



**kerala**  
AYURVEDA

# COURSE CATALOG

*Level 3: Advanced Ayurvedic Practitioner*

**2026-2029 PROGRAM**

V1

April 29, 2026 – May 7, 2029

## REGISTERED OFFICE

### *State of CA*

Kerala Ayurveda Academy  
691 S. Milpitas Blvd Suite 206  
Milpitas, CA 95035  
Phone: +1 (510) 257-6640  
Fax: +1 (510) 257-4378

### *State of WA*

910 207th Ave NE  
Sammamish, WA 08074  
Phone: +1 (510) 257-6640

### *India*

The Health Village  
Monastery Lane, Karimattathu  
Aluva Munnar Road  
Aluva, Kerala, India-683101

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

### *Norway*

Shankha Ayurveda Klinik Trondheim  
2nd floor, Dronningens Gate 38,  
Trondheim, Sør-Trøndelag, Norway 7011

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

Date of Publication: 7/25/25

*Kerala Ayurveda Academy, in the State of California, is a privately-owned institution that is approved to operate by the Bureau for Private Postsecondary Education under School Code# 72482254. BPPE Address: 1747 N. Market Blvd. Ste 225 Sacramento, CA 95834, PO Box 980818, West Sacramento, CA 95798-0818, Website Address: [www.bppe.ca.gov](http://www.bppe.ca.gov). Phone: +1 (888) 370-7589 or (916) 574-8900 Fax: (916) 263-1897". Approval to operate means compliance with state standards as set forth in the California Private Postsecondary Education act of 2009. Kerala Ayurveda Academy, in the State of Washington, is licensed under Chapter 28C.10 RCW. Inquiries or complaints regarding this private vocational school may be made to the: Workforce Board, 128 10th Ave. SW, Box 43105, Olympia, Washington 98504. Web: [wtb.wa.gov](http://wtb.wa.gov), phone: +1 (360) 709-4600, e-mail Address: [wtechb@wtb.wa.gov](mailto:wtechb@wtb.wa.gov).*

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



# Contents

|  |          |   |           |
|--|----------|---|-----------|
| <b>TABLE OF CONTENTS</b>                     | <b>2</b> | <b>ADMISSIONS</b>                               | <b>41</b> |
| <b>WELCOME TO KERALA AYURVEDA ACADEMY</b>    |          | Application                                     | 42        |
| Ayurveda: The Science of Life                | 3        | Interview & Acceptance                          | 42        |
| Professional Possibilities with Ayurveda     | 4        | <b>TUITION &amp; FEES</b>                       | <b>43</b> |
| Why Choose Kerala Ayurveda Academy?          | 5        | Payment Plans for Master Track Tuition          | 44        |
| <b>ADVANCED AYURVEDIC PRACTITIONER (AAP)</b> | 6        | Tuition Breakdown of Allied Programs            | 48        |
| <b>PROGRAM OVERVIEW</b>                      | 8        | Tuition Breakdown of Clinical Internships       | 48        |
| General Format                               | 9        | Tuition Breakdown of Residency                  | 49        |
| Prerequisites                                | 9        | Tuition Breakdown of Specialty Internship       | 49        |
| Scope of Practice                            | 10       | <b>ACADEMY POLICIES</b>                         | <b>50</b> |
| Course Description & Objectives              | 11       | Diversity & Religions Accommodations            | 50        |
| Learning Materials & Resources               | 11       | Special Accommodations                          | 51        |
| <b>CURRICULUM</b>                            | 12       | Attendance Policy                               | 51        |
| Master Track                                 | 12       | Class Location                                  | 38        |
| Allied Track                                 | 13       | Make-up and Retake Policy                       | 51        |
| In Person Experiential Programs              | 25       | Conduct   | 51        |
| <b>BREAKDOWN BY FORMAT</b>                   |          | Termination Policy                              | 52        |
| Master Track Hours                           | 32       | Suspension and Dismissal Policy                 | 52        |
| Allied Programs Hours                        | 33       | Length of Time for Student Certifications       | 53        |
| In Person Experiential Programs              | 34       | Student Sabbatical (Leave of Absence)           | 53        |
| Program Hour Breakdowns                      | 34       | Financial Aid                                   | 53        |
| Academic Mentor                              | 35       | English as a Second Language & Foreign Students | 54        |
| Tests & Grading                              | 36       | Record Retention                                | 54        |
| Graduation Requirements                      | 37       | Grievance Policy & Procedures                   | 54        |
| <b>FACULTY</b>                               | 37       | Transferring of Credits & Credentials           | 55        |
| <b>SCHEDULE: 2026-2029</b>                   | 39       | Refund and Cancellation/Withdrawal Policy       | 45        |
| Start and Completion Dates                   | 32       | <b>FAQ</b>                                      | <b>58</b> |





# Kerala Ayurveda Academy

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

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

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

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

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

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

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

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

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



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

*–Kari*

## AYURVEDA: THE SCIENCE OF LIFE

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

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

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

Knowledge of Ayurveda in today's world is essential as it aims for the preservation of health and prevention of disease by establishing balance and harmony through nutrition, herbs, meditation, and daily routines. Ayurvedic science provides knowledge to unfold the reality beyond the physical

body and achieve harmony of Body, Mind and Spirit. The World Health Organization recognizes Ayurveda as a complete natural healthcare system.

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

## PROFESSIONAL POSSIBILITIES WITH AYURVEDA\*

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

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

## WHY CHOOSE KERALA AYURVEDA ACADEMY?

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

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

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

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

#### **The Asha Foundation™**

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



*We congratulate you on your decision to Advance your studies, becoming part of an inner circle of Ayurvedic professionals who promote healing and wellness.*

*-The Kerala Ayurveda Academy Team*





# Advanced Ayurvedic Practitioner (AAP)

## 2500 HOUR CERTIFICATION PROGRAM

The Advanced Ayurvedic Practitioner (AAP) 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 the healing of imbalances in the human mind-body systems and prevent future disease. These tools include a comprehensive nutritional education (*Ahara*), daily routines and practices to maximize health (*Vihara*), a clear understanding of the mind and thought processes (*Vichara*), plus their relationship to well-being, herbs, and herbal formulation to facilitate healing, and personalized Ayurvedic detox and rejuvenation (*Panchakarma and Rasayana*) protocol.

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

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



**\*This program is in candidacy for accreditation with the Ayurvedic Accreditation Commission (AAC) and qualifies graduates to sit for the National Ayurvedic Medical Association Certification Board (NAMACB) certification exam as an Advanced Ayurvedic Practitioner graduate.**



# Program Overview

## GENERAL FORMAT

**3 Years** – 2,500 Total Hours

### ✿ **MASTER TRACK**

- ◆ 24 Three-Day Weekend Intensives – in person or live streamed\*
- ◆ 2 Five-day *Panchakarma* Practicums – in person
- ◆ 15 Saturday Virtual Classes – live streamed\*
- ◆ 36 Mentoring Sessions – live streamed\*
- ◆ Online Recorded Lectures – elearning\*\*
- ◆ Assignments – elearning\*\*

### ✿ **ALLIED PROGRAMS**

- ◆ 2 Three-Day Workshop Weekend Intensives - in person or live streamed\*
- ◆ 2 Weekday Evening Series – live streamed\*
- ◆ 3 Recorded Series (see Format for details) – elearning\*\*

### ✿ **IN PERSON EXPERIENTIAL PROGRAMS**

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

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

*\*\*Internet connection required.*

*Note: Ten of the weekend intensives are held In-person at 691 S. Milpitas Ave #206, Milpitas, CA. Attendance is limited to 25 students.*

## GENERAL FORMAT

The AAP Program consists of three major components: Master Track; Allied Programs; and In Person Experiential Programs. Students must complete all components in order to graduate from the program. The Master Track program can be taken online and in person. The tuition for each of these sections is outlined in the Tuition section of this catalog.

## PREREQUISITES

*The prerequisites for Admission to the AAP program are:*

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

### **Application:**

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

## SCOPE OF PRACTICE

The general scope of practice of the Advanced Ayurvedic Practitioner is like the Ayurvedic Practitioner, though Advanced Ayurvedic Practitioners 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.

Advanced Ayurvedic Practitioners understand disease from an Ayurvedic perspective, while possessing a working knowledge of Western medical pathology, pharmacology, diagnostic reports, and treatments, to interface with the Western medical community and modify the Ayurvedic management of cases accordingly. Based on the status of Ayurveda in the US, they are not allowed to order Western diagnostic tests and do not prescribe Western medicines. Advanced Ayurvedic Practitioners have an informed awareness of public health and epidemiology (*Janapadodhwamsa*) from the Western and Ayurvedic scope of practice for the Ayurvedic profession. They are informed consumers of research pertaining to the Ayurvedic field, and can evaluate, discuss, and apply contemporary research within the context of Ayurvedic knowledge. As highly skilled professionals in their industry, they can make significant contributions to the profession such as participating in research, reviewing articles, attending conferences, teaching, or presenting case studies.

## COURSE DESCRIPTION & OBJECTIVES

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





# Curriculum

## LEARNING MATERIALS & RESOURCES

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

**Reference Library:** We offer an onsite reference library in the main classroom for students to use while they are at the Academy either during breaks or when they are on campus outside of classroom hours.

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

*Suggested books - for reference only:*

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



## ACADEMIC MENTOR

Each student is assigned to an AAP or Level 3 graduate mentor or BAMS graduate who is supervised by a BAMS Advanced Ayurvedic Practitioner Mentor (faculty member). The Mentor will be there to support you in your journey through this program and to assist you with your studies, grade your assignments and provide guidance and support.

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

## MASTER TRACK

### *3 Day Weekend Intensives*

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

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

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

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

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

- *Vyadhi Hetu Svarupa, Trividha Hetu Samgraha*
- *Vyadhi Ghatakas-Dosha, Dushya, Agnimandya, Ama, Srotovaigunya*
- *Sama and Nirama Dosha, Dushya Lakshana*
- *Dosha Paka and Dhatu Paka Lakshana*
- Concept, classification, diagnosis, and general complications of *Avarana*
- *Doshagati and Rogamarga*
- *Vyadhyavastha- vega-avega, nava-jeerna, uthana-gambheera, antharvegi-bahirvegi, asukari-chirakari*
- *Nidanarthakara Vyadhi, Hetu Sankara, Linga Sankara, Vyadhisankara, Vyadhi Avastha*
- Relationship between *Nidana Panchaka* and *Shat Kriyakaala*

- *Upadrava* and *Udarka*
- General diagnostic principles of *Anukta Vyadhi*
- Basic knowledge of hereditary, congenital, acquired, multifactorial, traumatic and environmental disorders

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

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

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

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

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

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

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

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

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

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

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

- *Panchakarma* and *Shodhana*, their importance for promotion of health, prevention and treatment of disease
- *Snehana- Karmukata* of *Abhyantara* and *Bahya Snehana*. *Brimhnanartha*, *Shamanartha* and *Shodhanartha snehana*, definition, method, and utility. *Shodhannga Snehana Vidhi* and methods of fixation of dose, need of *Rukshana* before *Snehana* and *Samyak Rukshana Lakshana*
- *Svedana*-Utility and method of *Svedana*, detailed knowledge about utility of *Svedan* procedures, *Svedana Karmukata* (mode of action of *Svedana Chikitsa*)

- *Vamana* and *Virechana* in promotion of health prevention and treatment of diseases, general properties of *Vamaka Dravya* and *Vamanopaga Dravya*, knowledge of *Virechana Dravyas*, *Kalpanas*, their properties, method of administration, mode of action of *Virechana*, *Vamana*
- *Vasti* - *Niruha Vasti*, *Sneha Vasti*, *Uttara Vasti*, detailed knowledge of different *Vasti* formulations like *Piccha Vasti*, *Kshira Vasti*, *Yapana Vastis*, *Madhutailika Vasti*, *Erandamuladi Niruha Vasti*, *Panchaprasrutika Vasti*, *Kshara Vasti*, *Vaitarana Vasti*, *Lekhana Vasti*, *Vrishya Vasti*, *Manjishtadi Niruha Vasti*, *Dashamula Vasti*, *Ardhamatrika Vasti*, *Sarva Roghara Niruha Vasti*, *Brimhana Vasti* and their practical utility, *Vasti Karmukata* (mode of action of *Vasti*)
- *Nasya*- Detailed knowledge of administration of different type of *Nasya* with management during and after *Nasya*
- Areas of research in *Panchakarma*
- Disease-wise *Panchakarma*, role of *Panchakarma* in different stages of diseases
- Specifications of the *Panchakarma* theater and necessary equipment

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

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

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

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

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

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

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

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

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



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

### KAA 315 Yoga in Clinical Application Part I

(*Yoga Chikitsa*) Learn the principles of yoga in connection with Ayurvedic concepts. Topics include:

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

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

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

- Sushruta's contributions in surgical concepts and practices
- Significance and importance of *Rakta* as the *Chaturch 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 317 | **Shalakyatantra: Ayurvedic Management of Eye, Ear, Nose, Throat and Oral Disease**

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

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

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

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

- Female reproductive system: applied anatomy of female genito-urinary system, pelvis and pelvic floor
- Physiology, neuro endocrinology and pathology of puberty and neuroendocrine control of menstrual cycle: *Artava*, *Rituchakra*, *Streebija*
- Etiology, pathogenesis, prodromal symptoms, clinical features, management and complications of various gynecological disorders: *Artav Dushti*, *Artava Vriddi*, *Artava Kshaya*, *Asrigdara*, *Anartava*, *Kashtartav*
- Genital infections including sexually transmitted infections and abnormal vaginal discharges
- *Arsha*, *Yonikanda*, *Gulma*, *Granthi*, *Arbuda*: abnormal uterine bleeding, endometriosis, fibroid uterus, Adenomyosis, polycystic ovarian syndrome and neoplasia of female genital organs
- *Vandhyatva*: causative factors, investigations, and management of infertility

- *Stanaroga, Stanashotha, Stanakilaka, Stanavidradhi, Stana Granthi, Stanarbuda*: examination of breast, assessment, and differential assessment of breast lumps
- Measures of contraception: Ayurvedic view of *Garbha Nirodha* and *Garbhapatkara Yogas*
- *Rajo Nirvritti*: Menopause

### **KAA 319 | Prasooti Tantra: Ayurvedic Management of Pregnancy and Childbirth**

Learn the management of pre-pregnancy, pregnancy, and post-partum periods as well as the management of pregnancy and childbirth related health problems. Topics include:

- *Garbha Sambhava Samaagri, Garbhadhanam*: pre-conception counseling and care
- *Garbhotpatti*: fundamentals of reproduction – gametogenesis, fertilization, implantation, and early development of human embryos
- *Garbha-Poshana, Masanumasika Vriddhi*: fetal physiology, circulation, fetal growth and development
- *Garbhiniparicharya, Masanumasika Pathya Apathya Evum Garbha Upaghatakara Bhava*: prenatal care, examination investigations and management
- *Garbhini Vyapad, Nidana Panchaka* and *Chikitsa of Garbhini Vyapad*: early recognition, differential assessment and prompt management of pregnancy complications, hyperemesis gravidarum, anemia, pregnancy induced hypertension, pre-eclampsia, eclampsia
- *Prasav Paribhasha, Prasav Kaal, Prasava Prarambha Karana, Prasava Kalina Garbhasthiti, Sutikagara*: initiation and onset of parturition, examination, and evaluation of women during childbirth, physiology of childbirth, mechanism of childbirth, selection of place of delivery
- *Prasava Avastha Evum Paricharya*: stages of normal childbirth, management of normal childbirth
- Postpartum care

### **KAA 320 | Kaumarabhritya: Ayurvedic Management of Pediatric Health**

Study the management of newborn, neonate, pediatric nutrition, pediatric diseases, and management. Topics include:

- *Shukra, Shonita, Shukra Shonita, Doshas, Bija-Bijabhaga-Bijabhagavayava Vikriti, Matrija, Pitraja Bhavas, Yajjah*: measures for obtaining good progeny, formation of *Prakriti*, their assessment in children
- *Navajata Shishu Paricharya Evam Prana-Pratyagamana*: care of the newborn including recent methodology for the resuscitation
- *Navjat Shishu Ahara* (neonatal feeding): specific feeding methodology as per Ayurveda and recent advances, day-to-day fluid, milk for the newborn, feeding technique for the preterm baby
- *Stanyotpatti* and *Prasruti*: lactation, composition of breast milk, colostrum, method for feeding breast milk



- *Stanyakshaya* and *Stanyanasha*: inadequate production and absence of breast milk, examination of breast milk, alternative feeding methods in absence of breast milk
- *Stanyadosha* (vitiation of breast milk), *Stanya Shodhana* (purification of breast milk), *Stanya Janana* and *Vardhanopakrama* (methods to enhance breast milk formation)
- *Bala-Poshana* (pediatric nutrition): daily requirements of nutrients for infants and children, common food sources, *Satmya* and *Asatmya Ahara* (compatible and incompatible diet)
- *Balaroga*: pediatric disorders and management

### KAA 321 | Ayurvedic Management of Immunological and Environmental Diseases

Learn the causes, development, prevention, and management of various diseases due to environmental reasons, infections and immune alterations. Topics include:

- Role of Ayurveda in immune-protection, immuno-modulation and in management of other allergies and immunological disorders
- Ayurvedic approach to infectious disorders: *Chickangunya*, HIV/AIDs, swine flu, dengue
- *Upasargajanya Vyadhi* (communicable diseases): *Romantika*, *Masurika*, *Upadamsha*, *Phirang* and introduction to Syphilis, AIDS, Leprosy, tuberculosis
- Detailed study of *Krimi Vigyanam* versus infectious and parasitic diseases along with their mode of infection and life cycle
- Concept and applied aspects of *Janapadodhvamsa* and environmental diseases
- Concept of genetic diseases and its interpretation in terms of *Bija Dosha*

### KAA 322 | Rasayana & Vajikarana: Ayurvedic approach to Rejuvenation and Regeneration

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

- Definition, synonyms, classification, and application of *Rasayana*
- Concept of *Bala*, types of *Bala*, *Vriddhikshayahetu*
- *Rasayana* in immunocompromised diseases like, HIV/AIDS, tuberculosis, cancer, liver cirrhosis
- *Kutipraveshikarasayana* and *Vatatapikarasayana*
- Concept and practice of *Achararasayana*
- Application of *Kamyarasayanato*: *Smriti*, *Medha*, *Bala*, *Prabha*, *Varna*, *Svara*
- *Naimittikarasayana*, *Vyadhiharaandvyadhiapunarbhavarasayana*
- Definition, derivation, etymology, synonyms of *Vajikara*, *Vrishya*
- Knowledge of geriatric care and terminal care medicine
- Concept of *Jara* (geriatrics) and ageing (gerontology)
- Common geriatric disorders and their management within the systems and organs

### KAA 323 | Yoga in Clinical Application Part II (Yoga Chikitsa)

In this module learn the clinical application of Yogic practices in specialized health situations.

Topics include:

- Integrated approach of Yoga therapy
- Therapeutic effect of yogic practice in the following diseases - Diabetes, hypertension, cardiovascular disorders, LBA, obesity, asthma, piles, irritable bowel syndrome, eczema, psoriasis, stress disorders, eye disorders, headache, juvenile delinquency, intellectual disability, depression, neurosis, sexual dysfunction, uterine disorders, cancer

### KAA 324 | Ayurvedic Toxicology, Medical Ethics and Medicolegal Regulation

Learn the Ayurvedic approach to identifying and managing the complications of poisoning, ethics in Ayurvedic practice and the regulations influencing the Ayurvedic practice in the USA. Topics include:

- Definition and properties of *Visha*, its comparison with *Madya* and *Oja*, *Visha Samprapti*, *Visha Prabhava*, *Visha-Vega*, *Vegantara* and *Visha Karmukata* (toxicodynamic and toxicokinetic study)
- Descriptive and comparative study of *Upavisha* in unison with contemporary toxicology
- Descriptive study of *Sthavara Visha*, definition, classifications, classical signs, and symptoms of poisoning including *Vanaspatic* (phyto poison), *Khanija* (mineral) and *Sthavara Visha* (compound)
- Study of *Jangama Visha* and their sources (animal poisoning): *Naga* (snake bite), *Vrischika* (scorpion), *Luta* (spider), *Grihagodhika* (lizard), *Mushaka* (rat), *Alarka* (dog), *Makshika* and *Mashaka* (mosquito) and their pathologic manifestations, including their role in the manifestation of communicable diseases
- *Garavisha* and *Dushi Vishal*, their varieties, signs, symptoms, and management with contemporary relevance. Detailed study of allergies including allergic manifestations in the eyes, nose, lungs, and skin
- Detailed study of *Madya Visha* and substances acting on the nervous system; substance abuse (assessment, management, and detoxification)
- Fundamental principles for treatment of poisoning
- Personal identity and its medicolegal aspects, rights, and privileges of *Rogis*, professional secrecy and privileged communication, professional negligence, and malpractice
- Professional liability insurance
- Consumer Protection Act related to medical practice
- Ethics: types of physicians and methods of identification, *Pranabhisara* and *Rogabhisara* Physicians, qualities and responsibilities of an Advanced Ayurvedic Practitioner, *Chathurvedha Vaidya Vriti*: duties of Advanced Ayurvedic Practitioners towards *Rogis*

## 5 Day Panchakarma Practicum

### KAA 325 | Panchakarma Practicum Level 1: Prep and Purvakarma

The first class of the practical series will introduce you to the hands-on knowledge and experience needed to be a successful Advanced Ayurvedic Practitioner, beginning with some of the initial steps of the *Panchakarma* process known as *Purvakarma*. Topics include:

- Review stages and benefits of *Panchakarma*
- Guidelines for the client's diet and lifestyle during *Panchakarma*
- Preparation of the *Panchakarma* client and room before the bodywork
- *Snehana* (Oleation): How to work with oils, both preparing the oils themselves as well as internal and external modes of oil application to the body
- *Svedana* (Sudation): The various modalities to further prepare the body for the main *Panchakarma* procedure, including practices for sudation both with and without heat
- The significance of Marma balancing therapies

### KAA 326 | Panchakarma Practicum Level 2: Main Panchakarma Techniques and Specialty Therapies

The final intensive in the practical series focuses on the main *Panchakarma* techniques and specialty therapies. These include:

- Detailed information will be covered regarding the *Pradhana Karma* (main procedures)
- *Vamana* (induced emesis - theoretical understanding only)
- *Virechana* (medicated purgation)
- *Vasti* (medicated enemas)
- *Nasya* (nasal administration)
- *Raktamokshana* (bloodletting - theoretical understanding only)
- Specialty *Shamana* (pacifying) therapies such as *Thakradhara* (*Shirodhara* with herbalized buttermilk) and *Janu Vasti* (warm oil retained on the knee), among many others
- *Paschatkarma* (post-*Panchakarma* recuperation)
- *Rasayana* - selection, dosage, and methods of application

## Saturday Virtual Classes

In addition to the Three-Day Weekend Intensives, there are 15 Saturday Virtual Classes included in the Master Track which cover the core curriculum of the AAP program. Saturday classes provide a forum for venturing deeper into vital topics from the weekend curriculum and will also include a review of some of the weekend class topics. Discussions may be focused on topics such as modern clinical investigation reports, clinical examinations and understanding clinical imaging.

## *Mentoring Sessions*

There will be 36 mentoring sessions for review of content, assignments, and the opportunity to ask questions. Students may receive short assignments to help solidify their learning on specific topics from time to time. Students will also be presenting at least one case/student during these sessions.

## *Recorded Lectures*

There are 249 hours of recorded lectures to supplement the Master track courses which will be found in the elearning system. Students are required to watch all the recorded lectures.

## *Assignments*

### **Clinical Cases**

Throughout the program, students are required to perform one-on-one consultations and create *chikitsa* protocols. Each student will conduct a total of 20 clinical cases over a period of 30 months. Each case will include preparing a case paper, assessment, and creation of a comprehensive Ayurvedic *Chikitsa* protocol based on guidance provided by the faculties and considering the *Prakriti* and *Vikriti* identified during the consultation. Students will also conduct a follow-up session with each *Rogi*. Two hours are allotted for the initial consultation and one hour for the follow-up. This provides the student with the ability to demonstrate their skills at completing case evaluations.

### **Dissertation Assignments and Meetings**

Students of the AAP program is required to select a clinical specialty of their interest to provide a focus to their practice. The experience of preparing for this specialty will aid the student in becoming a well-researched, practically oriented, and innovative participant in Ayurveda's development.

The dissertation is the student's opportunity to present a thesis related to their respective specialty. A faculty member with relevant experience to the student's specialty will be appointed as their advisor.

The dissertation synopsis shall be submitted for approval by the Academy within one year of admission. Dissertations shall be researched, practically oriented, innovative, and helpful in the development of Ayurveda as well as related to the subject matter of the student's respective specialty. The dissertation is an essential precondition for a candidate to appear for the final examination. Five meetings with the advisor will be held to complete the dissertation process. A complete set of guidelines will be provided upon enrollment.



### **Herbarium**

Students will create 10 sheets of herbarium from the herbs they learned in detail during the program, including: proper labelling of the Sanskrit name, common name, botanical name, and useful parts of the plant.

### **Formulation Record Assignment**

Students will be required to document 10 formulations they prepare during the weekend intensives. The record of each formulation should contain the name of the formulation, the ingredients with quantity, method of preparation, and the description of the final product.

# ALLIED PROGRAMS

## 3 Day Workshop Weekend Intensives

### Ayurvedic Assessment and Pulse Diagnosis

Discover the ancient science of Ayurvedic Assessment methodologies including pulse diagnosis to detect an individual's mind-body constitution and state of imbalance. Ayurvedic classical texts clearly explain how to identify the subtle disease conditions which a physical examination or other assessment techniques are unable to recognize. Topics include:

- Overview of Ayurvedic assessment methodologies, importance of using all three tools in assessing constitution (*Prakriti*) and disease (*Vikriti*): observation (*Darshana*), touch (*Sparshana*), questioning (*Prashna*)
- Dos and don'ts during Ayurvedic assessment, assessment of constitution versus disease
- Pulse diagnosis: practical methodologies based on classical Ayurvedic texts, overview of pulse assessment, methodology of assessing *Prakriti* and *Vikriti*, various layers of pulse
- Tongue diagnosis: overview of tongue assessment, methodology of assessing various systems disorders, understanding specific disease conditions from the tongue
- Ayurvedic Assessment of eye (*Netra*), skin (*Twak*) nail (*Nakha*), hair (*Kesa*), stool (*Mala*), urine (*Mutra*), voice (*Sabda*), and structure (*Akriti*)
- Consolidating the assessment outcome and mapping the Ayurvedic etiopathogenesis, practical assessment of live cases to establish the complete mapping of disease (*Samprapti*)

### 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 review the fundamentals of formulations, including their role in the healing process, how to procure and store herbal ingredients and manage dosage for your *Rogis*, plus step-by-step guidance on the 14 most popular types of preparation. Topics include:

- Overview of *Dravyaguna* (Ayurvedic herbology) and *Bhaishajya Kalpana* (pharmaceutics)
- Selection of herbs and combining herbs, dos and don'ts during mixing herbs and making formulations, procurement and storage of herbs
- Dosage forms of Ayurvedic formulations, shelf life of Ayurvedic formulations and natural preservatives
- Preparation of primary formulations: *Swarasa*, *Kalka*, *Choorna*, *Sheeta*, *Phanta*
- *Kwatha Kalpana*, *Ksheerapaka* and *Thaila Kalpana* (herbal oil preparations): *Nasya* (nasal administration), *Vasti/Basti* (therapeutic enema), *Abhyanga* (massage oil/external application)

- *Sandhana Kalpana* (fermented preparations): *Arishta*, *Asava*
- *Ghrita Kalpana* (therapeutic ghee making): *Netra Tharpana/Netra Vasti* (ghee for eye therapy), *Snehapana* (ghee for intake)
- *Lehya Kalpana* (preparation of therapeutic jams)
- *Gudika Kalpana* (Ayurvedic handmade tablets)
- *Varti Kalpana* (Ayurvedic suppositories)

## *Weekday Series Classes*

### ***Ashtanga Hridayam***

The *Ashtanga Hridayam*, the “Heart or Essence of all the Eight Branches of Ayurveda,” is one of the primary ancient root texts of Ayurveda. Today, the *Ashtanga Hridayam* continues to serve as a root source for Ayurvedic philosophy and protocol, providing clear guidelines in all aspects of health. *Ashtanga Hridayam* series parts 23-27 will be required to attend live for this program.

### **Clinical Case Discussion Webinars**

The Clinical Case Discussion Webinars are led by AAP students under the supervision and guidance of a Vaidya as a teaching and training exercise. It is an opportunity for AAP students to present a rogi case to receive feedback and collaborate with fellow AAP students and Ayurvedic Practitioners on protocol development. AAP students are required to attend 36 sessions to be taken concurrently with the AAP Certification program as part of the Master Track Program.

## *Recorded Series Classes*

### **Introduction to Sanskrit for Ayurveda Recording**

The series introduces Sanskrit to Ayurvedic students so they can easily read Ayurvedic texts such as the *Ashtanga Hridayam*. The course focuses on listening, reading, and writing, and introduces speaking. No familiarity with the language is assumed, the course starts with the fundamentals, beginning with the basic sounds and the alphabet of the *Devanagari* script. Students’ progress further by learning to read and write their names, transliterate simple words, and then build up towards reading Ayurvedic words and sentences.

### **Vedic Formulations Parts 2 - 6 Recordings**

One of the important skills of an Advanced Ayurvedic Practitioner is the ability to select the right herbs and formulations for an individual’s constitution and imbalances. In these recordings, you will learn the most used and effective Vedic formulations as documented in the classical texts. The class will cover multiple formulations and single herbs. Students receive an overview of the formulation, contents of the formulations, method of preparation, specific indications, dosage forms, and appropriate adjuvants. Parts 2-6 of this series are part of the Allied Program track.

The primary root text followed in this program will be *Sahasrayogam* and *Ashtanga Hridayam* for the formulations, and *Bhava Prakasha* for the individual herbs, which are part of the required books for the AAP program.

### **Ashtanga Hridayam Parts 7-22 Recordings**

As part of your AAP training, the recordings of Parts 7-22 of our *Ashtanga Hridayam* series are required as part of the Allied Program track.

## **IN PERSON EXPERIENTIAL PROGRAMS**

*All Internships, Residencies, Specialties and Externships will be scheduled and/or preapproved during the AAP Program through Student Support Services.*

### **Clinical Internship**

Kerala Ayurveda Academy offers Clinical Internship training opportunities at our US and India locations, which are also open to Advanced Ayurvedic Practitioner students and alumni from other institutions.

Advanced Ayurvedic Practitioner students of Kerala Ayurveda Academy are required to complete a total of 500 hours of Clinical Internship to satisfy certification requirements. Of the total hours, 150 hours are mandatory in India\*, and the rest may be fulfilled through three options:

- **India Internship** – offered in 150-hour, 15-day segments
- **Independent India Internship** – available for convenient scheduling
- **US Internship – Milpitas, CA** – offered in 45-hour, 5-day segments

The India Internship is offered twice per year (with additional frequency upon demand). The US Internship is offered multiple times per year. *Please see the program schedule for specific dates.*

*\*If a student cannot go to India for Internship for legal reasons, please contact Student Support.*

### **Prerequisite**

Clinical Internship eligibility requires completion of the sixth module of the Advanced Ayurvedic Practitioner (AAP) program (KAA 306).

### **US Clinical Internship**

The US Clinical Internship is conducted as week-long, 45-hour segments at Kerala Ayurveda Academy & Wellness Center and is open to AAP students as well as students from other schools of Ayurveda. The program focuses on clinical assessment, creating Ayurvedic management protocol, implementation of *Panchakarma*, application of Ayurvedic herbs and formulation, Yoga and counseling. Interns gain hands-on experience managing a variety of cases across diverse age groups and disorders, all under the supervision of Kerala Ayurveda USA Director, *Vaidya*. Jayarajan Kodikannath and other Kerala Ayurveda Faculty members. A minimum of 90 hours (2 internships) is required to take in the US.

## US Internship Location

Kerala Ayurveda Academy & Wellness Center, California

### Format

One Week (45 hours) – Monday-Friday 8am-6:00pm

## India Clinical Internship

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

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

### India Internship Location

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

### Format

15 Days – 150 Hours of Internship Requirements (10-hour days)

## Independent India Clinical Internship

### Format

The Independent Internship is available as an alternative to our group India Internship and is customized to your convenience and requirements of internship/in person hours. Independent Internships can be scheduled by completing an application through Student Services. Note: Independent Internships are counted as 8 hours/day and Sundays are unavailable for Internships.

*\*If a student cannot go to India for Internship for legal reasons, please contact Student Support.*

## Clinical Internship Summary

Students may attend any combination of the above Internship formats, keeping in mind that they need to attend a minimum of 90 Internship hours at Kerala Ayurveda Academy and Wellness Center, California, to meet the full 500-hour requirement for AAP completion and graduation.



## Residency

Each student must complete an on-site Residency from 8am-6pm daily as a part of the program. During the Residency, students will follow the Advanced Ayurvedic Practitioners as they lead *Rogis* through their Ayurvedic protocol and treatments. The length of this residency will be 100 hours.

Students are required to complete the Residency hours after 1.5 years of the program start date under the supervision of a clinical faculty member at Kerala Ayurveda Clinical facilities in the US or India.

### During the Residency at Kerala Ayurveda, students will participate in:

- For each 100 hours: Students will attend twelve and one-half days, with each day being eight hours, completing a minimum of 30 case studies with *Rogis*
- The day-to-day operations of running an Ayurvedic clinical practice
- The first visit and guiding the *Rogi* through the consultations and treatments to the follow up visit
- Measuring, mixing, and preparing customized herbal formulations and blends
- Process of preparing the *Rogi* for *Panchakarma*, as well as witnessing and assisting in the complete *Panchakarma* process
- First-hand experience next to seasoned Ayurvedic Doctors who will train you in all aspects of Ayurvedic practice

### Residency Summary

For all students, 100 hours of Residency is mandatory.

## Specialty Internship

Students of the AAP program are required to select a clinical specialty to provide a focus to their practice. The experience of preparing for this specialty will aid the student in becoming a well-researched, practically oriented, and innovative participant in Ayurveda's development.

The Specialty Internship will cover the clinical management of the specific specialty with at least fifty clinical encounters. These encounters could be covered as observations, providing Ayurvedic service under supervision, as well as independent service with a review from the faculty/supervisor. Independent services should not exceed twenty-five encounters.

The student can identify a competent specialist in their area of specialty and arrange for the program on their own with the preapproval of the Academy or KAA has some preapproved instructors for the students to select from. Students must complete a minimum of 30 consultations for this 100-hour requirement. Students will complete their dissertation as part of their specialty assignment.

### Specialties

Since Ayurveda is a vast body of knowledge, the program offers students the opportunity to explore their passions by focusing on a specialized Ayurvedic topic. This will allow the student to develop an area of specialty; acquire additional conceptual knowledge and practical experience; and progress as specialists and researchers in their specific area of interest.

KAA provides the following four areas of specialization from which the student can select:

- **Kayachikitsa:** Ayurvedic General Medicine
- **Manasaroga:** Ayurvedic Psychiatry
- **Streeroga and Prasooti Tantra:** Women's Health
- **Digestive and Metabolic Disorders**

### Specialty Summary

Students need to complete 100 hours of internship in their specialty starting at least 12 months after their program begins. KAA can assist students in finding an appropriate location, or the student can explore resources of their own. All locations and supervisors will need to be approved prior. Since the costs of this portion of the program are variable, we cannot predict what your total costs may be.

### Externship

Externships are an opportunity for students to explore Ayurveda in a format of their choice. Students may complete the Externship after they have completed the first 12 months of their program. For the 50 hours of externship, students must be able to document 15 cases. Externship can be done in person (only) by one of the following:

- additional Independent Internship hours
- additional Clinical Internship hours
- additional Residency hours
- preapproved externship at an Ayurvedic clinic with approved *Vaidya*

### In Person Experiential Programs Summary

Students will need to accomplish the following:

- 500 hours of Internship (KAA US or India)
- 100 hours of Residency (KAA US or India)
- 100 hours of Specialty Internship (KAA or pre-approved external specialist)
- 50 hours of Externship (KAA or pre-approved external specialist)

## BREAKDOWN BY FORMAT

|  |                            |
|--|----------------------------|
| <b>10 Three-Day Weekend Intensives</b> | Live streamed or in person |
| <b>14 Three-Day Weekend Intensives</b> | Live streamed              |
| <b>2 Five-Day PK Practicums</b>        | In person                  |
| <b>15 Saturday Virtual Classes</b>     | Live streamed              |
| <b>36 Mentoring Sessions</b>           | Live streamed              |
| <b>Recorded Lectures</b>               | Elearning                  |
| <b>Assignments</b>                     | Elearning & self-paced     |
| <b>2 Workshop Intensives</b>           | Live streamed or in person |
| <b>2 Weekday Evening Series</b>        | Live streamed              |
| <b>3 Recorded Series Classes</b>       | Elearning                  |
| <b>Clinical Internship</b>             | In person                  |
| <b>Residency</b>                       | In person                  |
| <b>Specialty Internship</b>            | In person                  |
| <b>Externship</b>                      | In person                  |
| <b>PROGRAM HOURS</b>                   | 2,500                      |



# Schedule & Hours

## START AND COMPLETION DATES

**Start Date:** Orientation – April 29, 2026, from 5:00-8:00pm US Pacific Time\*

**First Class Date:** May 15 -17, 2026\*

**Completion Date:** May 7, 2029\*

*\*Please note these dates are subject to change. Kerala Ayurveda Academy reserves the right to cancel classes if student enrollment minimum is not met.*

### *Student Orientation - 3 hours*

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

## MASTER TRACK – 1023 HOURS

### *24 Three-Day Weekend Intensives – 25.5 hours each – 612 hours total*

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

Offered approximately once per month over the course of 36 months, ten intensives are offered in person and live streamed; the other fourteen are offered live streaming only. All are recorded for later viewing.

### *2 Panchakarma Practicums – 40.5 hours each – 81 hours total*

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

KAA 325 & 326 are the PK Practicum, required in person attendance.





*15 Saturday Virtual Classes - 3 hours each –45 hours total*

**Saturdays 7:00-10:00am US Pacific Time**

Live streamed and recorded for later viewing.

*36 AAP Mentoring Sessions – 1 hour each –36 hours total*

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

Live streamed and recorded for later viewing.

*Online Recorded Lectures – 249 hours*

**Elearning**

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

*Assignments- (Self-paced)*

**Dissertation Meetings**

**Scheduled individually after the first 6 months of the program**

The Dissertation meetings with faculty will be 5 hours in person and the independent work will be an additional 95 hours.

**Clinical Encounters**

One-on-One Clinical Consultations

**Students may start these after their first internship or the 9<sup>th</sup> month of the program**

**Herbarium**

**Formulation Record Assignment**



## ALLIED PROGRAMS – 727 HOURS

### *2 Workshop Intensives – 25.5 hours each – 51 hours*

#### **Ayurvedic Assessment and Pulse Diagnosis**

#### **Ayurvedic Formulation Making**

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

Offered once per year so students will have multiple opportunities to attend throughout the course of the entire AAP program. Students may attend in person or via live streaming, and these classes are recorded for later viewing. *Please see the program schedule for specific dates. To those who have previously taken these workshops: independent review only is necessary.*

### *2 Weekday Evening Series – 1.5 hours each –166 hours*

#### **Ashtanga Hridayam: sessions offered twice per year, with 15 weekly classes**

*75 Wed 6:00-7:30pm U.S Pacific Time – 1.5 hours each - 112 hours*

#### **Clinical Case Discussions: offered once per month, live streamed and recorded.**

*36 Tues 5:00-6:30pm U.S Pacific Time- 1.5 hours each - 54 hours total*

### *3 Recorded Series – 510 hours*

#### **Self-paced**

- Introduction to Sanskrit for Ayurveda
- Ashtanga Hridayam Parts 7-22
- Vedic Formulations Parts 2-6



## IN PERSON EXPERIENTIAL PROGRAMS

*All Clinical Internships, Residencies and Specialty Internships will be scheduled during the AAP Program through Student Support Services.*

### *Advanced Ayurvedic Practitioner Clinical Internship - 500 hours*

Advanced Ayurvedic Practitioner students of Kerala Ayurveda Academy are required to complete a total of 500 hours of Clinical Internship to satisfy certification requirements. Of the total hours, 150 hours are mandatory in India\*, and the rest may be fulfilled through three options:

- **India Internship** – offered in 150-hour, 15-day segments
- **Independent India Internship** – variable hours upon request
- **US Internship – Milpitas, CA** – offered in 45-hour, 5-day segments

Mon-Fri from 8:00am-6:00pm US Pacific Time

**To complete the 500-hour minimum, students are required to attend a combination of the above options.**

### *Residency – 100 Hours*

**It is recommended that students do their residency after 1.5 years of the program start date.**

100 Hours is required for all students.

### *Specialty Internship – 100 hours*

**This Internship should not be scheduled until after the first year of the program and must be re-approved.**

Scheduled by the student at their convenience.

### *Externship – 50 hours*

**Pre-approved Externship can be done after the first year of the program.**

Scheduled by the student at their convenience.

## PROGRAM HOUR BREAKDOWN

| Course Component                         | Program Hours      |
|--|--------------------|
| Orientation                              | 3                  |
| <b>Master Track</b>                      | <b>Total: 1023</b> |
| Weekend Intensives                       | 612                |
| Panchakarma Practicums                   | 81                 |
| Saturday Virtual Classroom Sessions      | 45                 |
| AAP Mentoring Sessions                   | 36                 |
| Online Recorded Lectures                 | 249                |
| <b>Allied Programs</b>                   | <b>Total: 727</b>  |
| 3-Day workshops                          | Subtotal: 51       |
| Ayurvedic Assessment and Pulse Diagnosis | 25.5               |
| Ayurvedic Formulation Making             | 25.5               |
| Weekday Evening Series                   | Subtotal: 166      |
| Clinical Case Discussion Webinars        | 54                 |
| Ashtanga Hridayam                        | 112                |
| Recorded Series Classes                  | Subtotal: 510      |
| Ashtanga Hridayam                        | 360                |
| Introduction to Sanskrit for Ayurveda    | 30                 |
| Vedic Formulations Parts 2-6             | 120                |
| <b>In Person Experiential Programs</b>   | <b>Total: 750</b>  |
| Clinical Internship                      | 500                |
| Residency                                | 100                |
| Specialty Internship                     | 100                |
| Externship                               | 50                 |
| <b>TOTAL</b>                             | <b>2,500</b>       |

## TESTS & GRADING

- There will be a test at the completion of each weekend module in the elearning system.
- Minimum passing grade is 70%.
- Students must complete all the tests before they are eligible for graduation.
- All testing is conducted online through our elearning system and grades are immediately available in the student online account. Project/assignment grades are posted in the elearning system 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 three times. The first passing score will be recorded.

## GRADUATION REQUIREMENTS

- All tests are completed by the student with a minimum grade of 70%.
- All assignments are completed by the student.
- The dissertation is submitted and presented.
- Full tuition for the program has been paid by the student.
- The 500-hour Clinical Internship has been completed by the student.
- The in-person hour requirement has been met for the Residency.
- The Specialty Internship requirement has been met.
- The Externship requirement has been met.
- All Allied Program requirements have been met.
- All prerequisites have been met.
- This program meets criteria set forth by the Ayurvedic Accreditation Commission (AAC) and is in candidacy for accreditation.





## CLASS LOCATION

**Kerala Ayurveda Academy & Wellness Center**  
**691 South Milpitas Blvd, Suite 206**  
**Milpitas, CA**

Located in the San Francisco South Bay area, eight miles from the San Jose Airport, our flagship location consists of a spacious classroom for lectures, dynamic conference and auditorium rooms, consultation and *Panchakarma* rooms, and a reference library. Amenities include free Wi-Fi and ample parking spaces. The Academy is located within walking distance of restaurants and health clubs. Our Student Support team can provide more information and local guidance for planning your visit.

## IN PERSON & ONLINE LEARNING

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





## Faculty

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

### SENIOR FACULTY



#### **Vaidya Jayarajan Kodikannath**

BSc, BAMS

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



## FACULTY



### **Vaidya Princy Prasad, Lead Faculty**

BAMS, MS (Ayurveda), PhD (Ayurveda)

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



### **Vaidya Anusree Mohan**

BAMS, MD (Ayurveda)

*Vaidya* Anusree Mohan is a passionate Ayurvedic educator with over 7 years of experience teaching undergraduate students in India. Holds a BAMS from the University of Kerala and a Master's from Rajiv Gandhi University of Health Sciences. Trained under renowned Kerala *Vaidya*'s and has worked across government and reputed institutions, gaining diverse experience in patient care and teaching. Specialized in Toxicology and Ayurvedic skin care, with hands-on experience in both outpatient and inpatient settings. Published in national and international journals, and actively led medical camps and awareness programs in rural Kerala. Committed to mentoring and promoting Ayurvedic principles.



### **Vaidya Kamy Pillai**

BAMS

*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 and serves the program as the faculty mentor.





### **Vaidya Neha Pitla**

BAMS, MD (Ayurveda)

Vaidya Neha Pitla has completed a Bachelor of Ayurvedic Medicine and Surgery (BAMS) degree from R.A Podar Ayurved Medical College and Hospital, Mumbai, Maharashtra; earned a Master's in Ayurvedic Medicine in Rachana Sharir (Human Anatomy) from Government Ayurvedic College and hospital, Nanded, Maharashtra; completed a Diploma in Yoga Teacher from Yashwantrao Chavan Maharashtra Open University; and has completed a Certification and Diploma in Garbh Sanskar (Antenatal Program) from the National Institute of Ayurveda, Jaipur, Rajasthan, India. She has been an assistant professor, Resident Doctor, and aspires to bring an impact on pediatric health starting from the inception of a life from fetus to healthy adult through Ayurvedic lifestyle.



### **Vaidya Sheena Sooraj, Lead Faculty**

BAMS

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



### **Vaidya Sriranjini Jaideep**

MD (Ayurveda), PhD (NIMHANS)

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



# Admissions

## APPLICATION

Begin the process by completing our Online Application via our website: [www.keralaayurveda.us](http://www.keralaayurveda.us). There is a non-refundable application fee of \$25.

As a prospective student, you are required to review this Catalog prior to applying. Your application will be reviewed by our Admissions team and Academy Director. Please note we may be in touch with you to request additional information during this process beyond what you have provided in the application. If you have not satisfied the required prerequisites for this program, we will notify you that your application has not been accepted for this reason. You are welcome to reapply once your prerequisites have been completed.

## INTERVIEW & ACCEPTANCE

After your prerequisites have been verified, an interview will be scheduled with a member of our Student Support team and faculty to assess your readiness for the program. We will follow up to confirm your acceptance status approximately two weeks after the interview.





## Tuition & Fees

| Summary of Tuition <sup>1</sup>   |                        |
|-----------------------------------|------------------------|
| Registration Fee                  | \$100                  |
| Admin & Technology                | \$250                  |
| Master Track Tuition <sup>2</sup> | \$19,150               |
| Clinical Internships <sup>3</sup> | \$10,945-\$17,490      |
| Residency <sup>4</sup>            | \$1,875<br>(100 hours) |
| Specialty Internship              | Price will vary        |
| Externship                        | Price will vary        |
| Allied Programs <sup>5</sup>      | \$5,845                |

### Please Note:

1 Kerala Ayurveda Academy does not offer state or federal financial aid or educational loans to students at this time.

2 Books not included – we will give you the list of books prior to enrollment. Master Track tuition does not include Allied Programs or Clinical Internships, which must be completed by the end of your AAP program. See Policies & Procedures for more information.

3 Total tuitions will depend on the format chosen. Please see the detailed tuition breakdown on the next page.

4 This is the US Residency price. For those attending in India, please see the Residency Tuition Chart.

5 Allied Programs are required for students who have not taken them previously. See the program and detailed tuition breakdown on the next page to calculate your requirement and tuition total.

6 All Allied Programs and In Person Experiential Program fees are subject to change; the prices quoted are for 2025 only.

7 Full tuition is discounted approximately 3%.

8 Students choosing the 30-month payment plans will include a management fee for the extended 30-month payment plan.

## PAYMENT PLANS FOR MASTER TRACK TUITION

|   | Tuition in Full <sup>6</sup> | Biannual <sup>7</sup> | 36 Month <sup>7</sup> |
|---|------------------------------|-----------------------|-----------------------|
| <b>Tuition</b>  | \$18,300                     | \$3,150               | \$545                 |
| <b>Number of Payments</b>   | 1                            | 6                     | 36                    |
| <b>Registration Fee</b>   | \$100                        | \$100                 | \$100                 |
| <b>Admin &amp; Technology Fee</b>   | \$250                        | \$250                 | \$250                 |
| <b>STRF</b>   | \$0                          | \$0                   | \$0                   |
| <b>KAA Students &amp; Alumni of our AHC, AP, PKT Certification Programs</b> |                              |                       |                       |
| <b>Total Tuition</b>  | \$18,550                     | \$19,150              | \$19,870              |
| <b>New Students to our certification programs</b>                           |                              |                       |                       |
| <b>Total Tuition</b>  | \$18,650                     | \$19,250              | \$19,970              |

Payment plan- The Total Charges the student is obligated to pay upon enrollment Pay in Full - \$18,650.00; Biannual payment - \$3500.00; 36-month payment - \$895.00

The total estimated tuition for KAA Students and Alumni for the period of August 1, 2025 - May 7, 2029, is the following for the Master Track:

Pay in Full \$18,550

Biannual Payment \$19,150

Monthly Payments \$19,870

The total estimated tuition for New Students for the period of August 1, 2025 - May 7, 2029, is the following for the Master Track:

Pay in Full \$18,650

Biannual Payment \$19,250

Monthly Payments \$19,970

# REFUND AND CANCELLATION/WITHDRAWAL 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/withdrawal 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

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 (May 24, 2026), or the seventh day after enrollment, whichever is later. There will be no refund if the student decides to withdraw after 60% of the classes (attendance of the 16<sup>th</sup> class) or online modules (accessed 16<sup>th</sup> online module).

There are 26 Master Track Three-Day Weekend Intensives which correspond to online modules. Refund Requests will be processed based on these Weekend Intensives and online modules accessed (whichever is greater).

A written notice from the students about the cancellation/withdrawal will be required. A telephone call about cancellation/withdrawal or absenteeism for the classes will not be considered as true cancellation/withdrawal. 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/withdrawal 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 nonrefundable registration fee from total Master Track tuition paid.
- **Step 2:** Divide the total tuition paid by 26 (number of Weekend Intensives/online modules) = 'tuition per module.'
- **Step 3:** Multiply number of classes attended or modules accessed in elearning by 'tuition per module.'
- **Step 4:** Subtract the amount in step 3 from the amount in step 1. This is the refund amount.

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

|  |                                  |             |
|--|----------------------------------|-------------|
| Step 1                                   | \$19,150-\$100                   | \$19,050.00 |
| Step 2                                   | \$19,050 / 26                    | \$733.00    |
| Step 3                                   | 4 classes/live streaming x \$733 | \$2,932.00  |
| Step 4                                   | \$19,050 - \$2,932               | \$16,118.00 |
| <b>Total refund will be: \$16,118.00</b> |                                  |             |

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

**The following is a list of additional fees:**

- Registration Fee (**non-refundable** for students new to KAA): \$100 upon enrollment
- Equipment: \$0
- Lab Supplies or kit fees: \$0
- Uniform or Special Protective Clothing Fee: \$0
- Learning Media Fee: \$0
- Tutoring Fees: \$0
- In-resident housing Fees: \$0
- Assessment Fee: \$0
- Transfer or Credit Fee: \$0
- Student Tuition Recovery Fund fee (CA students only, **non-refundable**): \$0

*Please Note: The Registration Fee and STRF Fee are non-refundable*

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

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

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

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

**Refund Policy Defined – Washington**

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

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

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

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

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

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

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

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

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

|        |   |             |
|--------|---|-------------|
| Step 1 | \$19,150 – \$100                            | \$19,050.00 |
| Step 2 | 8 of 26 classes attended/ accessed 8/26     | 30%         |
| Step 3 | 25% through 50% completion = KA retains 50% | \$9,525.00  |
| Step 4 | \$19,050 - \$9,525.00                       | \$9,525.00  |

**Total refund will be: \$9,525.00**



## 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: All program prices are subject to change.*

| Workshop Intensives                        | Tuition                        | Total          |
|--|--------------------------------|----------------|
| Ayurvedic Assessment and Pulse Diagnosis   | \$565                          | \$565          |
| Ayurvedic Formulation Making               | \$565                          | \$565          |
| <b>Workshop Weekend Intensive Subtotal</b> |                                | <b>1,130</b>   |
| Weekday Evening Series                     | Tuition                        | Total          |
| Clinical Case Discussion Webinars          | \$20 per session (36)          | \$720          |
| Ashtanga Hridayam Live                     | \$355 per live session (5)     | \$1,775        |
| <b>Weekday Evening Series Subtotal</b>     |                                | <b>\$2495</b>  |
| Recorded Series                            | Tuition                        | Total          |
| Introduction to Sanskrit                   | \$195                          | \$195          |
| Vedic Formulations                         | \$165 per segment (5)          | \$825          |
| Ashtanga Hridayam                          | \$75 per recorded segment (16) | \$1200         |
| <b>Recorded Series Subtotal</b>            |                                | <b>\$2,220</b> |
| <b>Allied Programs Total</b>               |                                | <b>\$5,845</b> |

## TUITION BREAKDOWN OF CLINICAL INTERNSHIPS

500 hours of Clinical Internship is required to complete this program. There are several format options available to complete the Internship requirement. For details, please see the Clinical Internship Details in the Program Format section of this catalog.

| Location                      | Tuition                                     |
|-------------------------------|---|
| <b>US Clinical Internship</b> | \$995 per segment (45 hours)                |
| <b>India Internship</b>       | \$4,295 per segment (150 hours, 1 required) |

**Please Note:**

US Clinical Internship: travel, accommodations and meals not included.

India Internship: airfare not included. Accommodation and meals are included. Please contact Student Support in advance for additional details and to register for this program: (510) 257-6640 x102 or [support@keralaayurveda.us](mailto:support@keralaayurveda.us).

Prices are subject to change.

## TUITION BREAKDOWN OF RESIDENCY

100 hours of Residency is required.

| Location               | Tuition  |
|------------------------|--|
| <b>US Residency</b>    | \$150 per day                                    |
| <b>India Residency</b> | \$310 per day (accommodation and meals included) |

## TUITION BREAKDOWN OF SPECIALTY INTERNSHIP

100 hours of Specialty Internship is required to complete this program. Below is the tuition for the Internship if it were taken at Kerala Ayurveda India. Students may also plan their own Internship with prior approval of the faculty/supervisor.

| Location                                 | Tuition  |
|--|--|
| <b>India Specialty Internship at KAA</b> | \$310 per day (accommodation and meals included) |

## TUITION BREAKDOWN OF EXTERNSHIP

50 hours of Externship is required to complete this program. Externships are planned by the student with preapproval from the Academy Director and therefore the costs associated with it will vary. Kerala Ayurveda Academy has a list of preapproved Externship faculty, and students can choose to do an externship with them if available. This Externship is an opportunity for the student to explore Ayurveda in a way that they feel will be most beneficial to their growth as an Advanced Ayurvedic Practitioner.



# Academy Policies

## DIVERSITY & RELIGIOUS ACCOMMODATION

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

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

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

## SPECIAL ACCOMMODATIONS

Kerala Ayurveda Academy is required to provide necessary accommodations to provide students with disabilities an equal opportunity for participation in the program. Requests For Reasonable Accommodation is committed to providing qualified students with disabilities an equal opportunity to access the benefits, rights and privileges of school services, programs, and activities in compliance with the American with Disabilities Act and Section 504 of the Rehabilitation Act of 1973. Students who believe they need accommodations should contact Student Support at (510) 257-6640 x102 or [support@keralaayurveda.us](mailto:support@keralaayurveda.us). Students with a documented disability must provide a current (within three years) document stating the disability and requested accommodations. This must be done prior to the start of the program. If you develop a disability, condition, or illness while in school, KAA will work with you to accomplish your goal of completing your program.

## ATTENDANCE POLICY

Kerala Ayurveda Academy accepts a limited number of students for in-person attendance in the live class at 691 S. Milpitas Ave, Ste 206, Milpitas, CA. Student attendance is limited to 25 individuals. The instructor to student ratio is 1:25.

Attendance is monitored via attendance taken in person and during live streamed sessions. Students must attend a minimum of 1500 hours in person and/or live synchronous sessions together (live synchronous refers to live streaming attended in real time). All KAA AAP students must attend a minimum of 831 hours in person including all In Person Experiential Programs.

## MAKE-UP AND RETAKE POLICY

If a student is absent from an in-person or live streamed session, they may make it up the next time the class is offered in person or via live streamed session, free of charge.

If a student wishes to retake any Master Track Weekend Intensive, they may do so for a fee of \$50 per day. To retake an Allied Program (Workshop Weekend Intensives or Weekday Evening Series), students may do so at a fee of 50% of the regular tuition. To make arrangements for all makeup or retake sessions, please contact Student Support at [support@keralaayurveda.us](mailto:support@keralaayurveda.us).

## CONDUCT

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

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

### **Honor Code of Responsibility**

- Each member is responsible for maintaining a high level of civility, integrity, honesty, and trust within the community.

- Each student is responsible for presenting work of their own creation and refraining from representing work that is not theirs.
- Conduct in keeping with the attendance policies.

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

## TERMINATION POLICY

If the course is terminated after the student begins classes, the Academy may retain a percentage of the total tuition as described in the Refund Policy.

The official date of termination of a student shall be the last date of recorded attendance when withdrawal occurs when the student is terminated for a violation of a published Academy policy which provides for termination.

A student will be determined to be withdrawn from the institution if the student has not attended any class for five consecutive class weekends. They will be notified by telephone after four missed weekend classes, and they will be dropped after the fifth weekend. All access to materials will be suspended.

For a student who is on an authorized Leave of Absence, the withdrawal date is the date the student was scheduled to return from Leave and failed to do so.

## SUSPENSION AND DISMISSAL POLICY

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

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

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

**For nonpayment issues:** Verbal and written warnings will be sent from Student Support Services. After 3 attempts and no response from the student, the student will immediately be suspended.

A Suspension is defined as when the student's learning account is deactivated, and the student is withdrawn from their program.



## LENGTH OF TIME FOR STUDENT CERTIFICATIONS

AAP Students are expected to complete the program within 3 years; however, there is a free 2-year extension for students to complete their program. If a student has not completed their program after the 2-year extension, the student can request an additional 3-month extension at \$100/month until they complete the program. For more information, contact Student Support Services at [support@keralaayurveda.us](mailto:support@keralaayurveda.us) or (510) 257-6640 x 102.

## STUDENT SABBATICAL (LEAVE OF ABSENCE)

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

A one-time sabbatical will be allowed for the student with the provision that they will come back after a maximum of 2 years, or before. With permission from the school, the student will be allowed to resume attending classes in the next class at the level where the sabbatical was initiated.

During the Sabbatical, all access to future classes will be removed from the student's account; however, they will retain access to the modules they have completed in the elearning system.

If the student is on a payment plan and wishes to suspend the plan for the duration of the sabbatical, they will have to pay a \$25/month administrative fee (non-refundable, not part of tuition); otherwise, they can continue paying their payment plan per their schedule.

When an agreed-upon Sabbatical has expired, a student must return to the program or be automatically withdrawn. In the latter case, a student will need to apply for readmission to a new class at the tuition rate in effect at that time. This is also the case if a student chooses to withdraw rather than go on a Sabbatical. See the "Refund/Withdrawal and Cancellation Policy" below for further information on withdrawals.

## FINANCIAL AID

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

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

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

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

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

## ENGLISH AS A SECOND LANGUAGE & FOREIGN STUDENTS

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

## RECORD RETENTION

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

## GRIEVANCE POLICY AND PROCEDURES - COMPLAINTS

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

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

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

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

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

The formal grievance must:

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

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

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

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

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

## **TRANSFERRING OF CREDITS & CREDENTIALS**

“NOTICE CONCERNING TRANSFERABILITY OF CREDITS AND CREDENTIALS EARNED AT KERALA AYURVEDA ACADEMY. The transferability of credits you earn at Kerala Ayurveda Academy is at the complete discretion of an institution to which you may seek to transfer. Acceptance of the certificate you earn in the Advanced Ayurvedic Practitioner 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 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 AAP may be transferred. Courses will be considered for transfer credit if relevant to the certificate program and completed with a grade of B or higher, or the equivalent, if another grading system was used. Prerequisite and corequisite courses must meet the criteria set forth by KAA. Application and official transcripts must be submitted for all transfer credit approval. There is no credit given for any challenge examinations and achievement tests.

## EXPERIENTIAL CREDIT

There is no credit granted for experiential learning.

## STRF FEE (NON-REFUNDABLE): STATE OF CALIFORNIA

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

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

"It is important that you keep copies of your enrollment agreement, financial aid documents, receipts, or any other information that documents the amount paid to the school. Questions regarding the STRF may be directed to the Bureau for Private Postsecondary Education, 1747 N. Market Blvd. Ste 225 Sacramento, CA 95834, PO Box 980818, West Sacramento, CA 95798-0818, website address: [www.bppe.ca.gov](http://www.bppe.ca.gov). Phone: (888) 370-7589 or (916) 574-8900. Fax: (916) 263-1897.

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 because of any of the following:

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

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

## STRF FEE – STATE OF WASHINGTON

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





## FREQUENTLY ASKED QUESTIONS

**How much does the program cost?** The tuition for the course is \$19,150 (*not including non-refundable registration or management fee*). Allied Programs, Internships, Residencies and Specialty Externships are required and are an additional cost. (See tuition & fees for details.)

**Do I need a college degree or a prior license/certification to study Ayurveda at the Advanced Ayurvedic Practitioner level?**

- A college degree is not required, nor are prior licenses or certifications in any field other than Ayurveda. KAA welcomes students from all educational backgrounds, with degrees, licenses, or certifications in any field.
- A Level II Ayurvedic Wellness Practitioner Certification or equivalent is required.

**I'm not a healthcare professional; can I still earn a certificate and practice Ayurvedic medicine?** You are not required to be an existing healthcare professional, so long as you satisfy the program-specific prerequisites (see prerequisites).

**Is it legal to practice Ayurveda in all fifty states?** A bill has been passed in eleven states (California, Nevada, Maine, Minnesota, Oklahoma, Idaho, Louisiana, Rhode Island, Arizona, Colorado, and New Mexico) allowing the residents of those states to approach the non-licensed healing practitioners with informed consent.

**Does each state regulate the practice of Ayurvedic sciences?** No.

- Ayurvedic practitioners are not licensed in the United States, and its practice is not regulated by state or federal agencies. Standards of competency are set by individual schools that have received state approval. Ayurvedic practitioners in the United States are advised on how to practice legally within a limited scope of practice so they are not viewed as practicing medicine without a license.

- We might say that Ayurveda's status in the US is analogous to the Chinese medical profession during its early years in the 1970s. While each state does not regulate the practice of Ayurvedic medicine itself, some aspects of Ayurvedic practice may fall within the scope of professions that are regulated. Students and graduates of the Academy should be careful not to allow their practice to overlap one of those regulated professions unless they are licensed in that profession. Please contact your local state representative for more information about regulations in your area.

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

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

**I am an Ayurvedic Doctor in India with a BAMS degree. Are there any prerequisites for me to join this program?** Ayurvedic Doctors with a Bachelor of Ayurvedic Medicine & Surgery (BAMS) degree may join the program directly as all the prerequisites are satisfied by their degree. An application is still required.

**What does “Vaidya” mean, and can I use the designation “Vaidya” once I earn this certification?**

*Vaidya* is a Sanskrit word which translates to healer. It has been used as a designation for Ayurvedic physicians for thousands of years and signifies an Ayurvedic lineage. You may notice that many of our faculty hold this designation, in addition to their BAMS degrees, and this is due to their personal lineage, coming from families of Ayurvedic healers. Out of respect for the Ayurvedic family lineages, the title *Vaidya* is not used based on degree alone.

**Can I use the designation “Dr” once I earn this certification?**

Ayurveda is not a licensed medical field, and therefore this Advanced Ayurvedic Practitioner (AAP) program does not offer graduates a Doctorate degree. Graduates cannot use the designation “Dr” in their name.

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

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

**Is there an alumni association? Can I contact previous students?** You can find KAA alumni in our online alumni database at [www.keralaayurveda.us/alumni](http://www.keralaayurveda.us/alumni). We can also provide you with the contact information of several students for you to talk to upon request.

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

- All 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 such as healers, physicians, nurses, yoga teachers and massage therapists. Ayurveda complements all other healing modalities.
- Some of our graduates launch Ayurvedic product lines or combine Ayurveda with their existing business.

**What is The US Department of Labor's Standard Occupational Classification Code for the Advanced Ayurvedic Practitioner?**

The code is 31-9099 Healthcare Support Workers, All Other

**Is this program accredited with the Department of Education?**

This program is in candidacy for accreditation with the Ayurvedic Accreditation Commission (AAC) which is approved by the Department of Education and qualifies graduates to sit for the National Ayurvedic Medical Association Certification Board (NAMACB) certification exam as Advanced Ayurvedic Practitioner graduate.

**How many hours should I spend on Assignments?** The Formulation Record and Herbarium should take approximately 10-15 hours each. The Clinical Consultations will take approximately 2 hours for each initial intake appointment and 30-60 minutes for each follow-up appointment. The Dissertation should take approximately 100 hours including meetings with your mentor for guidance.

**Are there tests? I feel anxious about taking tests.** Please try not to feel anxious about the tests. The testing is conducted online, and the student is provided three (3) attempts at taking the test. The first passing score is recorded. The tests are for you (and us) to know what you have learned and what you didn't so we can keep you up to speed. We want to make sure our students understand all the Ayurvedic concepts clearly. Ayurveda is about human health, so a clear understanding is vital.

**I will be traveling from out of town to attend classes, is there housing assistance available?**

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

**When can I visit the school? Do you have open houses or visitor's events?** We allow our prospective students to sit in with the current class, so that they get a feel of the classroom setting and the topic. With a prior appointment, students are welcome to visit the Academy and talk to the Academy Administrator. We are here to assist our students in any way we can.

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

**Where is your administrative office?** Kerala Ayurveda Academy & Wellness Center, 691 S. Milpitas Blvd, Suite 206, Milpitas, CA 95035. Contact Student Support at (510) 257-6640 x120 or [support@keralaayurveda.us](mailto:support@keralaayurveda.us).

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

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

**If I have additional questions or concerns, who do I contact?** In case a student has any complaint, they may contact Student Support at (510) 257-6640 x102 or at [support@keralaayurveda.us](mailto:support@keralaayurveda.us). "Any questions a student from the State of CA may have regarding this catalog, that have not been satisfactorily answered by the institution, may be directed to the Bureau for Private Postsecondary Education at BPPE address: 1747 N. Market Blvd. Ste 225 Sacramento, CA 95834, PO Box 980818, West Sacramento, CA 95798-0818, website address: [www.bppe.ca.gov](http://www.bppe.ca.gov). Phone: (888) 370-7589 or (916) 574-8900. Fax: (916) 263-1897" Inquiries or complaints regarding this private vocational school may be made to the: Workforce Board, 128 10<sup>th</sup> Ave. SW, Box 43105, Olympia, Washington 98504. Web: [wtb.wa.gov](http://wtb.wa.gov), phone: (360) 709-4600, e-mail address: [wtecb@wtb.wa.gov](mailto:wtecb@wtb.wa.gov).

**For Student Assistance in California:**

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

**What else does the CA Licensing Board want me to know?** "As a prospective student, you are encouraged to review this catalog prior to signing an enrollment agreement. You are also encouraged to review the School Performance Fact Sheet, which must be provided to you prior to signing an enrollment agreement."

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

**Will I be able to practice as an Ayurvedic Doctor in India?** This program is designed to satisfy the Advanced Ayurvedic Practitioner (AAP) scope of practice in the US, as determined by the National Ayurvedic Medical Association (NAMA). It does not qualify you for practice in India as a BAMS Ayurvedic Doctor, nor does it qualify you to practice in any other location. Please check in with the regulations of your local state or country to determine your available scope of practice and whether this program will meet your needs.



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



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

**Kerala Ayurveda Academy**

www.keralaayurveda.us • (510) 257-6640  
691 S. Milpitas Blvd. Ste 206 Milpitas, CA 95035