

CATALOG



Ayurvedic Doctor

v1.0

2021-2023 Program

March 6, 2021 – September 24, 2023

REGISTERED OFFICES:

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

State of WA

910 207th Ave NE Sammamish, WA 08074
Toll Free: +1 (888) 275-9103

Registration: admissions@keralaayurveda.us
All Other Course Support: support@keralaayurveda.us
Website: www.keralaayurveda.us

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Welcome to Kerala Ayurveda Academy

Our Mission and Heritage

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 traditional Ayurveda. From the root Vedic texts and healing traditions of Kerala, India, preserved for thousands of years, our curriculum team passionately channels the ancient teachings into streamlined programs for modern professionals.

We are committed to offering the highest quality of education and services to our students so that they become the finest Ayurvedic health professionals and educators for the future. Our aim is to maintain the authenticity of Ayurveda in the U.S. We are the first institute in the nation to provide authentic training programs at all three levels of Ayurvedic scope of practice. We proudly offer regular training sessions in Milpitas, California, as well as live streamed online for the distance learner.

The Ayurvedic Doctor (AD) program curriculum is based on an Ayurvedic educational curriculum from Indian universities and is both academically challenging and rewarding. We have assembled the most qualified and experienced faculty to teach each classroom session, covering theoretical Ayurvedic principles, hands-on learning, clinical encounters and contemporary topics of the wellness industry. Most faculty members have Ayurvedic degrees from prestigious universities in India and 15-30 years of clinical experience.

At Kerala Ayurveda Academy, we herald the tradition of passing on the torch of this sacred lineage to our students. With the support of the Kerala Family, you will receive an authentic Ayurvedic education with a prestigious heritage, shared by passionate advocates of the Vedic principles, and supported by a growing global network of alumni, staff, faculty and wellness providers.

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



Why Choose Kerala Ayurveda Academy?

| | |
|--------------------------|---|
| Authenticity | We offer the highest level of Ayurvedic training outside of India |
| Comprehensiveness | Curriculum includes lectures, practical workshops & clinical internship |
| Leading Experts | Faculty & Advisors include several of the world's leading academicians & physicians |
| Convenience | Weekend, evening and live streamed classes |
| Flexible | Progressive elearning system & archived class recordings |

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 have the opportunity to travel to India and study at our sister sites, where you'll have access to rich academic and Ayurvedic industry resources.
- 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 – it is a premier institution 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 Wellness Centre. KAL is part of Katra Life Sciences, which aims at providing “Wellness, Naturally” to all.
- Each year, KAL and Kerala Ayurveda USA provide wellness 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 wellness 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 from ASSOCHAM
 - Indian Agribusiness Excellence Awards – Katra Phytochem, 2017
 - Herbal Company of the Year, 2016 from ASSOCHAM
 - Spa & Wellness Centre of the Year – AyurvedaGram, 2016 from ASSOCHAM
 - Best Integrated Wellness Provider in India - AyurvedaGram, 2010 & 2011 from Frost & Sullivan Award
 - Make In India Emerging Entrepreneurs, 2017 from India Today
 - Certification of Excellence – AyurvedaGram from TripAdvisor
 - Ranked 5 out of 724 for Specialty Hospitality in Bengaluru (Bangalore) by 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.



Program Overview

Ayurvedic Doctor Program (AD) - 2500 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 (*Vihar*), 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 course you will be awarded an Ayurvedic Doctor Certificate.**

General Format

- 2.5 Years – 2,500 Total Hours
- Master Track
 - 18 Two-Day Weekend Intensives – *In-Class and Live Streamed**
 - 38 Saturday Virtual Classes – *Live Streamed**
- Allied Programs
 - 5 Three-Day Specialty Workshop Weekend Intensives In-Class and Live Streamed*
 - 4 Weekday Evening Series - *Live Streamed**
- Assignments & Projects**
- Clinical Internship
- Clinical Specialty & Dissertation

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

***Internet connection required.*

KAA accepts a limited number of students for in-class attendance in the live class at 691 S. Milpitas Ave #206, Milpitas, CA, up to 20.

Prerequisites

The prerequisites for admission to the AD program are:

- Completion of the Ayurvedic Wellness Practitioner (AWP) certification program or an equivalent level II program from another institution.
- Applicants who completed level I and level II certifications with other institutions: if these courses are approved by the National Ayurvedic Medical Association (NAMA), accepted applicants may enroll directly with existing credentials. Applicants who completed these prerequisites with other institutions whose programs are not NAMA-approved 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

Distance Learning

Initially, I was wondering if the distance 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 AWC (online) has been the best decision ever.

-Nadja, AWC Graduate



applicants are invited to enroll under the condition that the prerequisite coursework is 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 are required. It's not required to complete the A&P course prior to enrollment in this course; it can be taken simultaneously as a corequisite, as long as it is completed for certification. If you need to satisfy the A&P corequisite, we offer a partner course you can take entirely online. Students are required to provide proof of A&P course completion to receive this 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
- 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 an application is required to join 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 are able to 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-class hands-on training experience, clinical encounters, mentoring, dissertation under guidance, clinical internship and independent assignments.

Curriculum

KAA 301 | Advanced Clinical Assessment

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.



KAA 302 | Advanced Dravyaguna Sastra: Part 1

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 303 | Advanced 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, method of preparation of 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, capsules.

KAA 304 | Ayurvedic Clinical Management of Input Channels (*Pranavaha, Annavaha and Udakavaha Srotases*)

Learn the etiology, disease process, prevention and management of various disorders affecting the respiratory system, digestive system and fluid balance system. 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.
- *Annavaahasrotas* (gastrointestinal disorders): *Agnimandya, Ajirna, Aruchi, Amadosha, Amlapitta, Chhardhi, Shoola, Grahani*. GERD, APD, malabsorption syndrome.
- *Udakavaahasrotas*: *Trishna, Shotha, Udararoga*, water and electrolyte imbalance.

KAA 305 | Ayurvedic Clinical Management of Rasavaha and Raktavaha Srotases

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

- *Rasavaha Srotas*: *Jwara, Amavata, Pandu, Madatyaya, Anaemias*.
- *Raktavaha Srotas*: *Raktapitta, Kamala, Vatarakta* (Rheumatoid Arthritis).
- Dermatological disorders: *Kushtha, Kshudraroga, Sheetapitta, Udarda, Kotha, Visarpa, Shvitra*.
- Haemopoietic 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 306 | Ayurvedic Clinical Management of Mamsavaha, Medovaha & Asthivaha Srotases

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

- *Mamsa-Medovahasrotas*: *Medoroga, Sthaulya, Prameha, Galaganda, Gandamala, Urustambha*.

- Diabetes mellitus and obesity, myopathies, GB syndrome, muscular dystrophies, lumbago.
- *Asthivaha Srotas: Asthikshaya, Sandhigatavata, osteoarthritis, osteopenia.*

KAA 307 | Advanced Dravyaguna Sastra: Part 2

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 dose of second set of 30 medicinal herbs

KAA 308 | Ayurvedic Clinical Management of Majjavaha Srotas and Shuklavaha Srotas

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

- 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.
- *Shukravahasrotas*: such as *Kalibya, Dwajabhanga*, impotence.

KAA 309 | Ayurvedic Clinical Management of Mutravaha Srotas, Pureeshavaha Srotas and Swedavaha Srotas

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

- *Mutravahasrotas: Mutrakricchra, Mutraghata, Ashmari*, urinary disorders: UTI, Lithiasis, ARF, CRF, Uraemia, BPH.
- *Pureeshvaha Srotas: Atisara, Pravahika, Anaha, Adhamana, Krimi, Udavarta*, enteritis, dysenteries, ulcerative colitis, IBS, worm infestation.
- *Swedavaha Srotas*: knowledge of *Khalitya, Palitya* and cosmetology.

KAA 310 | 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 correlates.
- Post-traumatic stress disorders, eating disorders.
- Senile psychiatric disorders: dementia, Alzheimer's disease, Parkinsonism.
- Preventive aspects in *Manas Roga: Achara Rasayana, Sadvritta, Shodhana, Rasayana, Vajikarana.*

KAA 311 | Shalyatantra: Ayurvedic Management of Injuries, Ksharakarma, 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 Dasha*.
- *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 312 | 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 313 | 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 & 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 Vridhi, 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 314 | Prasooti Tantra: Ayurvedic Management of Pregnancy and Childbirth

Learn the management of pre-pregnancy period, pregnancy and post-partum period 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.
- *Garbhini paricharya, 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 Garbhashthiti, 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 315 | 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 breastmilk.
- *Stanyakshaya* and *Stanyanasha*: inadequate production and absence of breast milk, examination of breast milk, alternative feeding methods in absence of breast milk.
- *Stanyadosha* (bitiation 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 316 | 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 317 | Rasayana & Vajikarana: Ayurvedic approach to Rejuvenation and Regeneration

Study the concept of regeneration, rejuvenation and antiaging concept based on Ayurvedic science. Topics include:

- Definition, synonyms, classification and application of *Rasayana*.
- Concept of *Bala*, types of *Bala*, *Vridhikshayahetu*.
- *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 318 | Ayurvedic Toxicology, Medical Ethics and Medico Legal 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 compound *Sthavara Visha*.
- Study of *Jangama Visha* and their sources (animal poisoning): snake bite, *Vrischika* (scorpion), *Luta* (spider), *Grihagadhika* (lizard), *Mushaka* (rats), *Alarka* (dogs), *Makshika* and *Mashaka* (mosquitoes) 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 medico-legal 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, *Chaturvidha Vaidya Vriti*: duties of Ayurvedic Doctors towards Rogis.

KAA 319 | 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 the three tools in assessing constitution (*Prakriti*) and disease (*Vikriti*): observation (*Darshana*), touch (*Sparshana*), questioning (*Prashna*).
- Do's and Don'ts during Ayurvedic assessment, assessment of constitution vs. 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 tongue.
- Ayurvedic Assessment of: eye (*Netra*), skin (*Twak*) nail (*Nakha*), hair (*Kesa*), stool (*Mala*), urine (*Mutra*), voice (*Sabda*), 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 320 | 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) & *Bhaishajya Kalpana* (Pharmaceutics).
- Selection of herbs and combining herbs, do's 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).

KAA 321 | Panchakarma Practicum Level 1: Prep and Purvakarma I

This is the first class of three Panchakarma practical series which are a part of our Panchakarma Technician program. Ayurvedic Doctor students will join Panchakarma technicians for these three-day weekend intensives. This first weekend intensive will introduce you to the hands-on knowledge and experience you will need for preliminary Panchakarma therapies known as *Purvakarma*. Topics include:

- Scope of practice as a Panchakarma Technician, review stages and benefits of Panchakarma.
- Guidelines for the Rogi's diet and lifestyle during Panchakarma.



- Indications, contraindications, safety and precautions for the technician.
- You'll receive hands-on practice in:
 - Preparation of the Rogi including draping techniques, setup of Panchakarma table.
 - *Snehana* (oleation): Preparation of oils.
 - *Abhyantara Sneha* (internal oleation).
 - *Bahya Sneha* (external oleation): *Abhyang* (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): *Bashpa Sweda*.
- Marma Balancing Therapies.

KAA 322 | Panchakarma Practicum Level 2: Purvakarma II and Shamana

This second class in the Panchakarma practical series continues the Purvakarma therapies introduced in the previous practical and introduces *Swedana* and *Shamana* therapies. We'll discuss a variety of case studies and evaluate, recommend and provide therapies for live cases.

The *Swedana* therapies include:

- *Anagneya Sweda* (sudation without heat): *Upanaham* (oil and herbal paste).
- *Agneya Sweda* (sudation with external heat).
 - *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).

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).

KAA 323 | Panchakarma Practicum Level- 3: Main Panchakarma Techniques and Specialty Therapies

The final class in the Panchakarma practical series focuses on the main Panchakarma techniques and specialty therapies which will be specifically conducted under the guidance of an Ayurvedic Doctor (*Vaidya*). These include:

- *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.

Learning Materials & Resources

- **Books:** will be available for purchase from KAA. *See below.*
- **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 system powered by TalentLMS. Elearning provides access to course information, live class recordings, assignments, class slides, study outlines and tests.
- **Academic Advisor:** students have access to an experienced Ayurvedic Doctor (BAMS) Advisor who can be contacted via the elearning system. Academic Advisors review and grade assignments, support students with their specialty and dissertation, and are also available to assist with general questions during studies.

Texts for the Ayurvedic Doctor Program

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 textbooks as well as suggested textbooks. Note: we will purchase these books directly from India to provide for you the best possible price for the texts. Below is a sample list of some of the books for the program.

Required book list – *sample**:

| TITLE | AUTHOR |
|---|-----------------------|
| <i>ASTANGA HRIDAYAM VOL. I - III</i> | K.R.SRIKANTHA MURTHY |
| <i>T.B. OF KAYACHIKITSA VOL.I - III</i> | P.S. BYADGI |
| <i>STREEROGA VIJNAN</i> | V.N.K. USHA |
| <i>PRASUTI TANTRA VOL. I & II</i> | V.N.K. USHA |
| <i>KAUMARABHRTIYA</i> | DINESH |
| <i>ROGA VIJNANA AND VIKRITI VIJNANA VOL. I & II</i> | MANOJ SANKARANARAYANA |
| <i>OUTLINE OF SALYATANTRA</i> | S.M. JALALUDHEEN |
| <i>T.B. OF SHALAKYA TANTRA VOL. I</i> | ADIKANDA BISWAL |
| <i>HANDBOOK OF FORENSIC MEDICINE AND TOXICOLOGY</i> | CHADHA |
| <i>ILLUSTRATED AGADA TANTRA</i> | P.V.N.R. PRASAD |
| <i>DRAVYAGUNA VIJNAN VOL. I</i> | J.L.N. SASTRY |
| <i>BHAISAJYA KALPANA VIJNANA</i> | P.V.N.R. PRASAD |
| <i>A WORKING MODEL FOR DIAGNOSIS IN AYURVEDA</i> | DR. P.M. MADHU |
| <i>PRINCIPLES AND PRACTICE OF AYURVEDIC CLINICAL MEDICINE</i> | DR. L. MAHADEVAN |
| <i>BHAVAPRAKASA VOL. I</i> | K.R.S. MURTHY |
| <i>TEXTBOOK OF PANCHAKARMA</i> | DR. VASANT C. PATIL |
| <i>SAHASRAYOGAM</i> | PRABHAKAR RAO |

Suggested books for reference – *sample**:

- Astangahrdayam Vol. I & II, T. Sreekumar
- Charaka Samhita Vol. I – VII, R. K. Sharma
- Bhaishajya Ratnavali: Vol 1, 2 & 3, Dr. Kanjiv Lochan
- *Astanga Samgraha of Vagbhata*, Prof. K.R. Shrikantha Murthy
- *Charaka Samhita: Volumes 1-6*, Dr. R. K. Sharma & Vaidya Bhagavan Dash
- Indian Medicinal Plants: Volumes 1-5, Arya Vaidya Sala

**These are sample lists. Final book lists for this program will be provided upon enrollment.*

Program Format & Hours

Student Orientation - 5 hours

Students are required to attend a five-hour orientation prior to the class start date. This will be recorded and available for viewing later.

Master Track – 436 hours

Two-Day Weekend Intensives - 306 hours

The 18 Master Track Weekend Intensives are offered approximately once per month (please see Schedule) over the course of 30 months in total. Class is held Saturday and Sunday from 8:00am-6:00pm U.S. Pacific Time. Students may attend in-class or tune in via live streaming, and all classes are recorded for later viewing.

| Module | Topics | Days | Hours |
|--------|--|------|-------|
| KA 301 | Advanced Clinical Assessment | 2 | 17 |
| KA 302 | Advanced <i>Dravyaguna Sastra</i> : Part 1 | 2 | 17 |
| KA 303 | Advanced <i>Bhaishajya Kalpana</i> | 2 | 17 |
| KA 304 | Ayurvedic Clinical Management of Input Channels (<i>Pranavaha, Annavaha</i> and <i>Udakavaha Srotases</i>) | 2 | 17 |
| KA 305 | Ayurvedic Clinical Management of <i>Rasavaha</i> and <i>Raktavaha Srotases</i> | 2 | 17 |
| KA 306 | Ayurvedic Clinical Management of <i>Mamsavaha, Medovaha</i> & <i>Asthivaha Srotases</i> | 2 | 17 |
| KA 307 | Advanced <i>Dravyaguna Sastra</i> : Part 2 | 2 | 17 |
| KA 308 | Ayurvedic Clinical Management of <i>Majjavaha Srotas</i> and <i>Shuklavaha Srotas</i> | 2 | 17 |
| KA 309 | Ayurvedic Clinical Management of <i>Mutravaha Srotas, Pureeshavaha Srotas</i> and <i>Swedavaha Srotas</i> | 2 | 17 |

| | | | |
|----------------|---|---|----|
| KAA 310 | Ayurvedic Clinical Management of <i>Manovaha Srotas</i> Mental Disorders | 2 | 17 |
| KAA 311 | <i>Shalyatantra</i> : Ayurvedic Management of Injuries, <i>Ksharakarma</i> , <i>Agnikarma</i> and <i>Marma Chikitsa</i> | 2 | 17 |
| KAA 312 | <i>Shalakyatantra</i> : Ayurvedic Management of Eye, Ear, Nose, Throat and Oral Disease | 2 | 17 |
| KAA 313 | <i>Streeroga</i> : Ayurvedic Management of <i>Artavavaha Srotas</i> and <i>Stanyavaha Srotas</i> | 2 | 17 |
| KAA 314 | <i>Prasooti Tantra</i> : Ayurvedic Management of Pregnancy and Childbirth | 2 | 17 |
| KAA 315 | <i>Kaumarabhritya</i> : Ayurvedic Management of Pediatric Health | 2 | 17 |
| KAA 316 | Ayurvedic Management of Immunological and Environmental Diseases | 2 | 17 |
| KAA 317 | <i>Rasayana & Vajikarana</i> : Ayurvedic approach to Rejuvenation and Regeneration | 2 | 17 |
| KAA 318 | Ayurvedic Toxicology, Medical Ethics and Medico-legal Regulations | 2 | 17 |

Saturday Virtual Classes - 130 hours

In addition to the Master Track's Two-Day Weekend Intensives, there are 38 Saturday Virtual Classes which cover the foundational curriculum of the AD program. Saturday classes provide a forum for venturing deeper into vital topics from the weekend curriculum, such as modern clinical investigation reports, clinical examinations, research methodologies and understanding clinical imaging.

Saturday Virtual Classes are conducted as five and three-hour live streamed sessions once per month from 7:00am-12noon and 7 -10:00am respectively U.S. Pacific Time. The access link and class recording is made available on the elearning system. Students are expected to attend all 38 sessions of the virtual classroom sessions. *Please see the program schedule for specific dates.*

Allied Programs – 699 hours

Specialty Workshop Weekend Intensives – 127 hours

The five Specialty Workshop Weekend Intensives are offered approximately once per year so students will have multiple opportunities to attend throughout the course of the entire AD program. Class is held Friday, Saturday and Sunday from 8:00am-6:00pm U.S. Pacific Time. Students may attend KAA 319 and KAA 320 in-class or tune in via live streaming, and these classes are recorded for later viewing. Students are required to attend KAA 321, KAA 322 and KAA 323 in-class. *Please see the program schedule for specific dates. Those who have previously taken these workshops: review only is necessary.*

| Module | Topics | Days | Hours |
|----------------|---|------|-------|
| KAA 319 | Ayurvedic Assessment and Pulse Diagnosis | 3 | 25.5 |
| KAA 320 | Ayurvedic Formulation Making | 3 | 25.5 |
| KAA 321 | Panchakarma Practicum Level 1: Prep and <i>Purvakarma I</i> | 3 | 25.5 |

| | | | |
|---------------|--|---|------|
| KA 322 | Panchakarma Practicum Level 2: <i>Purvakarma</i> II and <i>Shamana</i> | 3 | 25.5 |
| KA 323 | Panchakarma Practicum Level 3: Main Panchakarma Techniques and Specialty Therapies | 3 | 25.5 |

Weekday Evening Series – 572 hours

The four Weekday Evening Series are conducted as live streamed sessions (and recorded classes where applicable). The access link and class recording is made available on the elearning system. Students are expected to attend all sessions. *Please see the program schedule for specific dates.*

| Series Title | Segments | Schedule | Sessions | Hours |
|---------------------------------------|----------|-----------|----------|-------|
| Introduction to Sanskrit for Ayurveda | 1 | Weekly | 30 | 30 |
| Ashtanga Hridayam - Live | 5 | Weekly | 75 | 113 |
| Ashtanga Hridayam - Recorded | 12 | n/a | 168 | 245 |
| Vedic Formulations- Live | 3 | Bimonthly | 36 | 72 |
| Vedic Formulations - Recorded | 3 | n/a | 36 | 72 |
| Clinical Case Discussion Webinars | n/a | Monthly | 27 | 40 |

Introduction to Sanskrit for Ayurveda - 30 hours

Our Sanskrit program is offered as a 30-session live streamed series, conducted Monday evenings from 4:30-5:30pm U.S. Pacific Time. 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 - we start with the fundamentals, beginning with the basic sounds and the alphabet of the Devanagari script. Student's progress further by learning to read and write their own names, transliterate simple words, and then build up towards reading Ayurvedic words and sentences. At the end of the program, students will be capable of reading the Ayurvedic sutras on their own and have the foundation to pursue further study in spoken Sanskrit. This program includes 30 hours of assignment of writing, chanting and recording of the Sanskrit pronunciation of the letters and words learned during this program.

Ashtanga Hridayam – 358 hours

Our *Ashtanga Hridayam* series is a hallmark of Kerala Ayurveda Academy, a truly one-of-a-kind program you will not find at any other U.S. Ayurvedic institution. AD students are required to learn all 30 chapters of *Ashtanga Hridayam Sutrastana*. The series is conducted live twice per year in 15-session segments on Wednesdays from 6:00-7:30pm U.S Pacific Time, which AD students are invited to join. Each virtual class is recorded, and previous segments of the series are available in the form of class recordings in the elearning system.

Ashtanga Hridayam, the "Heart or Essence of all the Eight Branches of Ayurveda," is one of the ancient root texts of Ayurveda written by Vagbhata. It is written in a poetic form with beautiful Sanskrit verse, making it easier for a student to remember important subjects in a concise form. Today the Ashtanga Hridayam continues to serve as a root source for Ayurvedic philosophy and protocol, providing clear guidelines in all aspects of health, including nutrition.



It is important to use the authentic teachings of the ancient Vedic texts, though acquiring this information can seem like a daunting task. In this course, students will be guided through the *Ashtanga Hridayam* by our faculty word-by-word, illuminating the deepest aspects of the Ayurvedic principles. Chanting the *Slokas* together, students will experience the richness of the beautiful ancient verse and feel the healing vibration of the words - the heart of Ayurveda.

Vedic Formulations - 144 hours

This series is offered in two 6-month segments per year, each consisting of 12 sessions conducted every other week. Individual sessions are hosted Monday evenings from 5:30-7:30pm U.S. Pacific Time.

The success of an Ayurvedic Practitioner or Doctor is paramount to their expertise in selecting and combining herbs and formulations. The root texts of Ayurveda provide the recipes of thousands of formulations for various clinical situations. The *Ashtanga Hridayam* explains that 25% of clinical success depends on the herbs and formulations suggested. The herbs and formulations recommended in the right context, form and dosage, with the right adjuvants can achieve impressive results in various health conditions. We developed this series to address the vast amount of knowledge on herbs and formulations required of a successful Ayurvedic Practitioner or Doctor.

In each session of the series, you will learn the most commonly used and effective Vedic formulations as documented in the classical texts. Each class will cover multiple formulations and single herbs. You will receive an overview of the formulation, contents of the formulations, method of preparation, specific indications, dosage forms, and appropriate adjuvants. Additional discussions will include special precautions, plus do's and don'ts while taking formulations based on the specific nature of the recipe. We will also review case studies to evaluate the usage of formulations and how they worked in real rogi scenarios.

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.

Clinical Case Discussion Webinars – 40 hours

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. Sessions are live streamed once per month on Tuesday evenings from 5:00-6:30pm U.S. Pacific Time. AD students are required to attend 27 sessions. *Note: if there are no participant-submitted cases for a session, the faculty member will provide cases for review.*

Ayurvedic Doctor Clinical Internship - 500 hours

Kerala Ayurveda Academy offers Clinical Internship training opportunities at our U.S. 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:

- 1. India Internship – offered in 150-hour, 15-day segments**
- 2. U.S. Internship – Milpitas, CA – offered in 50-hour, 5-day segments**
- 3. Externship/Apprenticeship - 100 hours maximum**



The India Internship is offered once per year (with additional frequency upon demand). The U.S. 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.

Clinical Specialty & Dissertation - 310 hours

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.

Clinical Specialties

There are four specialties available in this program:

Kayachikitsa: Ayurvedic General Medicine

Manasaroga: Ayurvedic Psychiatry

Streeroga and Prasooti Tantra: Women's Health

Digestive and Metabolic Disorders

Dissertation

Guidelines for the dissertation are as follows:

1. The title of dissertation along with synopsis - with approval of the ethics committee constituted by the Academy - shall be submitted to the Academy within a period of 12 months from the date of admission to Ayurvedic Doctor program.
2. If the student fails to submit the title of dissertation and synopsis within the period specified as above, his/her term for final exams will be extended for six months or more in accordance with time of submission of the synopsis to the Academy.
3. The synopsis of the proposed outline of work should indicate the familiarity of the student with the proposed theme of work, the name of the department and the name and designation of the guide or supervisor and co-guide, if any. The Academy should approve the synopsis not later than three months after submission of the synopsis.
4. All titles will be approved by the Academic Advisory committee.
5. The Academy will distribute the approved synopsis on our official website and in our elearning system.
6. The subject of every dissertation shall be researched, practically oriented, innovative and helpful in the development of Ayurveda. The subject of the dissertation shall be related to the subject matter of the respective specialty.
7. Once the title for the dissertation is approved by the Academic Advisory committee of the Academy, the student shall not be allowed to change the title of the proposed theme work without permission of the Academy.
8. No students shall be allowed to submit the dissertation before six months of the final year.
9. The dissertation shall contain the methods and data of the research carried out by the student on the problem selected by her/him and completed under the guidance of the faculty approved by the Academy.
10. The dissertation shall consist of critical review of literature, methodology, results of the research, discussion on the basis of research findings of the study summary conclusion. References cited in the dissertation should be suitable for the publication.
11. The dissertation shall consist of not less than forty thousand words.



12. The dissertation shall contain, at the end, a summary of not more than 1,500 words and the conclusion not exceeding one thousand words.
13. The Advisor shall be a person of status of a senior faculty of Academy with teaching experience in the concerned subject or three years as Co-Advisor.
14. A Co-Advisor may be included provided the work requires substantial contribution from a sister department or from another institution recognized for teaching or training by KAA.
15. The dissertation shall be valued by two examiners appointed by the Academy.
16. Approval of dissertation work is an essential precondition for a candidate to appear for the final examination.
17. If the dissertation is not accepted by two examiners, the same shall be returned to the student with the remarks of the examiners and the student can re-submit the dissertation after making the necessary improvement in the light of examiners report to the Academy within a further period of six months.
18. The dissertation should be written under the following headings:
 - a. Introduction
 - b. Aims and Objectives of Study
 - c. Review of Literature
 - d. Methodology (Materials & Methods)
 - e. Results
 - f. Discussions
 - g. Summary
 - h. Conclusion
 - i. Bibliography/References
 - j. Annexures
19. Each student will present their dissertation to an audience to be determined by the committee.

Assignments & Projects - 525 hours

Elearning - 30 hours

To supplement classroom sessions, the AD program includes several learning tools to reinforce learning, including our elearning system's tests and pretests.

Clinical Encounters Assignment - 225 hours

Throughout the program, students are required to perform one-on-one consultations and create chikitsa protocols. Each student will conduct a total of 96 clinical encounters over a period of 18 months. Each encounter will include: preparing the case paper, assessment and creating a comprehensive Ayurvedic Chikitsa protocol based on guidance provided by the faculties considering the Prakriti and Vikriti identified during the consultation. Students will also conduct two sessions of follow up with each Rogi. Two hours are allotted for the initial consultation and one hour for each follow up. This provides the student the ability to demonstrate their skills at completing case evaluations.

Herbarium Project - 45 hours

Students will create 15 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 part of the plant.



Formulation Record Assignment - 60 hours

Students will be required to document 15 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.

Panchakarma Practice & Assignments - 70 hours

Students will conduct 10 sessions each of Panchakarma bodywork techniques after completion of the three Panchakarma weekend intensives (KAA 321, 322 and 323), as guided by the faculty/mentor. The assignment will be submitted in the form of a summary required after each session for grading. This assignment counts towards 25 clinical encounters, two sets of 10 practice sessions and 5 Chikitsa plans.

Clinical Practicum - 120 hours

Students are required to complete clinical practicum hours under the supervision of a clinical faculty member at Kerala Ayurveda Academy & Wellness Center, Milpitas, CA; or, students may receive supervision by an Ayurvedic Doctor approved by Kerala Ayurveda Academy, either in India or in the US.

During the clinical practicum at Kerala Ayurveda, students will participate in:

- Approximately 15, eight-hour days, or until after they have conducted 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

Program Hour Breakdowns

Breakdown by Format

| Course Component | Hours |
|--|----------------------|
| Master Track | <i>Subtotal: 436</i> |
| Two-Day Weekend Intensives | 306 |
| Saturday Virtual Classroom Sessions | 130 |
| Allied Programs | <i>Subtotal: 699</i> |
| Specialty Workshop Three-Day Weekend Intensives | <i>Subtotal: 127</i> |
| Ayurvedic Assessment and Pulse Diagnosis | 25.5 |
| Ayurvedic Formulation Making | 25.5 |
| Panchakarma Practicum Level 1: Prep and Purvakarma I | 25.5 |
| Panchakarma Practicum Level 2: Purvakarma II and Shamana | 25.5 |
| Panchakarma Practicum Level 3: Main Panchakarma Techniques and Specialty Therapies | 25.5 |
| Weekday Evening Series | <i>Subtotal: 572</i> |
| Introduction to Sanskrit for Ayurveda | 30 |
| Ashtanga Hridayam | 358 |
| Vedic Formulations and Ayurvedic Herbs | 144 |

| | |
|-----------------------------------|----------------------|
| Clinical Case Discussion Webinars | 40 |
| Clinical Internship | 500 |
| Clinical Specialty & Dissertation | 310 |
| Assignments & Project | <i>Subtotal: 550</i> |
| Elearning | 30 |
| Clinical Encounters Assignments | 225 |
| Herbarium Project | 45 |
| Formulation Record Assignment | 60 |
| Panchakarma Practice Assignment | 70 |
| Clinical Practicum | 120 |
| Orientation | 5 |
| TOTAL | 2,500 |

Breakdown by Contact Hours & Clinical Encounters

This breakdown addresses contact hours, which are the time spent in classroom instruction (including live streaming class time), and clinical encounters.

| Course Component | Total Hours | Total Contact Hours | Number of Clinical Encounters |
|---|--------------|---------------------|-------------------------------|
| Master Track Two-Day Weekend Intensives | 306 | 306 | - |
| Master Track Saturday Virtual Classes | 130 | 130 | - |
| Specialty Workshop Three-Day Weekend Intensives | 127 | 127 | - |
| Introduction to Sanskrit for Ayurveda | 30 | 30 | - |
| Ashtanga Hridayam | 358 | 113 | - |
| Vedic Formulations and Ayurvedic Herbs | 144 | 120 | - |
| Clinical Case Discussion Webinars | 40 | 40 | - |
| Clinical Internships | 500 | 500 | 150 |
| Clinical Specialty & Dissertation | 310 | 10 | - |
| Clinical Encounters Assignments | 225 | 225 | 96 |
| Herbarium Project | 45 | - | - |
| Formulation Record Assignment | 60 | - | - |
| Panchakarma Practice Assignment | 70 | 70 | 30 |
| Elearning | 30 | - | - |
| Clinical Practicum | 120 | 120 | 50 |
| Orientation | 5 | 5 | - |
| TOTAL | 2,500 | 1,796 | 326 |

Breakdown of Total Ayurvedic Training Hours

This breakdown includes the 4,125 cumulative hours of the level I AWC/AHC (NAMA), level II AWP/AP (NAMA) and level III AD training programs.

| Program Details | Level I AWC/AHC | Level II AWP/AP | Level III AD | Cumulative |
|---------------------|--------------------|--------------------|-----------------|------------|
| Total program hours | 625 | 1,000 | 2,500 | 4,125 |
| Contact hours | 373 | 500 | 1,796 | 2,669 |



| | | | | |
|--|-----|-----|-----|-------|
| Clinical encounter hours | 140 | 295 | 915 | 1,350 |
| Number of clinical encounters | 55 | 110 | 326 | 491 |
| Number of supervised clinical encounters | 10 | 80 | 200 | 290 |

Academic Advisor

Each student is assigned to a BAMS Ayurvedic Doctor Academic Advisor (faculty member). The Advisor 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 (The Advisor will meet with students at least once/quarter).

Students will also be meeting formally for 10 one-hour sessions for the dissertation. This will include brainstorming ideas, creating the plan, and submission.

Tests & Grading

- There will be five tests (including the final test) throughout the course of the program. The final test will cover all material for the entire course.
- 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.
- All prerequisites have been met.
- This program meets the NAMA (National Ayurvedic Medical Association) requirement to register at the Ayurvedic Health Counselor category of professional membership. Contact hours is the time spent in classroom instruction (including live streaming class time) and time spent with rogis (health seeker). The total available contact hours in this program are 1,796. We require minimum 1,250 contact hours of live class attendance to graduate, though we recommend all available contact hours of live class attendance to support your competency and material comprehension. We encourage students who miss live classes to attend the following class the next time it is offered (in approximately six months), to provide the opportunity for faculty interaction.

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.

Dr. Suhas [Kshirsagar] could not be any more kind, knowledgeable or funny.
-Anonymous

[Dr. 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

Faculty



Vaidya Rucha Kelkar

Bachelor of Ayurvedic Medicine, 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.

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



Vaidya Suhas Kshirsagar

Bachelor of Ayurveda Medicine & Surgery, Doctor of Medicine (Ayurveda)

Vaidya Suhas Kshirsagar is a skilled Ayurvedic Doctor, Panchakarma Specialist, Vedic Astrologer and prolific author and public speaker. In India, he worked in research in Ayurvedic pharmaceuticals at Ayurveda Rasashala. In the U.S., he served the Medicine at Maharshi College of Vedic Medicine as Chairman of Dept. of Medicine before assuming the role of Medical Director and an Assistant Professor at the Maharshi University of Management until 2002.



Vaidya Namyata Pathak-Gandhi

Bachelor of Ayurveda Medicine & Surgery, Doctor of Medicine (Ayurveda), Vaidya-Scientist Fellowship

Vaidya Namyata Pathak-Gandhi trained in Ayurveda and modern medicine in an 8.5-year program in Mumbai, India under the Maharashtra University of Health Sciences. In 2011, she was selected as the youngest and exceptional Vaidya Scientist Fellow (VSF) in a nationwide screen by the Department of AYUSH, Government of India. She specializes in integrative health education, practice and research. Her teaching reflects a smooth blend of classical Ayurveda and certain biomedical fundamentals for safe, pragmatic application.



Vaidya Kamy Pillai

Bachelor of Ayurveda Medicine & Surgery

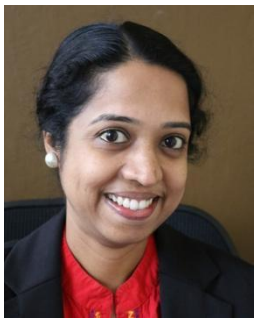
Vaidya Kamy Pillai trained in Ayurvedic Medicine at Mahatma Gandhi University, Kerala and later served as a faculty in the same university under the Ophthalmology and ENT departments. She gained valuable experience managing a broad spectrum of disorders while operating as an independent practitioner 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 Pratibha Shah

Bachelor of Ayurveda Medicine & Surgery, Doctor of Medicine (Ayurveda), Master of Public Health

Vaidya Pratibha Shah is one of the leading Ayurveda experts in New England with over 25 years of experience. Her pioneering initiatives in the field of Ayurveda in the U.S. have brought her to attention at the White House, the Department of Health and Human Services, as well as the Consulate General of India, NYC. She is a prolific speaker and educator in the community and has authored several papers. She is an editor with the Ayurveda Journal on Health and Associate Editor with the Ancient Science journal. She is a senior faculty with the Kerala Ayurveda Academy.



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.

Board of Advisors

Vaidya K. Anil Kumar

BAMS, Director and Founder

Vaidya K. Anil Kumar, Executive Director of Kerala Ayurveda Ltd is now the elected member of the Central Council of Indian Medicine (CCIM) – the Apex Body of the Government of India for the Indian System of Medicine. He was the President of the Ayurvedic Medical Association of India and is a former Joint Secretary of the Ayurvedic Drug Manufacturers' Association of India. He is currently Executive Member of the Ayurvedic Medicine Manufacturers Organization of India.

David Frawley

Pandit Vamadeva Shastri

David Frawley (Pandit Vamadeva Shastri) is a one of the most well-known teachers of Ayurveda, Yoga and the Vedic sciences today. His work has long been honored in India and in the West for his ability to explain the authentic deeper teachings and place them in an easy to understand modern language. Vamadeva is the author of more than forty books published in twenty languages over the last thirty years. He has written numerous articles and several sets of training courses. His books on Ayurvedic Medicine have been pioneers in their field. These include Ayurvedic Healing (1989), which was the first book published in the West to explain the Ayurvedic treatment of common diseases, and Yoga and Ayurveda (1999), which remains the most popular book explaining the interface of these two profound Vedic healing systems. He is the director of the American Institute of Vedic Studies that represents his work, teachings and programs.

Vaidya Suhas Kshirsagar

BAMS, MD (Ayurveda, India)

In addition to serving KAA as a teaching faculty member (see above), Vaidya Suhas Kshirsagar is also one of the Academy's Advisors.

Schedule: 2021-2023

Start and Completion Dates

Start Date: Orientation – March 6, 2021 from 8:00-1:00pm U.S. Pacific Time*

First Class Date: March 13-14, 2021*

Completion Date: Final Class – September 23-24, 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.*

Locations

Milpitas, CA

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

Located in San Francisco East 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 wi-fi, ample parking space, and located within walking distance of restaurants and health clubs.

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](tel:+18882759103) or support@keralaayurveda.us.

Admissions

Application

Begin the process by completing our Online Application via our website: www.keralaayurveda.us. **Please note: we will begin accepting applications July 15, 2020.**

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 will be 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 within two weeks after the interview.



Tuition & Fees

Early bird special available for applications received by October 7, 2020 – save \$400

| Tuition ¹ | |
|-----------------------------------|-----------------|
| Registration Fee | \$100 |
| Admin & Technology | \$250 |
| Master Track Tuition ² | \$14,125 |
| Clinical Internships ³ | \$10,500-12,500 |
| Allied Programs ⁴ | \$6,890 |

Payment Plans for Master Track Tuition

Please note that the first tuition payment is due upon enrollment.

| | Tuition in Full ⁵ | Biannual ⁶ | 30 Month ⁶ |
|--|------------------------------|-----------------------|-----------------------|
| Tuition | \$13,500 | \$2,825 | \$500 |
| Number of Payments | 1 | 5 | 30 |
| Registration Fee | \$100 | \$100 | \$100 |
| Admin & Technology Fee | \$250 | \$250 | \$250 |
| KAA Students & Alumni of our AWC, AWP, PKT Certification Programs | | | |
| Total Early Bird Tuition | \$13,350 | \$13,975 | \$14,850 |
| Total Regular Tuition | \$13,750 | \$14,375 | \$15,250 |
| New Students to our certification programs | | | |
| Total Early Bird Tuition | \$13,450 | \$14,075 | \$14,950 |
| Total Regular Tuition | \$13,850 | \$14,475 | \$15,350 |

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.

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 – please stay tuned for more details. Master Track tuition does not include Allied Programs or Clinical Internships, which must be completed by end of AD for 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. 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.
5. Full tuition is discounted approximately 3%.
6. 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.



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 |
|--|---|---|------------------|
| KAA 319 | Ayurvedic Assessment and Pulse Diagnosis | \$495 | \$495 |
| KAA 320 | Ayurvedic Formulation Making | \$495 | \$495 |
| KAA 321 | Panchakarma Practicums Panchakarma Practicum Level 1: Prep and Purvakarma I | \$520 each (3) | \$1,560 |
| KAA 322 | Panchakarma Practicum Level 2: Purvakarma II and Shamana | | |
| KAA 323 | Panchakarma Practicum Level 3: Main Panchakarma Techniques and Specialty Therapies | | |
| Specialty Workshop Three-Day Weekend Intensive Subtotal | | | \$2,550 |
| Program | | Tuition | Total |
| | Introduction to Sanskrit for Ayurveda | \$450 | z\$450 |
| | Ashtanga Hridayam | \$75 per recorded segment (8) \$325 per live segment (6) | \$600 \$1,950 |
| | Vedic Formulations | \$325 per segment (3) | \$975 |
| | Clinical Case Discussion Webinars | \$20 per session (27) | \$540 |
| Weekday Evening Series Subtotal | | | \$4,515 |

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 |
|---|--|
| U.S. Clinical Internship⁷ | \$945 per segment |
| India Internship⁸ | \$3,850 per segment (1 required ⁹) |

Please Note:

7. U.S. Clinical Internship: travel and lodging costs not included.
8. India Internship: airfare not 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.
9. Requirement is for qualified travelers.



Policies & Procedures

Student Complaint Procedure

If a student complaint should arise, they may contact Student Support, at +1 (888) 275-9103 or at 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, 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.

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 Wellness Counselor 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 AWC 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. 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 10th class) or online modules (accessed 10th online module).

There are 18 Master Track Two-Day In-Class Weekend Intensives which correspond to online modules. Refund Requests will be processed based on these In-Class 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 tuition paid.

Step 2: Divide the total tuition paid by 18 (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-class intensives or live streaming and if he/she has paid the full tuition, the refund will be as follows:

| | | |
|--------|----------------------------------|-------------|
| Step 1 | \$14,125-\$100 | \$13,875.00 |
| Step 2 | \$13,875 / 18 | \$771.00 |
| Step 3 | 4 classes/live streaming x \$771 | \$3,084.00 |
| Step 4 | \$13,875 - \$3,084 | \$10,735.00 |

Total refund will be: \$10,735.00

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.

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 (nonrefundable): \$0

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 program start: no refunds available.

Attendance Policy

- The total available contact hours in this program are 1,473. Students are required to attend a minimum number of 1,250 contact hours during the program. Contact hours are the time spent in classroom instruction (including live streaming class time).
- It is highly recommended to attend all Master Track Weekend Intensives, Specialty Workshop Weekend Intensives, Saturday Virtual Classes and sessions of the Weekday Evening Series.
- Most classes are live streamed and the recording is available for review after the session, if a student misses a class.
- Weekend intensives KAA 321, KAA 322 and KAA 323 require full in-class attendance to satisfy the completion requirements for certification; therefore, if a student is absent from any of these weekend intensives classes, they will be required to make it up in person at a subsequent occurrence.

Make up and Retake Policy

If a student is absent from an in-class or live streamed session, they may make it up the next time the class is offered in-class 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 \$100 per weekend session. To retake an Allied Program (Specialty 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.

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

1. If the course is terminated after the student begins classes, the Academy may retain a percentage of the total tuition as described in the table below.
2. 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:
 - a. When the student is terminated for a violation of a published Academy policy which provides for termination; or,
 - b. When a student, without notice, either fails to attend classes or check out course videos for thirty (30) calendar days.
3. A student will be determined to be withdrawn from the institution if the student has not attended any class for three consecutive class weekends. He/she will be notified by telephone after two missed weekends and he/she will be drafted after the third weekend.
4. 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 have to maintain a passing grade of 70%.

At first incidence, warning will be given. At the second incidence, the student will be suspended for the entire weekend. The 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.

Leave of Absence

Students can take a leave of absence for up to one (1) year with written permission. School may be contacted at +1 (888) 275-9103 or by mail at 691 S. Milpitas Blvd Suite 206 Milpitas, CA 95035. The student may resume classes the following year at the level where he/she took leave. Unless prior arrangements are made with the school about the payment, the student is obligated to pay the tuition as per plan.

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 moneys 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:

1. 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.
2. 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.
3. 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.
4. The institution has been ordered to pay a refund by the Bureau but has failed to do so.
5. 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.
6. 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.
7. 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 noncollection 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.”



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 a student's graduation, withdrawal or termination, with the exception of 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.

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.

Our Team

Vaidya Jayarajan Kodikannath
Academy Director

director@keralaayurveda.us
Toll Free: +1 (888) 275-9103
Fax: +1 (510) 275-4378

Kathy Moore
Academy Manager

kathy@keralaayurveda.us
Toll Free: +1 (888) 275-9103 x20
Fax: +1 (510) 275-4378

Sunitha Kodikannath
Manager - Student Support Services

support@keralaayurveda.us
Toll Free: +1 (888) 275-9103 x20
Fax: +1 (510) 275-4378

Suzanne Otterbein
National Enrollment Advisor

suzanne@keralaayurveda.us
Toll Free: +1 (888) 275-9103 x10
Fax: +1 (510) 275-4378

Vrinda Maria D'Sa
Enrollment Advisor

vrinda@keralaayurveda.us
Toll Free: +1 (888) 275-9103 x10
Fax: +1 (510) 275-4378

Jamila Colozzi
Creative Communications Manager

jamila@keralaayurveda.us
Toll Free: +1 (888) 275-9103 x10
Fax: +1 (510) 275-4378



FAQ

Frequently Asked Questions

- 1. How much does the program cost?** The tuition for the course is \$14,125 (*not including registration or management fee*). Clinical Internships, Allied Programs and required are an additional cost. (See Tuition & Fees for details.)
- 2. 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.
- 3. 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).
- 4. 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.
- 5. 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 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.
- 6. 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 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.



- 7. 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.
- 8. 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).
- 9. 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. KAA is soon to announce a supportive network of alumni services and information.
- 10. 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 as 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.
- 11. 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 five (5) 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.
- 12. 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.
- 13. 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.
- 14. 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.

- 15. 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.
- 16. 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.
- 17. 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. "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. Phone: +1 (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, phone: +1 (360) 709-4600, e-mail address: wtecb@wtb.wa.gov.
- 18. 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."
- 19. 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.
- 20. 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 U.S., 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.