

National Council on Ayurvedic Education

Educational Outline for Competency as an Ayurvedic Doctor

INTRODUCTION

This document serves as a guideline both for the development of the National Examination and as a guide for schools in preparing curriculum to meet the minimum national guidelines. This document is not intended to be a fixed document but rather one that is reviewed on an annual basis and modified in accordance with the input of the member schools and supported by a majority vote of the member schools. Any significant changes to this document in the future would be made with due regard for the ability of the schools to adapt their curriculum accordingly.

Note: The educational competencies in this document are "in addition" to the competencies noted for the Ayurvedic Counselor. Schools who choose to do so, may exceed these guidelines in their training programs.

SECTION I: SKILLS AND COMPETENCIES SECTION

COUNSELING AND COMMUNICATION SKILLS

NCAE Scope of Practice Description: The Doctor should have the necessary skills to support a patient in the implementation of Ayurveda into their lives.

- As counseling is a broad field with many approaches to creating behavior change, the NCAE does not advise schools on a methodology but requires schools to teach one or more methods to their students for the purpose of implementing Ayurveda into their lives.

Related Pre-requisite or Complementary Knowledge:

- To be determined by the individual school

Testing: None

Personal and Family Health History

NCAE Scope of Practice Description: The Doctor should have the ability to take a detailed current and past personal and family health history.

In order to be competent, the doctor should have the following ability / abilities:

- The ability to gather information by utilizing standardized forms and follow up questions
- The NCAE does not advise schools on creating forms but encourages schools to include this in their education

Required Knowledge: All of the above plus;

- Knowledge of the patients lifestyle, work, relationships and daily routines

- Knowledge of how the patient utilizes the five senses
- Knowledge of any allergy or intolerance the patient has to drugs or food. Knowledge of what a chief complaint is and important data about the chief complaint including; Onset, Frequency, Duration and Intensity
- Knowledge of what a Past Medical History is including; Illness, injuries, surgeries, hospitalizations
- Knowledge of the role of Family History of disease
- Knowledge of the herbs, drugs and supplements the patient is taking

Testing: None, Competency determined by the school.

Vital Signs

NCAE Scope of Practice Description: The Doctor should have the skills to be able to effectively take basic vital signs such as blood pressure, respiration, height, weight.

In order to be competent, the Doctor should have the following ability / abilities:

- Ability to take and interpret a patients measurements
- Ability to take and interpret a patients height and weight
- Ability to take and interpret a patients Western pulse
- Ability to take and interpret blood pressure

Required Knowledge:

- Knowledge of the components of each examination
- Knowledge of what is normal and what is abnormal for each vital sign

Testing: Theoretical Testing Only. Schools will be required to provide practical testing.

Nidana

NCAE Scope of Practice Description: The Doctor should have the skills to be able to determine the etiological factors (*nidana*) responsible for the doshic imbalance.

In order to be competent, the doctor should have the following ability / abilities:

- The ability to interpret the case history to determine the factors that have caused the general doshic imbalance with the patient
- The ability to understand how specific behaviors may disturb specific systems of the body and cause disease

Required Knowledge:

- Knowledge of the factors that cause doshas to overflow
- Knowledge of the three fundamental causes of disease and how the misuse of the senses, repression of urges and inappropriate daily and seasonal practices disturb the doshas.

- Knowledge of the associations between inappropriate behaviors and specific diseases.

Testing:

- Provided with a case history, the student should be able to identify the factors in a patient's life that are contributing to the disease.
- The Doctor should be able to make associations on a multiple choice question that link together a behavior and a specific condition in the body.

Twenty Gunas

NCAE Scope of Practice Description: The Doctor should be able to determine which *gunas* are predominant in the *prakruti* and *vikriti*.

In order to be competent, the doctor should have the following ability / abilities:

The Doctor should have the ability to determine the role and influence of the ten opposing qualities (gurvadi gunas) in the prakruti and vikruti through the data received from the history and examination of the patient.

Required Knowledge:

- Knowledge of the 10 pairs of opposite qualities (gurvadi gunas) associated with the five elements (pancha maha bhutus) and the three doshas (tridosha)
- Ability to associate the qualities with the symptoms of vikruti

Testing:

- Prakruti: Given the findings of a history and exam on a patient the Doctor should be able to ascertain the qualities inherent in the person.
- Vikruti: Given the findings of a history and exam on a patient the doctor should be able to ascertain the qualities of the symptom

Prakruti and Vikruti

NCAE Scope of Practice Description: The Doctor should have the ability to assess *prakruti* and *vikruti* using Ayurvedic methodologies of observation and examination.

In order to be competent, the Doctor should have the following abilities:

- Trividha Pariksha: The ability to use the following three tools in diagnosis;
 - Touch (Sparshanam):
 - Observation (Darshanam)
 - Questioning (Prasnam)

- Ashtavidha Pariksha: The ability to appropriately use the following eight tools in diagnosis;
 - Pulse Assessment (Nadi Pariksha)
 - Urine Assessment (Mutra Pariksha)
 - Stool Assessment (Mala pariksha)
 - Tongue Assessment (Jihva Pariksha)
 - Speech and Voice Assessment (Shabda Pariksha).
 - Skin Assessment (Sparsha Pariksha).
 - Assessment of Eyes (Drika Pariksha)
 - General Appearance of external features - Face, Nose (Akriti pariksha)
- Dashavidha Pariksha : The ability to assess the patient utilizing the criteria:
 - Dushyam- Structural and functional abnormalities of the body
 - Desham -Geographical nature of the place where patient lives
 - Balam -Physical strength
 - Kalam- The season and climatic conditions
 - Analam -The digestive system of the patient
 - Prakriti- Constitution
 - Vayas -Age of the patient
 - Satvam- Psychological nature of the patient
 - Sathmyam- General and personal habits of the patient (ie. smoking)
 - Aharam- Nature of the patients diet and sensory intake (e.g. vegetarian or non-vegetarian)

Required Knowledge:

- Knowledge of how to interpret the findings leading to the correct conclusion of prakruti and vikruti.

Testing:

- Presented with findings, the Doctor should be able to interpret the findings and come to a proper diagnosis of prakruti and vikruti.
- Schools to be responsible for practical testing.

Subdoshas

NCAE Scope of Practice Description: The Doctor should be able to show skill and competency in determining which subdoshas are affected by a disease.

In order to be competent, the doctor should be able to:

- Assess a symptom and determine the subdosha(s) responsible

Required Knowledge:

- Knowledge of the locations and functions of each subdosha

- Knowledge of the signs and symptoms of disturbance to each subdosha

Testing: Presented with a symptom, the Doctor should be able to determine the subdosha that is most closely associated with the condition.

Dhatu / Upadhatu

NCAE Scope of Practice Description: The Doctor should be able to assess each dhatu / upadhatu and determine if it is affected by disease.

In order to be competent, the doctor should be able to:

- Assess each dhatu and upadhatu
- Assess symptoms and determine the dhatus and upadhatu involved in the disease

Required Knowledge:

- Knowledge of the seven dhatus and their related upadhatu
- Knowledge of how dhatus are formed
- Knowledge of how to assess each dhatu and upadhatu
- Knowledge of the signs and symptoms that occur when a dhatu is infiltrated by a dosha
- Knowledge of healthy dhatus

Testing: Presented with a symptom, the doctor should be able to determine the dhatu that is involved in the condition.

Srotamsi

NCAE Scope of Practice Description: The Doctor should be able to assess each srota and determine which srota is involved in the presenting symptom.

In order to be competent, the doctor should be able to:

- Assess each srota for imbalance
- Determine which srota is involved in the presenting condition

Required Knowledge

- Knowledge of each srota
- Knowledge of how the dhatus make up a srota
- Knowledge of how to assess the health of a srota
- Knowledge of the signs and symptoms when a dosha infiltrates a dhatu within a srota
- Knowledge of the signs of a healthy srota

Testing: Presented with a symptom, the doctor should be able to determine which srota has been affected.

Mala - Dhatu

NCAE Scope of Practice Description: The Doctor should be able to assess the state of the malas and dhatu malas.

In order to be competent, the doctor should have the following knowledge or skill:

- Ability to assess the gross malas and dhatu malas
- Ability to recognize the signs and symptoms of normal and vitiated mala

Related Pre-requisite or Complementary Knowledge:

- Knowledge of what constitutes the normal and abnormal quantity and qualities of malas

Testing: Presented with the results of an assessment of a mala, the doctors should be able to identify the dosha that has vitiated the mala.

Agni - Ama

NCAE Scope of Practice Description: The Doctor should be able to assess the clinical state of agni, and ama in the patient through questioning and observation.

In order to be competent, the doctor should have the following knowledge or skill:

- Ability to determine the state of agni by questioning the client about appetite, digestion and elimination
- Ability to recognize the signs and symptoms of ama in the body by observation of the tongue, stools and body odor

Required Knowledge:

- Knowledge of the thirteen major agnis
- Knowledge of the function of agni
- Knowledge of the symptoms and signs of the four states of agni
- Knowledge of how ama is formed

Testing: Given the findings based on a history (questioning) and exam (observation), the Doctor should be able to determine the state of agni and ama.

Samprapti (Doctor)

NCAE Scope of Practice Description: The Doctor should be able to show skill and competency in determining the current stage of samprapti by observation (darshana), touch (sparshana) and questioning (prashna).

In order to be competent, the Doctor should be able to assess the following:

- The Doctor should be able to evaluate the patient and determine the stage of pathology the patient is experiencing.

Required Knowledge

- Knowledge of the normal cycle of doshic movement
- Knowledge of the factors that cause overflow (spread)
- Knowledge of the six stages of disease
- Knowledge of the general signs and symptoms of all stages of samprapti

Testing: Given a description of the patient's condition, the doctor should be able to determine the stage of the disease.

Prana-Tejas-Ojas

NCAE Scope of Practice Description: The Doctor should be able to show skill and competency in determining the state of *prana*, *ojas* and *tejas*.

In order to be competent, the Doctor should be able to assess the following:

- The Doctor should be able to assess the state of prana, tejas and ojas through observation and questioning (Prasna).

Questioning (Prasna)

- Emotional stability
- Quality of sleep
- Intellectual strength

Observation (Darshana)

- Voice
- Eyes
- Body Movements
- Complexion

Required Knowledge:

- Definitions of prana, tejas and ojas
- Function of prana-tejas and ojas in the body and mind
- Knowledge of the relationship of prana, tejas and ojas to vata, pitta and kapha
- Knowledge of the signs of healthy or balanced prana, tejas and ojas
- Knowledge of the symptoms of high prana, high tejas and high ojas
- Knowledge of the symptoms of low prana, low tejas and low ojas
- Knowledge of the symptoms of combined imbalances
- Knowledge of how to restore the balance of prana, tejas and ojas
- Knowledge of the effect of diet, colors, aromas, sounds, touch and lifestyle on prana, tejas and ojas.

Testing: Given the findings from the questioning and observation, a doctor should be able to identify the proper treatments utilizing diet, colors, aromas, sounds, touch and lifestyle.

Western Medicine / Diagnostic Tests

NCAE Scope of Practice Description: The Doctor should be able to show skill and competency in the understanding of the major diseases affecting each system of the body. The Doctor should be able to show knowledge of the major diagnostic and laboratory tests used in Western Medicine.

In order to be competent, the Doctor should be able to do the following:

- Be able to read the results of a typical CBC, UA and Blood Chemistry; understand normal and abnormal and what each test means.
- Be able to interpret reports from the following tests:
 - X-ray
 - MRI
 - CT Scan
 - Bone Scan
 - Diagnostic Ultrasound
 - Endoscopy
 - Colonoscopy
 - Laparoscopy

Required Knowledge:

- Knowledge of what each test is and what it tests for.
- Knowledge of when the tests are indicated
- Knowledge of what a normal and abnormal test means
- Understanding of the concept of false negatives and false positives
- Knowledge of the terminology necessary to read the reports

Testing: Provided with a disease, the Doctor should be able to identify the basic tests utilized to both diagnose and monitor the condition.

Research

NCAE Scope of Practice Description: The Doctor should be capable of reviewing literature and writing their own reviews of medical and Ayurvedic literature.

In order to be competent, the Doctor should be able to do the following:

- Write a coherent review of literature

Required knowledge:

- Knowledge of different types of research designs (Blind, Double Blind, Controlled, etc)
- Knowledge of how to scan the pub-med database
- Knowledge of how to read the basic results of research
- Knowledge of how to properly write citations

Testing: To be managed by the schools.

SECTION 2: RECOMMENDATIONS, TREATMENT AND OTHER INTERVENTIONS

Food / Diet

NCAE Scope of Practice Description: Doctors should be able to recommend / prescribe the appropriate Ayurvedic food program for the patient.

In order to be competent, the Doctor should be able to:

- Recommend the appropriate diet to restore balance based on vikruti, prakruti, agni and ama
- Teach and support their patient in implementing the proper dietary guidelines into their lives
- Recommend the proper use of spices to ensure proper digestion

Required Knowledge:

- Knowledge of the six tastes, their elemental make up and qualities
- Knowledge of the rasa, virya and vipaka of the six tastes
- Knowledge of the 10 pairs of opposite qualities (gurvadi gunas) of each taste
- Knowledge of the effects of each taste on dosha, dhatu and mala
 - Knowledge of the tastes that are nourishing (brimhana) and those that are purifying (langhana)
 - Knowledge of the effect of the tastes and foods on agni and ama
 - Knowledge of the elemental make up of foods
- Knowledge of the proper guidelines for healthy eating.
- Knowledge of the qualities of common foods and their effect on the doshas
 - Milk
 - Yogurt
 - Wheat
 - Rice
 - Sesame oil
 - Olive oil
 - Mung Bean
 - Kidney Bean
 - Coffee
 - Black Tea
 - Peaches
 - Orange
 - Cucumber
 - Onion
- Knowledge of the qualities of common spices and their effect on the doshas
 - Fennel
 - Cumin
 - Coriander
 - Turmeric
 - Salt
 - Black pepper
 - Mustard Seed
 - Cardamom
 - Thyme
 - Basil
 - Oregano
 - Rosemary
- Preparation of Food
 - Knowledge of how processing food changes its qualities
 - Knowledge of how to prepare basic foods such as kicheree, ghee and takra
- Other
 - Knowledge of the importance drinking warm water in the morning (ushapaan)

Testing: Given the prakruti or vikruti of the patient, the Doctor can identify the tastes and foods that would support keeping the desired dosha(s) in balance. The Doctor can also identify the qualities and doshic effects of common foods and spices.

Lifestyle

NCAE Scope of Practice Description. The Doctor should be competent in recommending practices with due regard as to daily, seasonal and stage of life of the patient.

In order to be competent, the Doctor should be able to:

- Recommend daily routines
 - Proper oral hygiene (Tongue scrapping, Swishing, Brushing, Flossing)
 - Taking care of Eyes (Eye wash)
 - Self Abhyanga
 - Neti
- Support the patient to make life style changes to create harmony
 - Adjusting bed times and wake up times
 - Times to take food
 - Instruct the patient in adjusting lifestyle in accordance with the seasons

Required Knowledge:

- Knowledge of each of the practices and how to perform, with indications, contraindications
- Knowledge of the effect of appropriate physical, devotional, spiritual practices on doshas and gunas
- Knowledge of how each practice affects the doshas
- Knowledge, when appropriate, of how to adjust each practice per the prakruti / vikruti of the patient
- Knowledge of proper daily routine for each dosha
- Knowledge of how the seasons might impact one's routine
- Knowledge of evening routines(Ratricharya)

Testing: Academic and Clinical; Academic is directly related to the knowledge above, Clinical is given a snapshot of a patient's lifestyle, the Doctor should be able to identify improvements to be made in the patient's lifestyle in accordance with the patient's prakruti and vikruti.

Sensory Therapy

NCAE Scope of Practice Description. The Doctor should be competent to prescribe the appropriate use of therapies for each of the five senses.

In order to be competent, the Doctor should be able to:

- Prescribe appropriate aroma therapy in harmony with the patients prakruti / vikruti
- Prescribe appropriate touch therapy in harmony with the patients prakruti / vikruti
- Prescribe appropriate sound therapy in harmony with the patients prakruti / vikruti
- Prescribe appropriate visual therapy in harmony with the patients prakruti / vikruti
- (For dietary therapy see the section for food and diet)

Required Knowledge:

- The Doctor should be able to identify excessive utilization, deficient utilization and the wrong (mis) of each of the five senses
- Knowledge of the proper use of each sense

- Knowledge of the relationship of the five elements to each sensory and motor faculty
- Knowledge of how each sensory stimuli affect the doshas

Testing: Academic and clinical. Given a case history, the Doctor should be able to identify the actions that are causing disharmony through each of the senses and be able to recommend positive changes. The Doctor should be able to identify the effect of a sensory stimulant on each of the doshas.

Herbs

NCAE Scope of Practice Description: Ayurvedic Doctors should be competent to recommend predesigned or custom herbal formulas for all purposes including the treatment of disease and able to formulate their own.

In order to be competent, the Doctor should be able to:

- Recommend or prescribe the appropriate herbs to balance agni, eliminate ama and support the malas while protecting and building ojas
- Recommend or prescribe herbs and design formulas for the treatment of disease

Required Knowledge:

- Understand the concepts of rasa, virya, vipaka and prabhava
- Knowledge of the classification of herbs and their energetics based on taste (rasa), potency (virya), post-digestive effect (vipaka), guna (quality) and prabhava (unique action).
- Knowledge of the actions of herbs (karma).
- The Doctor should know the common actions of an herb. When Western terminology closely matches the Sanskrit terminology, the Western terms should be known. When a unique action is described in Sanskrit that has no simple translation into English, then the Sanskrit terminology for that action should be known.
- Knowledge of the effect an herb has on the agni, ama doshas and mala.
- Knowledge of how to prepare powdered mixtures (churna)
- Knowledge of commonly available traditional herbal formulas such as:
 - Trikatu churna
 - Triphala churna
 - Hingwastika churna
 - Chavanprash
 - Saraswati churna
 - Avipattikar churna
- Knowledge of the proper dosage (matra) based on age, strength, dosha, agni and pattern of elimination
- Knowledge of the indications and contraindications of herbs
- Knowledge of the herbs based on storage, processing and purification
- Knowledge of the best times for administration of herbs
- Knowledge of potentially harmful drug-herb interactions

Langhana: Shamana (Pacification of Doshas)

NCAE Scope of Practice Description: The Doctor is able to recommend pacification (shamana) therapies to balance the doshas and eliminate ama.

In order to be competent, the Doctor should be able to:

Utilize those tools allowable within their scope of practice to gently cleanse the body, reduce ama and alleviate the doshas in accordance with the principles of shamana chikitsa.

Required Knowledge:

- Knowledge of the seven traditional forms of palliative therapy;
 - *Deepana*: Herbs that increasing agni
 - *Pachana*: Herbs that digest ama
 - *Kshuudhanigraha*: Control over diet including the use of fasting
 - *Nigraha*: Control over water and oil intake
 - *Vyama*: Use of exercise
 - *Aatpa* seva: Forms of creating heat without directly increasing agni such as sunbathing.
 - *Maruta* seva: Ways to cool the body to protect pitta dosha such as moon walks.
- Knowledge of indications and contraindications for palliation therapy
- Knowledge of how to design a palliation program to correct an imbalance in each dosha
- Knowledge of how to determine if palliation therapy is advisable
- The principles of shamana chikitsa

Testing: Clinical, given a case scenario, a Doctor should be able to determine if palliation is indicated. Academic, the Doctor shall be tested on the academic knowledge as noted above.

Panchakarma

NCAE Scope of Practice Description: The Doctor shall be competent to recommend and oversee *panchakarma* programs as well as individual treatments / body therapies.

In order to be competent, the doctor should be able to:

- Design a panchakarma program that meets the needs of the patient
- Be able to adjust the program according to the response of the patient
- Supervise the administration of the procedures
- Perform the procedures

Required Knowledge:

- Knowledge of each of the following therapies:
 - Abhyanga
 - Shirodhara
 - Svedana
 - Nasya
 - Anuvasana basti
 - Niruha basti
 - Virechana
 - Vamana
- Knowledge of the indications and contraindications for panchakarma and each therapy noted above

- Knowledge of how to manage the potential side effects of PK and each therapy should they occur
- Knowledge of how to monitor the patients agni, ama and ojas as they go through the program
- Knowledge of how to adjust the program according to changes in the patients agni, ama and ojas
- Knowledge of what herbal medicines to use during panchakarma
- Knowledge of how to administer purva karma and paschat karma

Testing: Schools to certify hands-on training in each modality. NCAE to academically test competency and provide a case study to determine if PK is indicated or contraindicated.

Tonification (Brimhana)

NCAE Scope of Practice Description: The Ayurvedic Doctor is competent to prescribe therapies for general tonification (*brimhana*) of the body and mind.

In order to be competent, the Doctor should be able to:

- Determine when tonification is indicated
- Utilize all therapies within their scope of practice to achieve the goal of tonification

Required Knowledge:

- Knowledge of the indications and contraindications for tonification therapy
- Knowledge of how to design a tonification program in accordance with the doshic vikruti.
- Knowledge of how to manage a tonification program and make adjustments to the program in accordance with the patient's progress
- Knowledge of how to assess the state of agni, ama and ojas
- Knowledge of how to assess the dhatus and the signs of depletion

Testing: Academic and clinical. Given the findings on a history and exam, the Doctor should be able to determine if tonification therapy is indicated and be able to identify which therapies are tonifying.

Rasayana and Vajikarana Therapy .

NCAE Scope of Practice Description: The Doctor is competent to recommend, implement and oversee post, *panchakarma* rejuvenation (*pashchatkarma*) programs and programs specific to building reproductive health.

In order to be competent, the Doctor should be able to;

- Identify which patients are in need of vajikarma therapy
- Apply Vajikarana therapies when indicated.
- Apply Rasayana Therapy following panchakarma

Required Knowledge:

- See the section on Panchakarma for paschatkarma
- Knowledge of the use of reproductive tonics and stimulants

- Knowledge of the herbs with rasayana qualities
- Knowledge of the care of the reproductive system of men and women.

Test: Academic and clinical

Pre-natal, Natal, Post Natal

NCAE Scope of Practice Description. The Doctor is able to recommend basic diet (ahara) and lifestyle, herbs and other treatment within their scope of practice to manage the prenatal, and post natal mother.

In order to be competent, the Doctor is be able to:

Properly support the mother from the time she prepares for conception though post-partum care, utilizing the tools within their Ayurvedic scope of practice.

Required Knowledge:

The Doctor should have a basic academic knowledge of the following:

- Knowledge of the Anatomy and Physiology of the Female Reproductive System including the role of the endocrine system
- Knowledge of the menstrual cycle
- Knowledge of basic embryology
 - Knowledge of basic genetics
 - Determinants of the child's prakruti
 - Traditional ideas of fetal development
 - Western fetal development
 - Role of the five elements in fetal development
 - Concept of Soul and the new born
 - Development of the mind
 - Consciousness of the new born: Seven types of sattva, six types of rajas and three types of tamas
- Preparation for Pregnancy
 - The six factors that lead to healthy conception
 - Proper preparation for intercourse
 - Healthy Intercourse
- Sustaining a Healthy Pregnancy
 - Western and Ayurvedic factors that lead to sustaining a healthy pregnancy
 - Diet and Lifestyle During pregnancy
 - The proper use of herbs during pregnancy and herbs that are contraindicated
 - Healthy and unhealthy cravings during pregnancy and their cause
 - Factors that may impair pregnancy
- Labor and Delivery
 - Birthing room
 - Attendants
 - Stage of Labor

- Body position for delivery
- Normal and abnormal position of the baby
- Post Delivery
 - Care of mom and baby immediately after delivery
- Lactation
 - Vitiation of breast milk by the doshas and proper treatment
- Post-Partum Care
 - Restoring Strength after Delivery
 - Prevention of Post-Partum Depression
- Complications of Pregnancy
 - Causes of Birth Defects and Prevention
 - Causes of Miscarriage and Spontaneous Abortion and how to avoid and care of
 - Abnormal Position for delivery
 - Delayed Labor and how to stimulate labor
- Common Conditions of Pregnancy and Labor

<ul style="list-style-type: none"> ○ Miscarriage ○ Spontaneous Abortion ○ Placenta Previa ○ Placenta Abruption 	<ul style="list-style-type: none"> ○ Still Birth ○ Pre-eclampsia ○ Eclampsia ○ Gestational Diabetes
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Children's Health

NCAE Scope of Practice Description: The Doctor should be competent to apply appropriate therapies to treat disease in children over the age of five.

In order to be competent, the Doctor should be able to;

- Develop a complete treatment program inclusive of diet, herbs, sensory therapies and lifestyle adjustments.

Required Knowledge:

- Knowledge of herbs, diet, sensory therapies and lifestyle as noted in previous sections
- Knowledge of the common diseases children experience including allergies, asthma and ADD / ADHD including their definition and the Ayurvedic approach to treating such conditions
- Knowledge of the relationship between the doshas and life cycle and how this impacts the child's diet and lifestyle
- Knowledge of diet, sensory therapies and lifestyle as previously noted

Testing:

- Academic and clinical, provided with the information about the child, the doctor should be able to identify the proper components of the treatment program.

Internal Medicine

NCAE Scope of Practice Description. The Doctor should be competent to develop and implement a plan for the elimination of presenting pathologies and the restoration of health in all systems of the body.

In order to be competent, the Doctor should be able to:

- Understand the condition in accordance with traditional Ayurvedic classifications of the disease
- Understand the patient's Western diagnosis
- Design a treatment plan to address the condition utilizing all of the tools with their scope of practices

Required Knowledge:

- Classification of Common Ayurvedic Disease utilizing traditional terminology
- Knowledge of the common Western diseases for each system of the body

Testing: Academic and clinical, given a Western diagnosis and the Ayurvedic findings in a case, the Doctor should be able to identify the disease from an Ayurvedic perspective and design a treatment program to address the condition.

Note: A list of common diseases for each system of the body that we expect a Doctor to know for this exam should be published, creating uniform expectations for the schools when training Doctors.

ENT / Head and Neck Region

NCAE Scope of Practice Description. The Doctor should be competent to develop and implement a plan for the elimination of the doshas from the head and neck region and treat related diseases.

In order to be competent, the Doctor should be able to:

- Understand the condition in accordance with traditional Ayurvedic classifications of the disease
- Understand the patient's Western diagnosis
- Design a treatment plan to address the condition utilizing all of the tools with their scope of practices

Required Knowledge:

- Classification of Common Ayurvedic Disease utilizing traditional terminology
- Knowledge of the common Western diseases that affect the Ears, Eyes, Nose and Throat

Testing: Academic and clinical, given a Western diagnosis and the Ayurvedic findings in a case, the Doctor should be able to identify the disease from an Ayurvedic perspective and design a treatment program to address the condition.

Note: A list of common diseases for the ears, eyes, nose and throat that we expect a Doctor to know for this exam should be published, creating uniform expectations for the schools when training doctors.

Psychiatry

NCAE Scope of Practice Description: The doctor should be competent to recommend diet, lifestyle, and proper conduct as well as herbs to treat pathologies of the mind.

In order to be competent, the doctor should be able to:

- Understand the condition in accordance with traditional Ayurvedic classifications of the disease.
- Understand the patient's Western diagnosis
- Design a treatment plan to address the condition utilizing all of the tools with their scope of practices
- Utilize bija mantras
- Utilize pranayama
- Utilize meditation

Required Knowledge

- Classification of common Ayurvedic disease of the mind utilizing traditional terminology
- Knowledge of the common Western diseases of the mind
- Knowledge of the three major nadi and seven chakras
- Knowledge of prana-tejas and ojas and how to determine their state.

Testing: Academic and clinical, given a Western diagnosis and the Ayurvedic findings in a case, the Doctor should be able to identify the disease from an Ayurvedic perspective and design a treatment program to address the condition.

Note: A list of common diseases for the mind that we expect a Doctor to know for this exam will be published at a later date to establish uniform minimum standards when training doctors.

WESTERN MEDICAL APPROACHES

NCAE Scope of Practice Description: The doctor should be able to refer a patient for assessment and possible treatment by a medical Doctor for all acute conditions that have not been evaluated by a licensed health care professional.

In order to be competent, the Doctor should be able to:

- Refer to a competent Western Doctor at the appropriate time

Required Knowledge:

- Knowledge of the scope of practice of a Medical Doctor
- Knowledge of the indications that require a referral
- Knowledge of how a Western Medical Doctor can complement the care being provided by the Ayurvedic Health Doctor and Ayurvedic Doctor