at [keralaayurveda.us/courses](https://keralaayurveda.us/courses)

## PREREQUISITE

Completion of either the sixth module of the Ayurvedic Practitioner (AP) program (KAA 206) or equivalent experience in Ayurvedic studies from another Ayurveda school.

## FORMAT OPTIONS

The following session combinations achieve the required 230 hours, including 2 mandatory US Clinical Internship sessions.

US Only	US + India	US + Independent India
US AP Clinical Internships	US AP Clinical Internships: 2 sessions	Combination of US Clinical Internships and Independent India Internships
5 sessions total	India Internship: 1 session	

## US CLINICAL INTERNSHIP

The US AP Clinical Internship is conducted as week-long, 46-hour segments at Kerala Ayurveda Academy & Wellness Center, Milpitas, CA. The program focuses on clinical assessment, creating Ayurvedic management protocol, Panchakarma protocols, application of

Ayurvedic herbs and formulations, Yoga and counseling. Interns gain hands-on experience managing a variety of cases across diverse age groups and disorders, all under the supervision of Kerala Ayurveda USA Director, Vaidya. Jayarajan Kodikannath and other Kerala Ayurveda Faculty members.

### *Location*

Kerala Ayurveda Academy & Wellness Center  
691 S Milpitas Blvd Ste 206 Milpitas, CA

### *Format*

One Week (46 hours) – Monday-Friday 8:00am-6:00pm

**Graduation requirements:** Minimum 2 weeks of US AP Clinical Internship is required. To meet the full 230-hour requirement for AP completion, 5 weeks are required.

### *Curriculum*

#### **Topics include:**

- Consultation/Clinical Assessment & *Chikitsa*
- *Bhaishajyakalpana* (Herbology & Formulations)
- Panchakarma
- Assignments

## INDIA CLINICAL INTERNSHIP

The 15-day internship in India is one of the most exciting and life-changing opportunities offered by Kerala Ayurveda Academy India. Students live, study and practice Ayurveda in the birthplace of the Vedas, experiencing India both Ayurvedically and culturally. Interns can see firsthand how Ayurveda is embraced and practiced with phenomenal results in a wide variety of applications.

The India Clinical Internship is also a unique experience for students to experience and witness firsthand the full scope of a dynamic Ayurveda company, from seed to shelf. In addition to training our Kerala Ayurveda's award-winning wellness centers, interns tour the Kerala Ayurveda Ltd research and manufacturing facilities and herbal gardens, home to more than 1,200 medicinal and herbal plants.

### *Locations*

**Kerala Ayurveda Health Village, Cochin Kerala:** an opportunity to intern at our green leaf certified hospital, Aluva. This unique hospital accommodates up to forty patients at a time, all rendering Ayurvedic services. It offers doctor consultations, in-house Ayurvedic formulations and over 45 Ayurvedic therapies. Here you will observe patients daily and prepare herbal formulas. Gaining a deeper understanding of the authentic practices of Kerala Ayurveda.

**AyurvedaGram Heritage Wellness Centre, Bangalore:** a state of the art, 30-acre Ayurvedic herb plantation, clinic, *Panchakarma* center, restaurant, herb manufacturing pharmacy and library. You'll receive *Panchakarma* body therapies, follow *dinacharya*, learn special Kerala oil applications, review live cases and study solutions, Ayurvedic yoga, meditation, Pranayama & Ayurvedic cooking.

### *Format*

15 Days – 150 Hours of Internship Requirements

**Graduation requirements:** To meet the full 230-hour requirement for AP completion, 2 weeks of US AP Clinical Internship is required in combination with the India Internship.

#### FOR MORE INFORMATION

See our AP Internship Guide available at [keralaayurveda.us/courses](https://keralaayurveda.us/courses)

## INDEPENDENT INDIA INTERNSHIP

### *Format*

The Independent India Internship is customized to your convenience and requirements of internship/in person hours. The Independent Internship is available as an alternative to our group India Internship. Independent Internships are available at The Health Village location only.

**Graduation requirements:** To meet the full 230-hour requirement for AP completion, 2 weeks of US AP Clinical Internship is required in combination with the Independent India Internship.

# Grading and Graduation Requirements

## Grading

- **Grading** – is based on a cumulative pass/fail mark from the following course components:
  - **Assignments** – are reviewed on a pass/fail basis and are submitted in the elearning platform. Project and assignment grades are posted within 10 days of submission.
  - **Tests** – a minimum grade of 70% is required to pass. Tests are multiple choice, self-paced and conducted via elearning. There are 9 tests which correspond to the weekend intensive modules. A student who does not achieve the minimum passing grade of 70% for completion may retake the test up to three times. The highest score will be recorded. Test scores are immediately available in the elearning platform.

## Graduation Requirements

- Tuition is paid in full.
- The student submitted documentation of completing equivalent of 6 credits of college level Anatomy & Physiology course.
- Attendance requirements are met (see Attendance Policy: AP).
- This program requires the student to attend the AP Practical Immersion in person at KAA's US location.
- The student completed the 230-hour AP Clinical Internship.
- All tests, assignments and course material are complete with a passing grade.

**Upon the successful completion of the above requirements, the student will receive an Ayurvedic Practitioner certificate.**



# Tuition and Fees

## PROGRAM TUITION

	HYBRID TRACK	AAC TRACK
New Students Only: Registration Fee	\$100	\$100
Tuition	\$8,950	\$8,950
<b>TOTAL</b>	<b>\$9,050</b>	<b>\$9,050</b>

**Multiple payment plans are available depending on the student's commitment to learning.**  
[For more information](#) see the Payment Plans section.

## TRANSITION TO AAC TRACK

Hybrid Students can meet the AAC Track requirements with an additional 85 training hours. Support is provided to plan the required 85 total hours based on the following qualifying options.

<b>US AP Clinical Internship</b>	\$995 per week – 46 hours	<i>*Lodging, meals and airfare not included.</i>
<b>Externship**</b>	Variable	<i>*Subject to approval by Academy Director.</i>
<b>Independent India Internship</b>	\$310 per day - 8 hours	<i>*Lodging and meals included. Airfare not included.</i>
<b>KAA India Immersion</b>	\$4,445 – 85 hours	<i>*Lodging and meals included. Airfare not included.</i>
<b>Mentored Experiential PK**</b>	\$350-500 per day – 46 hours	<i>*Lodging, meals and airfare not included.</i>
<b>TOTAL</b>	Variable	

**\*\*See Clinical Internship Guide**

## AP CLINICAL INTERNSHIP – ADDITIONAL FEES

Clinical Internship fee is an additional cost to Program Tuition and varies based on the format.

<b>US AP Clinical Internship</b>	\$995* per week	<i>*Lodging, meals and airfare not included.</i>
<b>India Internship</b>	\$4295*	<i>*Lodging and meals included. Airfare not included.</i>
<b>Independent India Internship*</b>	\$310* single per day	<i>*Airfare not included *Subject to availability</i>

[For more information](#) see the AP Internship Guide (separate from this catalog).

*Please Note: These prices are good for India Internships held in 2023. We cannot guarantee prices for 2024 and beyond.*

## BOOKS & MATERIALS

Digital copies of our course manuals are included in tuition. Print manuals are available at an additional cost of \$250.

## Application

**Applying online is easy!** Begin the process with our **online enrollment forms** via our website: [keralaayurveda.us/courses/apply](https://keralaayurveda.us/courses/apply). As a prospective student, you are encouraged to review this Catalog prior to signing the Enrollment Agreement. **California Students:** you are encouraged to review the Student Performance Fact Sheet, which must be provided to you prior to signing the Enrollment Agreement.

**Students from other institutions** are welcome! Our Admissions and Student Support team will work with you to create a transfer plan (see the Transfer Policy).



## Payment Plans and Refund Policies

### FOR ALL PROGRAMS

The Holistic Ayurvedic Coach (HAC), Ayurvedic Health Counselor (AHC) and Ayurvedic Practitioner (AP) trainings are stand-alone programs which also build upon each other. They can be taken consecutively for building upon Ayurvedic knowledge and scope of practice. Multiple payment plans are available depending on the student's commitment to learning.

# Holistic Ayurvedic Coach (HAC)

## HAC PAYMENT PLANS

Tuition	
Registration Fee	\$100
Tuition	\$3,750

Payment Plan	Tuition Payment	Payments	Registration Fee	STRF *	TOTAL
Pay in full	\$3,650	1	\$100	\$0	\$3,750
Split payments	\$1,875	2	\$100	\$0	\$3,850
Monthly	\$656	6	\$100	\$0	\$4,036
California Students Only*		Tuition includes STRF fee. See Fees for more information.			
Pay in full	\$3,650	1	\$100	\$10	\$3,760
Split payments	\$1,875	2	\$100	\$10	\$3,860
Monthly	\$656	6	\$100	\$10	\$4,046

### PLEASE NOTE

- Kerala Ayurveda Academy does not offer state or federal financial aid, educational loans, tuition scholarships or discounts to students currently. First tuition payment, registration fee and books and material fee are due upon enrollment. Refunds are program specific. See HAC Refund Policy for more information.
- There is a management fee for the monthly payment plan listed above.

*\*STRF is \$2.50 per \$1,000 for all payment plans and is non-refundable. STRF is for California Students only.*

## HAC REFUND POLICY

### *Refund and Cancellation Policy*

#### **The Student's Right to Cancel**

The student has a right to cancel the enrollment agreement and obtain a refund. **A written notice from the student about the cancellation is required** and should be sent to the address below. For specifics related to your refund, refer to the refund tables according to your State.

Student Services  
Kerala Ayurveda Academy  
691 S Milpitas Blvd Ste 206 Milpitas, CA 95035

## State of California

The registration fee and material fee are nonrefundable. The student has the right to cancel the enrollment agreement and obtain a refund of charges paid through attendance at the first-class session, or the seventh day after enrollment, whichever is later. There will be no refund if the student decides to withdraw after 60% of the classes (attendance of the 7<sup>th</sup> class) or online modules (accessed 7<sup>th</sup> online module).

Each in person Intensive covers the content of one online module. Refund Requests will be processed based on in person Intensives and online modules accessed (whichever is greater).

### Procedures Students must follow to withdraw from the institution:

- A written notice from the students about the cancellation will be required.
- A telephone call about cancellation or absenteeism for the classes will not be considered as true cancellation. In such cases, the student will not receive a refund for that period.
- The refund will be processed within 30 days from the day KAA receives the official written notice of cancellation from the student.
- The refund check will be mailed to the official address of the student. If the original payment is by credit card, the refund will be processed on the credit card.
- Eligible refunds will not include the applicable interest during the enrollment period

In case the student decides to withdraw during the program, before the 60% of the classes are over, the following will be the refund calculation:

#### Refund calculation within the first seven days after enrollment or prior to October 30, 2023

Step 1 Deduct \$100 (registration) and from the total tuition paid

Step 2 Remainder is tuition refund due

**Example:** Student paid \$3850 at the time of enrollment

Step 1	\$3,750- \$100	\$3,650.00
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**Total refund will be \$3,650.00**

#### Refund calculation seven days after enrollment or after October 30, 2023

Step 1 Deduct \$100 (registration) from the total tuition paid

Step 2 Divide the total tuition paid by 6 (number of modules) = 'tuition per module'

Step 3 Multiply number of classes attended or modules accessed in elearning by 'tuition per module'

Step 4 Subtract the amount in step 3 from the amount in step 1. This is the refund amount.

**Example:** if the student decides to withdraw after completing 3 in person intensives or live streaming and if they have paid the full tuition, the refund will be as follows:

Step 1	\$3,750 - \$100	\$3,650.00
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Step 2	\$3,650 / 6	\$608.00
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Step 3	3 classes / live streaming * \$608	\$1,824.00
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Step 4	\$3,650 - \$1,826	\$1,826.00
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**Total refund will be: \$1,826.00**

**Refunds** will be issued within 30 days of the date of student notification, or date of school determination (withdrawn due to absences or other criteria as specified in the school catalog), or in the case of a student not returning from an authorized Leave of Absence (LOA), within 30 days of the date the student was scheduled to return from the LOA and did not return.

### **State of Washington (For Students not living in California)**

**Five-Day Cancellation:** An applicant who provides written notice of cancellation within five days (excluding Saturday, Sunday and federal and state holidays) of signing an enrollment agreement is entitled to a refund of all tuition paid. No later than thirty (30) days after receiving the notice of cancellation, the school shall provide a 100% refund of tuition and fees paid.

**Other Cancellations:** An applicant requesting cancellation more than five days after signing an enrollment agreement and making an initial payment, but prior to entering the school, is entitled to a refund of all monies paid (*minus the registration fee of \$100*).

**Rejection:** An applicant rejected by the school is entitled to a refund of all monies paid.

### **Refund Policy Defined - WA**

The school must refund all money paid if the applicant is not accepted. This includes instances where a starting class is canceled by the school. The school must refund all money paid if the applicant cancels within five business days (excluding Sundays and holidays) after the day the contract is signed, or an initial payment is made if the applicant has not begun training.

The school may retain an established registration fee equal to ten percent of the total tuition cost, or \$100, whichever is less, if the applicant cancels after the fifth business day after signing the contract or making an initial payment. A “registration fee” is any fee charged by a school to process student applications and establish a student record system.

If training is terminated after the student enters classes, the school may retain the registration fee plus a percentage of the total tuition as described as follows:

<b>If the student completes this amount of training:</b>	<b>The school may keep this percentage of the tuition cost:</b>
One week or up to 10%, whichever is less (attended 1st class or accessed 1st online module)	10%
More than one week or 10% whichever is less but less than 25% (attended 2nd class or accessed 2nd online module)	25%
25% through 50% (attended 3rd class or accessed the 3rd online module)	50%
More than 50% (no refund issued after attending 4th class or accessing 5th or 6th online module)	100%



When calculating refunds, the official date of a student's termination is the last day of recorded attendance:

When the school receives notice of the student's intention to discontinue the training program; or,

When the student is terminated for a violation of a published school policy which provides for termination; or,

When a student, without notice, fails to attend two consecutives in person Intensives or fails to access online modules for ninety calendar days.

All refunds must be paid within 30 calendar days of receiving a completed and signed Kerala Ayurveda official refund request form and the student's official termination date.

Eligible refunds will not include the applicable interest during the enrollment period.

**Example:** if the student decides to withdraw after completing 2 classes or after accessing the 4th online module and if they have paid the full tuition, the refund will be as follows:

Step 1	\$3,750 - \$100	\$3,650.00
Step 2	2 of 6 classes attended or modules accessed online 2/6	33%
Step 3	25% through 50% completion = KA retains 50%	\$1,875.00
Step 4	\$3,850 - \$1,875	\$1,875.00

**Total refund will be: \$1,875.00**

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# Ayurvedic Health Counselor (AHC)

## AHC FULL PROGRAM

Tuition and Fees	
Registration Fee	\$100
Tuition	\$7,500

Payment Plan	Tuition Payment	Payments	Registration Fee	STRF*	TOTAL
Pay in full	\$7,300	1	\$100	\$0	\$7,400
Split payments	\$3,750	2	\$100	\$0	\$7,600
Monthly	\$656	12	\$100	\$0	\$7,972
California Students Only*		Tuition includes STRF fee. See Fees for more information.			
Pay in full	\$7,300	1	\$100	\$17.50	\$7,417.50
Split payments	\$3,750	2	\$100	\$20.00	\$7,620.00
Monthly	\$656	12	\$100	\$20.00	\$7,992.00

### PLEASE NOTE

- Kerala Ayurveda Academy does not offer state or federal financial aid, educational loans, tuition scholarships or discounts to students currently. First tuition payment, registration fee, and material fee are due upon enrollment. Refunds are program specific. See AHC Refund Policy for more information.
- There is a management fee for the Monthly payment plan listed above.

\*STRF is \$2.50 per \$1,000 for all payment plans and is non-refundable. STRF is for California Students only.

## AHC FULL PROGRAM REFUND POLICY

### *Refund and Cancellation Policy*

#### **The Student's Right to Cancel**

The student has a right to cancel the enrollment agreement and obtain a refund. **A written notice from the student about the cancellation is required** and should be sent to the address below. Please email a copy of that letter to [support@keralaayurveda.us](mailto:support@keralaayurveda.us). For specifics related to your refund, refer to the refund tables according to your State.

Student Services, Kerala Ayurveda Academy  
691 S Milpitas Blvd Ste 206 Milpitas, CA 95035

## State of California

The registration fee and material fee are nonrefundable. The student has the right to cancel the enrollment agreement and obtain a refund of charges paid through attendance at the first class, or the seventh day after enrollment, whichever is later. There will be no refund if the student decides to withdraw after 60% of the classes (attendance of the 7<sup>th</sup> class) or online modules (accessed 7<sup>th</sup> online module).

Each in person Intensive covers the content of one online module. Refund Requests will be processed based on in person Intensives and online modules accessed (whichever is greater).

### Procedures Students must follow to withdraw from the institution:

- A written notice from the students about the cancellation will be required.
- A telephone call about cancellation or absenteeism for the classes will not be considered as true cancellation. In such cases, the student will not receive a refund for that period.
- The refund will be processed within 30 days from the day KAA receives the official written notice of cancellation from the student.
- The refund check will be mailed to the official address of the student. If the original payment is by credit card, the refund will be processed on the credit card.
- Eligible refunds will not include the applicable interest during the enrollment period

In case the student decides to withdraw during the program, before the 60% of the classes are over, the following will be the refund calculation:

#### Refund calculation within the first seven days after enrollment or prior to October 30, 2023

Step 1 Deduct \$100 (registration) from the total tuition paid

Step 2 Remainder is tuition refund due

**Example:** Student paid \$7600 at the time of enrollment

Step 1 \$7,600 – \$100 \$7,500.00

**Total refund will be: \$7,500.00**

#### Refund calculation seven days after enrollment or after October 30, 2023

Step 1 Deduct \$100 (registration) from the total tuition paid

Step 2 Divide the total tuition paid by 11 (number of modules) = 'tuition per module'

Step 3 Multiply number of classes attended or modules accessed in elearning by 'tuition per module'

Step 4 Subtract the amount in step 3 from the amount in step 1. This is the refund amount.

**Example:** if the student decides to withdraw after completing 3 in person intensives or live streaming and if they have paid the full tuition, the refund will be as follows:

Step 1 \$7,600 – \$100 \$7,500.00

Step 2 \$7,500 / 11 \$682.00

Step 3 3 classes/live streaming \* \$682 \$2,046.00

Step 4 \$7,500 – \$2,046 \$5,454.00

**Total refund will be: \$5,454.00**

**Refunds** will be issued within 30 days of the date of student notification, or date of school determination (withdrawn due to absences or other criteria as specified in the school catalog), or

in the case of a student not returning from an authorized Leave of Absence (LOA), within 30 days of the date the student was scheduled to return from the LOA and did not return.

### **State of Washington (For Students not living in California)**

**Five-Day Cancellation:** An applicant who provides written notice of cancellation within five days (excluding Saturday, Sunday and federal and state holidays) of signing an enrollment agreement is entitled to a refund of all tuition paid. No later than 30 days after receiving the notice of cancellation, the school shall provide a 100% refund of tuition and fees paid.

**Other Cancellations:** An applicant requesting cancellation more than five days after signing an enrollment agreement and making an initial payment, but prior to entering the school, is entitled to a refund of all monies paid (*minus the registration fee of \$100*).

**Rejection:** An applicant rejected by the school is entitled to a refund of all monies paid.

### **Refund Policy Defined - WA**

The school must refund all money paid if the applicant is not accepted. This includes instances where a starting class is canceled by the school. The school must refund all money paid if the applicant cancels within five business days (excluding Sundays and holidays) after the day the contract is signed, or an initial payment is made if the applicant has not begun training.

The school may retain an established registration fee equal to ten percent of the total tuition cost, or \$100, whichever is less, if the applicant cancels after the fifth business day after signing the contract or making an initial payment. A “registration fee” is any fee charged by a school to process student applications and establish a student record system.

If training is terminated after the student enters classes, the school may retain the registration fee plus a percentage of the total tuition as described as follows:

<b>If the student completes this amount of training:</b>	<b>The school may keep this percentage of the tuition cost:</b>
One week or up to 10%, whichever is less (attended 1 <sup>st</sup> class or accessed 1 <sup>st</sup> online module)	10%
More than one week or 10% whichever is less but less than 25% (attended 2 <sup>nd</sup> class or accessed 2 <sup>nd</sup> online module)	25%
25% through 50% (attended 3 <sup>rd</sup> -5 <sup>th</sup> class or accessed the 3 <sup>rd</sup> -5 <sup>th</sup> online module)	50%
More than 50% (no refund issued after attending 6 <sup>th</sup> class or accessing 6 <sup>th</sup> , 7 <sup>th</sup> , 8 <sup>th</sup> , 9 <sup>th</sup> , 10 <sup>th</sup> or 11 <sup>th</sup> online module)	100%

When calculating refunds, the official date of a student's termination is the last day of recorded attendance:

- When the school receives notice of the student's intention to discontinue the training program; or,
- When the student is terminated for a violation of a published school policy which provides for termination; or,
- When a student, without notice, fails to attend 2 consecutives in person intensives or fails to access online modules for ninety calendar days.

All refunds must be paid within thirty calendar days of receiving a completed and signed Kerala Ayurveda official refund request form and the student's official termination date.

Eligible refunds will not include the applicable interest during the enrollment period.

Example: if the student decides to withdraw after completing 2 classes or after accessing the 4th online module and if they have paid the full tuition, the refund will be as follows:

Step 1	\$7,600 – \$100	\$7,500.00
Step 2	4 of 11 classes attended or modules accessed online 4/11 36%	
Step 3	25% through 50% completion = KA retains 50%	\$3,750.00
Step 4	\$7,500 - \$3,750	\$3,750
<b>Total refund will be:</b>		<b>\$3,750</b>

## AHC 6-MONTH PROGRAM (PAYMENTS AFTER HAC)

This payment plan is for Holistic Ayurvedic Coach (HAC) graduates who transition into the Ayurvedic Health Counselor (AHC) program.

Tuition and Fees	
Registration Fee	\$100
Tuition	\$3,750

Payment Plan	Tuition Amount	Payments	STRF*	Total
Pay in full	\$3,650	1	\$0	\$3,650
Split payments	\$1,875	2	\$0	\$3,750
Monthly	\$656	6	\$0	\$3,936
<b>CALIFORNIA STUDENTS ONLY*</b>		<i>Tuition includes STRF fee. See Fees for more information.</i>		
Pay in full	\$3,650	1	\$10.00	\$3,660
Split payments	\$1,875	2	\$10.00	\$3,760
Monthly	\$656	6	\$10.00	\$3,946

### PLEASE NOTE

- Kerala Ayurveda Academy does not offer state or federal financial aid, educational loans, tuition scholarships or discounts to students currently. First tuition payment, registration fee, and material fee are due upon enrollment. Refunds are program specific. See AHC 6-Month Refund Policy for more information.
- There is a management fee for the monthly payment plan listed above.

*\*STRF is \$2.50 per \$1,000 for all payment plans and is non-refundable. STRF is for California Students only.*



# AHC 6-MONTH PROGRAM REFUND POLICY

## *Refund and Cancellation Policy*

### **The Student's Right to Cancel**

The student has a right to cancel the enrollment agreement and obtain a refund. **A written notice from the student about the cancellation is required** and should be sent to the address below. Please email a copy of that letter to [support@keralaayurveda.us](mailto:support@keralaayurveda.us). For specifics related to your refund, refer to the refund tables according to your State.

Student Services

Kerala Ayurveda Academy

691 S Milpitas Blvd Ste 206 Milpitas, CA 95035

### **State of California**

The registration and material fees are nonrefundable. The student has the right to cancel the enrollment agreement and obtain a refund of charges paid through attendance at the first class, or the seventh day after enrollment, whichever is later. There will be no refund if the student decides to withdraw after 60% of the classes (attendance of the 7<sup>th</sup> class) or online modules (accessed 7<sup>th</sup> online module).

Each in person intensive covers the content of one online module. Refund Requests will be processed based on in person intensives and online modules accessed (whichever is greater).

A written notice from the students about the cancellation will be required. A telephone call about cancellation or absenteeism for the classes will not be considered as true cancellation. In such cases, the student will not receive the refund for that period. The refund will be processed within 30 days from the day KAA receives the official written notice of cancellation from the student. The refund check will be mailed to the official address of the student. If original payment is by credit card, the refund will be processed on the credit card. Eligible refunds will not include the applicable interest during the enrollment period.

In case the student decides to withdraw during the program, before the 60% of the classes are over, the following will be the refund calculation:

#### **Refund calculation within the first seven days after enrollment or prior**

**October 30, 2023**

Student Paid: \$3650.00

**Total refund will be: \$3,650.00**

#### **Refund calculation seven days after enrollment or after October 30, 2023**

Step 1 Student paid tuition

Step 2 Divide the total tuition paid by 5 (number of modules) = 'tuition per module'

Step 3 Multiply number of classes attended or modules accessed in elearning by 'tuition per module'

Step 4 Subtract the amount in step 3 from the amount in step 1. This is the refund amount.

**Example:** if the student decides to withdraw after completing 3 in person Intensives or live streaming and if they have paid the full tuition, the refund will be as follows:

Step 1	\$3,650	\$3,650.00
Step 2	\$3,650 / 5 total modules	\$730.00
Step 3	3 classes/live streaming * \$730	\$2,190.00
Step 4	\$3,650 - \$2,190	\$1,460.00
<b>Total refund will be:</b>		<b>\$1,460.00</b>

**Refunds** will be issued within 30 days of the date of student notification, or date of school determination (withdrawn due to absences or other criteria as specified in the school catalog), or in the case of a student not returning from an authorized Leave of Absence (LOA), within 30 days of the date the student was scheduled to return from the LOA and did not return.

### **State of Washington (For Students not living in California)**

**Five-Day Cancellation:** An applicant who provides written notice of cancellation within five days (excluding Saturday, Sunday and federal and state holidays) of signing an enrollment agreement is entitled to a refund of all tuition paid. No later than 30 days after receiving the notice of cancellation, the school shall provide a 100% refund of tuition and fees paid.

**Other Cancellations:** An applicant requesting cancellation more than five days after signing an enrollment agreement and making an initial payment, but prior to entering the school, is entitled to a refund of all monies paid (*minus the registration fee of \$100*).

**Rejection:** An applicant rejected by the school is entitled to a refund of all monies paid.

### **Refund Policy Defined - WA**

The school must refund all money paid if the applicant is not accepted. This includes instances where a starting class is canceled by the school. The school must refund all money paid if the applicant cancels within five business days (excluding Sundays and holidays) after the day the contract is signed, or an initial payment is made if the applicant has not begun training.

The school may retain an established registration fee equal to ten percent of the total tuition cost, or \$100, whichever is less, if the applicant cancels after the fifth business day after signing the contract or making an initial payment. A “registration fee” is any fee charged by a school to process student applications and establish a student record system.

If training is terminated after the student enters classes, the school may retain the registration fee plus a percentage of the total tuition as described as follows:

If the student completes this amount of training:	The school may keep this percentage of the tuition cost:
One week or up to 10%, whichever is less (attended 1st class or accessed 1st online module)	10%
More than one week or 10% whichever is less but less than 25% (attended 2nd class or accessed 2nd online module)	25%
25% through 50% (attended 3rd class or accessed the 3rd online module)	50%
More than 50% (no refund issued after attending 6th class or accessing 6th, 7th, 8th, 9th, 10th or 11th online module)	100%

When calculating refunds, the official date of a student's termination is the last day of recorded attendance:

- When the school receives notice of the student's intention to discontinue the training program; or,
- When the student is terminated for a violation of a published school policy which provides for termination; or,
- When a student, without notice, fails to attend 2 consecutives in person intensives or fails to access online modules for ninety calendar days.

All refunds must be paid within thirty calendar days of receiving a completed and signed Kerala Ayurveda official refund request form and the student's official termination date.

Eligible refunds will not include the applicable interest during the enrollment period.

**Example:** if the student decides to withdraw after completing 2 classes or after accessing the 4th online module and if they have paid the full tuition, the refund will be as follows:

Step 1	\$3,650	\$3,650.00
Step 2	2 of 5 classes attended or modules accessed online 3/5	40%
Step 3	25% through 50% completion = KA retains 50%	\$1,825.00
Step 4	\$3,650 - \$1,825	\$1,825.00
<b>Total refund will be:</b>		<b>\$1,825.00</b>

# Ayurvedic Practitioner (AP)

## AP PROGRAM PAYMENT PLAN

Tuition and Fees	
<b>Registration Fee</b> (New Students Only)	\$100
<b>Tuition</b>	\$8,950

Payment Plan	Tuition Payment Amount	Payments	Registration Fee	STRF*	TOTAL
<b>Pay in full</b>	\$8,650	1	\$100	\$0	\$8,750
<b>Split payments</b>	\$4,475	2	\$100	\$0	\$9,050
<b>Monthly</b>	\$783	12	\$100	\$0	\$9,496
<b>CALIFORNIA STUDENTS ONLY*</b>		<i>Tuition includes STRF fee. See Fees for more information.</i>			
<b>Pay in full</b>	\$8,650*	1	\$100	\$22.50	\$8,772.50*
<b>Split payments</b>	\$4,475*	2	\$100	\$22.50	\$9,072.50*
<b>Monthly</b>	\$783*	12	\$100	\$22.50	\$9,518.50*

### PLEASE NOTE

- Kerala Ayurveda Academy does not offer state or federal financial aid, educational loans, tuition scholarships or discounts to students currently. First tuition payment, registration is due upon enrollment. Program tuition does not include the fees for India or US Internships. The US and India Clinical Internship must be completed by the end of the AP program to receive their certificate of completion. Refunds are program specific. See AP Refund Policy for more information.
- There is a management fee for the Monthly payment plan listed above.

*\*STRF is \$2.50 per \$1,000 for all payment plans and is non-refundable. STRF is for California Students only.*

# AP REFUND AND CANCELLATION POLICY

## *The Student's Right to Cancel*

The student has a right to cancel the enrollment agreement and obtain a refund. **A written notice from the student about the cancellation is required** and should be sent to the address below. Please email a copy of that letter to [support@keralaayurveda.us](mailto:support@keralaayurveda.us). For specifics related to your refund, refer to the refund tables according to your State.

Student Services  
Kerala Ayurveda Academy  
691 S Milpitas Blvd Ste 206 Milpitas, CA 95035

### **State of California**

The registration fee and material fee are nonrefundable. The student has the right to cancel the enrollment agreement and obtain a refund of charges paid through attendance at the first class, or the seventh day after enrollment, whichever is later. There will be no refund if the student decides to withdraw after 60% of the classes (attendance of the 7<sup>th</sup> class) or online modules (accessed 7<sup>th</sup> online module).

Each in person intensive covers the content of one online module. Refund Requests will be processed based on in person intensive and online modules accessed (whichever is greater).

#### **Procedures Students must follow to withdraw from the institution:**

- A written notice from the students about the cancellation will be required.
- A telephone call about cancellation or absenteeism for the classes will not be considered as true cancellation. In such cases, the student will not receive a refund for that period.
- The refund will be processed within 30 days from the day KAA receives the official written notice of cancellation from the student.
- The refund check will be mailed to the official address of the student. If the original payment is by credit card, the refund will be processed on the credit card.
- Eligible refunds will not include the applicable interest during the enrollment period

In case the student decides to withdraw during the program, before the 60% of the classes are over, the following will be the refund calculation:

#### **Refund calculation within the first seven days after enrollment or prior to Nov 12, 2023**

- Step 1 Deduct \$100 (registration) from the total tuition paid  
Step 2 Remainder is tuition refund due

**Example:** Student paid \$8,650 at the time of enrollment

Step 1	\$8,750 – \$100	\$8,650.00
<b>Total refund will be:</b>		<b>\$8,650.00</b>

#### **Refund calculation seven days after enrollment or after Nov 12, 2023**

- Step 1 Deduct \$100 (registration fee) from the total tuition paid  
Step 2 Divide the total tuition paid by 10 (number of modules) = 'tuition per module'  
Step 3 Multiply number of classes attended or modules accessed in elearning by 'tuition per module'

Step 4 Subtract the amount in step 3 from the amount in step 1. This is the refund amount.

**Example:** if the student decides to withdraw after completing 4 in person intensives or live streaming and if he/she has paid the full tuition, the refund will be as follows:

Step 1	\$8,750 – \$100	\$8,650.00
Step 2	\$8,650 / 10	\$865.00
Step 3	4 classes/live streaming x \$865	\$3,460.00
Step 4	\$8,650 - \$3,460	\$5,190.00

**Total refund will be: \$5,190.00**

**Refunds** will be issued within 30 days of the date of student notification, or date of school determination (withdrawn due to absences or other criteria as specified in the school catalog), or in the case of a student not returning from an authorized Leave of Absence (LOA), within 30 days of the date the student was scheduled to return from the LOA and did not return.

### **State of Washington (All students not residing in California)**

**Five-Day Cancellation:** An applicant who provides written notice of cancellation within five days (excluding Saturday, Sunday and federal and state holidays) of signing an enrollment agreement is entitled to a refund of all tuition paid. No later than 30 days after receiving the notice of cancellation, the school shall provide a 100% refund of tuition and fees paid.

**Other Cancellations:** An applicant requesting cancellation more than five days after signing an enrollment agreement and making an initial payment, but prior to entering the school, is entitled to a refund of all monies paid (*minus the registration fee of \$100*).

**Rejection:** An applicant rejected by the school is entitled to a refund of all monies paid.

### **Refund Policy Defined - WA**

The school must refund all money paid if the applicant is not accepted. This includes instances where a starting class is canceled by the school. The school must refund all money paid if the applicant cancels within five business days (excluding Sundays and holidays) after the day the contract is signed or an initial payment is made, as long as the applicant has not begun training.

The school may retain an established registration fee equal to ten percent of the total tuition cost, or \$100, whichever is less, if the applicant cancels after the fifth business day after signing the contract or making an initial payment. A “registration fee” is any fee charged by a school to process student applications and establish a student record system.

If training is terminated after the student enters classes, the school may retain the registration fee plus a percentage of the total tuition as described as follows:

If the student completes this amount of training:	The school may keep this % of the tuition cost:
One week or up to 10%, whichever is less (attended 1st class or accessed 1st online module)	10%



More than one week or 10% whichever is less but less than 25% (attended 2nd class or accessed 2nd online module)	25%
25% through 50% (attended 3rd class or accessed the 3rd online module)	50%
More than 50% (no refund issued after attending 6th class or accessing 6th, 7th, 8th, 9th, 10th or 11th online module)	100%

When calculating refunds, the official date of a student's termination is the last day of recorded attendance:

- When the school receives notice of the student's intention to discontinue the training program; or,
- When the student is terminated for a violation of a published school policy which provides for termination; or,
- When a student, without notice, fails to attend 2 consecutives in person intensives or fails to access online modules for ninety calendar days.

All refunds must be paid within thirty calendar days of receiving a completed and signed Kerala Ayurveda official refund request form and the student's official termination date.

Eligible refunds will not include the applicable interest during the enrollment period.

**Example:** if the student decides to withdraw after completing 2 classes or after accessing the 4th online module and if they have paid the full tuition, the refund will be as follows:

Step 1	\$8,750 – \$100	\$8,650.00
Step 2	2 of 5 classes attended or modules accessed online 3/5 40%	
Step 3	25% through 50% completion = KA retains 50%	\$4,325.00
Step 4	\$8,650 - \$4,325.00	\$4,325.00
<b>Total refund will be:</b>		<b>\$4,325.00</b>

# Additional Fees

The following is a list of additional fees for all plans:

- Registration Fee-non-fundable (for students new to KAA): \$100 upon enrollment
- Equipment: \$0
- Lab Supplies or kit fees: \$0
- Uniform or Special Protective Clothing Fee: \$0
- Learning Media Fee: \$0
- Tutoring Fees: \$50/hour (only if requested for additional private tutoring)
- In-resident housing Fees: \$0
- Assessment Fee: \$0
- Transfer or Credit Fee: \$0
- Manual Fee: optional (see program payment plan section)
- Student Tuition Recovery Fund fee CALIFORNIA STUDENTS ONLY (nonrefundable): \$2.50 per every \$1,000

*Note: The Registration Fee and STRF Fee are Non-Refundable*

## Student Tuition Recovery Fund (STRF)

### FEE (NON-REFUNDABLE) – STATE OF CALIFORNIA

"The State of California established the Student Tuition Recovery Fund (STRF) to relieve or mitigate economic loss suffered by a student in an educational program at a qualifying institution, who is or was a California resident while enrolled, or was enrolled in a residency program, if the student enrolled in the institution, prepaid tuition, and suffered an economic loss. Unless relieved of the obligation to do so, you must pay the state-imposed assessment for the STRF, or it must be paid on your behalf, if you are a student in an educational program, who is a California resident, or are enrolled in a residency program, and prepay all or part of your tuition.

You are not eligible for protection from the STRF and you are not required to pay the STRF assessment, if you are not a California resident, or are not enrolled in a residency program."

"It is important that you keep copies of your enrollment agreement, financial aid documents, receipts, or any other information that documents the amount paid to the school. Questions regarding the STRF may be directed to the Bureau for Private Postsecondary Education, 1747 N. Market Blvd. Ste 225, Sacramento, CA 95834, (916) 431-6959 or (888) 370-7589.

To be eligible for STRF, you must be a California resident or are enrolled in a residency program, prepaid tuition, paid or deemed to have paid the STRF assessment, and suffered an economic loss as a result of any of the following:

- The institution, a location of the institution, or an educational program offered by the institution was closed or discontinued, and you did not choose to participate in a teach-out plan approved by the Bureau or did not complete a chosen teach-out plan approved by the Bureau.
- You were enrolled at an institution or a location of the institution within the 120-day period before the closure of the institution or location of the institution or were enrolled in an educational program within the 120-day period before the program was discontinued.
- You were enrolled at an institution or a location of the institution more than 120 days before the closure of the institution or location of the institution, in an educational program offered by the institution as to which the Bureau determined there was a significant decline in the quality or value of the program more than 120 days before closure.
- The institution has been ordered to pay a refund by the Bureau but has failed to do so.
- The institution has failed to pay or reimburse loan proceeds under a federal student loan program as required by law or has failed to pay or reimburse proceeds received by the institution in excess of tuition and other costs.
- You have been awarded restitution, a refund, or other monetary award by an arbitrator or court, based on a violation of this chapter by an institution or representative of an institution, but have been unable to collect the award from the institution.
- You sought legal counsel that resulted in the cancellation of one or more of your student loans and have an invoice for services rendered and evidence of the cancellation of the student loan or loans.

To qualify for STRF reimbursement, the application must be received within four (4) years from the date of the action or event that made the student eligible for recovery from STRF. A student whose loan is revived by a loan holder or debt collector after a period of non-collection may, at any time, file a written application for recovery from STRF for the debt that would have otherwise been eligible for recovery. If it has been more than four (4) years since the action or event that made the student eligible, the student must have filed a written application for recovery within the original four (4) year period, unless the period has been extended by another act of law. However, no claim can be paid to any student without a social security number or a taxpayer identification number.”

## FEE – STATE OF WASHINGTON

Kerala Ayurveda Academy is in compliance with Washington state tuition recovery fund rules and regulations.



# Academy Policies

## FOR ALL PROGRAMS

### DIVERSITY & RELIGIOUS ACCOMMODATION

Kerala Ayurveda Academy encourages diversity and accepts applications from all minorities. Kerala Ayurveda Academy does not discriminate on the basis of race, creed, color, national origin, sex, veteran or military status, sexual orientation, or the presence of any sensory, mental, or physical disability or the use of a trained guide dog or service animal by a person with a disability. Kerala Ayurveda Academy acknowledges that information pertaining to an applicant's disability is voluntary and confidential and will be made on an individual basis. If this information is presented, Kerala Ayurveda Academy will reasonably attempt to provide accommodation to overcome the effects of the limitation of the qualified applicant. All inquiries about accommodations should be made to the admissions administrator upon registration of the program.

Kerala Ayurveda Academy will make good faith efforts to provide reasonable religious accommodations to students who have genuinely held religious practices or beliefs that conflict with a scheduled program requirement. Students requesting a religious accommodation should make the request, in writing, directly to Student Support ([support@keralaayurveda.us](mailto:support@keralaayurveda.us)) with as much advance notice as possible. Absence from class does not excuse students from keeping up with any information shared or expectations set during the missed class. Students are



responsible for reviewing the class recording and obtaining information provided during any class missed. The student shall work with their assigned Student Mentor to determine a schedule for making up missed work.

Examples of religious accommodations made by KAA may include rescheduling of an exam or giving a make-up exam for the student in question; altering the time of a student's presentation; allowing extra-credit assignments to substitute for missed class work or arranging for an increased flexibility in assignment due dates; and releasing a graduate assistant from teaching or research responsibilities on a given day.

## SPECIAL ACCOMMODATIONS

Kerala Ayurveda Academy is required to provide necessary accommodations to provide students with disabilities an equal opportunity for participation in the program. Requests For Reasonable Accommodation ASNT is committed to providing qualified students with disabilities an equal opportunity to access the benefits, rights and privileges of school services, programs, and activities in compliance with the American with Disabilities Act and Section 504 of the Rehabilitation Act of 1973. Students who believe they need accommodations should contact Student Support at +1 (888) 275-9103 x20 or [support@keralaayurveda.us](mailto:support@keralaayurveda.us). Students with a documented disability must provide a current (within three years) document stating the disability and requested accommodations. This must be done prior to the start of the program. If you should develop a disability, condition, or illness while in school, KAA will work with you to accomplish your goal of completing your program.

## ATTENDANCE POLICY

Kerala Ayurveda Academy accepts a limited number of students for in person attendance in the live class at 691 S. Milpitas Ave #206, Milpitas, CA. Student attendance is limited to 45 individuals. The instructor to student ratio is 1:45.

Attendance is monitored both in person and during live streamed sessions.

### *Holistic Ayurvedic Coach (HAC)*

**All Online and Hybrid** students must attend 105 hours of in person and/or live synchronous sessions together (live synchronous refers to live streaming attended in real time). *There is a total of 149 available in person and/or live synchronous hours.*

### *Ayurvedic Health Counselor (AHC)*

**All Online, Hybrid, and AAC Track** students must attend a minimum of 240 in person and/or live synchronous sessions together (live synchronous refers to live streaming attended in real time). *There is a total of 336 available in person and/or live synchronous hours.*

**Online and Hybrid Track** students who want to transition to AAC Track must complete the 90 hours of Practical Immersion in person and attend the two AHC Internships in person (46 hours each, for a total of 92).



**AAC Track** students must attend the 90 hours of Practical Immersion in person and attend the two AHC Internships in person (46 hours each, for a total of 92).

### *Ayurvedic Practitioner (AP)*

**All Students** must attend 230 hours of Clinical Internship and 45 hours of Practical Immersion (this includes KAA210 weekend class) in person. There is a total of 437 in person hours available.

**All Students** must attend a minimum of 180 live synchronous sessions (live synchronous refers to live streaming attended in real time).

**Hybrid Track** students who want to transition to AAC Track must attend 85 additional hours of in person training (see *Transition to AAC Track*).

## MAKE-UP AND RETAKE POLICY

If a student is absent from an in person or live streamed session, they may make it up at any KAA training location or via live streamed session, free of charge. If a student wishes to retake an in-person session, they may do so for a fee of \$50 per day. To plan for all make-up or retake sessions, please contact Student Support at [support@keralaayurveda.us](mailto:support@keralaayurveda.us).

## PRACTICAL IMMERSION POLICIES

Practical Immersions occur twice per year. Students are encouraged to attend each Immersion with their respective class, but if they cannot make it, they can attend the next class session, pending availability.

Each Practical Immersion is scheduled in association with a specific AHC or AP Weekend Intensive and is designed to provide optimal hands-on learning to complement the curriculum up to the date of the Immersion. Priority registration is initially limited to students from that Practical Immersion's respective AHC/AP session. After the priority registration deadline ends, students & alumni from previous AHC/AP sessions can register.

### *Practical Immersion Attendance*

Students who are unable to attend the Practical Immersion during your program may attend a future Immersion within a year after the end date of your program at no additional charge.

### *Transition to AAC Track*

**Within 1 year of program end date:** All Online and Hybrid Students who attended the Practical Immersion online and who wish to transition to the AAC Track may attend a future Immersion after the end date of their program, at no additional charge. This is valid for up to one year.

**After 1 year from program end date:** All Online and Hybrid Students who decide to attend an Immersion beyond the one-year limit are responsible for a nonrefundable fee of \$160 per day.

Students are responsible for informing Student Support Services ([support@keralaayurveda.us](mailto:support@keralaayurveda.us)) via email of their intent to attend in-person Immersions at least 90 days in advance. Payment is required to confirm your reservation.

## *Practical Immersion Retake Fee*

All students who attended the Practical Immersion online or in person and who wish to retake the Practical Immersion online or in person may attend a future Immersion, are responsible for a nonrefundable fee of \$160 per day.

## *Practical Immersion Registration Requirements*

**Online students - Current Students:** Student Support Services will request Current Students to confirm their online attendance in advance.

**In person registration - Current Students:** Current Students in a program who plan to attend the Immersion in person are responsible to inform Student Support Services ([support@keralaayurveda.us](mailto:support@keralaayurveda.us)) via email of their intent to attend their assigned Immersions at least 90 days in advance to guarantee placement.

**In person registration - Retake or AAC Transition Students:** Students who plan to retake the Immersion online or in person are responsible for informing Student Services via email of their intent to attend and in which track. If payment is required, it is due to confirm the registration and guarantee placement. Immersion retake payments are nonrefundable but transferrable to another Immersion.

## LENGTH OF TIME FOR STUDENT TRAININGS

**HAC** Students are expected to complete the program prior to the date listed in the schedule, however they can apply for a 6-month extension to complete for a total of 12 months. **AHC** Students are expected to complete within 1 year, however they can apply for a 6-month extension to complete for a total of 18 months. **AP** Students are expected to complete within 1.5 years; however, they can apply for a 9-month extension for a total of 27 months.

If a student has not completed the program within the extension period, the student will be considered on involuntary sabbatical (see below).

Contact Student Support Services at [support@keralaayurveda.us](mailto:support@keralaayurveda.us) or +1 (888) 275-9103 x20

\*You may contact the school for extenuating circumstances.

## STUDENT SABBATICAL (LEAVE OF ABSENCE)

If a student has circumstances that prevent them from continuing the program as originally planned, they may apply for a one-time Sabbatical. The Sabbatical will be requested by the student to the Student Support Office at [support@keralaayurveda.us](mailto:support@keralaayurveda.us). The office will then send a form for the student to complete and sign.

**There are two types of Student Sabbatical.**

### *Voluntary Sabbatical*

- When a student has circumstances that prevent them from continuing the program as originally planned.

A \$100 Change of Agreement fee is incurred to take a Voluntary Sabbatical.



Voluntary sabbatical students will be allowed to return to class before, or up to one year from their sabbatical. They will retain access to classes they have paid for and attended. If needed and with permission from the school, the student will be allowed to transfer into the next class at the level where the sabbatical was initiated. If the student fails to return within this one year agreed upon Sabbatical Period they will automatically be dismissed from the program, and no applicable refunds will be given.

### *Involuntary Sabbatical*

A student is considered on Involuntary Sabbatical when a student has extended the length of time of their course, and still has not completed.

Involuntary Sabbatical students will need to apply for re-admission to their previous course. They will also need to sign a Re-Admission contract with Student Support Services describing their program outline and fees\* to activate their course.

\*A \$500 Re-Admission fee will be charged for an additional **6-month extension** to complete the course requirements. If the student does not complete within that time, a monthly \$100 will be charged until the student graduates.

To resume the program, a student must notify the school (Student Support Services at support@keralaayurveda.us or +1 (888) 275-9103, ext. 20) of their intention to resume classes and be in good academic and financial standing.

## TERMINATION AND DISMISSAL POLICY

- If the course is terminated after the student begins classes, the Academy may retain a percentage of the total tuition as described in the Refund Policy.
- A student will be assessed for dismissal from the institution if the student has not attended any class for the first quarter of their program. They will be notified by email in their elearning system, and they will be contacted by a phone call followed up with an email, and subsequently dismissed after this attempt with no response.
- For a student who is on authorized Sabbatical, the withdrawal date is the date the student was scheduled to return from Leave and failed to do so.
- **For nonpayment issues:** verbal and written warnings will be sent from Student Support Services. After a minimum of 3 attempts within 3 months and no response from the student, the student will be immediately dismissed.

## SUSPENSION (PROBATION) POLICY

There are disciplinary guidelines to provide an environment to learn and grow independently, which give students rights and responsibilities.

- Any behavior disruptive to other students or the smooth running of the class will not be allowed.
- Students will have to pay the tuition on time; this includes one-time fees and payment plans.
- Students must maintain a passing grade of 70%.

For behavioral issues: At first incidence, warning will be given. At the second incident, the student will be suspended for the entire weekend. A student will be readmitted after a suspended weekend. If the behavior persists, the student will be dismissed (terminated) from the program. When the conduct of the student threatens the other student's safety, KAA reserves the right to dismiss a student immediately.

## CONDUCT

At KAA, programs are directed toward professional training. The students shall show respect to others and observe correct standards of conduct. The Honor System embodies values of personal integrity, honesty, and trust.

Fundamental to the Honor System is the Honor Code of Responsibility, and it is upon its principles that the Academy has based the Standards of Conduct.

### Honor Code of Responsibility

- Each member is responsible for maintaining a high level of civility, integrity, honesty, and trust within the community.
- Each student is responsible for presenting work of her/his own creation and refraining from representing as her/his own work that which is not hers/his.
- Conduct in keeping with the attendance policies.

Nothing in the policy prevents the student from contacting the Washington Workforce Board at 360-709-4600 at any time with a concern or complaint.

## FINANCIAL AID

Kerala Ayurveda Academy does not offer state or federal financial aid to students. If a student obtains a loan to pay for an educational program, the student will have the responsibility to repay the full amount of the loan plus interest, less the amount of any refund. If the student has received federal student financial aid funds, the student is entitled to a refund of the monies not paid from federal student financial aid program funds.

If a student is eligible for a loan guaranteed by the federal or state government and the student defaults on the loan, both of the following may occur:

- The federal or state government or a loan guarantee agency may act against the student, including applying any income tax refund to which the person is entitled to reduce the balance owed on the loan.
- The student may not be eligible for any other federal student financial aid at another institution or other government assistance until the loan is repaid.

**“Notice** - Any holder of this consumer credit contract is subject to all claims and defenses that the debtor could assert against the seller of the goods or services obtained pursuant hereto or with the proceeds hereof, recovery hereunder by the debtor shall not exceed amounts paid by the debtor hereunder.”

“Kerala Ayurveda Academy does not have a pending petition in bankruptcy, is not operating as a debtor in possession, has not filed a petition within the preceding five years, and has not had a petition in bankruptcy filed against it within the preceding five years that resulted in reorganization under Chapter 11 of the United States Bankruptcy Code (11USC. Sec. 1101 et seq.).”

## ENGLISH AS A SECOND LANGUAGE & FOREIGN STUDENTS

Foreign students are accepted, however, KAA courses are instructed in English and KAA does not offer English as a second language. Foreign students are required to have proof of English proficiency with a passing score of minimum 80% on the TOEFL exam for enrollment. Visa services are not provided, and Kerala Ayurveda Academy will not vouch for student status and any associated charges.

## RECORD RETENTION

All records concerning the Kerala Ayurveda Academy are kept for fifty years after student's completion, withdrawal or termination, except for transcripts which are kept permanently. Student records are kept at 691 S Milpitas Blvd Ste 206 Milpitas, CA 95035. Students requesting copies of these documents must submit a signed letter to the above address for the attention of Student Support.

## GRIEVANCE POLICY AND PROCEDURES – COMPLAINTS

### STUDENT COMPLAINT (GRIEVANCE)

A student or any member of the public may file a complaint about this institution with the Bureau for Private Postsecondary Education by calling (888) 370-7589 or by completing a complaint form, which can be obtained on the bureau's internet

Website address: [www.bppe.ca.gov](http://www.bppe.ca.gov)..

"BPPE Address:

1747, Market Street Blvd. Ste 225 Sacramento, CA 95834,  
P.O. Box 980818, West Sacramento, CA 95798-0818,  
Telephone and Fax (888)-370-7589 or by fax (916)-263-1897  
(916)-574-8900 or by fax (916)-263-1899.”

Inquiries or complaints regarding this private vocational school may be made to the:

Workforce Board, 128 10th Ave. SW, Box 43105, Olympia, Washington 98504.

Web: [wtb.wa.gov](http://wtb.wa.gov), phone: +1 (360) 709-4600, e-mail address: [wtecb@wtb.wa.gov](mailto:wtecb@wtb.wa.gov).

If a student complaint or grievance should arise, they may contact Student Support, at +1 (888) 275-9103 x20 or at [support@keralaayurveda.us](mailto:support@keralaayurveda.us) to formally submit the complaint. If the student's complaint is not resolved after speaking to Student Support, they may contact the

## STUDENT COMPLAINT (GRIEVANCE) PROCEDURE

Students have the right to submit grievances to resolve disputes concerning issues considered by a student policy. This process is important for ensuring fairness and accountability within educational institutions, as it gives students a mechanism to address concerns and seek resolution when they feel their rights or privileges have been adversely affected. By establishing clear procedures for handling grievances, schools can promote transparency and uphold standards of justice within their community. Here is a breakdown of the steps:

### **Step One: Attempt to Resolve the Grievance through an Informal Grievance Process**

**Informal Resolution:** This step encourages students to address their concerns directly with the faculty, staff, or administrator involved. If this doesn't lead to a satisfactory resolution, they can escalate the issue to the lead or Student Support.

### **Step Two: Submit a Formal Grievance**

**Formal Grievance:** If the informal process does not help to resolve the issue, the student can submit a formal grievance. This must be done in writing, within a specified timeframe mentioned below, and must outline the steps taken during the informal process, the alleged policy violation, the person(s) involved, and the requested resolution.

The formal grievance must:

- Be submitted in writing within thirty calendar days of the decision, action, or events giving rise to the grievance.
- Describe the steps taken to remedy the situation through the informal grievance process.
- State how the decision or action is unfair and harmful to the grievant and list the policy that has been violated, if known.
- Name the person(s) against whom the grievance is filed.
- State the requested resolution.

### **Step Three: Investigation and Resolution**

**Investigation and Resolution:** The designated authority will investigate the grievance and communicate the outcome to the student within a specified timeframe. This step ensures transparency and accountability in resolving the grievance.

### **Final Appeal of Student Grievance**

**Final Appeal:** If the student is not satisfied with the resolution provided, they have the option to file a final appeal within 14 days. During this period, any claims or disciplinary actions are placed on hold until the issue has reached resolution and is implemented. The designee will review the appeal and communicate the final decision within a specified timeframe; this decision is considered final. This process ensures a fair and timely resolution to the grievance.

## TRANSFERRING OF CREDITS & CREDENTIALS

“NOTICE CONCERNING TRANSFERABILITY OF CREDITS AND CREDENTIALS EARNED AT KERALA AYURVEDA ACADEMY. The transferability of credits you earn at Kerala Ayurveda Academy is at the complete discretion of an institution to which you may seek to transfer. Acceptance of the HAC, AHC, AP certificate you earn for any KAA program is also at the complete discretion of the institution to which you may seek to transfer. If the HAC, AHC, AP certificate that you earn at this institution is not accepted at the institution to which you seek to transfer, you may be required to repeat some or all your coursework at that institution. For this reason, you should make certain that your attendance at this institution will meet your educational goals. This may include contacting an institution to which you seek to transfer after attending Kerala Ayurveda Academy to determine if your certificate will transfer.”

KAA has not entered into an articulation or transfer agreement with any other college or university.

Transfer credit may be awarded for applicable coursework of comparable programs completed at other accredited or state approved/licensed institutions once verified by the Academy Manager and approved by the Director. Up to 70% of credit hours for KAA may be transferred. Courses will be considered for transfer credit if relevant to the HAC, AHC, AP certificate program and completed with a grade of B or higher, or the equivalent if another grading system was used. Prerequisite and corequisite courses must meet the criteria set forth by KAA. Application and official transcripts must be submitted for all transfer credit approval.

## EXPERIENTIAL CREDIT

There is no credit granted for experiential learning.



## FAQ

### FREQUENTLY ASKED QUESTIONS

#### **How much does the program cost?**

The tuition for each program is as follows:

- Holistic Ayurvedic Coach (HAC): \$3,750
- Ayurvedic Health Counselor (AHC): \$7,500 + the tuition for the AHC 2 Clinical Internship.
- Ayurvedic Practitioner (AP): \$8,950 + the tuition for the AP Clinical Internship. See the AP Clinical Internship section for tuition rates.
- Note: tuition does not include registration and management fees. See Tuition and Fees for each program for details.

#### **If I enroll for AHC, will I get a HAC certificate?**

Yes, since AHC covers all the curriculum of HAC within the AHC program, you will be eligible to receive the HAC certificate once all the requirements are completed.

#### **Are the programs approved by the Ayurvedic Accreditation Commission (AAC), and how do I get my NAMA membership?**

- The HAC program is outside of the AAC competencies and not eligible for NAMA membership application.
- The AHC and AP programs provide an AAC Track designed to meet program competencies set forth by AAC. For eligibility to take the NAMACB exam as a Level I – Ayurvedic Health Counselor or Level II – Ayurvedic Practitioner, students must complete the AAC Track of KAA's respective programs. Completion of KAA's





programs does not guarantee NAMA professional membership. KAA offers program certificates which provide eligibility for the NAMACB Exams. Upon passing the Board Exam, individuals may apply for NAMA professional membership. For more information, please contact NAMA directly.

**Do I need a college degree or a prior license/certification to study Ayurveda?**

- No.
- KAA welcomes students from all educational backgrounds, with degrees, licenses or certifications in any field.
- Ayurvedic studies are especially complimentary to Certified/Licensed Practitioners in health-related fields including Yoga, Yoga Therapy, Massage Therapy, Chiropractic, Nursing, Naturopathy and Allopathic Medicine, etc.

**I'm not a healthcare professional. Can I still earn a certificate and practice Ayurvedic medicine?**

- Yes! The minimum admissions requirement for our Ayurvedic Trainings is a high school diploma or equivalent.
- For AHC and AP applicants only Basic Anatomy and Physiology credits are also required. If you have not taken Anatomy and Physiology, you can finish the requirement within six (6) months of your start date. Kerala Ayurveda also offers an Anatomy and Physiology course. Inquire with Student Services for more information.

**What are the US Department of Labor's Standard Occupational Classification Codes?**

- The US Department of Labor's Standard Occupational Classification Code is 31-9099 Healthcare Support Workers, All Other – Holistic Ayurvedic Coach, Ayurvedic Health Counselor, Ayurvedic Practitioner

**Does each state regulate the practice of Ayurvedic sciences?**

- No.
- Ayurvedic practitioners are not licensed in the United States, and its practice is not regulated by state or federal agencies. Standards of competency are set by individual schools that have received state approval. Ayurvedic practitioners in the United States are advised on how to practice legally within a limited scope of practice so they are not viewed as practicing medicine without a license.
- We might say that Ayurveda's status in the US is analogous to the Chinese medical profession during its early years in the 1970s. While each state does not regulate the practice of Ayurvedic medicine itself, some aspects of Ayurvedic practice may spring within the scope of professions that are regulated. Students and graduates of the academy should be careful not to allow their practice to overlap one of those regulated professions unless they are licensed in that profession. Please contact your local state representative for more information about regulations in your area.

**Is it legal to practice Ayurveda in all fifty states?**

- A bill has been passed in eleven states (Arizona, California, Colorado, Idaho, Louisiana, Maine, Minnesota, Nevada, New Mexico, Oklahoma, Rhode Island)



allowing the residents of those states to approach the non-licensed healing practitioners with informed consent.

**Can I practice Ayurveda outside of the state where I receive my training?**

- Yes, Ayurveda is currently practiced all over the United States.
- While none of the US states currently have Ayurvedic practitioners or physicians as primary care physicians, many of these well-trained professionals utilize their education and skills in combination with other health care related credentials. Yoga Instructors, Massage Therapists, Registered Nurses, Nutritionists/Dietitians, Acupuncturists, Chiropractors, Medical Doctors and other health care professionals are recognizing and utilizing the benefits of educational training in Ayurveda.
- The AAC is currently working on developing educational standards, scope of practice, and related materials to support future licensing initiatives throughout the US.
- Many Academy graduates use their Ayurvedic education to enhance pre-existing professional careers.

**Is there an Ayurvedic association which links other practitioners and students together?**

Yes, there is the National Ayurvedic Medical Association (NAMA). Many states have their own state associations such as the California Association of Ayurvedic Medicine (CAAM).

**Is there an alumni association? Can I contact previous students?**

- Once enrolled in our programs, students are welcome to join our private Student and Alumni Facebook group for community discussion and networking.
- Upon request, KAA can provide contact information of students for networking or informational purposes. Many of our students and alumni are happy to talk to prospective students and share their experiences.
- KAA has an online database for alumni services and information to assist community interaction and promote alumni practices to the public.

**How many of your graduates practice Ayurvedic medicine?**

- All our graduates can practice Ayurveda in their everyday lives for personal health. An understanding of Ayurvedic principles enriches the quality of life in all aspects, not just physical well-being. The study of Ayurveda is truly a healing transformation during which students find a new level of emotional, mental and spiritual Life. Additionally, graduates often change career paths or discover novel ways to apply their new Ayurvedic knowledge to their existing profession.
- There are many ways our students utilize their Ayurvedic education. Some of our students launch a practice as Ayurvedic Coaches, Counselors or Practitioners.
- Many of our graduates incorporate Ayurvedic knowledge in their current practice as healers, such physicians, nurses, yoga teachers and massage therapists. Ayurveda complements all other healing modalities.

**Are there tests? I feel anxious about taking tests.**

Please try not to feel anxious about the tests. Monthly testing is conducted online in our elearning system at the student's pace. There are (5) attempts available for taking the test, and the highest score is recorded. The tests provide the student and the academy an opportunity to verify learning benchmarks are achieved for successful course progress.

**What materials do I need to bring to class and what should I expect in the classroom?**

Please bring a notebook and pen. If any textbooks are required for an individual session, you will be notified in advance. KAA provides all classroom facilities including any equipment used for panchakarma demonstrations and herbology preparation. Equipment used for these classes include computers, monitors, video projectors, microphones, cameras, massage tables, linens, hotplates, towel warmers, vessels and utensils for cooking, shirodhara stand and vessels, and all perishable and nonperishable provisions used. Classes are taught in traditional, clean, well-lit classroom settings with tables and chairs for your comfort. A kitchen and restrooms are nearby the classroom.

**Are there books for the class and what do they cost?**

- Digital copies of our course manuals are included in the tuition for all programs.
- Print manuals are available at an additional cost. See individual Program Tuition and Fees for more information.

**When can I visit the school? Do you have open houses or visitor events?**

We allow our prospective students to sit in with the current class, so that they get a feel for the classroom setting and the topic. With a prior appointment, students are welcome to visit the academy and talk to the Academy Administrator. We are here to assist our students in any way we can.

**What student services are provided?**

Student mentoring is supported throughout the entire term of the program. On occasion, KAA posts job openings as they become available on group emails to students and alumni. KAA will do its best to help graduates to get into practice or a related career but there are no specific student services for career planning or job placement.

**I will be traveling from out of town to attend classes. Is housing assistance available?**

- A. KAA does not have dormitories.
- B. There are a few hotels near the campus where students can book a room for the weekend. The range of cost is approx. \$95-\$175. In the past, some students have made good friends with classmates and stayed with them on those weekends.
- C. KAA has no responsibility to assist a student in finding housing

**What should I do for meals during class times?**

For students attending on-site, complementary water and tea is available at our center. Classes are scheduled between 8:00am-6:00pm US Pacific Time. A 1-hour lunch break is provided. Students may bring lunch and are welcome to eat in our classroom. A breakroom is available in the building with a refrigerator, sink and microwave. KAA can provide recommendations for local restaurants.

### **Do you offer further Ayurvedic Studies?**

- We also offer a Level III program that aligns with the AAC Level 3 (AD) training.
- For continued education, we offer several short programs and workshops in Ayurvedic assessment, formulations, Sanskrit and more. You can learn more on our website: [keralaayurveda.us/courses/programs/continuing\\_education/](http://keralaayurveda.us/courses/programs/continuing_education/).

### **How do I seek support from the Office of Student Assistance and Relief to the office?**

In case a student has any complaint, they may contact Student Support at +1 (888) 275-9103 x20 or at [support@keralaayurveda.us](mailto:support@keralaayurveda.us).

Any questions: "The Office of Student Assistance and Relief is available to support prospective students, current students, or past students of private postsecondary educational institutions in making informed decisions, understanding their rights, and navigating available services and relief options. The office may be reached by calling (888) 370-7589 or by visiting [www.bppe.ca.gov](http://www.bppe.ca.gov)."

### **Where is your administrative office?**

Kerala Ayurveda Academy & Wellness Center,  
691 S Milpitas Blvd Ste 206 Milpitas, CA 95035.

Contact Student Support at:

+1 (888) 275-9103 x20 or [support@keralaayurveda.us](mailto:support@keralaayurveda.us).

### **Do you have any financial assistance?**

Kerala Ayurveda Academy has a limited number of merit and financial need-based scholarships. Please contact Admissions at [admissions@keralaayurveda.us](mailto:admissions@keralaayurveda.us) for more information

### **If I have additional questions or concerns, who do I contact?**

In case a student has any complaint, they may contact Student Support at +1 (888) 275-9103 x20 or at [support@keralaayurveda.us](mailto:support@keralaayurveda.us).

"Any questions a student, from the State of CA, may have regarding this catalog that have not been satisfactorily answered by the institution may be directed to the Bureau for Private Postsecondary Education at

BPPE address:

1747 N. Market Blvd. Ste 225 Sacramento, CA 95834,

PO Box 980818, West Sacramento, CA 95798-0818,

website address: [www.bppe.ca.gov](http://www.bppe.ca.gov).

Phone: (916) 574-8900 or (888) 370-7589.


Inquiries or complaints regarding this private vocational school may be made to the: Workforce Board, 128 10th Ave. SW, Box 43105, Olympia, Washington 98504. Web: [wtb.wa.gov](http://wtb.wa.gov), phone: +1 (360) 709-4600, e-mail address: [wtecb@wtb.wa.gov](mailto:wtecb@wtb.wa.gov)

### **What else does the CA Licensing Board want me to know?**

"As a prospective student, you are encouraged to review this catalog prior to signing an enrollment agreement. You are also encouraged to review the School Performance Fact Sheet, which must be provided to you prior to signing an enrollment agreement."

### **Who owns Kerala Ayurveda Academy?**

Kerala Ayurveda Academy is run by Ayurvedic Academy Inc., a wholly owned subsidiary of Kerala Ayurveda Limited, Athani, Aluva Post, Kerala, India 683585. Kerala Ayurveda Limited is a pioneer in Ayurveda and operates herbal plantations, Life Centers, manufacturing facilities, Ayurvedic academies, and the Ayurvedic resort AyurvedaGram. Kerala Ayurveda Academy's Board of Directors includes Ramesh Vangal and Vaidya. Jayarajan Kodikannath, who is also the Academy Director.



*Akasasya yadha nantah surairapyavagamyate  
Tasmat arogya danasya nanto vai vidyate kwacit*



The end of our ever-expanding space is unknown even to the divine  
Just as the worth of gifting health and healing is limitless for humankind

**KERALA AYURVEDA ACADEMY**

681 S. Milpitas Blvd Suite 206 Milpitas, CA 95035  
+1 888-275-9103 • [keralaayurveda.us/courses](http://keralaayurveda.us/courses)





# COURSE CATALOG

*Ayurvedic Doctor (AD)*

**2023-2026 PROGRAM**

January 7, 2023 - 2026

V3.0

## REGISTERED OFFICE

### **State of CA**

Kerala Ayurveda Academy  
691 S. Milpitas Blvd Suite 206  
Milpitas, CA 95035  
Toll Free: +1 (888) 275-9103  
Fax: +1 (510) 257-4378



Registration: [admissions@keralaayurveda.us](mailto:admissions@keralaayurveda.us)  
All Other Course Support: [support@keralaayurveda.us](mailto:support@keralaayurveda.us)  
Website: [www.keralaayurveda.us/courses](http://www.keralaayurveda.us/courses)

Date of Publication: 1/3/23

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## *Welcome to* Kerala Ayurveda Academy

**OUR MISSION:** To integrate traditional Ayurvedic wisdom and healing with scientific research.

**OUR PURPOSE:** To serve as an authentic source of Ayurvedic education, research and community health care.

**OUR COMMITMENT:** To bring the highest caliber of academic excellence to the US and abroad.

Kerala Ayurveda Academy (KAA) invites you to embark on a journey into the world of Ayurveda, where you will discover a profound potential for health and well-being offered by a time-proven, harmonious and holistic healthcare system.

Healthcare in the United States is changing. Health science has evolved to encompass our beliefs, emotions, behavior, thoughts, family and cultural systems, as well as the environmental context in which we live. All of these elements are relevant to our health. Ayurveda is a 5,000-year-old Indian system of healing that encompasses these aspects while offering solutions to achieve harmony at the level of Body, Mind and Spirit. Join us to become involved with this pioneering work that is transforming our healthcare industry into a more current model of holistic healthcare.

Kerala Ayurveda Academy is committed to offering the highest quality of education and services to our students so that they become the finest Ayurvedic health practitioners and educators for the future. Our aim is to maintain the authenticity of Ayurveda in the United States.

The curriculum is based on an Ayurvedic educational curriculum from Indian universities and is both academically challenging and rewarding. Students will find studying at Kerala Ayurveda Academy intellectually stimulating and competitive. The programs encompass all fields of Ayurveda including Ayurvedic philosophy, herbology, psychology, Ayurvedic Dosha imbalance management, research, clinical practice and clinical application.

We have assembled the most qualified and experienced faculty to teach Ayurvedic principles. Most faculty members have Ayurvedic degrees from prestigious universities in India and 15 to 30 years of clinical experience. With Kerala Ayurveda Academy, feel assured that you will receive an authentic Ayurvedic education. The program coordinators at each location are supportive and eager to assist students in any way possible.

We congratulate you on your decision to become part of an inner circle of Ayurvedic professionals who promote healing and Life.



*"My experience... has been nothing short of wonderful... educational, enjoyable, practical and indispensable...I watched my relationship with family, friends and myself blossom to levels I never could have imagined. KAA has taught me that Ayurveda is truly a way of life, a balanced life and a better life."*

*–Kari*

## AYURVEDA: THE SCIENCE OF LIFE

*Kerala Ayurveda Academy invites you on a great life adventure...*

Kerala Ayurveda Academy is the first institute in the US to provide authentic Ayurvedic programs throughout the country. We currently offer classroom programs in the state of California plus online programs for the distant learner.

Ayurveda and Yoga are sister sciences and belong to the world's oldest and most well-documented healthcare system. Ayurveda, the science (Veda) of life (Ayur), balances the body and mind using natural therapies and herbal medicines. Yoga, the science of mind, brings balance and purity to the body. The two complement each other and together achieve harmony of the Body, Mind and Spirit, which is the essence of true health.

Knowledge of Ayurveda in today's world is essential as it aims for the preservation of health and prevention of disease by establishing balance and harmony through nutrition, herbs, meditation and daily routines. Ayurvedic science provides knowledge to unfold the reality beyond the physical body and achieve harmony of Body, Mind and Spirit. The World Health Organization recognizes Ayurveda as a complete natural healthcare system.

Now is the perfect time for Ayurvedic graduates to embark on a professional journey. They have a unique opportunity today to lead successful lives by assisting family, friends and rogis in creating healthier bodies and lifestyles, eventually lowering healthcare costs.

## PROFESSIONAL POSSIBILITIES WITH AYURVEDA\*

- **Graduates** can start a wellness business or align with other wellness professionals to create an integrative practice.
- **Licensed Healthcare Practitioners and Healers** from all backgrounds can apply their Ayurvedic knowledge to enhance their current practice.
- **Massage Therapists and Bodyworkers** can expand/deepen their offering by incorporating Ayurvedic techniques.
- **Estheticians** in skin and beauty may enhance their treatments, services and products.
- **Freelance Writers** may launch Ayurvedic publications, publish articles, or create blog content.
- **Research-Savvy Students** may get involved in Ayurvedic research projects. The Office of Alternative Medicine funds many research projects in holistic healthcare.
- **Entrepreneurs** may develop products, open wellness centers, spas or resorts.
- **Students in Academics** may teach or deepen their education with more continued studies. Kerala Ayurveda Academy offers advanced programs in continuing education in the US as well as programs in Kerala Ayurveda Academic Facilities in Cochin and Bangalore, India.

*\*These possibilities vary according to the level of professional education in Ayurveda.*



# WHY CHOOSE KERALA AYURVEDA ACADEMY?

<b>AUTHENTICITY</b>	We offer the highest level of Ayurvedic training outside of India based on the root Vedic texts. Our faculty and advisors include several of the world's leading Ayurvedic experts.
<b>FLEXIBILITY</b>	Programs include weekend and evening sessions, online learning, live streamed and in person formats.
<b>ALUMNI BENEFITS</b>	We strive to offer the most generous alumni benefits including continued access to curriculum and discounts.
<b>GLOBAL COMMUNITY</b>	Our students and alumni are part of a global Ayurvedic community and have access to rich resources in India with support from Kerala Ayurveda, Ltd., a full spectrum Ayurvedic company.

## *As a Kerala student, you can take pride in knowing...*

- You are part of a globally recognized and highly respected Ayurvedic lineage which is experiencing tremendous growth in the West. With 1,500+ alumni, you are a part of one of the largest student bodies of Ayurveda in the country.
- You embark on your journey with us knowing you can qualify for all three levels of professional membership in Ayurveda, set by the National Ayurvedic Medical Association (NAMA), including the option to study at our sister sites in India.
- Kerala Ayurveda Academy is a 100% subsidiary of Kerala Ayurveda Limited (KAL), India - a full spectrum Ayurveda company operating 30 Ayurveda clinics, 2 hospitals, 400 herbal formulations, Medicinal Herbal Gardens and AyurvedaGram Heritage Life Centre. KAL is part of Katra Life Sciences, which aims at providing "Life, Naturally" to all.
- Each year, KAL and Kerala Ayurveda USA provide Life services to more than 70,000 people, and KAA welcomes over 200 new students to the Kerala Family.
- KAL is based in Kerala, India, referred to as "God's Own Country": the land that cherishes the traditional practice of Ayurveda and where the science has been preserved in its purest and most authentic form.
- KAL and KAA have embarked on a journey to make Ayurveda a global choice for better health. KAL's mission is to "Evolve Ayurveda" with substantial investments in research so that Ayurveda is promoted globally in an authentic manner for the benefit and Life of humankind.
- KAL is powered by a cutting-edge research team including biologists, chemists, scholars and practitioners, and has applied science to adapt this ancient wisdom for the new millennium – for products that are pure, safe and functional.

- Kerala Ayurveda is one of the most well-regarded names in Ayurveda and has received the following honors:
  - ◆ Best Ayurvedic Treatment Center of the Year – AyurvedaGram, 2017, ASSOCHAM
  - ◆ Indian Agribusiness Excellence Awards – Katra Phytochem, 2017
  - ◆ Herbal Company of the Year, 2016, ASSOCHAM
  - ◆ Spa & Life Centre of the Year – AyurvedaGram, 2016 from ASSOCHAM
  - ◆ Best Integrated Life Provider in India - AyurvedaGram, 2010 & 2011, Frost & Sullivan Award
  - ◆ Make in India Emerging Entrepreneurs, 2017, India Today
  - ◆ Certification of Excellence – AyurvedaGram, TripAdvisor
  - ◆ Ranked 5 out of 724 for Specialty Hospitality in Bengaluru (Bangalore), TripAdvisor
- Kerala Ayurveda supports the Asha Foundation in India, an organization dedicated to the service of child welfare and rehabilitative assistance, especially in the areas of autism and cerebral palsy.

#### **The Asha Foundation™**

*The Asha Foundation is a medical service and research foundation in India that provides complimentary and rehabilitative healthcare to children suffering from various ailments, particularly autism and cerebral palsy. Every year, Kerala Ayurveda Academy donates a portion of its proceeds to The Asha Foundation.*



*We congratulate you on your decision to advance your studies, becoming part of an inner circle of Ayurvedic professionals who promote healing and wellness.*  
-The Kerala Ayurveda Academy Team



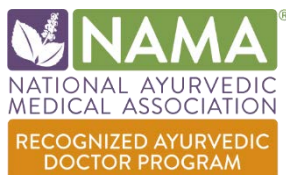
# Ayurvedic Doctor (AD)

## 2660 HOUR CERTIFICATION PROGRAM

The Ayurvedic Doctor (AD) program is designed to train professionals of the highest caliber in Ayurveda for accomplishing the two goals of Ayurveda—*Swasthasya Swasthya Rakshanam*: to preserve the health of a healthy person, and *Aturasya Vikara Prashamanam*: to heal the imbalances of the sick. Students will gain the advanced Ayurvedic tools necessary to support healing of imbalances in the human mind-body systems and prevent future disease. These tools include a comprehensive nutritional education (*Ahara*), daily routines and practices to maximize health (*Vihara*), a clear understanding of the mind and thought processes (*Vichara*), plus their relationship to well-being, herbs and herbal formulation to facilitate healing, and personalized Ayurvedic detox and rejuvenation (*Panchakarma and Rasayana*) protocol.

The unique feature of this program is the specialty track to enable our Ayurvedic Doctors to specialize in their chosen clinical area of passion.

**Upon successful completion of the AD Program, you will be awarded an Ayurvedic Doctor Certificate.**



**\*This program qualifies graduates to sit for the National Ayurvedic Medical Association Certification Board ([NAMACB](#)) certification exam as an Ayurvedic Doctor (AD).**





# Program Overview

## GENERAL FORMAT

**3 Years** – 2,660 Total Hours

### **MASTER TRACK**

- ◆ 24 Three-Day Weekend Intensives – in person or live streamed\*
- ◆ 2 Four- and one-half day Panchakarma Practicums – in person
- ◆ 36 Saturday Virtual Classes – live streamed\*
- ◆ 36 Mentoring Sessions – live streamed\*
- ◆ Dissertation – self-paced
- ◆ Clinical Encounters – in person
- ◆ Online Recorded Lectures – elearning\*\*
- ◆ Assignments – elearning\*\*

### **ALLIED PROGRAMS**

- ◆ 2 Three-Day Workshop Weekend Intensives - in person or live streamed\*
- ◆ 2 Weekday Evening Series – live streamed\*
- ◆ 3 Recorded Series– elearning\*\*

### **IN PERSON EXPERIENTIAL PROGRAMS**

- ◆ Clinical Internships – in person
- ◆ Doctor Residency – in person
- ◆ Specialty Internship – in person
- ◆ Externship – in person

*\*All classes which are live streamed are also recorded for later viewing.*

*\*\*Internet connection required.*

*Note: In person sessions are conducted at 691 S. Milpitas Ave #206, Milpitas, CA. Attendance is limited to 25 students.*

## GENERAL FORMAT

The AD Program consists of three major components: Master Track; Allied Programs and In Person Experiential Programs. Students must complete all components in order to graduate from the program. The Master Track program can be taken completely online or in person. If you are unable to attend all Master Track programs in person, you will need to attend additional hours of Clinical Internship, Doctor Residency, or Specialty Internship. The tuition for each of these sections is outlined in the Tuition section of this catalog.

# PREREQUISITES

*The prerequisites for admission to the AD program are:*

- Completion of the KAA Ayurvedic Practitioner (AP) certification program or an equivalent level II program (AP) from another institution.
- Applicants who completed level I and level II certifications approved by the National Ayurvedic Medical Association (NAMA), may enroll directly with existing credentials. Applicants who completed these certifications with non-NAMA approved institutions are required to submit detailed credentials including transcripts. Our Admissions team will review the documents and may advise on additional academic requirements to satisfy the prerequisites. If additional coursework is required, accepted applicants are invited to enroll in the program under the condition that the prerequisite coursework will be completed within the first year of the AD program.
- It is important for Ayurvedic students of professional programs to have adequate knowledge of Anatomy and Physiology (A&P). The equivalent of six college level Anatomy & Physiology credits (90 hours) are required. The A&P course may be taken prior to enrollment or taken simultaneously as a corequisite, as long as it is completed for certification. If you need to satisfy the A&P credit requirement, we offer a partner course which can be taken entirely online. Students are required to provide proof of A&P course completion to receive certification. To learn more about our partner course or submit your corequisite documentation, please visit our website: [www.keralaayurveda.us/courses/programs/anatomy-and-physiology](http://www.keralaayurveda.us/courses/programs/anatomy-and-physiology)
- Ayurvedic Doctors with a Bachelor of Ayurvedic Medicine & Surgery (BAMS) degree may join the program directly as all the above prerequisites are satisfied by their degree. An application is still required.

## Application:

Please note a completed application and application fee of \$25 are required to apply to this program and documentation of prerequisites is requested for submission during this process. For more details and instructions on how to apply, please visit the Admissions section of this catalog.

## SCOPE OF PRACTICE

The general scope of practice of the Ayurvedic Doctor is similar to the Ayurvedic Practitioner, though Ayurvedic Doctors possess more extensive, in-depth education and relevant clinical experience in Ashtanga Ayurveda—all eight branches of Ayurvedic medicine. Additionally, they have more experience in teaching, demonstrations, practical Panchakarma training and research methods.

Ayurvedic Doctors understand disease from an Ayurvedic perspective, while possessing a working knowledge of Western medical pathology, pharmacology, diagnostic reports, and

treatments, in order to interface with the Western medical community and modify the Ayurvedic management of cases accordingly. They are not required to order Western diagnostic tests and do not prescribe Western medicines. Ayurvedic Doctors have an informed awareness of public health and epidemiology (*Janapadoddhvamsa*) from the Western and Ayurvedic scope of practice for the Ayurvedic profession. They are informed consumers of research pertaining to the Ayurvedic field, and are able to evaluate, discuss, and apply contemporary research within the context of Ayurvedic knowledge. As the most highly skilled professionals in their industry, they can make significant contributions to the profession such as participating in research, review articles, conferences, teaching, or presentation of case studies.

## COURSE DESCRIPTION & OBJECTIVES

The Ayurvedic Doctor certification program covers both theoretical and practical training, including a blend of online learning, in person hands-on training experience, clinical encounters, mentoring, dissertation under guidance, clinical internship, residency and independent assignments.



# Curriculum

## LEARNING MATERIALS & RESOURCES

**Elearning:** learn anytime, anywhere, at your own convenience on your own computer. Our AD certification program content is made available to students online via our elearning platform powered by TalentLMS. Elearning provides access to course information, live class recordings, assignments, online recorded lectures, class slides, study guides and tests.

**Textbooks:** The list of textbooks for the program will be provided to you with a price list upon acceptance into the program. Books will be available to purchase from KAA. The list will include required as well as suggested textbooks. Note: we will purchase these books directly from India to provide you the best possible price for the texts. Below is a suggested additional list of books that will be useful for the program.



*Suggested books - for reference only:*

- Astanga Hridayam, Sutrasthana: Vol. 1 & 2, T. Sreekumar
- Bhaisajya Ratnavali: Vol. 1, 2 & 3, Dr. Kanjiv Lochan
- Astanga Samgraha of Vagbhata (full text) Vol 1,2,3: Prof. K.R. Shrikantha Murthy
- Charaka Samhita: Vol. 1-6, Dr. R. K. Sharma & Vaidya Bhagavan Dash
- Indian Medicinal Plants: Vol. 1-5, Arya Vaidya Sala



## ACADEMIC MENTOR

Each student is assigned to an AD graduate mentor or BAMS graduate who is supervised by a BAMS Ayurvedic Doctor Mentor (faculty member). The Mentor will be there to support you in your journey through this program and to assist you with your studies, grade your assignments and provide general guidance and support.

Students will also be meeting formally for 36 one-hour mentoring sessions for the dissertation, assignments and class review.

## MASTER TRACK

### *3 Day Weekend Intensives*

#### **KAA 301 | Preventative Health Management (*Swasthavritta*)**

Learn the preventative practices for community health with detailed study on the causes, indications and management of community health issues. Topics include:

- Janapadodhwamsa (annihilation of communities)
- Environmental health - air, water, land
- Ritu evum vatavarana Jnana (meteorology)
- Concept of Epidemiology, dynamics of disease transmission
- Disease prevention and control, investigation of epidemic, disinfection
- Ayurvedic concept of Vyadhikshamatva and Sankramaka rogas (communicable disease)
- Preventive geriatrics - problems of elderly, prevention and control measures
- Occupational hazards, occupational diseases, prevention of occupational diseases, health and precautionary measures
- Ayurveda in public health

#### **KAA 302 | Ayurvedic Etiopathogenesis Part I (*Roga Vijnana & Vikriti Vijnana*)**

Learn the comprehensive etiopathogenesis and clinical assessment methods to determine and differentiate various stages of the body-mind imbalances. Topics include:

- Vyadhi hetu svarupa, Trividha hetu samgraha
- Vyadhi ghatakas-dosha, dushya, agnimandya, ama, srotovaigunya
- Sama and nirama Dosha, Dushya Lakshana
- Dosha Paka and Dhatu Paka Lakshana
- Concept, classification, diagnosis and general complications of Avarana
- Doshagati and Rogamarga
- Vyadhyavastha- vega-avega, nava-jeerna, uthana-gambheera, antharvegi-bahirvegi, asukari-chirakari

- Nidanarthakara Vyadhi, Hetu Sankara, Linga Sankara, Vyadhisankara, Vyadhi Avastha
- Relationship between Nidana Panchaka and Shat Kriyakaala
- Upadrava and Udarka
- General diagnostic principles of Anukta Vyadhi
- Basic knowledge of hereditary, congenital, acquired, multifactorial, traumatic and environmental disorders

### **KAA 303 | Ayurvedic Etiopathogenesis Part II (*Roga Vijnana & Vikriti Vijnana*)**

Learn the comprehensive clinical assessment methods to determine and differentiate various stages of the body-mind imbalances. Topics include:

- Three-point assessment (*Trividha Pareeksh*)
- Ten-point assessment (*Dasavidha Pareeksha*)
- Eight-point Ayurvedic clinical examination (*Ashtasthana Pareeksha*)
- Modern clinical assessment and investigations
- Clinical documentation

### **KAA 304 | Ayurvedic Materia Medica Part I (*Dravyaguna Sastra*)**

Explore the natural healing ingredients with their classification and energetics. Topics include:

- Definition and categories of raw materials from plant and animal origin
- Collection, shelf-life and storage of raw materials
- Study of plant material derived from prioritized medicinal plants
- Study of nomenclature, synonyms, description-macro and micro, identification, purity and strength, constituents, assay, properties – pharmacological activity, important formulations, therapeutic uses and dose of the first set of 30 medicinal herbs

### **KAA 305 | Ayurvedic Pharmaceutics (*Bhaishajya Kalpana*)**

Study the identification, preparation and administration of various formats of Ayurvedic formulations. Topics include:

- Introduction to technical terminologies used in *Bhaishajya Kalpana*
- Definition, composition, and method of preparation of the following dosage forms: liquid (Svarasa, Kvatha, Hima, Phanta, Taila, Asava-Arista, Basti Kalpa), semi-solid (Avaleha, Ghrita, Kalka, solid (Churna, Gutika, Vati, Varti, Guggulu, Kshara, Lavana), tablet, and capsules

### **KAA 306 | Ayurvedic Purification - Clinical Application (*Panchakarma in Chikitsa*)**

Learn the theoretical knowledge of the principles and practice of advanced panchakarma procedures and their customization based on the clinical condition.

- Panchakarma and Shodhana, their importance for promotion of health, prevention and treatment of disease



- Snehana- Karmukata of Abhyantara and Bahya Snehana. Brimhnartha, Shamanartha and Shodhanartha snehana, definition, method and utility. Shodhannga Snehana Vidhi and methods of fixation of dose, need of Rukshana before Snehana and Samyak Rukshana Lakshana
- Svedana-Utility and method of svedana, detailed knowledge about utility of Svedan procedures, Swedana Karmukata (mode of action of Swedana Chikitsa)
- Vamana and virechana in promotion of health prevention and treatment of diseases, general properties of Vamaka Dravya and Vamanopaga Dravya, knowledge of Virechana dravyas, kalpanas, their properties, method of administration, mode of action of Virechana, Vamana
- Vasti - niruha vasti, sneha vasti, utara vasti, detailed knowledge of different basti formulations like Piccha Vasti, Kshira Vasti, Yapana Vastis, Madhutailika Vasti, Erandamuladi Niruha Vasti, Panchaprasrutika Vasti, Kshara Vasti, Vaitarana Vasti, Lekhana Vasti, Vrishya Vasti, Manjishtadi Niruha Vasti, Dashamula Vasti, Ardhmatrika Vasti, Sarva Roghara Niruha Vasti, Brimhana Vasti and their practical utility, Vasti Karmukata (mode of action of Vasti)
- Nasya- Detailed knowledge of administration of different type of Nasya with management during and after Nasya
- Areas of research in Panchakarma
- Disease-wise Panchakarma, role of Panchakarma in different stages of diseases
- Specifications of the Panchakarma theater and necessary equipment

### **KAA 307 | Ayurvedic Materia Medica Part 2 (*Dravyaguna Sastra*)**

Learn more about the natural healing ingredients with their classification and energetics. Topics include:

- Definition and categories of raw materials from metallic and mineral origin
- Plant concentrates, extracts and exudates, resins, excipients, sweetening agents, volatile oils, perfumes, flavors and colors
- Study of nomenclature, synonyms, description-macro and micro, identification, purity and strength, constituents, assay, properties—pharmacological activity, important formulations, therapeutic uses and dosage of the second set of 30 medicinal herbs

### **KAA 308 | Ayurvedic Clinical Management of *Pranavaha and Udakavaha Srotases***

Learn the etiology, disease process, prevention and management of various disorders affecting the respiratory, digestive and fluid balance systems. Topics include:

- Pranavahasrotas (cardio-respiratory system): Shwasa, Hikka, Kasa, Rajayakshma, Hridroga, Parshwashoola, Urakshata, Svarabheda
- Bronchitis, bronchiectasis, bronchial asthma, COPD, pneumonias, occupational lung diseases, pulmonary tuberculosis, congenital heart disorders, IHD, RHD – valvular diseases, cardiac failures, cardiomyopathy, pericarditis, endocarditis, hypertension
- Udakavahasrotas: Trishna, Shotha, Udararoga, water and electrolyte imbalance



### **KAA 309 | Ayurvedic Clinical Management *Annavaha and Rasavaha Srotases***

Learn the etiology, disease process, prevention and management of various disorders affecting the digestive and nutritional systems. Topics include:

- Annavaahasrotas (gastrointestinal disorders): Agnimandya, Ajirna, Aruchi, Amadosha, Amlapitta, Chhardhi, Shoola, Grahani. GERD, APD, malabsorption syndrome
- Rasavaha Srotas: Jwara, Amavata, Pandu, Madatyaya, Anaemias

### **KAA 310 | Ayurvedic Clinical Management of Raktavaha Srotas**

Study the etiology, disease process, prevention and management of various disorders affecting the nutritional system and blood. Topics include:

- Raktavaha Srotas: Raktapitta, Kamala, Vatarakta (rheumatoid arthritis)
- Dermatological disorders: Kushtha, Kshudraroga, Sheetapitta, Udarda, Kotha, Visarpa, Shvitra
- Hematopoietic disorders, bleeding and coagulation disorders, leukemias, thrombocytopenia, disorders of bone marrow, hepatobiliary disorders, hepatitis, cirrhosis, cholecystitis, liver abscess, jaundice, parasitic, infective, allergic, autoimmune skin disorders, eczemas

### **KAA 311 | Ayurvedic Clinical Management of Mamsavaha and Medovaha Srotases**

Study the etiology, disease process, prevention and management of various disorders affecting the musculoskeletal and metabolic systems. Topics include:

- Mamsa-Medovahasrotas: Medoroga, Sthaulya, Prameha, Galaganda, Gandamala, Urustambha
- Diabetes mellitus and obesity, myopathies, GB syndrome, muscular dystrophies, lumbago

### **KAA 312 | Ayurvedic Clinical Management of Asthivaha and Majjavaha Srotas**

Study the etiology, disease process, prevention and management of various disorders affecting the skeletal, nervous and reproductive systems. Topics include:

- Asthivaha Srotas: Asthikshaya, Sandhigatavata, osteoarthritis, osteopenia
- Nervous system (Majjavaha Srotas): Pakshavadha, Adharanga Vata, Sarvanga Vata, Ananta Vata, Gridhrasi, Ardita, Akshepaka, Apatantraka, Ekangvata, Vishvachi, Apabahuka, Avarana
- Neurodegenerative disorders like Alzheimer's, Parkinsonism, CVA, neuropathies, facial palsy, motor neuron diseases, epilepsy, sciatica

### **KAA 313 | Ayurvedic Clinical Management of Mutravaha, Pureeshavaha and Swedavaha Srotases**

Study the etiology, disease process, prevention and management of various disorders affecting the urinary, bowel and sweat systems. Topics include:

- Mutravahasrotas: Mutrakricchra, Mutraghata, Ashmari, urinary disorders: UTI, lithiasis, ARF, CRF, uremia, BPH
- Pureeshvaha Srotas: Atisara, Pravahika, Anaha, Adhamana, Krimi, Udavarta, enteritis, dysenteries, ulcerative colitis, IBS, worm infestation, ano-rectal diseases
- Swedavaha Srotas: knowledge of Khalitya, Palitya and cosmetology

### **KAA 314 | Ayurvedic Clinical Management of Manovaha Srotas Mental Disorders**

Study the etiology, disease process, prevention and management of various disorders affecting the mind. Topics include:

- Manovaha Srotas: Vishada, Udvega, Bhaya, Bhrama, Anidra, Mada, Murchha, Sanyasa, Apasmara, Unmada, Atatwabhinivesha
- Ayurvedic understanding of common clinical entities like depression, anxiety, neurosis, phobia, personality disorders
- Management of stress-related disorders, Apasmara (seizure disorders), Apatantraka (hysterical convulsions), Atatvabhinivesha (obsessive compulsive disorders), Vishada (depression), Madatyaya, Panatyaya (substance abuse), Nidra Vikara (sleep disorders), Chittodvega (generalized anxiety disorders), Smriti Vikara (memory disorders)
- Mood and affective disorders – major depressive disorders, mania and their possible Ayurveda co-relates
- Post-traumatic stress disorders, eating disorders
- Senile psychiatric disorders: dementia, Alzheimer's, Parkinsonism
- Preventive aspects in Manas Roga: Achara Rasayana, Sadvritta, Shodhana, Rasayana, Vajikarana

### **KAA 315 Yoga in Clinical Application Part I (Yoga Chikitsa)**

Learn the principles of yoga in connection with Ayurvedic concepts. Topics include:

- Development of yoga from ancient time to present
- Different streams of yoga, features and objectives- Jnana, Bhakti, Raja, and Hatha yoga
- Description of yoga in Ayurveda- Manodosha chikitsa, Ashta Aiswarya, Sukha dukha nivritti, Satyabudhi, yoga and moksha, Mukta atma lakshana, Mokshasya lakshana
- Panchakosha theory- Annamayakosha, Pranamayakosha, Manomayakosha, Vigyanamayakosha, Anandamayakosha
- Effect of yoga practice on physical and mental dosha
- Concept of Shad chakras and Kundalini
- Shad Kriyas and their therapeutic effects
- Yoga asanas, pranayama, mudra, bandha, sudhikriya

### **KAA 316 | Shalyatantra: Ayurvedic Management of Injuries, Kshara Karma, Agnikarma and Marma Chikitsa**

Study the surgical and parasurgical methodologies, injury management and concept of vital points. Topics include:

- Sushruta's contributions in surgical concepts and practices
- Significance and importance of Rakta as the Chaturth Dosha
- Yantras and Shastras: surgical instruments - ancient and recent advances
- Concept of Marmas and their clinical application. Vranasopha (inflammation) and Vidradhi (abscess, pressure ulcers, venous ulcers and other chronic non-healing ulcers)
- Granthi (cysts) and Arbuda (benign and malignant neoplasm)
- Bhagna (fractures), Sandimoksha (dislocation)
- Dagdha Vrana (burns and scalds)
- Ksharakarma, Agnikarma, Raktamoksha.

### **KAA 317 | Shalakyatantra: Ayurvedic Management of Eye, Ear, Nose, Throat and Oral Disease**

Learn the etiology, disease process, prevention and management of various disorders affecting the eye, ear, nose, throat and oral cavity. Topics include:

- Netra Rogas: descriptive knowledge of etiology, pathogenesis, prodromal symptoms, clinical features, management and complications of various eye disorders
- Descriptive knowledge of the anatomy and physiology of ear, nose, throat and oral cavity as per ancient and modern science
- Examination of the ear, nose, Kantha and oral cavity as per Ayurveda and modern science
- Common etiology of ear, nose, throat and oral disorders, their pathogenesis, prodromal symptoms, classification, clinical features and general treatment
- Dantagata Rogas: Dental diseases detailed in the classics of Ayurveda; their etiology, pathogenesis, prodromal symptoms, clinical features, complication and applied approach in the treatment of dental diseases

### **KAA 318 | Streeroga: Ayurvedic Management of Artavavaha Srotas and Stanyavaha Srotas**

Learn the etiology, disease process, prevention and management of various disorders affecting the uterine and lactation systems. Topics include:

- Female reproductive system: applied anatomy of female genito-urinary system, pelvis and pelvic floor
- Physiology, neuro endocrinology and pathology of puberty and neuroendocrine control of menstrual cycle: Artava, Rituchakra, Streebija

- Etiology, pathogenesis, prodromal symptoms, clinical features, management and complications of various gynecological disorders: Artav Dushti, Artava Vriddi, Artava Kshaya, Asrigdara, Anartava, Kashtartav
- Genital infections including sexually transmitted infections and abnormal vaginal discharges
- Arsha, Yonikanda, Gulma, Granthi, Arbuda: abnormal uterine bleeding, endometriosis, fibroid uterus, adenomyosis, polycystic ovarian syndrome and neoplasia of female genital organs
- Vandhyatva: causative factors, investigations and management of infertility
- Stanaroga, Stanashotha, Stanakilaka, Stanavidradhi, Stana Granthi, Stanarbuda: examination of breast, assessment and differential assessment of breast lumps
- Measures of contraception: Ayurvedic view of Garbha Nirodha and Garbhapatkara Yogas
- Rajo Nirvritti: Menopause

### **KAA 319 | Prasooti Tantra: Ayurvedic Management of Pregnancy and Childbirth**

Learn the management of the pre-pregnancy, pregnancy and post-partum periods as well as the management of pregnancy and childbirth related health problems. Topics include:

- Garbha Sambhava Samaagri, Garbhadhanam: pre-conception counseling and care
- Garbhotpatti: fundamentals of reproduction – gametogenesis, fertilization, implantation and early development of human embryos
- Garbha-Poshana, Masanumasika Vriddhi: fetal physiology, circulation, fetal growth and development
- Garbhiniparicharya, Masanumasika Pathya Apathya Evum Garbha Upaghatakara Bhava: prenatal care, examination investigations and management
- Garbhini Vyapad, Nidana Panchaka and Chikitsa of Garbhini Vyapad: early recognition, differential assessment and prompt management of pregnancy complications, hyperemesis gravidarum, anemia, pregnancy induced hypertension, pre-eclampsia, eclampsia
- Prasav Paribhasha, Prasav Kaal, Prasava Prarambha Karana, Prasava Kalina Garbhasthiti, Sutikagara: initiation and onset of parturition, examination and evaluation of the lady during childbirth, physiology of childbirth, mechanism of childbirth, selection of place of delivery
- Prasava Avastha Evum Paricharya: stages of normal childbirth, management of normal childbirth
- Postpartum care

### **KAA 320 | Kaumarabhritya: Ayurvedic Management of Pediatric Health**

Study the management of newborn, neonate, pediatric nutrition, pediatric diseases and management. Topics include:

- Shukra, Shonita, Shukra Shonita, Doshas, Bija-Bijabhaga-Bijabhagavayava Vikriti, Matrija, Pitraja Bhavas, Yajjah: measures for obtaining good progeny, formation of Prakriti, their assessment in children
- Navajata Shishu Paricharya Evam Prana-Pratyagamana: care of the newborn including recent methodology for the resuscitation
- Navjat Shishu Ahara (neonatal feeding): specific feeding methodology as per Ayurveda and recent advances, day-to-day fluid, milk for the newborn, feeding technique for the preterm baby
- Stanyotpatti and Prasruti: lactation, composition of breast milk, colostrum, method for feeding breast milk
- Stanyakshaya and Stanyanasha: inadequate production and absence of breast milk, examination of breast milk, alternative feeding methods in absence of breast milk
- Stanyadosha (vitiation of breast milk), Stanya Shodhana (purification of breast milk), Stanya Janana and Vardhanopakrama (methods to enhance breast milk formation)
- Bala-Poshana (pediatric nutrition): daily requirements of nutrients for infants and children, common food sources, Satmya and Asatmya Ahara (compatible and incompatible diet)
- Balaroga: pediatric disorders and management

### KAA 321 | Ayurvedic Management of Immunological and Environmental Diseases

Learn the causes, development, prevention and management of various diseases due to environmental reasons, infections and immune alterations. Topics include:

- Role of Ayurveda in immune-protection, immuno-modulation and in management of other allergies and immunological disorders
- Ayurvedic approach to infectious disorders: *Chickangunya*, HIV/AIDs, swine flu, dengue
- *Upasargajanya Vyadhi* (communicable diseases): *Romantika*, *Masurika*, *Upadamsha*, *Phirang* and introduction to Syphilis, AIDS, Leprosy, tuberculosis
- Detailed study of *Krimi Vigyanam* versus infectious and parasitic diseases along with their mode of infection and life cycle
- Concept and applied aspects of Janapadodhvamsa and environmental diseases
- Concept of genetic diseases and its interpretation in terms of *Bija Dosha*

### KAA 322 | Rasayana & Vajikarana: Ayurvedic approach to Rejuvenation and Regeneration

Study the concept of regeneration, rejuvenation and anti-aging concept based on Ayurvedic science. Topics include:

- Definition, synonyms, classification and application of Rasayana
- Concept of Bala, types of Bala, Vriddhikshayahetu
- Rasayana in immunocompromised diseases like, HIV/AIDS, tuberculosis, cancer, liver cirrhosis

- Kutipraveshikarasayana and Vatatapikarasayana
- Concept and practice of Achararasayana
- Application of Kamyarasayanato: Smriti, Medha, Bala, Prabha, Varna, Svava.
- Naimittikarasayana, Vyadhiharaandvyadhiapunarbharasayana
- Definition, derivation, etymology, synonyms of Vajikara, Vrishya
- Knowledge of geriatric care and terminal care medicine
- Concept of Jara (geriatrics) and ageing (gerontology)
- Common geriatric disorders and their management within the systems and organs

### **KAA 323 | Yoga in Clinical Application Part II (Yoga Chikitsa)**

In this module learn the clinical application of Yogic practices in specialized health situations.

Topics include:

- Integrated approach of Yoga therapy
- Therapeutic effect of yogic practice in the following diseases - Diabetes, hypertension, cardiovascular disorders, LBA, obesity, asthma, piles, irritable bowel syndrome, eczema, psoriasis, stress disorders, eye disorders, headache, juvenile delinquency, mental retardation, depression, neurosis, sexual dysfunction, uterine disorders, cancer

### **KAA 324 | Ayurvedic Toxicology, Medical Ethics and Medicolegal Regulations**

Learn the Ayurvedic approach to identifying and managing the complications of poisoning, ethics in Ayurvedic practice and the regulations influencing the Ayurvedic practice in the USA. Topics include:

- Definition and properties of Visha, its comparison with Madya and Oja, Visha Samprapti, Visha Prabhava, Visha-Vega, Vegantara and Visha Karmukata (toxicodynamic and toxicokinetic study)
- Descriptive and comparative study of Upavisha in unison with contemporary toxicology
- Descriptive study of Sthavara Visha, definition, classifications, classical signs and symptoms of poisoning including Vanaspatic (phyto poison), Khanija (mineral) and Sthavara Visha (compound)
- Study of Jangama Visha and their sources (animal poisoning): (Naga) Snake bite, Vrischika (scorpion), Luta (spider), Grihagadhika (lizard), Mushaka (rat), Alarka (dog), Makshika and Mashaka (mosquito) and their pathologic manifestations, including their role in the manifestation of communicable diseases
- Garavisha and Dushi Vishal, their varieties, signs, symptoms and management with contemporary relevance. Detailed study of allergies including allergic manifestations in the eyes, nose, lungs and skin
- Detailed study of Madya Visha and substances acting on the nervous system; substance abuse (assessment, management and detoxification)
- Fundamental principles for treatment of poisoning



- Personal identity and its medicolegal aspects, rights and privileges of rogis, professional secrecy and privileged communication, professional negligence and malpractice
- Professional liability insurance
- Consumer Protection Act related to medical practice
- Ethics: types of physicians and methods of identification, Pranabhisara and Rogabhisara Physicians, qualities and responsibilities of an Ayurvedic Doctor, Chathurvedha Vaidya Vriti: duties of Ayurvedic Doctors towards Rogis

## 4.5 Day Panchakarma Practicums

### KAA 325 | AD Panchakarma Practicum Level 1: Prep and Purvakarma

The first class of the practical series will introduce you to the hands-on knowledge and experience needed to be a successful Ayurvedic Doctor, beginning with some of the initial steps of the Panchakarma process known as *Purvakarma*. Topics include:

- Review stages and benefits of Panchakarma
- Guidelines for the client's diet and lifestyle during Panchakarma
- Preparation of the Panchakarma client and room before the bodywork
- Snehana (Oleation): How to work with oils, both preparing the oils themselves as well as internal and external modes of oil application to the body
- Swedana (Sudation): The various modalities to further prepare the body for the main Panchakarma procedure, including practices for sudation both with and without heat
- The significance of Marma balancing therapies

### KAA 326 | AD Panchakarma Practicum Level 2: Main Panchakarma Techniques and Specialty Therapies

The final intensive in the practical series focuses on the main Panchakarma techniques and specialty therapies. These include:

- Detailed information will be covered regarding the Pradhana Karma (main procedures)
- Vamana (Induced emesis - theoretical understanding only)
- Virechana (medicated purgation)
- Vasti – (medicated enemas)
- Nasya (nasal administration)
- Raktamokshana (bloodletting - theoretical understanding only)
- Specialty Shamana (pacifying) therapies such as Thakradhara (Shirodhara with herbalized buttermilk) and Janu Vasti (warm oil retained on the knee), among many others
- Paschatkarma (post-Panchakarma recuperation)
- Rasayana - selection, dosage and methods of application

## *Saturday Virtual Classes*

In addition to the Three-Day Weekend Intensives, there are 36 Saturday Virtual Classes included in the Master Track which cover the core curriculum of the AD program. Saturday classes provide a forum for venturing deeper into vital topics from the weekend curriculum and will also include a review of some of the weekend class topics. Discussions may be focused on topics such as modern clinical investigation reports, clinical examinations and understanding clinical imaging.

## *Mentoring Webinars*

There will be a monthly mentoring session for review and the opportunity to ask questions.

## *Clinical Encounters*

Throughout the program, students are required to perform one-on-one consultations and create chikitsa protocols. Each student will conduct a total of 60 clinical encounters over a period of 30 months. Each encounter will include preparing a case paper, assessment and creation of a comprehensive Ayurvedic Chikitsa protocol based on guidance provided by the faculties and considering the Prakriti and Vikriti identified during the consultation. Students will also conduct two follow up sessions with each Rogi. Two hours are allotted for the initial consultation and one hour for the follow-ups. This provides the student the ability to demonstrate their skills at completing case evaluations.

## *Dissertation Meetings and Independent Work*

Students of the AD program are required to select a clinical specialty of their interest to provide a focus to their practice. The experience of preparing for this specialty will aid the student in becoming a well-researched, practically oriented and innovative participant in Ayurveda's development.

The dissertation is the student's opportunity to present a thesis related to their respective specialty. A faculty member with relevant experience to the student's specialty will be appointed as their advisor.

The dissertation synopsis shall be submitted for approval by the Academy within one year of admission. Dissertations shall be researched, practically oriented, innovative and helpful in the development of Ayurveda as well as related to the subject matter of the student's respective specialty. The dissertation is an essential precondition for a candidate to appear for the final examination. A complete set of guidelines will be provided upon enrollment.

## *Recorded Lectures*

There are 26 hours of recorded lectures to supplement the Master track courses which will be found in the elearning system. Students are required to watch all of the recorded lectures.

## *Assignments*

### **Herbarium**

Students will create 10 sheets of herbarium from the herbs they learned in detail during the program, including: proper labelling of the Sanskrit name, common name, botanical name and useful parts of the plant.

### **Formulation Record Assignment**

Students will be required to document 10 formulations they prepare during the weekend intensives. The record of each formulation should contain the name for the formulation, the ingredients with quantity, method of preparation and the description of the final product.

# ALLIED PROGRAMS

## *3 Day Workshop Weekend Intensives*

### **KAA 327 | Ayurvedic Assessment and Pulse Diagnosis**

Discover the ancient science of Ayurvedic Assessment methodologies including pulse diagnosis to detect an individual's mind-body constitution and state of imbalance. Ayurvedic classical texts clearly explain how to identify the subtle disease conditions which a physical examination or other assessment techniques are unable to recognize. Topics include:

- Overview of Ayurvedic assessment methodologies, importance of using all three tools in assessing constitution (Prakriti) and disease (Vikriti): observation (Darshana), touch (Sparshana), questioning (Prashna)
- Dos and don'ts during Ayurvedic assessment, assessment of constitution versus disease
- Pulse diagnosis: practical methodologies based on classical Ayurvedic texts, overview of pulse assessment, methodology of assessing Prakriti and Vikriti, various layers of pulse
- Tongue diagnosis: overview of tongue assessment, methodology of assessing various systems disorders, understanding specific disease conditions from the tongue
- Ayurvedic Assessment of eye (Netra), skin (Twak) nail (Nakha), hair (Kesa), stool (Mala), urine (Mutra), voice (Sabda), and structure (Akriti)
- Consolidating the assessment outcome and mapping the Ayurvedic etiopathogenesis, practical assessment of live cases to establish the complete mapping of disease (Samprapti)

### **KAA 328 | Ayurvedic Formulation Making**

The Ayurvedic herbal recipes for healing were carefully designed thousands of years ago to balance the healing properties of the ingredients and mitigate side effects. We will overview the fundamentals of formulations, including their role in the healing process, how to procure and store herbal ingredients and manage dosage for your rogis, plus step-by-step guidance on the 14 most popular types of preparation. Topics include:

- Overview of Dravyaguna (Ayurvedic herbology) and Bhaishajya Kalpana (pharmaceutics)
- Selection of herbs and combining herbs, dos and don'ts during mixing herbs and making formulations, procurement and storage of herbs
- Dosage forms of Ayurvedic formulations, shelf life of Ayurvedic formulations and natural preservatives
- Preparation of primary formulations: Swarasa, Kalka, Choorna, Sheeta, Phanta

- Kwatha Kalpana, Ksheerapaka and Thaila Kalpana (herbal oil preparations): Nasya (nasal administration), Vasti/Basti (therapeutic enema), Abhyanga (massage oil/external application)
- Sandhana Kalpana (fermented preparations): Arishta, Asava
- Ghrita Kalpana (therapeutic ghee making): Netra Tharpana/Netra Vasti (ghee for eye therapy), Snehapana (ghee for intake)
- Lehya Kalpana (preparation of therapeutic jams)
- Gudika Kalpana (Ayurvedic handmade tablets)
- Varti Kalpana (Ayurvedic suppositories)

## *Weekday Series Classes*

### **Ashtanga Hridayam**

The Ashtanga Hridayam, the “Heart or Essence of all the Eight Branches of Ayurveda,” is one of the primary ancient root texts of Ayurveda. Today, the Ashtanga Hridayam continues to serve as a root source for Ayurvedic philosophy and protocol, providing clear guidelines in all aspects of health.

### **Clinical Case Discussion Webinars**

This program is dedicated to interactive reviews of clinical conditions, including cases submitted by participants. It is an opportunity for AD students to receive feedback on live cases and collaborate with fellow AD students and Ayurvedic Practitioners on protocol development. AD students are required to attend 36 sessions to be taken concurrently with the AD Certification program as part of the Master Track Program. Note: if there are no participant-submitted cases for a session, the faculty member will provide cases for review.

## *Recorded Series Classes*

### **Introduction to Sanskrit for Ayurveda Recording**

The series introduces Sanskrit to Ayurvedic students so they can easily read Ayurvedic texts such as the *Ashtanga Hridayam*. The course focuses on listening, reading, and writing, and introduces speaking. No familiarity with the language is assumed, the course starts with the fundamentals, beginning with the basic sounds and the alphabet of the Devanagari script. Students progress further by learning to read and write their names, transliterate simple words, and then build up towards reading Ayurvedic words and sentences.

## Vedic Formulations Parts 1 - 5 Recordings

One of the important skills of an Ayurvedic Doctor is the ability to select the right herbs and formulations for an individual's constitution and imbalances. In these recordings, you will learn the most commonly used and effective Vedic formulations as documented in the classical texts. The class will cover multiple formulations and single herbs. Students receive an overview of the formulation, contents of the formulations, method of preparation, specific indications, dosage forms, and appropriate adjuvants. Parts 1-5 of this series are part of the Allied Program track.

The primary root text followed in this program will be *Sahasrayogam* and *Ashtanga Hridayam* for the formulations, and *Bhava Prakasha* for the individual herbs, which are part of the required books for the AD program.

## Ashtanga Hridayam Parts 1-15 Recordings

As part of your AD training, the recordings of Parts 1 -15 of our Ashtanga Hridayam series are required as part of the Allied Program track.



## IN PERSON EXPERIENTIAL PROGRAMS

*All Internships, Residencies and Specialties will be scheduled during the AD Program through Student Support Services.*

### *Ayurvedic Doctor Clinical Internship*

Kerala Ayurveda Academy offers Clinical Internship training opportunities at our US and India locations, which are also open to Ayurvedic Doctor students and alumni from other institutions.

Ayurvedic Doctor students of Kerala Ayurveda Academy are required to complete a total of 500 hours of Clinical Internship to satisfy certification requirements. Of the total hours, 150 hours are mandatory in India\*, and the rest may be fulfilled through three options:

- **India Internship** – offered in 150-hour, 15-day segments
- **Independent India Internship** – available for convenient scheduling
- **US Internship – Milpitas, CA** – offered in 46-hour, 5-day segments

The India Internship is offered twice per year (with additional frequency upon demand). The US Internship is offered multiple times per year. *Please see the program schedule for specific dates.*

*\*If a student cannot go to India for Internship for legal reasons, please contact Student Support.*

### **Prerequisite**

Clinical Internship eligibility requires completion of either the sixth module of the Ayurvedic Doctor (AD) program (KAA 306) or after sixth months after the start of the program.

### **US Clinical Internship**

The US Clinical Internship is conducted as week-long, 46-hour segments at Kerala Ayurveda Academy & Wellness Center and is open to AD students as well as students from other schools of Ayurveda. The program focuses on clinical assessment, creating Ayurvedic management protocol, implementation of Panchakarma, application of Ayurvedic herbs and formulation, Yoga and counseling. Interns gain hands-on experience managing a variety of cases across diverse age groups and disorders, all under the supervision of Kerala Ayurveda USA Director, Vaidya. Jayarajan Kodikannath and other Kerala Ayurveda Faculty members.

### **Location**

Kerala Ayurveda Academy & Wellness Center, California

### **Format**

One Week (46 hours) – Monday-Friday 8am-6:00pm

## India Clinical Internship

The 15-day internship in India is one of the most exciting and life-changing opportunities offered by Kerala Ayurveda Academy India. Students live, study and practice Ayurveda in the birthplace of the Vedas, experiencing India both Ayurvedically and culturally. Interns can see firsthand how Ayurveda is embraced and practiced with phenomenal results in a wide variety of applications.

The India Clinical Internship is also a unique experience for students to experience and witness firsthand the full scope of a dynamic Ayurveda company, from seed to shelf. In addition to training at Kerala Ayurveda's award-winning wellness centers, interns tour the Kerala Ayurveda Ltd research and manufacturing facilities and herbal gardens, home to more than 1,200 medicinal and herbal plants.

### Location

**Kerala Ayurveda Health Village, Cochin Kerala:** an opportunity to intern at our green leaf certified hospital, Aluva. This unique hospital accommodates up to forty patients at a time, all rendering Ayurvedic services. It offers doctor consultations, inhouse Ayurvedic formulations and over 45 Ayurvedic therapies. Here you will observe patients daily and prepare herbal formulas, gaining a deeper understanding of the authentic practices of Kerala Ayurveda. We will also be traveling to nearby clinics and hospitals to work with local Ayurvedic Practitioners.

### Format

15 Days – 150 Hours of Internship Requirements (10-hour days)

## Independent India Internship

### Format

The Independent Internship is available as an alternative to our group India Internship and is customized to your convenience and requirements of internship/in person hours. Independent Internships can be scheduled by completing an application through Student Services. Note: Independent Internships are counted as 8 hours/day and Sundays are unavailable for Internships.

*\*If a student cannot go to India for Internship for legal reasons, please contact Student Support.*

## Internship Summary

Students may attend any combination of the above Internship formats, keeping in mind that they need to attend a minimum of 92 Internship hours at Kerala Ayurveda Academy and Wellness Center, California, in order to meet the full 500-hour requirement for AD completion and graduation.

## *Doctor Residency*

Each student must complete an on-site Doctor Residency from 8am-6pm daily as a part of the program. During the Residency, students will follow the Ayurvedic Doctors as they lead rogis through their Ayurvedic protocol and treatments. The length of this residency will be 200 hours for those who have attended all weekend classes in person. If students attended only a portion of the weekend classes in person, they would need to make up the hours missed by attending additional hours of Clinical Internship, Doctor Residency, or Specialty Internship.

Students are required to complete the Residency hours after 1.5 years of the program start date under the supervision of a clinical faculty member at Kerala Ayurveda Clinical facilities in the US or India.

### **During the Doctor Residency at Kerala Ayurveda, students will participate in:**

- For each 100 hours: Students will attend 12.5 eight-hour days, completing a minimum of 30 case studies with Rogis
- The day-to-day operations of running an Ayurvedic clinical practice
- The first visit and guiding the Rogi through the consultations and treatments to the follow up visit
- Measuring, mixing and preparing customized herbal formulations and blends
- Process of preparing the Rogi for Panchakarma, as well as witnessing and assisting in the complete Panchakarma process
- First-hand experience next to seasoned Ayurvedic Doctors who will train you in all aspects of Ayurvedic practice

### **Doctor Residency Summary**

For students who are attending all live Weekend Intensive classes in person, 200 hours of Doctor Residency will be mandatory.

For those who attend live streaming of all Weekend Intensive classes, the 200 hours of Doctor Residency is mandatory PLUS an additional 340 hours of either Clinical Internship, Doctor Residency or Specialty Internship to meet in person requirements.

If students attend a portion of live Weekend Intensive classes in person, they will need to make up additional hours above and beyond the mandatory 200 hours. This will be accomplished by adding more days (prorated to the number of hours the student needs) to their Clinical Internship, Doctor Residency, or Specialty Internship.

## *Specialty Internship*

Students of the AD program are required to select a clinical specialty to provide a focus to their practice. The experience of preparing for this specialty will aid the student in becoming a well-researched, practically oriented and innovative participant in Ayurveda's development.

The Specialty Externship will cover the clinical management of the specific specialty with at least fifty clinical encounters. These encounters could be covered as observations, providing Ayurvedic service under supervision, as well as independent service with a review from the faculty/supervisor. Independent services should not exceed twenty-five encounters.

The student can identify a competent specialist in their area of specialty and arrange for the program on their own with the preapproval of the Academy or KAA has some preapproved instructors for the students to select from. Students must complete a minimum of 30 consultations for this 110-hour requirement.

Students will complete their dissertation as part of their specialty assignment.

### **Specialties**

Since Ayurveda is a vast ocean of knowledge, the program offers students the opportunity to explore their passions by focusing on a specialized Ayurvedic topic. This will allow the student to; develop an area of specialty, acquire additional conceptual knowledge and practical experience; and progress as specialists and researchers in their specific area of interest.

KAA provides the following four areas of specialization from which the student can select:

- **Kayachikitsa:** Ayurvedic General Medicine
- **Manasaroga:** Ayurvedic Psychiatry
- **Streeroga and Prasooti Tantra:** Women's Health
- **Digestive and Metabolic Disorders**

### **Specialty Summary**

Students need to complete 110 hours of internship in their specialty starting at least 12 months after their program begins. KAA can assist student's in finding an appropriate location, or the student can explore resources of their own. All locations and supervisors will need to be approved prior. Since the costs of this portion of the program is variable, we cannot predict what it may be.

## *Externship*

Externships are an opportunity for students to explore Ayurveda in a format of their choice. Students may complete the Externship after they have completed the first 12 months of their

program. For every 50 hours of externship, students must be able to document 15 cases. Externship can be done in person (only) by one of the following:

- Additional Independent Internship hours
- Additional Clinical Internship hours
- Additional Doctor Residency hours
- Preapproved externship at an Ayurvedic clinic with approved Vaidya

### **In Person Experiential Programs Summary**

Students will need to accomplish the following:

- 500 hours of Internship (KAA US or India)
- 200 hours of Doctor Residency (more hours if student is not attending Weekend Intensives in person) (KAA US or India)
- 110 hours of Specialty Internship (KAA or pre-approved external specialist)
- 150 hours of Externship (KAA or pre-approved external specialist)

## BREAKDOWN BY FORMAT

	HYBRID
18 Three-Day Weekend Intensives*	Live streamed or in person
6 Weekend Intensives	Live streamed
2 4.5 Day PK Practicums	In person
36 Saturday Virtual Classes	Live streamed
36 Mentoring Sessions	Live streamed
Dissertation Meetings	In person
Clinical Encounters	In person
Recorded Lectures	Elearning
Assignments	Elearning & self-paced
2 Workshop Intensives*	Live streamed or in person
2 Weekday Evening Series	Live streamed
3 Recorded Series Classes	Elearning
Clinical Internship	In person
Doctor Residency	In person
Specialty Internship	In person
Externship	In person
<b>PROGRAM HOURS</b>	<b>2,660*</b>

The in person sessions are required to qualify to take the National Ayurvedic Medical Association (NAMA) Board Exam as a level III Ayurvedic Doctor (AD). It meets the 1500 in person contact hours. Students who do not attend all in person sessions will have to attend an additional 340 hours of Clinical Internship, Doctor Residency, or Specialty Internship to meet NAMA requirements.





## Schedule & Hours

### START AND COMPLETION DATES

**Start Date:** Orientation – January 7, 2023 from 7:00-10:00am US Pacific Time\*

**First Class Date:** January 27-29, 2023\*

**Completion Date:** January 12, 2026\*

*\*Please note these dates are subject to change. Kerala Ayurveda Academy reserves the right to cancel classes if student enrollment minimum is not met.*

### MASTER TRACK – 872 HOURS

*Student Orientation - 3 hours*

Required live streamed session prior to the class start date. It is recorded for later viewing.

## *24 Three-Day Weekend Intensives – 27 hours each – 648 hours total*

**Fri, Sat, Sun 8:00am-6:00pm US Pacific Time**

Offered approximately once per month over the course of 36 months in total, both in person and live streamed. They are recorded for later viewing.

## *2 Panchakarma Practicums – 40 hours each – 80 hours total*

**Wed-Saturday 8:00am-6:00pm and Sunday 8:00am-12:30pm US Pacific Time**

KAA 325 & 326 are the PK Practicum, required in person attendance.

## *36 Saturday Virtual Classes - 3 hours each –108 hours total*

**Saturdays 7:00-10:00am US Pacific Time**

Live streamed and recorded for later viewing.

## *36 AD Mentoring Sessions – 1 hour each –36 hours total*

**Tuesdays 5:00-6:30pm US Pacific Time**

Live streamed and recorded for later viewing.

## *Dissertation Meetings – 5 hours*

**Scheduled individually after the first 6 months of the program**

The Dissertation meetings with faculty will be 5 hours and the independent work will be an additional 95 hours.

## *Clinical Encounters - 80 hours*

**Students may start these after their first internship or the 9<sup>th</sup> month of the program**

One-on-One Clinical Consultations

## *Online Recorded Lectures – 26 hours*

**Elearning**

Self-paced work with viewing deadlines aligned with the Weekend Intensives to stay on track for completion.

## *Assignments*

**Self-paced**

**Herbarium**

**Formulation Record Assignment**



## ALLIED PROGRAMS – 714 HOURS

### *2 Workshop Intensives – 27 hours each – 54 hours*

#### **Fri-Sun 8:00am-6:00pm US Pacific Time**

- KAA 327 Ayurvedic Assessment and Pulse Diagnosis
- KAA 328 Ayurvedic Formulation Making

Offered once per year so students will have multiple opportunities to attend throughout the course of the entire AD program. Students may attend in person or tune in via live streaming, and these classes are recorded for later viewing. *Please see the program schedule for specific dates. Those who have previously taken these workshops: independent review only is necessary.*

### *2 Weekday Evening Series – 1.5 hours each –189 hours*

#### **90 Wed 6:00-7:30pm U.S Pacific Time – 1.5 hours each - 135 hours total**

- Ashtanga Hridayam: sessions offered twice per year, with 15 weekly classes

#### **36 Tues 5:00-6:30pm U.S Pacific Time- 1.5 hours each - 54 hours total**

- Clinical Case Discussions: offered once per month, live streamed and recorded for later viewing

### *3 Recorded Series – 474 hours*

#### **Self-paced**

- Introduction to Sanskrit for Ayurveda
- Ashtanga Hridayam Parts 1-15
- Vedic Formulations Parts 1-5



## IN PERSON EXPERIENTIAL PROGRAMS

*All Clinical Internships, Doctor Residencies, Specialty Internships and Externships will be scheduled during the AD Program through Student Support Services.*

### *Ayurvedic Doctor Clinical Internship - 500 hours*

Ayurvedic Doctor students of Kerala Ayurveda Academy are required to complete a total of 500 hours of Clinical Internship to satisfy certification requirements. Of the total hours, 150 hours are mandatory in India\*, and the rest may be fulfilled through three options:

- **India Internship** – offered in 150-hour, 15-day segments
- **Independent India Internship** – variable hours upon request
- **US Internship – Milpitas, CA** – offered in 46-hour, 5-day segments Mon-Fri from 8:00am-6:00pm US Pacific Time

**In order to complete the 500-hour minimum, students are required to attend a combination of the above options. If the combination exceeds 500 hours, the additional hours may be used towards the Externship component.**

### *Doctor Residency – 200-540 Hours*

**It is recommended that students do their residency after 1.5 years of the program start date**

200 Hours for those attending all in person Weekend Intensives; 540 hours for those who have not attended in person. (If students attended only a portion of the Weekend Intensives in person, they would need to make up the hours missed by attending additional hours of Clinical Internship, Doctor Residency, or Specialty Internship.)

### *Specialty Internship - 110 hours*

**This Internship should not be scheduled until after the first year of the program and must be re-approved.**

Scheduled by the student at their convenience

### *Externship – 150 hours*

**Pre-approved Externship can be done after the first year of the program.**

Scheduled by the student at their convenience

## PROGRAM HOUR BREAKDOWNS

Course Component	Program Hours
Orientation	3
<b>Master Track</b>	<b>Total: 983</b>
Weekend Intensives	648*
Panchakarma Practicums	80
Saturday Virtual Classroom Sessions	108
AD Mentoring Sessions	36
Dissertation Meetings	5
Independent Clinical Encounters	80
Online Recorded Lectures	26
<b>Allied Programs</b>	<b>Total: 717</b>
3-Day workshops	Subtotal: 54
Ayurvedic Assessment and Pulse Diagnosis	27*
Ayurvedic Formulation Making	27*
Weekday Evening Series	Subtotal: 189
Clinical Case Discussion Webinars	54
Ashtanga Hridayam	135
Recorded Series Classes	Subtotal: 474
Ashtanga Hridayam	324
Introduction to Sanskrit for Ayurveda	30
Vedic Formulations Parts 1 & 2	120
<b>In Person Experiential Programs</b>	<b>Total: 960</b>
Clinical Internship	500
Doctor Residency	200*
Specialty Internship	110
Externship	150
<b>TOTAL</b>	<b>2,660</b>

\*Can be attended in person or live streamed.

**\*The in person sessions are required qualify to sit for the National Ayurvedic Medical Association Certification Board (NAMACB) certification exam as an Ayurvedic Doctor (AD). It meets the 1500 in person contact hours. Students who do not attend all in person sessions will have to attend an additional 340 hours of Clinical Internship, Doctor Residency, or Specialty Internship to meet NAMA requirements.**

## CLINICAL ENCOUNTER HOURS BREAKDOWN

This breakdown addresses clinical encounter hours and number of encounters. A clinical encounter is when a student interacts directly with a rogi, as an initial consultation or follow-up.

Course Component	Total Clinical Encounter Hours	Number of Clinical Encounters
Clinical Internships	165	82
Independent Clinical Encounters (20 consultations with 2 follow ups)	80	60
Doctor Residency (200 hours)	75	37
Specialty Internship	20	10
Externship	45	22
<b>TOTAL</b>	<b>365</b>	<b>181</b>
Online students must take an additional 340 hours of Clinical Internship, Doctor Residency, or Specialty Internship	120	60

Online Students will have to do an additional 340 hours of Clinical Internship, Doctor Residency, or Specialty Internship to meet the AD National Board Exam requirement of 300 Clinical Encounter Hours / 150 Clinical Encounters.

## TESTS & GRADING

- There will be a test at the completion of each weekend module in the elearning system.
- Minimum passing grade is 70%.
- Students must complete all the tests before they are eligible for graduation.
- All testing is conducted online through our elearning system and grades are immediately available in the student online account. Project/assignment grades are posted within 10 days of submission.
- A student who does not achieve the minimum passing grade of 70% for graduation may retake the tests up to five times. The highest score will be recorded.

## GRADUATION REQUIREMENTS

- All tests are completed by the student with a minimum grade of 70%.
- All assignments are completed by the student.
- The dissertation is submitted and presented.
- Full tuition for the program has been paid by the student.



- The 500-hour Clinical Internship has been completed by the student.
- The in person hour requirement has been met for the Doctor Residency.
- The Specialty Internship requirement has been met.
- The Externship requirement has been met.
- All Allied Program requirements have been met.
- All prerequisites have been met.
- This program meets the 1500 hours in person contact hour requirement to write the NAMA AD National Board Exam. Contact hours are the time spent in classroom instruction (including live streaming class time) and time spent with rogis (health seekers). The total available contact hours in this program are 1,580 which is mandatory to graduate. In case the student misses some in person hours, they will have to make up the hours either through attending the next AD session class or attending extra days/hours of the Clinical Internship, Doctor Residency, or Specialty Internship.



## LOCATION

**Kerala Ayurveda Academy & Wellness Center**  
**691 South Milpitas Blvd, Suite 206**  
**Milpitas, CA**

Located in the San Francisco South Bay area, eight miles from the San Jose Airport, our flagship location consists of a spacious classroom for lectures, dynamic conference and auditorium rooms, consultation and Panchakarma rooms, and a library. Amenities include free Wi-Fi and ample parking space. The center is located within walking distance of restaurants and health clubs. Our Student Support team can provide more information and local guidance for planning your visit.

## IN PERSON & ONLINE LEARNING

All of our courses include a combination of in person and online learning. Online learning is conducted through live streamed classes via Zoom and self-paced learning & resources in our robust elearning platform by TalentLMS.







## Faculty

Kerala Ayurveda Academy's mission is to offer authentic Ayurvedic courses by experienced Ayurvedic Doctors (*Vaidyas*). Many of our faculty members are established Ayurvedic physicians who have received degrees from renowned Universities in India – the “Holy Land” of Ayurveda – and have more than 15 years of experience in Ayurvedic practice and teaching. Faculty are eager to share and hand over this ancient wisdom to our enthusiastic students.

### SENIOR FACULTY



#### **Vaidya. Jayarajan Kodikannath**

BSc, BAMS

Vaidya Jayarajan is the Academy Director, Kerala Ayurveda USA responsible for all academic programs conducted internationally by Kerala Ayurveda. He is a Kerala, India native from a *Vaidya* family, a veteran Ayurveda scholar and clinician. He is also a Lead Trainer for Domain Experts in Ayurveda with over two decades of experience in health and education in India and the US

## FACULTY



### **Vaidya. Vandana Barnawal**

BSc, BAMS, MD (Masters in Ayurveda)

Vaidya. Vandana, the founder of AyurveDatri, is a leading expert of Ayurveda specializing in women's health. She has more than 25 years of experience involving various aspects of clinical, research, teaching and education in Ayurveda. She is on the Board of Directors at Council for Ayurveda Research, USA (CAR), professional member National Ayurvedic Medical association, USA, (NAMA), State Director Ohio at Association of Ayurvedic Professionals of North America, USA (AAPNA). She also is a published author of Stree Roga Vimarsh, a book of Ayurvedic Gynecology and Prasuti Tantra Sandarshini, a book of Ayurvedic obstetrics. She is a regional editor with Journal of Research and Education in Indian Medicine. She is the recipient of many awards, including the Charaka Award for excellence in teaching by AAPNA.



### **Vaidya. Meenakshi Gupta**

BAMS

Vaidya. Gupta is a classically trained Ayurveda Vaidya who pursued her BAMS degree from the Apex Learning Institute, The National Institute of Ayurveda in Jaipur, India. She has been practicing Ayurveda for more than 20 years, is a Panchakarma Specialist, and is certified in Child Nutrition and Nutrition Sciences. She is a prolific speaker, educator, and leader in the field of Ayurveda. She is an international educator in various Ayurvedic courses and is on the editorial board of international peer-reviewed journals.



### **Vaidya. Sriranjini Jaideep**

MD (AYURVEDA), PHD (NIMHANS)

Vaidya. Sriranjini is a clinician researcher with an illustrious career of 20 years in Ayurveda clinical practice, transdisciplinary research and academics. She is an MD in Kayachikitsa (Internal medicine branch of Ayurveda) and a PhD from NIMHANS, Bangalore, a Vaidya Scientist Fellow and a certified Yoga Instructor from SVYASA University. She was

a Consultant physician at world class, authentic Ayurveda hospitals in India including Institute of Ayurveda and Integrative Medicine and the Ramaiah Indic Specialty Ayurveda at Bangalore where she catered to patients of diverse ailments. She has been a Co-investigator on several research projects and is faculty for workshops on research methodology, medical ethics, biostatistics and scientific writing. She has published her research articles in peer reviewed scientific journals and has won several young researcher awards at International conferences. Currently, she is a Freelance Research Consultant at Ramaiah Ayurveda and also provides Ayurveda consultation from Canada.



**Vaidya. Rucha Kelkar**

BAMS, MASTER OF PHYSICAL THERAPY

Vaidya Rucha Kelkar earned her graduate degree from University of Pune, India and secured a top rank in all three academic years of her Ayurvedic education. She is an accomplished Ayurvedic practitioner, educator and writer, also a licensed physical therapist with a master's degree in physical therapy.



**Vaidya. Kamya Pillai**

BAMS

Vaidya Kamya Pillai trained in Ayurvedic Medicine at Mahatma Gandhi University, Kerala and later served as a faculty in the same university under the Ophthalmology and ENT departments. She gained valuable experience managing a broad spectrum of disorders while operating as an independent practitioner in India during 2009-2013. Her white papers on various health topics were received in seminars across India. In 2015, she completed her Ayurvedic Wellness Practitioner (AWP) certification from Kerala Ayurveda Academy at the AWP and serves the program as a mentor for students.



### **Vaidya. Princy Prasad**

BAMS, MS (Ayu), PhD (Ayu)

Vaidya. Princy Prasad is a zealous learner and educator of the Science of Life, Ayurveda. Trained by experienced Vaidyas of Kerala, she has a special focus on (i) Orthopaedic management (ii) Para-surgical procedure and also on diverse health conditions. Obtaining her degree in Ayurvedic Medicine and Surgery and master's degree in Surgery (Ayu) from Kerala University of Health Sciences, she continued her research studies in Gujarat Ayurveda University, Jamnagar for the fulfillment of Doctor of Philosophy (Ayu). For the past decade, she has worked in Government Institutions and Hospitals in India managing cases from various socio-economic status. Having a clear understanding of Principles of Ayurveda, patient care, research and development, she worked under National AYUSH mission for the upgradation of hospitals with her expertise. Teaching being one of her passions, she gained 5 years' experience as a Lecturer in Ayurveda (Undergraduate and Postgraduate) and is a constant learner of this ocean of knowledge. She authored articles in Ayurveda for reputable Ayurvedic journals and is the subject editor of International Journal for AYUSH case reports. Vaidya. Princy loves to share her knowledge as she believes, "In vain have you acquired knowledge if you have not imparted it to others."



### **Vaidya. Sheena Sooraj**

BAMS

Vaidya Sheena Sooraj is an experienced Ayurvedic practitioner and native of Kerala, India. She developed her passion for Ayurveda at a young age, as her grandfather was a well-known Ayurvedic physician and astrologer. She has experience running her own practice in India and the US and has successfully managed a wide range of diseases. An active advocate of Ayurveda, she is a public speaker on Ayurveda's importance in daily life, having led talks at schools, corporate offices and banks.



## **Vaidya. Ram Tamang**

BAMS

Vaidya. Ram Tamang trained in the J. Krishnamurti foundation in Bangalore where he earned his degree in Ayurvedic Medicine and Surgery, and also studied intensely with several Yoga masters in India. He has practiced and taught internationally, including his role heading a Panchakarma Center at an Ayurveda Retreat in South India, Ayurveda workshops in Amsterdam, Netherlands and work with Allopathic Doctors in an emergency ward in India.





# Admissions

## APPLICATION

Begin the process by completing our Online Application via our website: [www.keralaayurveda.us](http://www.keralaayurveda.us). There is an application fee of \$25.

As a prospective student, you are encouraged to review this Catalog prior to applying. Your application will be reviewed by our admissions team and Academy Director. Please note we may be in touch with you to request additional information during this process beyond what you have provided in the application. If you have not satisfied the required prerequisites for this program, we will notify you that your application has not been accepted for this reason. You are welcome to reapply once your prerequisites have been completed.

## INTERVIEW & ACCEPTANCE

After your prerequisites have been verified, an interview will be scheduled with a member of our Student Support team and faculty to assess your readiness for the program. We will follow up to confirm acceptance status approximately two weeks after the interview.





## Tuition & Fees

Summary of Tuition <sup>1</sup>	
Registration Fee	\$100
Admin & Technology	\$250
<b>Master Track Tuition<sup>2</sup></b>	<b>\$18,900</b>
Clinical Internships <sup>3</sup>	\$10,945-\$17,490
Doctor Residency <sup>4</sup>	\$3,750 (200 hours)
Specialty Internship	Price will vary
Externship	Price will vary
<b>Allied Programs<sup>5</sup></b>	<b>\$5,835</b>

### Please Note:

1 Kerala Ayurveda Academy does not offer state or federal financial aid, educational loans or tuition scholarships or discounts to students at this time.

2 Books not included – we will give you the list of books upon enrollment. Master Track tuition does not include Allied Programs or Clinical Internships, which must be completed by end of your AD program. Please note: certification refunds are program-specific. See Policies & Procedures for more information.

3 Total tuition will depend on the format chosen. Please see the detailed tuition breakdown on the next page.

4 This is the US Residency price. For those who are not attending live in person, and need to make up 340 hours, the price is \$6,375. For those attending in India, please see the Doctor Residency Tuition Chart.

5 Allied Programs are required for students who have not taken them previously. See the program and detailed tuition breakdown on the next page to calculate your requirement and tuition total.

6 Full tuition is discounted approximately 3%.

7 Students choosing the biannual and 30-month payment plans will be required to complete and sign a payment agreement upon enrollment. There will be a management fee for the extended 30-month payment plan.

## PAYMENT PLANS FOR MASTER TRACK TUITION

*Please note that the first tuition payment is due upon enrollment.*

	Tuition in Full <sup>6</sup>	Biannual <sup>7</sup>	36 Month <sup>7</sup>
<b>Tuition</b>	\$18,300	\$3,150	\$545
<b>Number of Payments</b>	1	6	36
<b>Registration Fee</b>	\$100	\$100	\$100
<b>Admin &amp; Technology Fee</b>	\$250	\$250	\$250
<b>STRF</b>	\$45	\$47.50	\$50
<b>KAA Students &amp; Alumni of our AHC, AP, PKT Certification Programs</b>			
<b>Total Tuition</b>	\$18,550	\$19,150	\$19,870
<b>Total Tuition (CA Students)</b>	\$18,595	\$19,197.50	\$19,920
<b>New Students to our certification programs</b>			
<b>Total Tuition</b>	\$18,650	\$19,250	\$19,970
<b>Total Tuition (CA Students)</b>	\$18,695	\$19,297.50	\$20,020

## TUITION BREAKDOWN OF ALLIED PROGRAMS

If you have previously taken any of the following programs, you are not required to retake them. For any programs you need to complete, the tuition rates listed below incorporate your Student & Alumni discount. *Note: early bird tuition savings may be available for the following programs.*

Module	Program	Tuition	Total
<b>KAA 329</b>	<b>Ayurvedic Assessment and Pulse Diagnosis</b>	\$495	\$495
<b>KAA 330</b>	<b>Ayurvedic Formulation Making</b>	\$495	\$495
<b>Workshop Weekend Intensive Subtotal</b>			<b>\$990</b>
Weekday Sessions		Tuition	Total
<b>Clinical Case Discussion Webinars</b>		\$20 per session (36)	\$720
<b>Ashtanga Hridayam</b>		\$325 per live segment (6)	\$1,950
		Weekday Session Subtotal	\$2,670
<b>Recorded Sessions</b>		Tuition	Total
<b>Vedic Formulations</b>		\$175 per segment (5)	\$875
<b>Ashtanga Hridayam (15 session recordings)</b>		\$75 per recorded segment	\$1125
<b>Introduction to Sanskrit for Ayurveda</b>		\$175	\$175
<b>Recording subtotal</b>			<b>\$2,175</b>
<b>Allied program total</b>			<b>\$5,835</b>

## TUITION BREAKDOWN OF CLINICAL INTERNSHIPS

500 hours of Clinical Internship is required to complete this program. There are several format options available to complete the Internship requirement. For details, please see the Clinical Internship Details in the Program Format section of this catalog.

Location	Tuition
<b>US Clinical Internship</b>	\$995 per segment (46 hours)
<b>India Internship</b>	\$4,295 per segment (150 hours, 1 required)

**Please Note:**

US Clinical Internship: travel, accommodations and meals not included.

India Internship: airfare not included. Accommodations and meals are included. Please contact Student Support in advance for additional details and to register for this program: +1 (888) 275-9103 x20 or [support@keralaayurveda.us](mailto:support@keralaayurveda.us).

Requirement is for qualified travelers.

## TUITION BREAKDOWN OF DOCTOR RESIDENCY

For students who attend all the Master Track classes in person, 200 hours of Doctor Residency is required. For those who have not attended any Master Track classes in person (except for the PK Practicums which are required) need to attend 340 hours of Doctor Residency (or Clinical Internship or Specialty Internship) to complete this program. If you attend a portion of the Master Track classes in person, you will need to take the appropriate number of Doctor Residency hours to make up 340 live in person hours total.

Location	Tuition
<b>US Residency</b>	\$150 per day
<b>India Residency</b>	\$310 per day (accommodations and meals included)

## TUITION BREAKDOWN OF SPECIALTY INTERNSHIP

120 hours of Specialty Internship is required to complete this program. Below is the tuition for the Internship if it were taken at Kerala Ayurveda India. Students may also plan their own Internship with prior approval of the faculty/supervisor.

Location	Tuition
<b>India Specialty Internship at KAA</b>	\$310 per day (accommodations and meals included)





# Academy Policies

## DIVERSITY & RELIGIOUS ACCOMMODATION

Kerala Ayurveda Academy encourages diversity and accepts applications from all minorities. Kerala Ayurveda Academy does not discriminate on the basis of race, creed, color, national origin, sex, veteran or military status, sexual orientation, or the presence of any sensory, mental, or physical disability or the use of a trained guide dog or service animal by a person with a disability. Kerala Ayurveda Academy acknowledges that information pertaining to an applicant's disability is voluntary and confidential and will be made on an individual basis. If this information is presented, Kerala Ayurveda Academy will reasonably attempt to provide an accommodation to overcome the effects of the limitation of the qualified applicant. All inquiries about accommodations should be made to the admissions administrator upon registration of the program.

Kerala Ayurveda Academy will make good faith efforts to provide reasonable religious accommodations to students who have genuinely held religious practices or beliefs that conflict with a scheduled program requirement. Students requesting a religious accommodation should make the request, in writing, directly to Student Support ([support@keralaayurveda.us](mailto:support@keralaayurveda.us)) with as much advance notice as possible. Absence from class does not excuse students from keeping up with any information shared or expectations set during the missed class. Students are responsible for reviewing the class recording and obtaining information provided during any class missed. The student shall work with their assigned Student Mentor to determine a schedule for making up missed work.

Examples of religious accommodations made by KAA may include: rescheduling of an exam or giving a make-up exam for the student in question; altering the time of a student's presentation; allowing extra-credit assignments to substitute for missed class work or arranging for an increased flexibility in assignment due dates; and releasing a graduate assistant from teaching or research responsibilities on a given day.

## SPECIAL ACCOMMODATIONS

Kerala Ayurveda Academy is required to provide necessary accommodations to provide students with disabilities an equal opportunity for participation in the program. Requests For Reasonable Accommodation ASNT is committed to providing qualified students with disabilities an equal opportunity to access the benefits, rights and privileges of school services, programs, and activities in compliance with the American with Disabilities Act and Section 504 of the Rehabilitation Act of 1973. Students who believe they need accommodations should contact Student Support at +1 (888) 275-9103 x20 or [support@keralaayurveda.us](mailto:support@keralaayurveda.us). Students with a documented disability must provide a current (within three years) document stating the disability and requested accommodations. This must be done prior to the start of the program. If you should develop a disability, condition, or illness while in school, KAA will work with you to accomplish your goal of completing your program.

## ATTENDANCE POLICY

Kerala Ayurveda Academy accepts a limited number of students for in person attendance in the live class at 691 S. Milpitas Ave, #206, Milpitas, CA. Student attendance is limited to 25 individuals. The instructor to student ratio is 1:25.

Attendance is monitored via attendance taken in person and during live streamed sessions.

Students must attend a minimum of 2000 hours in person and/or live synchronous sessions together (live synchronous refers to live streaming attended in real time). All KAA AD students (In Person and Hybrid) must attend a minimum of 1500 hours in person including all In Person Experiential Programs. Those who would like to meet the requirements for the AD board certification exam, must attend 1500 in person hours. (in-person means in real time with faculty physically present)

**For Hybrid students who do not attend Classes in person:** students must attend an additional 340 hours in person of the AD Clinical Internship, Doctor Residency, or Specialty Internship to meet this 1500-hour requirement.



## MAKE-UP AND RETAKE POLICY

If a student is absent from an in person or live streamed session, they may make it up the next time the class is offered in person or via live streamed session, free of charge.

If a student wishes to retake any Master Track Weekend Intensive, they may do so for a fee of \$50 per day. To retake an Allied Program (Workshop Weekend Intensives or Weekday Evening Series), students may do so at a fee of 50% the regular tuition. To make arrangements for all makeup or retake sessions, please contact Student Support at [support@keralaayurveda.us](mailto:support@keralaayurveda.us).

## CONDUCT

At KAA, programs are directed toward professional training. The students shall show respect to others and observe correct standards of conduct. The Honor System embodies values of personal integrity, honesty, and trust.

Fundamental to the Honor System is the Honor Code of Responsibility, and it is upon its principles that the Academy has based the Standards of Conduct.

### Honor Code of Responsibility

- Each member is responsible for maintaining a high level of civility, integrity, honesty, and trust within the community.
- Each student is responsible for presenting work of her/his own creation and refraining from representing as her/his own work that which is not hers/his.
- Conduct in keeping with the attendance policies.

Nothing in the policy prevents the student from contacting the Washington Workforce Board at 360-709-4600 at any time with a concern or complaint.

## TERMINATION POLICY

If the course is terminated after the student begins classes, the Academy may retain a percentage of the total tuition as described in the Refund Policy.

The official date of termination of a student shall be the last date of recorded attendance when withdrawal occurs when the student is terminated for a violation of a published Academy policy which provides for termination.

A student will be determined to be withdrawn from the institution if the student has not attended any class for five consecutive class weekends. They will be notified by telephone after four missed weekend classes, and they will be dropped after the fifth weekend. All access to materials will be suspended.

For a student who is on authorized Leave of Absence, the withdrawal date is the date the student was scheduled to return from Leave and failed to do so.

## SUSPENSION AND DISMISSAL POLICY

There are disciplinary guidelines to provide an environment to learn and grow independently, which give students rights and responsibilities.

- Any behavior disruptive to other students or the smooth running of the class will not be allowed.
- Students will have to pay the tuition on time; this includes one-time fees and payment plans.
- Students must maintain a passing grade of 70%.

**For behavioral issues:** At first incidence, warning will be given. At the second incidence, the student will be suspended for the entire weekend. A student will be readmitted after a suspended weekend. If the behavior persists, the student will be dismissed from the program. When the conduct of the student threatens the other student's safety, KA reserves the right to dismiss a student immediately.

**For nonpayment issues:** Verbal and written warnings will be sent from Student Support Services. After 3 attempts and no response from the student, the student will immediately be suspended.

A Suspension is defined as when the student's learning account is deactivated, and the student is withdrawn from their program.

## LENGTH OF TIME FOR STUDENT CERTIFICATIONS

AD Students are expected to complete the program within 3 years; however, they can take an additional 12 months to complete for a total of 4 years. If you have not completed within this time frame you will be considered on sabbatical for a maximum of 1 year. If after the extended time you do not complete your program, you are considered dropped. You will need to complete a new enrollment agreement and reapply for the program. You may contact the school for extenuating circumstances.

Contact Student Support Services at [support@keralaayurveda.us](mailto:support@keralaayurveda.us) or +1 (888) 275-9103, ext. 20.

## STUDENT SABBATICAL (LEAVE OF ABSENCE)

If a student has circumstances that prevent them from continuing the program as originally planned, they may apply for a Sabbatical. The Sabbatical will be requested by the student to the

Student Support Office at [support@keralaayurveda.us](mailto:support@keralaayurveda.us). The office will then send a form for the student to complete and sign.

A one-time sabbatical will be allowed for the student with the provision that they will come back after a maximum of 1 year, or before. With permission from the school, the student will be allowed to resume attending classes in the next class at the level where the sabbatical was initiated.

During the Sabbatical, all access to future classes will be removed from the student's account; however, they will retain access to the modules they have completed in the eLearning system.

If the student is on a payment plan and wishes to suspend the plan for the duration of the sabbatical, they will have to pay a \$25/month administrative fee (non-refundable, not part of tuition); otherwise, they can continue paying their payment plan per their schedule.

## RESUMING THE PROGRAM (RE-ENGAGING)

To resume the program, a student must notify the school (Student Support Services at [support@keralaayurveda.us](mailto:support@keralaayurveda.us) or +1 (888) 275-9103, ext. 20) of his or her intention to resume classes and be in good academic and financial standing. They will need to fill out a new Enrollment Form for the semester they are restarting. It is not necessary for a student to retake any previously completed classes if the course of study resumes within the 12 months from the beginning of the Sabbatical.

When an agreed-upon Sabbatical has expired, a student must return to the program or be automatically withdrawn. In the latter case, a student will need to apply for readmission to a new class at the tuition rate in effect at that time. This is also the case if a student chooses to withdraw rather than go on a Sabbatical. See "Refund and Cancellation Policy" below for further information on withdrawals.

## FINANCIAL AID

Kerala Ayurveda Academy does not offer state or federal financial aid to students. If a student obtains a loan to pay for an educational program, the student will have the responsibility to repay the full amount of the loan plus interest, less the amount of any refund. If the student has received federal student financial aid funds, the student is entitled to a refund of the monies not paid from federal student financial aid program funds.

If a student is eligible for a loan guaranteed by the federal or state government and the student defaults on the loan, both of the following may occur:

- The federal or state government or a loan guarantee agency may take action against the student, including applying any income tax refund to which the person is entitled to reduce the balance owed on the loan.

- The student may not be eligible for any other federal student financial aid at another institution or other government assistance until the loan is repaid.

**“Notice** - Any holder of this consumer credit contract is subject to all claims and defenses that the debtor could assert against the seller of the goods or services obtained pursuant hereto or with the proceeds hereof, recovery hereunder by the debtor shall not exceed amounts paid by the debtor hereunder.”

“Kerala Ayurveda Academy does not have a pending petition in bankruptcy, is not operating as a debtor in possession, has not filed a petition within the preceding five years, and has not had a petition in bankruptcy filed against it within the preceding five years that resulted in reorganization under Chapter 11 of the United States Bankruptcy Code (11USC. Sec. 1101 et seq.).”

## ENGLISH AS A SECOND LANGUAGE & FOREIGN STUDENTS

Foreign students are accepted, however, KAA courses are instructed in English and KAA does not offer English as a second language. Foreign students are required to have proof of English proficiency with a passing score of minimum 80% on the TOEFL exam for enrollment. Visa services are not provided, and Kerala Ayurveda Academy will not vouch for student status and any associated charges.

## RECORD RETENTION

All records concerning the Kerala Ayurveda Academy are kept for fifty years after student's completion, withdrawal or termination, with the exception of transcripts which are kept permanently. Student records are kept at 691 S Milpitas Blvd, Ste 206 Milpitas, CA 95035. Students requesting copies of these documents must submit a signed letter to the above address to the attention of the Student Support.

## STUDENT COMPLAINT PROCEDURE

If a student complaint should arise, they may contact Student Support, at +1 (888) 275-9103 x20 or at [support@keralaayurveda.us](mailto:support@keralaayurveda.us). If the student's complaint is not resolved after speaking to Student Support, they may contact the Director of Kerala Ayurveda Academy, Vaidya. Jayarajan Kodikannath at +1 (888) 275-9103 x20, [director@keralaayurveda.us](mailto:director@keralaayurveda.us) or at 691 S Milpitas Blvd, Ste 206, Milpitas, CA 95035.

### State of California

A student or any member of the public may file a complaint about this institution with the Bureau for Private Postsecondary Education by calling +1 (888) 370-7589 or by completing a complaint form, which can be obtained on the Bureau's Internet Website [www.bppe.ca.gov](http://www.bppe.ca.gov).

## TRANSFERRING OF CREDITS & CREDENTIALS

“NOTICE CONCERNING TRANSFERABILITY OF CREDITS AND CREDENTIALS EARNED AT KERALA AYURVEDA ACADEMY. The transferability of credits you earn at Kerala Ayurveda Academy is at the complete discretion of an institution to which you may seek to transfer. Acceptance of the certificate you earn in the Ayurvedic Doctor program is also at the complete discretion of the institution to which you may seek to transfer. If the certificate that you earn at this institution is not accepted at the institution to which you seek to transfer, you may be required to repeat some or all of your coursework at that institution. For this reason, you should make certain that your attendance at this institution will meet your educational goals. This may include contacting an institution to which you seek to transfer after attending Kerala Ayurveda Academy to determine if your certificate will transfer.”

KAA has not entered into an articulation or transfer agreement with any other college or university.

Transfer credit may be awarded for applicable coursework of comparable programs completed at other accredited or state approved/licensed institutions once verified by the Academy Manager and approved by the Director. Up to 70% of credit hours for AD may be transferred. Courses will be considered for transfer credit if relevant to the certificate program and completed with a grade of B or higher, or the equivalent, if another grading system was used. Prerequisite and corequisite courses must meet the criteria set forth by KAA. Application and official transcripts must be submitted for all transfer credit approval.

## EXPERIENTIAL CREDIT

**There is no credit granted for experiential learning.**

## REFUND AND CANCELLATION POLICY

### The Student's Right to Cancel

The student has a right to cancel the enrollment agreement and obtain a refund. **A written notice from the student, about the cancellation is required** and should be sent to the address below. For specifics related to your refund, refer to the refund tables according to your State.

Student Support  
Kerala Ayurveda Academy  
691 S. Milpitas Blvd Suite 206 Milpitas, CA 95035

### *Refund Policy: Master Track Classes*

#### **State of California and Distance Learning**

The registration fee is nonrefundable. The student has the right to cancel the enrollment agreement and obtain a refund of charges paid through attendance at the first class session, or

the seventh day after enrollment, whichever is later. There will be no refund if the student decides to withdraw after 60% of the classes (attendance of the 16<sup>th</sup> class) or online modules (accessed 16<sup>th</sup> online module).

There are 26 Master Track Three-Day Weekend Intensives which correspond to online modules. Refund Requests will be processed based on these Weekend Intensives and online modules accessed (whichever is greater).

A written notice from the students, about the cancellation will be required. A telephone call about cancellation or absenteeism for the classes will not be considered as true cancellation. In such cases, the student will not receive the refund for that period. The refund will be processed within 30 days from the day KAA receives the official written notice of cancellation from the student. The refund check will be mailed to the official address of the student. If original payment is by credit card the refund will be processed on the credit card.

Eligible refunds will not include the applicable interest during the enrollment period.

In case the student decides to withdraw during the program, before 60% of the classes are over, the following will be the refund calculation:

### Refund Calculation

- **Step 1:** Deduct registration fee from total Master Track tuition paid.
- **Step 2:** Divide the total tuition paid by 26 (number of Weekend Intensives/online modules) = 'tuition per module.'
- **Step 3:** Multiply number of classes attended or modules accessed in elearning by 'tuition per module.'
- **Step 4:** Subtract the amount in step 3 from the amount in step 1. This is the refund amount.

**Example:** if the student decides to withdraw after completing four in person intensives or live streaming and if he/she has paid the full tuition, the refund will be as follows:

Step 1	\$18,900-\$100	\$18,800.00
Step 2	\$18,800 / 26	\$723.00
Step 3	4 classes/live streaming x \$723	\$2,892.00
Step 4	\$18,800 - \$2,892	\$15,908.00
<b>Total refund will be: \$15,908.00</b>		

**Refunds** will be issued within 30 days of the date of student notification, or date of school determination (withdrawn due to absences or other criteria as specified in the school catalog), or in the case of a student not returning from an authorized Leave of Absence (LOA), within 30 days of the date the student was scheduled to return from the LOA and did not return.



**The following is a list of additional fees:**

- Administration Fee (for students new to KAA): \$100 upon enrollment
- Equipment: \$0
- Lab Supplies or kit fees: \$0
- Uniform or Special Protective Clothing Fee: \$0
- Learning Media Fee: \$0
- Tutoring Fees: \$0
- In-resident housing Fees: \$0
- Assessment Fee: \$0
- Transfer or Credit Fee: \$0
- Student Tuition Recovery Fund fee (CA students only, nonrefundable): \$2.50 for every \$1000

### *Refund Policy: Allied Program Classes*

Allied Programs are refundable less a \$25 administration fee according to the following schedule:

- Cancellation notice up to two business days prior to program start: full refund, less \$25 admin fee.
- Cancellation within 48 hours of program start: 50% of refund is available, less \$25 admin fee.
- After the program starts: no refunds available.

## **FEE (NON-REFUNDABLE) – STATE OF CALIFORNIA**

“It is important that you keep copies of your enrollment agreement, financial aid documents, receipts, or any other information that documents the amount paid to the school. Questions regarding the STRF may be directed to the Bureau for Private Postsecondary Education, 1747 N. Market Blvd. Ste 225, Sacramento, CA 95834, (916) 431-6959 or (888) 370-7589.

To be eligible for STRF, you must be a California resident or are enrolled in a residency program, prepaid tuition, paid or deemed to have paid the STRF assessment, and suffered an economic loss as a result of any of the following:

- The institution, a location of the institution, or an educational program offered by the institution was closed or discontinued, and you did not choose to participate in a teach-out plan approved by the Bureau or did not complete a chosen teach-out plan approved by the Bureau.
- You were enrolled at an institution or a location of the institution within the 120-day period before the closure of the institution or location of the institution or were enrolled in an educational program within the 120-day period before the program was discontinued.
- You were enrolled at an institution or a location of the institution more than 120 days before the closure of the institution or location of the institution, in an educational program offered by the institution as to which the Bureau determined there was a

significant decline in the quality or value of the program more than 120 days before closure.

- The institution has been ordered to pay a refund by the Bureau but has failed to do so.
- The institution has failed to pay or reimburse loan proceeds under a federal student loan program as required by law or has failed to pay or reimburse proceeds received by the institution in excess of tuition and other costs.
- You have been awarded restitution, a refund, or other monetary award by an arbitrator or court, based on a violation of this chapter by an institution or representative of an institution, but have been unable to collect the award from the institution.
- You sought legal counsel that resulted in the cancellation of one or more of your student loans and have an invoice for services rendered and evidence of the cancellation of the student loan or loans.

To qualify for STRF reimbursement, the application must be received within four (4) years from the date of the action or event that made the student eligible for recovery from STRF. A student whose loan is revived by a loan holder or debt collector after a period of non-collection may, at any time, file a written application for recovery from STRF for the debt that would have otherwise been eligible for recovery. If it has been more than four (4) years since the action or event that made the student eligible, the student must have filed a written application for recovery within the original four (4) year period, unless the period has been extended by another act of law. However, no claim can be paid to any student without a social security number or a taxpayer identification number.”



## FAQ

### FREQUENTLY ASKED QUESTIONS

**How much does the program cost?** The tuition for the course is \$18,900 (*not including registration or management fee*). Allied Programs, Internships, Residencies and Specialty Externships are required and are an additional cost. (see tuition & fees for details.)

**Do I need a college degree or a prior license/certification to study Ayurveda at the Doctor level?**

- A college degree is not required, nor are prior licenses or certifications in any field other than Ayurveda. KAA welcomes students from all educational backgrounds, with degrees, licenses or certifications in any field.
- A Level II Ayurvedic Wellness Practitioner Certification or equivalent is required.

**I'm not a healthcare professional; can I still earn a certificate and practice Ayurvedic medicine?** You are not required to be an existing healthcare professional, so long as you satisfy the program-specific prerequisites (see prerequisites).

**Is it legal to practice Ayurveda in all fifty states?** A bill has been passed in eleven states (California, Nevada, Maine, Minnesota, Oklahoma, Idaho, Louisiana, Rhode Island, Arizona, Colorado, and New Mexico) allowing the residents of those states to approach the non-licensed healing practitioners with informed consent.

**Does each state regulate the practice of Ayurvedic sciences?** No.

- Ayurvedic practitioners are not licensed in the United States, and its practice is not regulated by state or federal agencies. Standards of competency are set by individual schools that have received state approval. Ayurvedic practitioners in the United States are advised on how to practice legally within a limited scope of practice so they are not viewed as practicing medicine without a license.
- We might say that Ayurveda's current status in the US is analogous to the Chinese medical profession during its early years in the 1970s. While each state does not regulate the practice of Ayurvedic medicine itself, some aspects of Ayurvedic practice may fall within the scope of professions that are regulated. Students and graduates of the academy should be careful not to allow their practice to overlap one of those regulated professions unless they are licensed in that particular profession. Please contact your local state representative for more information about regulations in your area.

### **Can I practice Ayurveda outside of the state where I receive my certification?**

- Yes, Ayurveda is currently practiced all over the United States.
- While none of the US states currently have Ayurvedic practitioners or physicians as primary care physicians, many of these well-trained professionals utilize their education and skills in combination with other health care related credentials.
- Yoga Instructors, Massage Therapists, Registered Nurses, Nutritionists/Dietitians, Acupuncturists, Chiropractors, Medical Doctors and other health care professionals are recognizing and utilizing the benefits of educational training in Ayurveda.
- NAMA is currently working on developing educational standards, scope of practice, and related materials to support future licensing initiatives throughout the US.
- Many Academy graduates use their Ayurvedic education to enhance pre-existing professional careers.

**I am an Ayurvedic Doctor in India with a BAMS degree. Are there any prerequisites for me to join this program?** Ayurvedic Doctors with a Bachelor of Ayurvedic Medicine & Surgery (BAMS) degree may join the program directly as all the prerequisites are satisfied by their degree. An application is still required.

### **What does the “Vaidya” mean, and can I use the designation “Vaidya” once I earn this certification?**

*Vaidya* is a Sanskrit word which translates to healer. It has been used as a designation for Ayurvedic physicians for thousands of years and signifies an Ayurvedic lineage. You may notice that many of our faculty hold this designation, in addition to their BAMS degrees, and this is due to their personal lineage, coming from families of Ayurvedic healers. Out of respect for the Ayurvedic family lineages, the title Vaidya is not used based on degree alone.

**Can I use the designation “Dr.” once I earn this certification?**

Ayurveda is not a licensed medical field, and therefore this Ayurvedic Doctor (AD) program does not offer graduates a Doctorate degree. Graduates cannot use the designation “Dr.” in their name.

**Is there an Ayurvedic association which links other practitioners and students together?**

Yes, there is the National Ayurvedic Medical Association (NAMA). Many states have their own state associations, such as the California Association of Ayurvedic Medicine (CAAM).

**Is there an alumni association? Can I contact previous students?** You can find KAA alumni in our online alumni database at [www.keralaayurveda.us/alumni](http://www.keralaayurveda.us/alumni). We can also provide you with the contact information of several students for you to talk to upon request.

**How many of your graduates practice Ayurvedic medicine?**

- All of our graduates are able to practice Ayurveda in their everyday lives for personal health. An understanding of Ayurvedic principles enriches the quality of life in all aspects, not just physical well-being. The study of Ayurveda is truly a healing transformation during which students find a new level of emotional, mental and spiritual wellness. Additionally, graduates often change career paths or discover novel ways to apply their new Ayurvedic knowledge to their existing profession.
- There are many ways our students utilize their Ayurvedic education. Some of our students launch a practice as Ayurvedic professionals at their respective scope of practice.
- Many of our graduates incorporate Ayurvedic knowledge in their current practice as healers, such physicians, nurses, yoga teachers and massage therapists. Ayurveda complements all other healing modalities.
- Some of our graduates launch Ayurvedic product lines or combine Ayurveda with their existing business.

**What if I can’t attend all programs to qualify for NAMA professional membership in person?**

Students who do not attend all in person sessions will have to attend an additional 340 hours of Doctor Residency, Clinical Internship or Specialty Internship to meet NAMA requirements.

**How many hours should I spend on Assignments?** The Formulation Record and Herbarium should take approximately 26 hours each. The Clinical Consultations will take approximately 2 hours for each initial intake appointment and 30-60 minutes for each follow-up appointment. The Dissertation should take approximately 100 hours including meetings with your mentor for guidance.

**Are there tests? I feel anxious about taking tests.** Please try not to feel anxious about the tests. The testing is conducted online, and the student is provided three (3) attempts at taking the test. This highest score is recorded. The tests are for you (and us) to know what you have learned and what you didn’t so we can keep you up to speed. We want to make sure our students

understand all the Ayurvedic concepts clearly. Ayurveda is about human health, so a clear understanding is vital.

**I will be traveling from out of town to attend classes, is there housing assistance available?**

KAA does not have dormitories. There are a few hotels near the campuses where students can book a room for the weekend. The range of cost is approx. \$90-\$125. In the past, some students have made good friends with classmates and stayed with them on those weekends. KAA has no responsibility to assist a student in finding housing.

**When can I visit the school? Do you have open houses or visitor's events?** We allow our prospective students to sit in with the current class, so that they get a feel of the classroom setting and the topic. With a prior appointment, students are welcome to visit the academy and talk to the Academy Administrator. We are here to assist our students in any way we can.

**What student services are provided?** Student mentoring is supported throughout the entire term of the program. On occasion, KAA posts job openings as they become available on group emails to students and alumni. KAA will do its best to help graduates to get into practice or a related career but there are no specific student services for career planning or job placement.

**Where is your administrative office?** Kerala Ayurveda Academy & Wellness Center, 691 S. Milpitas Blvd, Suite 206, Milpitas, CA 95035. Contact Student Support at +1 (888) 275-9103 or [support@keralaayurveda.us](mailto:support@keralaayurveda.us).

**What materials do I need to bring to class and what should I expect in the classroom?**

Please bring a notebook and pen. If any textbooks are required for an individual session, you will be notified in advance. KAA provides all classroom facilities. Classes are taught in traditional, clean, well-lit classroom settings with tables and chairs for your comfort.

**If I have additional questions or concerns, who do I contact?** In case a student has any complaint, they may contact Student Support at +1 (888) 275-9103 x20 or at [support@keralaayurveda.us](mailto:support@keralaayurveda.us). "Any questions a student from the State of CA may have regarding this catalog, that have not been satisfactorily answered by the institution, may be directed to the Bureau for Private Postsecondary Education at BPPE address: 1747 N. Market Blvd. Ste 225 Sacramento, CA 95834, PO Box 980818, West Sacramento, CA 95798-0818, website address: [www.bppe.ca.gov](http://www.bppe.ca.gov). Phone: +1 (888) 370-7589." Inquiries or complaints regarding this private vocational school may be made to the: Workforce Board, 128 10<sup>th</sup> Ave. SW, Box 43105, Olympia, Washington 98504. Web: [wtb.wa.gov](http://wtb.wa.gov), phone: +1 (360) 709-4600, e-mail address: [wtecb@wtb.wa.gov](mailto:wtecb@wtb.wa.gov).

**What else does the CA Licensing Board want me to know?** "As a prospective student, you are encouraged to review this catalog prior to signing an enrollment agreement. You are also encouraged to review the School Performance Fact Sheet, which must be provided to you prior to signing an enrollment agreement."



**Who owns Kerala Ayurveda Academy?** Kerala Ayurveda Academy is run by Ayurvedic Academy Inc., a wholly owned subsidiary of Kerala Ayurveda Limited, Athani, Aluva Post, Kerala, India 683585. Kerala Ayurveda Limited is a pioneer in Ayurveda and operates herbal plantations, Wellness Centers, manufacturing facilities, Ayurvedic academies, and the Ayurvedic resort AyurvedaGram. Kerala Ayurveda Academy's Board of Directors includes Ramesh Vangal and Vaidya Jayarajan Kodikannath.

**Will I be able to practice as an Ayurvedic Doctor in India?** This program is designed to satisfy the Ayurvedic Doctor (AD) scope of practice in the US, as determined by the National Ayurvedic Medical Association (NAMA). It does not qualify you for practice in India as a BAMS Ayurvedic Doctor, nor does it qualify you to practice in any other location. Please check in with the regulations of your local state or country to determine your available scope of practice and whether this program will meet your needs.



*Akasasya yadha nantah surairapyavagamyate  
Tasmat arogya danasya nanto vai vidyate kwacit*



**The end of our ever-expanding space is unknown even to the divine  
Just as the worth of gifting health and healing is limitless for humankind**

**Kerala Ayurveda Academy**

[www.keralaayurveda.us](http://www.keralaayurveda.us) • +1 (888) 275-9103

691 S. Milpitas Blvd. Ste 206 Milpitas, CA 95035



# COURSE CATALOG

*Panchakarma Technician*

**2023 PROGRAM**

February 1, 2023 – September 24, 2023

V6



## REGISTERED OFFICE

### **State of CA**

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All Other Course Support: [support@keralaayurveda.us](mailto:support@keralaayurveda.us)  
Website: [www.keralaayurveda.us/courses](http://www.keralaayurveda.us/courses)

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## *Welcome to* Kerala Ayurveda Academy

**OUR MISSION:** To integrate traditional Ayurvedic wisdom and healing with scientific research.

**OUR PURPOSE:** To serve as an authentic source of Ayurvedic education, research and community health care.

**OUR COMMITMENT:** To bring the highest caliber of academic excellence to the US and abroad.

Kerala Ayurveda Academy (KAA) invites you to embark on a journey into the world of Ayurveda, where you will discover a profound potential for health and well-being offered by a time-proven, harmonious and holistic healthcare system.

Healthcare in the United States is changing. Health science has evolved to encompass our beliefs, emotions, behavior, thoughts, family and cultural systems, as well as the environmental context in which we live. All of these elements are relevant to our health. Ayurveda is a 5,000-year-old Indian system of healing that encompasses these aspects while offering solutions to achieve harmony at the level of Body, Mind and Spirit. Join us to become involved with this pioneering work that is transforming our healthcare industry into a more current model of holistic healthcare.

Kerala Ayurveda Academy is committed to offering the highest quality of education and services to our students so that they become the finest Ayurvedic health practitioners and educators for the future. Our aim is to maintain the authenticity of Ayurveda in the United States.



The curriculum is based on an Ayurvedic educational curriculum from Indian universities and is both academically challenging and rewarding. Students will find studying at Kerala Ayurveda Academy intellectually stimulating and competitive. The programs encompass all fields of Ayurveda including Ayurvedic philosophy, herbology, psychology, Ayurvedic Dosha imbalance management, research, clinical practice and clinical application.

We have assembled the most qualified and experienced faculty to teach Ayurvedic principles. Most faculty members have Ayurvedic degrees from prestigious universities in India and 15 to 30 years of clinical experience. With Kerala Ayurveda Academy, feel assured that you will receive an authentic Ayurvedic education. The program coordinators at each location are supportive and eager to assist students in any way possible.



*We congratulate you on your decision to become part of an inner circle of  
Ayurvedic professionals who promote healing and Life.*

*-The Kerala Ayurveda Academy Team*

## AYURVEDA: THE SCIENCE OF LIFE

*Kerala Ayurveda Academy invites you on a great life adventure...*

Kerala Ayurveda Academy is the first institute in the US to provide authentic Ayurvedic programs throughout the country. We currently offer classroom programs in the state of California plus online programs for the distant learner.

Ayurveda and Yoga are sister sciences and belong to the world's oldest and most well-documented health-care system. Ayurveda, the science (Veda) of life (Ayur), balances the body and mind using natural therapies and herbal medicines. Yoga, the science of mind, brings balance and purity to the body. The two complement each other and together achieve harmony of the Body, Mind and Spirit, which is the essence of true health.

Knowledge of Ayurveda in today's world is essential as it aims for the preservation of health and prevention of disease by establishing balance and harmony through nutrition, herbs, meditation and daily routines. Ayurvedic science provides knowledge to unfold the reality beyond the physical body and achieve harmony of Body, Mind and Spirit. The World Health Organization recognizes Ayurveda as a complete natural health-care system.

Now is the perfect time for Ayurvedic graduates to embark on a professional journey. They have a unique opportunity today to lead successful lives by assisting family, friends and rogis in creating healthier bodies and lifestyles, eventually lowering healthcare costs.



## PANCHAKARMA'S ROLE IN HEALING

*Panchakarma* is a purification process of the mind-body system. Using various bodywork techniques, client-customized oils and special diets, Panchakarma therapies are customized for individuals based on their unique constitution and health conditions. The first step of these therapies is to eliminate the accumulated toxins, wastes and blocked channels creating the imbalance. After this detoxification, rejuvenation methodologies are implemented to restore and strengthen the system for optimal functionality.

**Our program enables Ayurvedic students of all levels the opportunity to learn the traditional Panchakarma philosophy and methodologies.** Panchakarma's healing results are often deeper and longer-lasting, thus leading to increased client satisfaction and eventually lowering healthcare costs. Ayurvedic students and health professionals from all backgrounds have a unique opportunity in this day and age to assist family, friends and clients in targeting the root cause of their illness, leading to more balanced, fulfilling and wholesome lives.

## PROFESSIONAL POSSIBILITIES WITH AYURVEDA & PANCHAKARMA

- **Licensed healthcare practitioners & healers** from all backgrounds can apply their Panchakarma knowledge to enhance their current practice.
- **Ayurvedic professionals, massage therapists, bodyworkers and estheticians** may enhance their treatments, services and products.
- **Ayurvedic professionals** may open Panchakarma centers, wellness centers, spas or resorts offering Ayurvedic body therapies.
- **Entrepreneurs** may develop Ayurvedic products for Panchakarma therapies.

**Please note:** *This certification is not a "license" to practice Panchakarma. Kerala Ayurveda Academy provides the knowledge and skill training necessary to become a competent Panchakarma technician. All students of this program must verify and comply with all local rules and regulations governing aspects of Panchakarma practice.*

## WHY CHOOSE KERALA AYURVEDA ACADEMY?

<b>AUTHENTICITY</b>	We offer the highest level of Ayurvedic training outside of India based on the root Vedic texts. Our faculty and advisors include several of the world's leading Ayurvedic experts.
<b>FLEXIBILITY</b>	Programs include weekend and evening sessions, online learning, live streamed and in-class formats.
<b>ALUMNI BENEFITS</b>	We strive to offer the most generous alumni benefits including continued access to curriculum and discounts.
<b>GLOBAL COMMUNITY</b>	Our students and alumni are part of a global Ayurvedic community and have access to rich resources in India with support from Kerala Ayurveda, Ltd., a full spectrum Ayurvedic company.

### *As a Kerala student, you can take pride in knowing...*

You are part of a globally recognized and highly respected Ayurvedic lineage which is experiencing tremendous growth in the West. With 1,500+ alumni, you are a part of one of the largest student bodies of Ayurveda in the country.

You embark on your journey knowing that you can qualify for all three levels of professional membership in Ayurveda set by the National Ayurvedic Medical Association (NAMA) with us, including the option to study at our sister sites in India.

You receive the most authentic education in Ayurveda, based on the Vedic texts. KAA programs have been developed under the guidance of experts from the faculty of Ayurveda at Banaras Hindu University, aligning to the benchmarks for training in Ayurveda published by the World Health Organization (WHO) in 2010. BHU is an internationally reputed University founded in 1916 hosting schools in medicine, science, technology, social science and performing arts with over 20,000 students and 2,500 scholars.

Kerala Ayurveda Academy is a 100% subsidiary of Kerala Ayurveda Limited (KAL), India - a full spectrum Ayurveda company operating 30 Ayurveda clinics, 2 hospitals, 400 herbal formulations, Medicinal Herbal Gardens and AyurvedaGram Heritage Life Centre. KAL is part of Katra Life Sciences, which aims at providing "Life, Naturally" to all.

Each year, KAL and Kerala Ayurveda USA provide Life services to more than 70,000 people, and KAA welcomes over 200 new students to the Kerala Family.

KAL is based in Kerala, India, referred to as "God's Own Country": the land that cherishes the traditional practice of Ayurveda and where the science has been preserved in its purest and most authentic form.

KAL and KAA have embarked on a journey to make Ayurveda a global choice for better health. KAL's mission is to "Evolve Ayurveda" with substantial investments in research so that Ayurveda is promoted globally in an authentic manner for the benefit and Life of humankind.

KAL is powered by a cutting-edge research team including biologists, chemists, scholars and practitioners, and has applied science to adapt this ancient wisdom for the new millennium – for products that are pure, safe and functional.

Kerala Ayurveda is one of the most well-regarded names in Ayurveda and has received the honors:

- Best Ayurvedic Treatment Center of the Year – AyurvedaGram, 2017, ASSOCHAM
- Indian Agribusiness Excellence Awards – Kutra Phytochem, 2017
- Herbal Company of the Year, 2016, ASSOCHAM
- Spa & Life Centre of the Year – AyurvedaGram, 2016 from ASSOCHAM
- Best Integrated Life Provider in India - AyurvedaGram, 2010 & 2011, Frost & Sullivan Award
- Make in India Emerging Entrepreneurs, 2017, India Today
- Certification of Excellence – AyurvedaGram, TripAdvisor
- Ranked 5 out of 724 for Specialty Hospitality in Bengaluru (Bangalore), TripAdvisor

Kerala Ayurveda supports the Asha Foundation in India, an organization dedicated to the service of child welfare and rehabilitative assistance, especially in the areas of autism and cerebral palsy.



#### **The Asha Foundation™**

*The Asha Foundation is a medical service and research foundation in India that provides complimentary and rehabilitative healthcare to children suffering from various ailments, particularly autism and cerebral palsy. Every year, Kerala Ayurveda Academy donates a portion of its proceeds to The Asha Foundation.*







# Panchakarma Technician

## 250 HOUR CERTIFICATION PROGRAM

### Program Overview

Panchakarma is a process of cleansing and rejuvenating the system based on the ancient system of Ayurveda. It works with the subtle flow of energy, incorporating various bodywork techniques to allow healing at the deepest level. Using natural ingredients, it is customized for individuals based on their constitution and health conditions. This course covers Panchakarma's philosophy, principles and methods of implementation, as outlined in the Vedic texts. Upon successful completion of the course, you will be awarded a Panchakarma Technician Certificate.

### GENERAL FORMAT

- 250 Total Hours
- 5 Weekend Intensives Total - 8am-6pm Pacific
- Three 2-Day Intensives In-Class & Live Streamed\* - Sat-Sun
- Two 4 ½ -Day Intensives In-Class Only - Wed-Sun
- Online Recorded Lectures, Independent Assignments\*\*

*\*Live Streamed Weekend Intensives are recorded for later viewing.*

*\*\*Internet connection required.*



## PREREQUISITES

- Students must submit proof of a high school diploma or equivalent.
- There are no additional prerequisites for this program for individuals who are licensed healthcare professionals undertaking this program to add value to their practice, and those who are taking this course to help themselves and their family. This program meets the competencies outlined by the National Ayurvedic Medical Association (NAMA). To be an independent Panchakarma Technician with a professional membership from NAMA, it is required to have an AHC (level I) certification\* in conjunction with the Panchakarma Technician certification.
- It is recommended to be an Allied Health Professional with a “license to touch” according to your local state regulations. See FAQ for more details.

## SCOPE OF PRACTICE

**Upon completion, Panchakarma Technicians are able to:**

- Perform all Ayurvedic hands-on Shamana therapies in a clinic or private practice with an emphasis on utilizing the techniques for purposes of pacification. Shamana includes external calming procedures & regimen without internal cleansing.
- Perform Panchakarma therapies in connection with a Panchakarma program, under the guidance of a qualified Ayurvedic Practitioner or Ayurvedic Doctor, with an emphasis on utilizing the therapies for purposes of *Shamana* and *Shodhana* Chikitsa. *Shodhana* includes detoxification & purification procedures and requires the advanced clinical knowledge of an Ayurvedic Doctor.
- Support and help deliver the Panchakarma treatment program designed by the Ayurvedic Practitioner or Ayurvedic Doctor. The Panchakarma Technician is not trained to design a complete Panchakarma program with both *Shamana* and *Shodhana* therapies.

The individual's scope of practice will be more specifically designated by local/state guidelines. It is the individual's responsibility to be compliant.

## LEARNING OUTCOMES

This course is designed to provide a comprehensive education in the traditional Panchakarma methodologies as outlined in the Vedic texts in a contemporary context for today's health seekers and professionals. Upon completion, students will:

- Understand the ancient Ayurvedic theory of the elements, individual constitution, subtle energetics and how to apply them in a healing context.
- Be able to assess the Ayurvedic constitution and imbalance of a client, communicate and document the findings with an Ayurvedic Doctor or Practitioner.



- Discover the step-by-step process of cleansing and rejuvenation for all body systems, including the three phases of Panchakarma and the five-fold detoxification process.
- Learn how to design a customized plan for simple Panchakarma *Shamana* (external therapies) for an individual.
- Learn how to implement a customized plan for *Shamana* (external therapies) and *Shodhana* (internal cleansing therapies) with the support of an Ayurvedic Practitioner or Ayurvedic Doctor.
- Learn how to create specialized, client-customized oils with natural herbal ingredients for therapies.
- Learn how to prepare specialized food during Panchakarma.
- Understand the purpose, function, indications, contraindications, and how to perform bodywork treatments including *Abhyanga*, *Udvardana*, *Svedana*, *Pinda Sveda*, *Pizhichil*, *Dhara*, *Shirodhara*, *Takradhara*, *Ksheera Dhara*, *Kati Vasti*, *Valuka Sweda*, *Nasya*, *Netra Tarpana*, *Upanaha*, *Pichu*, *Choorna Sweda*, Marma Balancing.
- Guide clients on the post-Panchakarma food and lifestyle practices to maintain health.

## COURSE DESCRIPTION & OBJECTIVES

The Panchakarma Technician certification program covers both theoretical and practical training, including a blend of online learning, in-class practical experience and clinical encounters. Classroom sessions consist of five weekend intensive modules, supplemented by online recorded lectures on our elearning system and assignments. Three of the weekend-intensives focus on lecture, theory and applied learning demonstrations, and two provide practical training experience.



### Learning Materials

- **Course manuals:** print versions and PDFs.
- **Elearning:** learn anytime, anywhere, at your own convenience on your own computer. Our Panchakarma Technician certification program content is made available to students online via our elearning system powered by TalentLMS. Elearning provides access to course information, assignments, online recorded lectures, course manuals, class slides, study guides and tests.



# Curriculum

## PK001 | Foundational Principles of Ayurveda

We begin studying the roots of Ayurveda and how this “common sense science” system can help heal and maintain balance for life. Learn how the three universal energies and the five elements are important in maintaining health and longevity, as well as the fundamental tenets of an effective Ayurvedic health program. Topics include:

- History and philosophy of Ayurveda.
- The three universal energies (Doshas) and five elements (Mahabhutas).
- Physiological disposition (Prakruti), imbalances (Vikruti) and dynamic balance.
- An Ayurvedic view of the universe and humanity’s place within it.
- A comprehensive introduction to basic Ayurvedic concepts: Agni, Doshas, Dhatus, Malas, Srotas and Marmas.
- Principles of Ayurvedic psychology.
- Principles of Ayurvedic nutrition.
- Concept of detoxification and rejuvenation.

## PK002 | Principles of Panchakarma

In this class, we will deepen our learning on detoxification and rejuvenation studying the ethics, reasons, methods and treatments during Panchakarma from beginning to end. Topics include:

- Principles of Panchakarma and how it works.
- Benefits of Panchakarma.
- Indications and Contraindications.
- Process of Panchakarma:
  - ◆ Preparatory phase.

- ◆ Main process of purification.
- ◆ Post purification recuperation.
- Preparation for Panchakarma:
  - ◆ Deepana and Pachana.
  - ◆ Snehana and Swedana.
- The main purification processes.
- Concept of Marma therapy.

### PK003 | Advanced Principles and Practice of Panchakarma

The final class in the theoretical series involves a combination of theory and hands-on practice, covering advanced topics of Panchakarma, including bodywork, detoxification and *Rasayana*. Topics include:

- Review of Panchakarma process will be covered, including the Poorvakarma (Preparation), Pradhanakarma (Main Procedure) and Paschatkarma (Post panchakarma recuperation).
- The preparatory procedures, including various types of Snehana & Swedana therapies such as Abhyanga, Choornasweda, Patrapotala Sweda, Njavarakizhi, Kateevasthi, Shirodhara, Lepam, Pichu.
- The five-fold Ayurvedic detoxification procedures such as Vamana, Virechana, Anuvasana, Niroohavasthi and Nasya.
- The post-Panchakarma recuperation including specific food and lifestyle modification.
- Rasayana: rejuvenation modalities of Ayurveda.

### PK004 | Panchakarma Practicum Level 1: Prep and Purvakarma

The first class of the practical series will introduce you to the hands-on knowledge and experience you will need to be a successful Panchakarma Technician, beginning with some of the preliminary Panchakarma therapies known as *Purvakarma*, including Swedana. Topics include:

- Scope of practice as a Panchakarma Technician.
- Review stages and benefits of Panchakarma.
- Guidelines for the client's diet and lifestyle during Panchakarma.
- Indications, contraindications, safety and precautions for the technician.

#### You'll receive hands-on practice in:

- Preparation of the client including draping techniques.
- Setting up the Panchakarma table and room before the bodywork.
- *Snehana* (Oleation):
  - ◆ Preparation of oils.
  - ◆ Abhyantara Sneh (Internal Oleation).
  - ◆ Bahya Sneh (External Oleation):
    - Abhyanga (Oil application).
    - Shiro Abhyanga (Oil application on head).
    - Mukha Abhyanga (Oil application on face).
    - Pada Abhyanga (Oil application on feet).

- Deha Abhyanga (Oil application on body).
- Self-abhyanga.
- ◆ Specialty Abhyanga:
  - Garbhini Abhyanga (Prenatal oleation).
  - Sutika Abhyanga (Postnatal oleation).
  - Kumara Abhyanga (Oleation for babies).
- ◆ Rukshana (Dry therapies):
  - Udwartana.
- Swedana (Sudation):
  - ◆ *Anagneya Swedana* (Sudation without heat):
    - Upanaham.
  - ◆ *Agneya Swedana* (Sudation with heat).

Marma Balancing Therapies:

- ◆ Tapa Swedam (Dry heat):
  - Choorna Swedam (Powder bolus).
  - Valuka Swedam (Sand bolus).
  - Ushma Sweda (Moist heat):
    - ◆ Bashpa Swedam (Steam bath).
    - ◆ Pathra Potali Sweda (Leaf bolus).
    - ◆ Jambira Pinda Sweda (Lemon bolus).
    - ◆ Shashtika Pinda Sweda (Rice bolus).
  - Snehana & Swedana (Oil & Heat):
    - ◆ Choorna Pinda Swedam (Powder bolus with oil).
    - ◆ Kayaseka (Pizhichil - The Royal Oil bath).

## PK005 | Panchakarma Practicum Level 2: Main Panchakarma Techniques and Specialty Therapies

This session will introduce the application of Shamana therapies. We'll discuss a variety of case studies and evaluate and make recommendations.

*The Shamana therapies include:*

- *Thakradhara* (Shirodhara with herbalised buttermilk).
- *Ksheeradhara* (Shirodhara with herbalised milk).
- *Kati Vasti* (Warm oil retained on lower back).
- *Greeva Vasti* (Warm oil retained on neck).
- *Janu Vasti* (Warm oil retained on knee).

Main Panchakarma techniques and specialty therapies which will be specifically conducted under the guidance of an Ayurvedic Doctor (Vaidya):

- *Pradhana Karma* (Main procedures):
  - ◆ Vamana (Induced emesis - theoretical understanding only).
  - ◆ Virechana (Medicated purgation).

- ◆ Vasti - Medicated Enemas:
  - Sneha Vasti (Preparation and practice)
  - Kashaya Vasti (Preparation and variations based on conditions).
- ◆ Nasya (Nasal administration).
- ◆ Raktamoksha (Bloodletting - theoretical understanding only).
- Specialty Shamana Therapies:
  - ◆ Netra Kalpanas (Eye therapies):
    - Netra Sekam
    - Aschyotanam
    - Netra Pindi
    - Vidalakam
    - Netra Tarpanam or Netra Vasti
    - Putapakam
    - Anjanam
  - ◆ Shirovasti
  - ◆ Shirolepam
  - ◆ Ksheera Dhoomam
- Paschatkarma (Post-Panchakarma recuperation).
- Rasayana - selection, dosage and methods of application.







## Program Format & Hours

### Orientation – 1 hour

This will include review of the material and elearning system to prepare you for the course.

### Weekend Intensives - 134 hours

There are five weekend intensives over the course of eleven months. All are held from 8am-6pm U.S. Pacific Time Zone. There are three 2-day weekend intensives (PK001, PK002, PK003) which are held both in-class and live streamed, as well as two 4 ½ -day weekend intensives held in-class only at our academy in Milpitas, CA (PK004 & PK005).

Module	Subject	Days	Hours
PK001	Foundational Principles of Ayurveda	2	18 in-class or live streamed
PK002	Principles of Panchakarma	2	18 in-class or live streamed
PK003	Advanced Principles of Panchakarma	2	18 in-class or live streamed
PK004	Panchakarma Practicum Level 1: Prep and Purvakarma	4.5	40 in-class
PK005	Panchakarma Practicum Level 2: Main Panchakarma Techniques and Specialty Therapies	4.5	40 in-class



## Online Recorded Lectures - 30 Hours

To supplement classroom sessions, recorded lectures are available in the elearning system for each course module to reinforce key concepts. Students may watch recorded lectures at their own pace.

## Pretest Assignment - 12 Hours

Independent review includes pretests and tests associated to supplement student learning throughout the program.

## Practical Assignments - 50 Hours

There are two assignments for this certification to provide students with hands-on practice outside of class. These assignments are designed to allow students to apply their learning in hands-on experience to build as a technician. Students are responsible for sourcing clients to complete their practical hours, and the final assignment is submitted in a written case summary format for evaluation by the assigned Panchakarma mentor. Students have the opportunity to interact with their mentor to discuss and improve on any issues or concerns which may arise during the clinical encounters.

### Assignments:

- *Snehana* and *Swedana* therapies with 10 clients.
- *Shamana* therapies for 10 clients.

## Panchakarma Protocol: 5 Cases - 10 hours

Students are provided five (5) cases with detailed client information. The student will research, create and document a customized Panchakarma protocol including:

- *Deepana* and *Pachana* protocol.
- *Snehana* protocol.
- *Swedana* protocol.
- *Shodhana* process.
- Diet and lifestyle recommendations during and after the Panchakarma therapies.
- *Rasayana* protocol.

## Panchakarma Technician Mentoring - 3 hours

We will provide the student with a mentor (our Faculty Assistant) for the program who will be available to answer questions by message within our elearning system, and who will conduct 3 mentoring webinars.

## PROGRAM BREAKDOWN BY HOURS

### *Program Hours Breakdown by Curriculum*

Course Component	Theory Hours	Practical Hours
PK001 Weekend Intensive	18	-
PK002 Weekend Intensive	18	-
PK003 Weekend Intensive	9	9
PK004 Weekend Intensive	-	40
PK005 Weekend Intensive	-	40
Online Recorded Lectures	30	-
Pretest Assignment	12	-
Independent Practicals Assignment	-	50
Panchakarma Protocol Assignment	10	10
Panchakarma Technician Mentoring	3	-
Orientation	1	
<b>TOTAL</b>	<b>101</b>	<b>149</b>

### *Program Hours Breakdown by Format*

Course Component	Hours
Weekend Intensives	134
Independent Assignments	113
Panchakarma Technician Mentoring	3

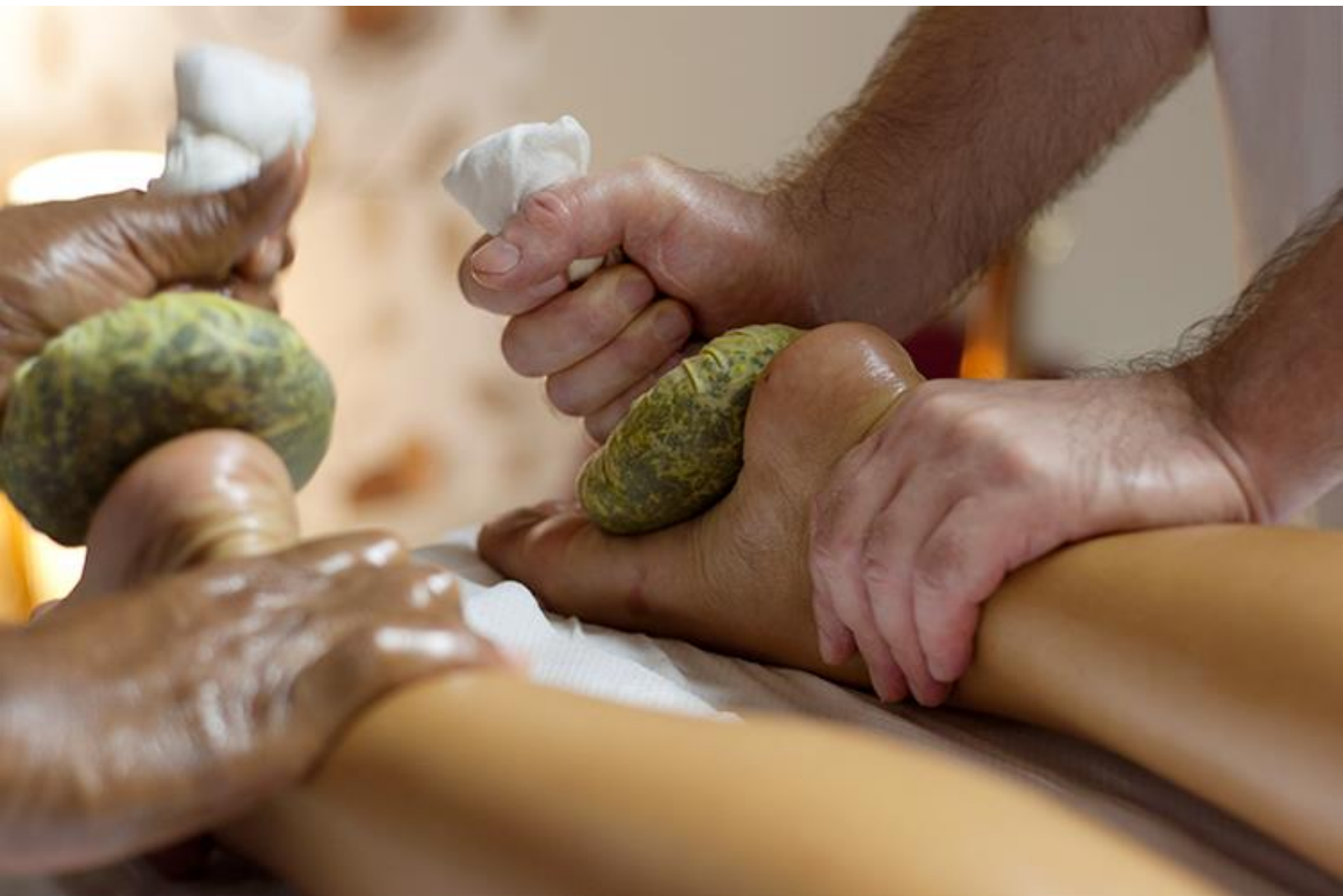
*Total Hours: 250 hours*

## TESTS & GRADING

- There are two tests on the material taught.
- Tests are multiple choice. Minimum passing grade is 70%.
- All testing is conducted online through our elearning system and grades are immediately available in the student online account. Project and assignment grades are posted within 10 days of submission.
- A student who does not achieve the minimum passing grade of 70% for graduation may retake the tests up to five times. The highest score will be recorded.

## COMPLETION REQUIREMENTS

- The student paid the full tuition for the program.
- The student attended or watched class recordings of PK001, PK002 and PK003 weekend intensives.
- The student attended in person the PK004 & PK005 weekend intensives.
- The student passed all tests with a minimum grade of 70%.
- The student completed and passed all assignments (graded as pass/fail).





# Faculty

Kerala Ayurveda Academy's mission is to offer authentic Ayurvedic courses by experienced Ayurvedic Doctors. Many of our faculty members are established Ayurvedic physicians who have received degrees from renowned Universities in India – the “Holy Land” of Ayurveda – and have more than 15 years of experience in Ayurvedic practice and teaching. Faculty are eager to share and hand over this ancient wisdom to our enthusiastic students.

## SENIOR FACULTY



### **Vaidya Jayarajan Kodikannath**

BACHELOR OF AYURVEDIC MEDICINE & SURGERY

Vaidya. Jayarajan is the Academy Director, Kerala Ayurveda USA, responsible for all academic programs conducted internationally by Kerala Ayurveda. He is a Kerala, India native from a *Vaidya* family, a veteran Ayurveda scholar and clinician. He is also a Lead Trainer for Domain Experts in Ayurveda with over two decades of experience in health and education in India and the U.S.

## FACULTY



### **Alka Mulakalari**

AYURVEDIC DOCTOR (NAMA), AYURVEDIC WELLNESS PRACTITIONER, PANCHAKARMA SPECIALIST, LICENSED MASSAGE THERAPIST

Alka is a gifted Ayurvedic Practitioner and Panchakarma Specialist, combining her knowledge of Western massage techniques with Traditional Ayurvedic preventive measures, Ayurvedic psychology and detoxification techniques for deep healing. Her deep belief, love and passion for healing is transmitted in her teaching of the Ayurvedic root principles of heart-centered care.



### **Vaidya. Sheena Sooraj**

BACHELOR OF AYURVEDA MEDICINE & SURGERY

Vaidya. Sheena Sooraj is an experienced Ayurvedic practitioner and native of Kerala, India. She developed her passion for Ayurveda at a young age, as her grandfather was a well-known Ayurvedic physician and astrologer. She has experience running her own practice in India and the U.S. and has successfully managed a wide range of diseases. An active advocate of Ayurveda, she is a public speaker on Ayurveda's importance in daily life, having led talks at schools, corporate offices and banks.



# Schedule: 2023

## START AND COMPLETION DATES

**Start Date:** February 1, 2023\*

**Completion Date:** September 24, 2023\*

*\*Please note these dates are subject to change. Kerala Ayurveda Academy reserves the right to cancel classes if student enrollment minimum is not met.*

## WEEKEND INTENSIVES

Weekend Intensives are held on U.S. Pacific Time. Class begins at 8am and ends at 6pm with a 1-hour lunch break beginning at 12:30pm each day.

Module	Subject	Dates	Format
PK001	Foundational Principles of Ayurveda	Feb 25-26, 2023	In-class and live streamed
PK002	Principles of Panchakarma	Mar 25-26, 2023	In-class and live streamed
PK003	Advanced Principles & Practice of Panchakarma	Apr 15-16, 2023	In-class and live streamed
PK004	Panchakarma Practicum Level 1: Prep & Purvakarma	May 17-21, 2023	In-class
PK005	Panchakarma Practicum Level 2: Main Panchakarma Techniques and Specialty Therapies	Sep 20-24, 2023	In-class





## LOCATION

*Milpitas, CA*

**Kerala Ayurveda Academy & Wellness Center**

*691 South Milpitas Blvd Suite 206*

Located in San Francisco South Bay and eight miles from the San Jose Airport, our flagship location consists of a spacious classroom for lectures, dynamic conference and auditorium rooms, consultation and Panchakarma rooms, a library and an herbal apothecary. Amenities include free wifi and ample parking space. The center is located within walking distance of restaurants and health clubs. Our Student Support team can provide more information and local guidance for planning your visit.

## SPECIAL ACCOMMODATIONS

Kerala Ayurveda Academy is required to provide necessary accommodations to provide students with disabilities an equal opportunity for participation in the program. Accommodations are provided on an individual basis and the Academy may be contacted to make such arrangements at +1 (888) 275-9103 x20 or [support@keralaayurveda.us](mailto:support@keralaayurveda.us).

## ENROLLMENT

**Enrollment is easy:** begin the process with our **Online Enrollment Agreement** via our website: [keralaayurveda.us/courses/panchakarma-technician-certification-enroll](https://keralaayurveda.us/courses/panchakarma-technician-certification-enroll). As a prospective student, you are encouraged to review this Catalog prior to signing the Enrollment Agreement.





## Tuition & Fees

Tuition is due upon enrollment. Refunds are program-specific.

See Policies & Procedures for more information.

### KAA Students and Alumni

AHC, AP or AD certification programs.

Tuition for KAA Students and Alumni			
Books & Materials <sup>1</sup>		Included in tuition	
Tuition		\$3,200	
Credit Discounts		AP: \$250 4-Day Panchakarma Technician Certification: \$350	
Payment Plans			
Schedule	Tuition	Payments	Total <sup>3</sup>
Pay in Full	\$3,100	1	\$3,100
Split <sup>2</sup>	\$1,600	2	\$3,200 <sup>5</sup>
Monthly <sup>4</sup>	\$550	6	\$3,300 <sup>5</sup>

## General Public

Tuition for General Public				
Books & Materials <sup>1</sup>	Included in tuition	Registration Fee		\$100
Pay in Full Tuition	\$3,300			
Credit Discounts	AP: \$250 4-Day Panchakarma Technician Certification: \$350			
Payment Plans				
Schedule	Tuition	Payments	Registration Fee	Total <sup>3</sup>
Pay in Full	\$3,300	1	\$100	\$3,400
Split <sup>2</sup>	\$1,700	2	\$100	\$3,500 <sup>5</sup>
Monthly <sup>4</sup>	\$585	6	\$100	\$3,610 <sup>5</sup>

*Please Note:*

1. Books and Materials fee is included in the tuition.
2. Split payment schedule: first payment billed upon enrollment; second payment billed 3 months later.
3. Students choosing the extended payment plan will be required to complete and sign a Payment Agreement Contract upon enrollment. Please note that the first payment is due upon enrollment.
4. There is a management fee for extended payment plans.
5. STRF payments for California students is \$2.50 per \$1000, and will be added in the Enrollment Form.

## FINANCIAL AID

Kerala Ayurveda Academy does not offer state or federal financial aid to students. If a student obtains a loan to pay for an educational program, the student will have the responsibility to repay the full amount of the loan plus interest, less the amount of any refund. If the student has received federal student financial aid funds, the student is entitled to a refund of the monies not paid from federal student financial aid program funds.

If a student is eligible for a loan guaranteed by the federal or state government and the student defaults on the loan, both of the following may occur:

- The federal or state government or a loan guarantee agency may take action against the student, including applying any income tax refund to which the person is entitled to reduce the balance owed on the loan.
- The student may not be eligible for any other federal student financial aid at another institution or other government assistance until the loan is repaid.

**“Notice** - Any holder of this consumer credit contract is subject to all claims and defenses that the debtor could assert against the seller of the goods or services obtained pursuant hereto or with the proceeds hereof, recovery hereunder by the debtor shall not exceed amounts paid by the debtor hereunder.”

“Kerala Ayurveda Academy does not have a pending petition in bankruptcy, is not operating as a debtor in possession, has not filed a petition within the preceding five years, and has not had a petition in bankruptcy filed against it within the preceding five years that resulted in reorganization under Chapter 11 of the United States Bankruptcy Code (11U.S.C. Sec. 1101 et seq.).”

## STUDENT TUITION RECOVERY FUND (STRF) FEE (NON-REFUNDABLE) – STATE OF CALIFORNIA

“It is important that you keep copies of your enrollment agreement, financial aid documents, receipts, or any other information that documents the amount paid to the school. Questions regarding the STRF may be directed to the Bureau for Private Postsecondary Education, 1747 N. Market Blvd. Ste 225, Sacramento, CA 95834, (916) 431-6959 or (888) 370-7589.

To be eligible for STRF, you must be a California resident or are enrolled in a residency program, prepaid tuition, paid or deemed to have paid the STRF assessment, and suffered an economic loss as a result of any of the following:

- The institution, a location of the institution, or an educational program offered by the institution was closed or discontinued, and you did not choose to participate in a teach-out plan approved by the Bureau or did not complete a chosen teach-out plan approved by the Bureau.
- You were enrolled at an institution or a location of the institution within the 120-day period before the closure of the institution or location of the institution or were enrolled in an educational program within the 120-day period before the program was discontinued.
- You were enrolled at an institution or a location of the institution more than 120 days before the closure of the institution or location of the institution, in an educational program offered by the institution as to which the Bureau determined there was a significant decline in the quality or value of the program more than 120 days before closure.
- The institution has been ordered to pay a refund by the Bureau but has failed to do so.
- The institution has failed to pay or reimburse loan proceeds under a federal student loan program as required by law or has failed to pay or reimburse proceeds received by the institution in excess of tuition and other costs.
- You have been awarded restitution, a refund, or other monetary award by an arbitrator or court, based on a violation of this chapter by an institution or representative of an institution, but have been unable to collect the award from the institution.

- You sought legal counsel that resulted in the cancellation of one or more of your student loans and have an invoice for services rendered and evidence of the cancellation of the student loan or loans.

To qualify for STRF reimbursement, the application must be received within four (4) years from the date of the action or event that made the student eligible for recovery from STRF. A student whose loan is revived by a loan holder or debt collector after a period of non-collection may, at any time, file a written application for recovery from STRF for the debt that would have otherwise been eligible for recovery. If it has been more than four (4) years since the action or event that made the student eligible, the student must have filed a written application for recovery within the original four (4) year period, unless the period has been extended by another act of law. However, no claim can be paid to any student without a social security number or a taxpayer identification number."







# Policies & Procedures

## DIVERSITY

Kerala Ayurveda Academy encourages diversity and accepts applications from all minorities. Kerala Ayurveda Academy does not discriminate on the basis of race, creed, color, national origin, sex, veteran or military status, sexual orientation, or the presence of any sensory, mental, or physical disability or the use of a trained guide dog or service animal by a person with a disability. Kerala Ayurveda Academy acknowledges that information pertaining to an applicant's disability is voluntary and confidential and will be made on an individual basis. If this information is presented, Kerala Ayurveda Academy will reasonably attempt to provide an accommodation to overcome the effects of the limitation of the qualified applicant. All inquiries about accommodations should be made to the admissions administrator upon registration of the program.

## ATTENDANCE POLICY

Attendance is monitored via attendance taken in-class and during live streamed sessions. The total available contact hours in this program are 127.5, including 76.5 in-class practical weekend intensive hours (PK004 and PK005) and 51 in-class or live streamed weekend intensive hours (PK001, PK002, PK003). Contact hour means the class attended in real time, either in person or through live streaming. KAA recommends attending all of these hours to support competency and material comprehension. This program meets the NAMA (National Ayurvedic Medical Association) requirement to register as the Ayurvedic Practitioner category of professional membership, and the minimum contact hours required is 76.5 hours of live, in person class attendance to practical sessions PK004 and PK005.

## MAKE-UP AND RETAKE POLICY

If a student is absent from an in-class or live streamed session, they may make it up at any KAA training location or via live streamed session, free of charge. If a student wishes to retake an in-class session, they may do so for a fee of \$100 per weekend session. To make arrangements for all make-up or retake sessions, please contact Student Support at [support@keralaayurveda.us](mailto:support@keralaayurveda.us).

## CONDUCT

At KAA, programs are directed toward professional training. The students shall show respect to others and observe correct standards of conduct. The Honor System embodies values of personal integrity, honesty, and trust.

Fundamental to the Honor System is the Honor Code of Responsibility, and it is upon its principles that the Academy has based the Standards of Conduct.

### *Honor Code of Responsibility*

- Each member is responsible for maintaining a high level of civility, integrity, honesty, and trust within the community.
- Each student is responsible for presenting work of her/his own creation and refraining from representing as her/his own work that which is not hers/his.
- Conduct in keeping with the attendance policies.

## TERMINATION POLICY

- If the course is terminated after the student begins classes, the Academy may retain a percentage of the total tuition as described in the Refund Policy.
- The official date of termination of a student shall be the last date of recorded attendance when withdrawal occurs in any of the following manners:
  - ◆ When the student is terminated for a violation of a published Academy policy which provides for termination; or,
  - ◆ When a student, without notice, either fails to attend classes or check out course videos for thirty (30) calendar days.
- A student will be determined to be withdrawn from the institution if the student has not attended any class for three consecutive class weekends. They will be notified by telephone after two missed weekends, and they will be drafted after the third weekend.
- For a student who is on authorized Leave of Absence, the withdrawal date is the date the student was scheduled to return from Leave and failed to do so.

## SUSPENSION AND DISMISSAL POLICY

There are disciplinary guidelines to provide an environment to learn and grow independently, which give students rights and responsibilities.



- Any behavior disruptive to other students or the smooth running of the class will not be allowed.
- Students will have to pay the tuition on time.
- Students must maintain a passing grade of 70%.

**For behavioral issues:** At first incidence, warning will be given. At the second incidence, the student will be suspended for the entire weekend. A student will be readmitted after a suspended weekend. If the behavior persists, the student will be dismissed from the program. When the conduct of the student threatens the other student's safety, KA reserves the right to dismiss a student immediately.

**For nonpayment issues:** verbal and written warnings will be sent from Student Support. After 3 attempts and no response from the student, the student will be immediately suspended.

A Suspension is defined as when the student's learning account is deactivated, and the student is withdrawn from their program.

### *Length of Time for Student Certifications*

**PKT** Students are expected to complete within 11 months, however they can take an additional 6 months to complete for a total of 17 months.

If you have not completed within this time frame you will be considered on sabbatical for a maximum of 6 months. If after the extended time you do not complete your program, you are considered dropped. You will need to complete a new enrollment agreement and reapply for the program.

Contact Student Support Services at [support@keralaayurveda.us](mailto:support@keralaayurveda.us) or +1 (888) 275-9103, ext. 20

\*You may contact the school for extenuating circumstances.

### *Student Sabbatical (Leave of Absence)*

If a student has circumstances that prevent them from continuing the program as originally planned, they may apply for a Sabbatical. The Sabbatical will be requested by the student to the Student Support Office at [support@keralaayurveda.us](mailto:support@keralaayurveda.us). The office will then send a form for the student to complete and sign.

A one-time sabbatical will be allowed for the student with the provision that they will come back after a maximum of 1 year, or before. With permission from the school, the student will be allowed to resume attending classes in the next class at the level where the sabbatical was initiated.

During the Sabbatical, all access to future classes will be removed from the student's account; however, they will retain access to the modules they have completed in the elearning.

If the student is on a payment plan and wishes to suspend the plan for the duration of the sabbatical, they will have to pay a \$25/month administrative fee (non-refundable, not part of tuition); otherwise, they can continue paying their payment plan per their schedule.

## *Resuming the Program (Re-engaging)*

To resume the program, a student must notify the school (Student Support Services at [support@keralaayurveda.us](mailto:support@keralaayurveda.us) or +1 (888) 275-9103, ext. 20) of his or her intention to resume classes and be in good academic and financial standing. They will need to fill out a new Enrollment Form for the semester they are restarting. It is not necessary for a student to retake any previously completed classes if the course of study resumes within the 12 months from the beginning of the Sabbatical.

When an agreed-upon Sabbatical has expired, a student must return to the program or be automatically withdrawn. In the latter case, a student will need to apply for readmission to a new class at the tuition rate in effect at that time. This is also the case if a student chooses to withdraw rather than go on a Sabbatical. See "Refund Policy for Withdrawal" below for further information on withdrawals.

## ENGLISH AS A SECOND LANGUAGE & FOREIGN STUDENTS

Foreign students are accepted, however, KAA courses are instructed in English and KAA does not offer English as a second language. Foreign students are required to have proof of English proficiency with a passing score of minimum 80% on the TOEFL exam for enrollment. Visa services are not provided, and Kerala Ayurveda Academy will not vouch for student status and any associated charges.

## RECORD RETENTION

All records concerning the Kerala Ayurveda Academy are kept for fifty years after student's graduation, withdrawal or termination, except for transcripts which are kept permanently. Student records are kept at 691 S Milpitas Blvd Suite 206 Milpitas, CA 95035. Students requesting copies of these documents must submit a signed letter to the above address to the attention of the Student Support.

## STUDENT COMPLAINT PROCEDURE

If a student complaint should arise, they may contact Student Support, at +1 (888) 275-9103 x20 or at [support@keralaayurveda.us](mailto:support@keralaayurveda.us). If the student's complaint is not resolved after speaking to Student Support they may contact the Director of Kerala Ayurveda Academy, Dr. Jayarajan Kodikannath at +1 (888) 275-9103 x20, [director@keralaayurveda.us](mailto:director@keralaayurveda.us) or at 691 S Milpitas Blvd Ste 206, Milpitas, CA 95035.

## *State of California*

A student or any member of the public may file a complaint about this institution with the Bureau for Private Postsecondary Education by calling +1 (888) 370-7589 or by completing a complaint form, which can be obtained on the Bureau's Internet Website [www.bppe.ca.gov](http://www.bppe.ca.gov).

## EXPERIENTIAL CREDIT

There is no credit granted for experiential learning.

## REFUND AND CANCELLATION POLICY

### *The Student's Right to Cancel*

The student has a right to cancel the enrollment agreement and obtain a refund. **A written notice from the student, about the cancellation is required** and should be sent to the address below. For specifics related to your refund, refer to the refund tables according to your State.

Student Support  
Kerala Ayurveda Academy  
691 S Milpitas Blvd Suite 206 Milpitas, CA 95035

### State of California

The registration and manual fee are nonrefundable. The student has the right to cancel the enrollment agreement and obtain a refund of charges paid through attendance at the first class session, or the seventh day after enrollment, whichever is later. There will be no refund if the student decides to withdraw after 60% of the classes (attendance of the 3<sup>rd</sup> class).

Each In-Class Intensive covers the content of one online module. Refund Requests will be processed based on In-Class Intensives and online modules accessed (whichever is greater).

Date by which students must exercise their right to cancel: March 5, 2023

A written notice from the students, about the cancellation will be required. A telephone call about cancellation or absenteeism for the classes will not be considered as true cancellation. In such cases, student will not receive the refund for that period. The refund will be processed within 30 days from the day KAA receives the official written notice of cancellation from the student. The refund check will be mailed to the official address of the student. If original payment is by credit card the refund will be processed on the credit card.

Eligible refunds will not include the applicable interest during the enrollment period. In case the student decides to withdraw during the program, before the 60% of the classes are over, the following will be the refund calculation:

Refund Calculation	
<b>Step 1</b>	Deduct \$125/\$225 (books & materials/registration fees as applicable) from total tuition paid
<b>Step 2</b>	Divide total tuition paid by 5 (number of modules) = 'tuition per module'
<b>Step 3</b>	Multiply number of classes attended or modules accessed in elearning by 'tuition per module'
<b>Step 4</b>	Subtract the amount in step 3 from the amount in step 1. This is the refund amount.

**Example:** if the student decides to withdraw after completing 3 Modules and if they have paid the full tuition, the refund will be as follows:

Example Refund Calculation		
<b>Step 1</b>	\$3200 - \$225	\$2975.00
<b>Step 2</b>	\$2975 / 5	\$595
<b>Step 3</b>	3 modules x \$595	\$1785.00
<b>Step 4</b>	\$3200 – \$1785	\$1415.00
	<b>Total refund will be:</b>	\$1415.00

**Refunds** will be issued within 30 days of the date of student notification, or date of school determination (withdrawn due to absences or other criteria as specified in the school catalog), or in the case of a student not returning from an authorized Leave of Absence (LOA), within 30 days of the date the student was scheduled to return from the LOA and did not return.

*Kerala Ayurveda Academy encourages diversity and accepts applications from all minorities. Kerala Ayurveda Academy does not discriminate based on race, creed, color, national origin, sex, veteran or military status, sexual orientation, or the presence of any sensory, mental, or physical disability or the use of a trained guide dog or service animal by a person with a disability. Kerala Ayurveda Academy acknowledges that information pertaining an applicant's disability is voluntary and confidential and will be made on an individual basis. If this information is presented, Kerala Ayurveda Academy will reasonably attempt to provide an accommodation to overcome the effects of the limitation of the qualified applicant. All inquiries about accommodations should be made to the admissions administrator upon registration of the program.*



# FAQ

## FREQUENTLY ASKED QUESTIONS

How much does the program cost?

- The tuition for the Panchakarma Technician Certification is \$3,500.00 for General Public and \$3,200.00 for KAA Students & Alumni of our certification programs (*not including registration or management fee*). Tuition credits are available for KAA Students & Alumni. See Tuition & Fees for details.

I took your 4-day Panchakarma Technician Certification - why should I take this program?

- KAA offers this Panchakarma Technician Training Program as an enhanced version of our former 50 program. This program is 200 hours additional, for a total of 250 hours. It includes many additional Ayurvedic Therapies, additional hand-on training hours and more live cases for protocol creation than the previous program. These enhancements ensure the students' competency in customizing each technique for the client with the following capabilities: making a plan based on Samprapti; enhanced knowledge of implementation of each bodywork technique; selection of appropriate oils and natural ingredients for the techniques; selection of the progressive flow of the therapy in a series of program. For graduates of our 4-day program, taking this 250-hour program will enable the student to become a more knowledgeable, capable and confident Panchakarma technician.
- Do I need a college degree or a prior license/certification to study Panchakarma?
- A college degree is not required, nor are prior licenses or certifications in any field for studying Panchakarma in this training program. KAA welcomes students from

all educational backgrounds, without degrees, licenses or certifications in any field.

I'm not a health care professional. Can I still earn a certificate and practice Panchakarma?

- Yes.
- The primary prerequisite for the Panchakarma program is a passion for Ayurveda. A health or medical training background is not required. KAA welcomes students with a high school diploma to any of our courses, in addition to other program-specific prerequisites or corequisites.
- This program meets the competencies outlined by the National Ayurvedic Medical Association (NAMA). To be an independent Panchakarma Technician with a professional membership from NAMA, it is required to have an AHC (level I) certification in conjunction with the Panchakarma Technician Certification.
- For those who are licensed healthcare professionals undertaking this program to add value to their practice, and those who are taking this course to help themselves and their family, AHC is not required.
- The individual's scope of practice will be designated by local state guidelines. (See Scope of Practice for more details.)

Is it legal to practice Ayurveda in all fifty states?

- A bill has been passed in eleven states (California, Nevada, Minnesota, Oklahoma, Idaho, Louisiana, Rhode Island, Arizona, Maine, Colorado, and New Mexico) allowing the residents of those states to approach the non-licensed healing practitioners with informed consent.

Does each state regulate the practice of Ayurveda?

- No.
- Ayurvedic practitioners are not licensed in the United States, and its practice is not regulated by state or federal agencies. Standards of competency are set by individual schools that have received state approval. Ayurvedic practitioners in the United States are advised on how to practice legally within a limited scope of practice so they are not viewed as practicing medicine without a license.
- We might say that Ayurveda's status in the U.S. is analogous to the Chinese medical profession during its early years in the 1970s. While each state does not regulate the practice of Ayurvedic medicine itself, some aspects of Ayurvedic practice may fall within the scope of professions that are regulated. Students and graduates of the academy should be careful not to allow their practice to overlap one of those regulated professions unless they are licensed in that particular profession. Please contact your local state representative for more information about regulations in your area.

Can I practice Ayurveda outside of the state where I receive my certification?

- Yes. Please note:



- Ayurveda is currently practiced all over the United States.
- While none of the U.S. states currently have Ayurvedic practitioners or physicians as primary care physicians, many of these well-trained professionals utilize their education and skills in combination with other health care related credentials.
- Yoga Instructors, Massage Therapists, Registered Nurses, Nutritionists/Dietitians, Acupuncturists, Chiropractors, Medical Doctors and other health care professionals are recognizing and utilizing the benefits of educational training in Ayurveda.
- NAMA is currently working on developing educational standards, scope of practice, and related materials to support future licensing initiatives throughout the US.
- Many Academy graduates use their Ayurvedic education to enhance pre-existing professional careers.

Do I need a “license to touch” to practice Panchakarma, and what exactly is it?

- Possibly, depending on your location and how you wish to practice. A license to touch refers to regulations for professions which involve physical contact with clients. These regulations are governed by each individual state in the U.S. Panchakarma involves a variety of bodywork therapies, some of which involve physical contact and some which do not. It is important for the student to check in with local state guidelines to understand which aspects of Panchakarma are compliant and which are not, and either adjust one’s practice accordingly, or pursue the required licensure.

What’s the difference between Shamana and Shodhana therapies and how will it affect my scope of practice?

- *Shamana* includes therapies to balance the mind-body system energetics, or Doshas, without internal cleansing. All Panchakarma techniques which do not involve internal cleansing are called *Shamana* therapies, including various types of external oil applications eg. *Shirodhara*, *Kati Vasti*, *Udvarthana*. *Shodhana* includes therapies for deep internal cleansing, requiring clinical knowledge of the disease process and body systems. In addition to individual U.S. state regulations, an individual’s training level in general Ayurvedic wellness will determine the scope of practice. In the U.S., Ayurvedic professionals are certified at three levels according to the [National Ayurvedic Medical Association \(NAMA\)](#): level I Ayurvedic Health Counselor (AHC) equivalent to KAA’s Ayurvedic Wellness Counselor (AWC); level II Ayurvedic Practitioner (AP) equivalent to KAA’s Ayurvedic Wellness Practitioner (AWP) and level III Ayurvedic Doctor (AD). The Panchakarma Technician (PKT) certification can be taken on its own or as an add-on to the primary three levels of Ayurvedic practice. As Panchakarma Technicians, all graduates of this program are qualified to design and implement Panchakarma plans including all Shamana therapies (abiding by local state regulations). To design and implement a Panchakarma plan including both *Shamana* and *Shodhana*, a level II or III Ayurvedic Practitioner or Ayurvedic Doctor is required for conducting a clinical assessment. The Ayurvedic

Practitioner or Ayurvedic Doctor is capable of mapping the Samprapti, or disease process for the individual client, for customizing the Shodhana therapies. With this plan, the Panchakarma Technician may support, assist and perform the Shodhana procedures under the guidance of the Ayurvedic Practitioner or Ayurvedic Doctor (abiding by local state regulations).

Is there an Ayurvedic association which links other practitioners and students together?

- Yes: the [National Ayurvedic Medical Association \(NAMA\)](#). Many states have their own state associations, such as the [California Association of Ayurvedic Medicine \(CAAM\)](#).

Is there an alumni association? Can I contact previous students?

- Yes, we can provide you with the contact information of several students for you to talk to.

How many of your graduates practice Ayurvedic medicine?

- All of our graduates are able to practice Ayurveda in their everyday lives for personal health. An understanding of Ayurvedic principles enriches the quality of life in all aspects, not just physical well-being. The study of Ayurveda is truly a healing transformation during which students find a new level of emotional, mental and spiritual wellness. Additionally, graduates often change career paths or discover novel ways to apply their new Ayurvedic knowledge to their existing profession.
- There are many ways our students utilize their Ayurvedic education. Some of our students launch a practice as Ayurvedic Counselors or Practitioners.
- Many of our graduates incorporate Ayurvedic knowledge in their current practice as healers, such physicians, nurses, yoga teachers and massage therapists. Ayurveda complements all other healing modalities.
- Some of our graduates launch Ayurvedic product lines or combine Ayurveda with their existing business.

Are there tests? I feel anxious about taking tests.

- Please try not feel anxious about the tests. The testing is conducted online and the student is provided five (5) attempts at taking the test. This highest score is recorded. Please note you cannot retake the test after passing. The tests are for you (and us) to know what you have learned and what you didn't so we can keep you up to speed. We want to make sure our students understand all the Ayurvedic concepts clearly. Ayurveda is about human health, so a clear understanding is vital.

I will be traveling from out of town to attend classes, is there housing assistance available?

- KAA does not have dormitories. There are a few hotels near the campuses where students can book a room for the weekend. The range of cost is approx. \$75-\$125. In the past, some students have made good friends with classmates and

stayed with them on those weekends. KAA has no responsibility to assist a student in finding housing.

When can I visit the school? Do you have open houses or visitor's events?

- We allow our prospective students to sit in with the current class, so that they get a feel of the classroom setting and the topic. With a prior appointment, students are welcome to visit the academy and talk to the Academy Administrator. We are here to assist our students in any way we can.

What student services are provided?

- Student mentoring is provided throughout the entire term of the program. On occasion, KAA posts job openings as they become available on group emails to students and alumni. KAA will do its best to help graduates to get into practice or a related career but there are no specific student services for career planning or job placement.

Where is your administrative office?

- Kerala Ayurveda Academy & Wellness Center, 691 S Milpitas Blvd Suite 206 Milpitas, CA 95035. Contact Student Support at +1 (888) 275-9103 or [support@keralaayurveda.us](mailto:support@keralaayurveda.us).

What materials do I need to bring to class and what should I expect in the classroom?

- A notebook and writing implement. KAA will provide classroom facilities and course manuals. The classes are taught in traditional, clean, well-lit classroom settings with tables and chairs for your comfort.

If I have additional questions or concerns, who do I contact?

- In case a student has any complaint, they may contact Student Support at +1 (888) 275-9103 or at [support@keralaayurveda.us](mailto:support@keralaayurveda.us). "Any questions a student, from the State of CA, may have regarding this catalog that have not been satisfactorily answered by the institution may be directed to the Bureau for Private Postsecondary Education at 2535 Capital Oaks Drive, Suite 400, Sacramento, CA 95833, [www.bppe.ca.gov](http://www.bppe.ca.gov), Phone: +1 (888) 370-7589 or +1 (916) 431-6959, Fax: +1 (916) 263-1897."


What else does the CA Licensing Board want me to know?

- "As a prospective student, you are encouraged to review this catalog prior to signing an enrollment agreement. You are also encouraged to review the School Performance Fact Sheet\*, which must be provided to you prior to signing an enrollment agreement." *\*Please note due to the COVID pandemic, the data for the previous class is not available.*

Who owns Kerala Ayurveda Academy?

- Kerala Ayurveda Academy is run by Ayurvedic Academy Inc., a wholly owned subsidiary of Kerala Ayurveda Limited, Athani, Aluva Post, Kerala, India 683585. Kerala Ayurveda Limited is a pioneer in Ayurveda and operates herbal

plantations, Wellness Centers, manufacturing facilities, Ayurvedic academies, and the Ayurvedic resort AyurvedaGram. Kerala Ayurveda Academy's Board of Directors includes Ramesh Vangal and Dr. Vaidya Jayarajan Kodikannath.



*Akasasya yadha nantah surairapyavagamyate  
Tasmat arogya danasya nanto vai vidyate kwacit*

The end of our ever-expanding space is unknown even to the divine  
Just as the worth of gifting health and healing is limitless for humankind

**Kerala Ayurveda Academy**

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