

AP CLINICAL INTERNSHIP GUIDE

US (ONLINE AND IN PERSON) AND INDIA

Certification Program Spring 2026 - 2027

Clinical Internship Training Sessions

Kerala Ayurveda Academy offers regularly scheduled Clinical Internship training opportunities at both our US and India locations. These are also open to students and alumni from other institutions, as well as KAA alumni who seek additional clinical training and continuing education credit.

AP Graduation Requirements

Kerala Ayurveda Academy's AP students are required to complete a total of 180 hours of Clinical Internship. This includes one mandatory 45 hours of Online Internship and 135 hours of in person Clinical Internship.

Internship Components

The following are the internship components available.

	US Clinical Internship	India Clinical Internship (Group)	Independent India Internship
Schedule	One week, M-F 8am-6pm	15 Days (10 hour days)	flexible (8 hour days- excludes Sundays)
Location	Kerala Ayurveda Academy & Wellness Center, Milpitas, CA	The Health Village, Cochin AyurvedaGram Heritage Wellness Center, Bangalore	The Health Village, Cochin
Frequency	Offered approximately once in every 2-3 months	Offered multiple times in a year	Individual Schedule, depends on availability
Assignment	Documentation of 6 Cases	Case Presentation to panel of Vaidyas	Case Presentation to panel of Vaidyas

Format Options to Achieve Required 180 Hours

US Clinical Internship	Group India Internship	Combination US Internships & Independent India Internship
4 weeks total (mandatory 3 weeks in person, one online) 4 US Internships (45 hours each) 180 hours	15 days & one online Internship 1 India Internship (15 days) 1 US Internship online (45 hours)	135 hours mandatory in person combining both India and US Internships 1 US Internship online (45 hours)

Online Clinical Internship: Required for all Students

Student Support Services will be sending you an email requesting your preferred dates for all internships to secure your enrollment. We suggest you plan ahead for internships so that you can complete your program on time.

Choose one from the following dates:

March 8-12, 2027

May 10-14, 2027

US Clinical Internship

Class Location:

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

Note on requirements: Minimum 1 week of Online US Clinical Internship is required. To meet the full 180-hour requirement for AP completion, 3 weeks are required.

Format:

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

- Consultation/Clinical Assessment & Chikitsa
 - Clinical Assessment, Development of Chikitsa protocol
 - Implementation of protocol, Follow-up procedures
- Bhaishajya Kalpana (Herbology & Formulations)
 - Discussion of Herbs/Herb Blends, Formulations & dosage
- Panchakarma
 - Discussion of how to implement a complete Panchakarma Protocol
- Counseling
- Assignments
 - 6 Case Papers with case history, assessment, samprapti & chikitsa

Tuition: \$995 per week

Dates:

Student Support Services will be sending you an email requesting your preferred dates for all internships to secure your enrollment. We suggest you plan ahead for internships so that you can complete your program on time.

January 25-29, 2027 - recommended registration deadline: Oct 1

April 12-16, 2027 - recommended registration deadline: Feb 1

September 13-17, 2027 - recommended registration deadline: July 1

more dates will be added if needed.

Refund Policy:

Your minimum deposit of \$100 due upon enrollment is nonrefundable. Refunds are not available two months prior to the start of the US Internship.

India Clinical Internship

Location:

The Health Village, Cochin, Kerala, India & AyurvedaGram, Bangalore, Karnataka, India

Participation can be conducted with our coordinated group trip or independently.

GROUP TRIP

15 Days (Meets the 135 hour requirement)

Note on requirements: Minimum 1 week of Online US Clinical Internship is required.

To meet the full 180-hour requirement for AP completion, 1 Group India Internship is required.

Tuition:

\$4295* (does not include airfare to and from India)

**Please note that this price could increase due to circumstances beyond our control*

Overview:

This 15-day internship to India is one of the most exciting and life-changing opportunities offered by Kerala Ayurveda Academy. To travel to India is to travel to the birthplace of the Vedas, one of the most extensive and oldest spiritual scriptures on earth and the source of Ayurvedic wisdom. This culture and its traditions have endured for millennia.

Just as the timeless value of the Vedas has been preserved and honored, so has India honored and maintained much of their glorious architecture, traditions, crafts, clothing, cuisine and customs. You will have the unique experience of seeing ways of life that have remained intact for thousands of years.

The trip is designed to experience India, Ayurvedically and culturally. You will have the exciting opportunity to see firsthand how Ayurveda is embraced and practiced with phenomenal results in a wide variety of applications.

The India Clinical Internship is a unique experience for students to experience and witness firsthand the full scope of a dynamic Ayurvedic company, from seed to shelf.

The program covers the science behind Ayurvedic patient histories, practical demonstrations of physical observation and examination, how to evaluate *Prakruti* and *Vikruti* and design individualized Ayurvedic treatment plans consisting of customized natural diet plans, healing herbal and nutritional supplements, detoxification with *Panchakarma* therapies, *Rasayana* rejuvenation and Ayurvedic daily and seasonal routines.

Interns tour the Kerala Ayurveda research and manufacturing facilities as well as the renowned herbal gardens, home to more than 1,200 medicinal and herbal plants, including several rare and endangered species.

Kerala Ayurveda's medical team in India will supervise your hands-on training during the level II Practitioner program at our award-winning healing centers. Additional learning opportunities include a company tour to witness Kerala Ayurveda Limited's seed to shelf process of researching, cultivating, manufacturing, and packaging traditional Ayurvedic formulations and high-quality products. You will conclude the trip by experiencing the healing power of India's Ayurveda firsthand during a personalized rejuvenation program at our award-winning AyurvedaGram Heritage Wellness Center.

Prerequisites:

For admission into the India Internship, student must be one of the following:

- Graduate or enrolled Ayurveda Practitioner (AP) student with five months of studies completed (through KAA 206)
- Graduate or student (on clinical topics) of an equivalent program - contact admissions@keralaayurveda.us to confirm eligibility

Course Objectives:

The main goal of the India Internship program is to learn and appreciate how Ayurveda is accepted and practiced as a complete and self-sufficient medical system in India.

Clinical training during the program covers the science behind Ayurvedic patient histories, practical demonstrations of physical observation and examination, and how to evaluate *Prakriti* and *Vikruti*. The program will also focus on how to design individualized Ayurvedic treatment plans consisting of customized natural diet and lifestyle plans, healing through herbal formulations and nutritional supplements, detoxification with *Panchakarma* therapies, rejuvenation with *Rasayanas* and Ayurvedic daily and seasonal routines.

Additional learning and experiential opportunities will offer you an insider's look into the Ayurvedic industry to witness how herbs are manufactured into Ayurvedic medicines, and experience how the Ayurvedic healing protocol is performed firsthand.

We ask that you observe and respect the differences between the practice of Ayurveda in India versus the United States and other countries. You may return home and implement some of the principles that you learn, but please be aware that the scope of practice outside of India is different, and you may not be able to bring home all the new techniques that you learn.

Ayurvedic Knowledge & Preparation:

What you are expected to know

It is expected that you have attended classes and studied your materials of both your level I and level II programs, as far as you have reached in the program prior to arrival for your internship.

The following are topics you should have studied prior to the program:

- All curriculum outlined by NAMA/AAC for the level I Ayurvedic Health Counselor scope of practice
- Advanced Anatomy, Physiology & Basic Principles (*Dosha Dhatu Mala Vigyan*)
- Pathophysiology & Ayurvedic Diagnostic Methods (*Advanced Nidan & Rogi Pariksha*)
- Advanced Herbology & Ayurvedic Pharmaceutics (*Dravya Guna & Bhaishajya Kalpana*)
- Advanced Bodywork, Detoxification & Rasayana (*Panchakarma & Rasayana*)

You should also be aware of how Ayurveda is currently being practiced in your home country so you can add that perspective during discussions with the doctors in Kerala.

If you have questions about your preparedness for this program, please contact us:

- Current students of KAA may contact Student Support: support@keralaayurveda.us
- New students to KAA may contact Admissions at admissions@keralaayurveda.us

Program Format:

Clinical Rounds

Most of your clinical training will occur during clinical rounds and hands-on demonstrations while shadowing Kerala Ayurveda's medical team. You will witness how Ayurveda is practiced as a complete

medical system and observe the unique scope of practice available to Indian clinicians. After the consultation, interns will have the opportunity to ask any questions they may have.

Cooking Class

Ayurvedic cooking will be demonstrated in the traditional Kerala style of preparation.

Yoga Session

Daily Yoga and meditation classes are available during your stay. These classes are encouraged but optional.

Herbal Garden & Product Manufacturing Tour

A pinnacle of the internship is a visit to our herbal garden in Cochin, where you will see more than 150 varieties of herbs being grown. One of our experts will guide you during the tour, identifying features of the various plants and their Ayurvedic usage. We recommend taking notes, photos, and video to document your learning. We'll then visit our manufacturing unit where you will be shown how the Ayurvedic medicines are manufactured in large quantities.

Community Ayurvedic Health Camp

One of the tenets of practicing Ayurveda in India is devotion to one's community. Ayurvedic practitioners place the health and well-being of their patients, or rogis, first. In this spirit, Kerala Ayurveda sponsors a home for the elderly as well as an orphanage, providing a free health checkup every month for the tenants. You will have a special opportunity to volunteer at one of these camps and interact with the doctors and patients.

Assignment

You will be assigned a case paper analysis and presentation for peer and Vaidya review during the Internship.

Complete Rejuvenation Program at AyurvedaGram

After your clinical training at The Health Village in Aluva, you will end your program by experiencing the healing power of Kerala's Ayurveda yourself at the heart of healing: AyurvedaGram, our award-winning resort! Your healing program will include:

- Ayurvedic Doctor consultations
- Two Ayurvedic therapies per day (1 major – 60 min, 1 minor – 45 min)
- Guidelines to instruct your daily schedule of herbal formulations, diet, yoga, pranayama, and meditation

Accommodations

The Health Village

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

The Health Village is an Ayurvedic healing center situated along the banks of the Periyar River, where life in Kerala has evolved for over five millennia.

It is home to leading healing and rejuvenation programs focusing on Panchakarma therapies with specialties in arthritis, lower back pain, obesity, depression, infertility and impotence and women's health.



Dining

The restaurant at the Health Village, Mahānasam, offers an excellent Ayurvedic menu with one of the best chefs in Kerala. Please note Mahānasam serves only vegetarian food. Meals are served buffet-style at regular times. *Please notify us at least four weeks in advance of any food allergies.*

During Your Stay

Amenities – Yoga and meditation hall, pharmacy, on-call doctor and nurses, library, herbal garden, free low band Wi-Fi, information desk and currency exchange (with advance notice).

Healing Services – Free daily Yoga and Pranayama classes. Ayurvedic services can be booked during your stay at the information desk at an extra cost, time permitting.

Riverside – There is a beautiful spot where you can sit and birdwatch, read, or observe the scenery. Please note that swimming in the river is prohibited.

Learn more at www.thehealthvillage.biz

AyurvedaGram Heritage Wellness Center

**Hemmandanahalli, Samethanahalli Post,
Whitefield, Bangalore-560 067**

AyurvedaGram Heritage Wellness Center is among the Top Five Ayurvedic health resorts in the country, internationally reputed for authentic Ayurveda treatments and long-term rejuvenation programs.



Although located near Bangalore for convenience, the Ayurvedic soul of Kerala is channeled with lush medicinal gardens and transplanted antique traditional Kerala homes composing the classical healing complex.

The cool breeze accompanied by the sounds of birds and the aroma of herbs comprise a serene ambiance to elevate the soul.

Dining

Commonly called Ootupura, AyurvedaGram's dining establishment is an exclusive vegetarian restaurant famous for its exclusive Kerala-style preparations and other south Indian delicacies. Please note Mahānasam serves only vegetarian food. Meals are served buffet-style at regular times. *Please notify us at least four weeks in advance of any food allergies.*

During Your Stay

Amenities – Yoga and meditation hall, pharmacy, on-call doctor, Panchakarma center, activity center and library, fitness center, jogging/walking paths, free low band Wi-Fi, information desk and currency exchange (with advance notice).

Healing Services – Free daily Yoga, Meditation and Pranayama classes. Additional Ayurvedic services beyond your package can be booked during your stay at the Panchakarma center for at an extra cost, time permitting.

Herbal Grounds – AyurvedaGram hosts beautiful grounds and gardens with walking paths. The cool breeze accompanied by the sounds of birds and the aroma, comprising a serene ambiance to elevate your soul into the canopy of heaven!

Learn more at www.ayurvedagram.com

Schedule

Student Support Services will be sending you an email requesting your preferred dates for all internships to secure your enrollment. We suggest you plan ahead for internships so that you can complete your program on time.

Option 1: November 2 - 16, 2026 – recommended registration deadline: Aug 1, 2026

Option 2: May 24 – June 7, 2027 – recommended registration deadline: Jan 1, 2027

More dates will be added as needed.

**Please note these dates and locations are subject to change. Kerala Ayurveda Academy reserves the right to cancel the program if student enrollment minimum is not met. Interns should arrive prior to the program start date and leave after the completion date.*

INDEPENDENT INDIA INTERNSHIP

The Independent India Internship is customized to your convenience and requirements of internship/in person hours. The Independent Internship is available as an alternative to our group India Internship.

Independent Internships are available at The Health Village (Cochin) location only. Please note: The curriculum and schedule may be slightly different from the group internship description.

Tuition for Independent Internship is \$310/day. Each day is an 8 hour day and Sundays are excluded.

If you are interested in doing an Independent Internship at The Health Village, please email support@keralaayurveda.us and we will send you a form to complete.

Registration

Enrollment and Application Process

Registration closes three months prior to program start. Registration is conducted through our US Team and is available online at keralaayurveda.us/courses/programs/India-internship.

No application is required – you can enroll by paying your \$500 deposit directly online, Student Support will be sending you the information. If you need assistance or have questions about the program, contact Student Support at +1 (510) 257-6640 x102 or support@keralaayurveda.us.

Tuition: India Group Internship

Tuition	
Tuition	\$4,295
Deposit due upon enrollment	\$500

Payment Schedule and Plan Options

Payment Plan	Tuition	Deposit	First Tuition Payment Due	Tuition in Full Due	Payments	Total Tuition
Tuition in Full	\$4,295	\$500	3 months prior to start	3 months prior to start	1	\$4,295
Split Payments*	\$4395	\$500	4 months prior to start	3 months prior to start	2	\$4,395

*There is a \$100 management fee for split payments

Please Note

1. Includes all expenses except airfare and airport travel from the US. Travel to and from airports and between cities in India is included. Price based on double occupancy. Limited single occupancy at the additional cost of \$750 which must be arranged prior to arriving in India. Kerala Ayurveda Academy does not offer state or federal financial aid or educational loans at this time.
2. There will be a management fee for extended payment plans listed above.

Refund Policy

Your minimum deposit of \$500 due upon enrollment is nonrefundable. Refunds are not available two months prior to the start of **any** India Internship.

FAQ

Frequently Asked Questions

- **When do I need to register?** Registration closes three months prior to the start date.
- **Are flights included? How are flights booked?** Airfare to and from India is not included in the program fee. (Transport to and from Indian airports and between cities is included.) Attendees are required to book their own airfare. Please refrain from booking flights until our program minimum is met.
- **Will I be sharing a room?** Trip fee is based on double occupancy, though limited single occupancy is available for an additional cost of \$750. This must be arranged prior to arrival.
- **When do I need to arrive**
 - We recommend that you arrive the day prior to your internship start date. That evening will be included in your fee.
- **Can I arrive earlier / stay later than the scheduled program?** Yes! You are welcome to arrive earlier to The Health Village or stay later at AyurvedaGram at an additional cost. Trip extensions must be made in advance directly with The Health Village or AyurvedaGram with the promo code KAAUSstudent2026 to receive a discounted rate as part of our India Internship program.

Rates are available upon request:

- Rates include Breakfast, Lunch, Dinner, Coffee/Tea twice per day, Daily Yoga, Meditation and Pranayama Sessions, One Major (1 hour) Treatment at AyurvedaGram and The Health Village, 1 Minor (45min) Treatment at AyurvedaGram. *All fees are subject to a 6% service charge.*

Contact:

The Health Village:

+91 48426 26966 | thehealthvillage@keralaayurveda.biz | www.thehealthvillage.biz

AyurvedaGram:

+91 98450 71990 | info@ayurvedagram.com | www.ayurvedagram.com

- **Can I bring my family?** It is **not recommended** to bring family as it can be very distracting during your internship, and you are busy for 10-hour days. However, we may be able accommodate family members (adults only) at an additional cost if necessary. Please notify us well in advance so necessary arrangements can be made. Accommodations, transportation, treatments, and meals will all be an additional cost.
- **Do I need a visa to travel to India?** Yes, you will need to obtain a tourist visa for your stay during the internship. Student Support will send you the information you need for your visa application.
- **Should I get any vaccines?** Kerala Ayurveda acknowledges that vaccinations are a personal choice. Please do your research prior to booking your travel arrangements to make sure that you can meet any requirements.
- **What will the weather be like?** The weather in Cochin and Bangalore will be warm and humid most of the time, with the average recorded temperature of 78 degrees and occasional showers
- **What will the food be like?** Food at The Health Village and AyurvedaGram is vegetarian and prepared in the Kerala Ayurvedic style. There will be a buffet with multiple dish options for each

meal. Please note: all non-vegetarian foods and alcoholic drinks are prohibited within the hospital and campus limits. If you have any special dietary requirements, make sure to let us know at least four weeks in advance. We do our best to accommodate *as per available resources*.

- **Are there sightseeing opportunities?** An afternoon of sightseeing will be arranged for interns, though additional time for sightseeing will not be available during the internship. If you arrive early or stay late, we can assist in planning additional sightseeing.
- **Will pulse diagnosis be practiced?** Please know that pulse diagnosis is not considered an exclusive or special method of diagnosis in Kerala. Kerala doctors rely more on the patient's descriptions and a well-rounded assessment process using all tools.
- **Is there a library?** At The Health Village and at AyurvedaGram, there are libraries which you can use. All books should be returned to the library before you leave.
- **Will there be internet service?** All locations will have low bandwidth Wi-Fi. Please note that internet disruptions do occur intermittently.
- **Is there anything else I need to know?** Please note that dates and locations are subject to change. Kerala Ayurveda Academy reserves the right to cancel the program if student enrollment minimum is not met. Interns should arrive prior to the program start date and leave after the completion date.