



HEALTH INSTITUTE
A U S T R A L I A

Shape your future. Reshape the world.



ADVANCED DIPLOMA OF AYURVEDA

HLT62615

The origin of Ayurveda can be traced back to the Vedic period wherein the dietary and health principles described in Ayurveda have branched out and developed on-goingly to fulfil modern day needs. Ayurveda focuses on natural health and healing; it embraces all areas of life, including health, the mind, career, relationships and universal spirituality. Experienced Ayurvedic Practitioners can achieve wonderful results through sophisticated detoxification processes, lifestyle advice, diet, exercise and herbal therapy. Our accredited Educators include experienced Ayurvedic Practitioners some of whom originally trained in India and now work in the west.



NATIONALLY RECOGNISED
TRAINING



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BACKGROUND OF AYURVEDA

Word Ayurveda comes from Sanskrit and is made out of two words: aju - life and veda - wisdom or knowledge.

Ayurveda is a traditional Indian medicine 5000 years old. It is mentioned in Vedas, ancient religious and philosophy texts which are the oldest literature in the world, thus making Ayurveda medicine the oldest medicine in the world. In 1970s it became official complementary medicine of the west world. Ayurveda is not only about body, but gives us knowledge about spiritual, mental and social health. It teaches us how to understand our body, our nature and our individual connection of elements on physical, mental and emotional level. It pays special attention to nutrition and balanced life

Three main roles of Ayurveda are:

Preventive measures

Consciousness about life source

Systematic diagnosis and suitable treatments

True health care reform starts in your kitchen not in government



Ayurveda is based on the knowledge of five elements (space, air, fire, water and earth) which are represented as the three Doshas, the three biological principles (Vata, Pitta and Kapha) that control both physiology and psychology.

Life is, according to Ayurveda, a combination of feelings, mind, body and soul. Though it deals with all four aspects, body care is Ayurveda's foundational priority. According to Ayurveda, the body is made out of three Doshas, seven tissues and three waste products (urine, faeces and sweat). Doshas act as mediators between tissues and waste products and their balance is vital for health.

Ayurveda's key for healing every disease, is underpinned by healthy nutrition adjusted to each person individually (according to their Doshic constitution), by plants and through lifestyle advice about gradual changes, adjusted to the life rhythm of each individual.

Eight basic branches of Ayurveda are: paediatrics, gynecology, obstetrics, ophthalmology, geriatrics, otorhinolaryngology, toxicology, general medicine and surgery. Ayurveda is traditional Indian medicine and the oldest familiar medical system that helped developing all other systems.

Ayurveda is respected worldwide as one of the most important traditional systems of healing. The popularity of Ayurveda as a modality of health and wellbeing has steadily grown in recent years. With this growth comes the demand for suitably qualified practitioners to guide people safely and effectively. The Advanced Diploma in Ayurvedic is a nationally recognised, vocational training course that draws from the extensive classical and authentic traditions

of Ayurveda. The Health Institute Australia with 1800 hrs of training, has made a significant contribution to the wellbeing of humanity. This course provides a breadth and depth of learning that is second to none, and which has earned it the highest regard nationally and internationally. Whilst firmly anchored in the classical heritage of Ayurveda, the course is based on a synthesis of the current perspectives on health, along with an integration of contemporary wellbeing information and practices. This accredited Ayurvedic course has been developed in consultation with a wide range of teachers and practitioners of Ayurveda, including representatives of the health care industry and training authorities.

Deepen your spiritual and personal journey into health and healing. Incorporate all that you learn into your own life, so that you 'walk your talk' and serve as a role model for all that you preach and teach. The practitioner course is unique in that it runs as a fixed course, in a set time, over three trimesters. Its foundation study is parallel with Ayurvedic Lifestyle Consultant, with its lifestyle counselling and preventative medicine emphasis. Both courses are eligible for Austudy.

OUTSTANDING TRAINING

The Health Institute Australia provides outstanding training for the Ayurvedic Practitioner in the following areas:

- It provides a strong foundation in the traditional principles of Ayurveda.
- It has an excellent, extensive, herbal program, with training in managing and administering herbal medicine and other treatment plans according to the philosophy and practices within an Ayurvedic framework.
- It provides a deep training in Ayurvedic psychology to provide the skills in listening and counselling required to assist patients with mental and emotional complications that arise with their health issues.
- It is integrated with Yoga therapy. Ayurveda and yoga rest upon the same philosophy and arise from the same Vedic-rishi traditions.
- It has a clinical foundation. Ayurveda is a complete medical system capable of helping humanity to heal a wide array of chronic diseases that confound Western physicians.
- It embraces the skills needed to work as a practitioner in Ayurvedic Therapeutic and Remedial Treatments, including Ayurvedic herbal medicine, Ayurvedic massage and Ayurvedic nutritional advice.



As an Ayurvedic Practitioner you will be able to check the equilibrium of each person, defining their composition and help them quantify the status of their equilibrium. You will also help the client/patient define his or her ideal state and recommend means to achieve it. As Ayurveda has so much to do with health and personality development, with its moorings on adaptability and building natural resistance to disease, the program is structured not only to help clients achieve good health, but also understand the nuances of adaptability so that a healthy lifestyle becomes a lifetime habitual pursuit.

HLT62615 – ADVANCED DIPLOMA OF AYURVEDA

This ancient traditional vedic system of medicine, with a history of more than 5000 years, focuses on the prevention and management of illness by incorporating basic life principles as well as closely relating the human body and its physiological and pathological processes to the inherent principles of nature. Ayurveda is considered to be a complete system of medicine in its own right. Ayurveda treats each human as a distinct individual and recognises that it is related to a unique combination of physical, mental and emotional characteristics known as the tridoshas – vata, pitta and kapha. The imbalance of these tridoshas can lead to emotional, mental and physical discomfort, as well as illness. In order to balance these tridoshas, Ayurveda uses a variety of methods such as life style modification, dietary advice, herbal treatment, massage and its unique detoxification method known as panchakarma.

This comprehensive, nationally recognised and industry endorsed Ayurveda course has been designed to give you the required knowledge and skills to practice as an Ayurvedic Practitioner.

You can choose to subsidize your illness or invest in your wellness



SUBJECTS

The course encompasses a variety of subjects and areas including

- Doshas
- Ayurvedic nutrition
- Ayurvedic herbal medicine
- Panchakarma practices
- Ayurvedic massage and therapies
- Marmas (specific points in the body) and chakras.

Having a healthy mind is just important as a healthy body



In addition, biomedical sciences, communication and basic counselling, workplace health and safety, practice management, professional practice and development in relation to the practice of Ayurveda are covered. Many other short courses are also offered to complement the course and create awareness of other natural therapy modalities such as yoga, meditation, vedic astrology and more.

Students progress through the course by completing HIA subjects that are mapped against nationally endorsed units of competency from the health training package. Upon completion of all the HIA subjects and clinical requirements students will receive a nationally recognised qualification. Students may have to complete more than one HIA subject to gain a complete unit of competency.

AYURVEDIC TRAINING AT HIA COVERS

- Ayurvedic Nutrition
- Ayurvedic Cooking
- Kitchen Pharmacy
- Herbal Medicine and Therapy
- Pulse Diagnosis
- Tongue Diagnosis
- Marma-Triggerpoint therapy
- Yoga and Pranayama
- Ayurvedic Massage and Treatments
- Meditation
- Ayurvedic Remedial Therapies
- Herbal Medicine Preparation
- Lifestyle Disease Management
- Lifestyle Counselling

ANCIENT VEDIC EDUCATION

The Advanced Diploma of Ayurveda program is dedicated to the integration of authentic, ancient Vedic education with the enlightened Western ideas of today. Ayurveda offers a diverse range of career pathways, and opportunities are increasing with the acceptance of Ayurveda into western medicine. Typical career options include:

- Ayurvedic Lifestyle Management Consultant,
- Ayurvedic Massage Therapist,
- Ayurvedic Practitioner,
- Health Food Consultant,
- Ayurvedic Cook,
- Vedic Life Coach,
- Yoga & Meditation Practitioner.

You are what you eat. You have a choice in what you are made of



CLINICAL TRAINING

Students are required to complete a minimum 400 hours of supervised clinical training. These clinical sessions are conducted and supervised by qualified practitioners at the student clinic on campus. Other designated clinical schools or clinics across Australia may be accessed, with approval, by domestic students looking to gain clinical experience. Assessors and mentors must have both vocational and training qualifications required to conduct training and assessments. In order to maintain the authenticity and the quality of training and assessment, virtual campus students who have gained their clinical skills outside of the HIA campus clinic are encouraged to attend their final term of clinical placement at the HIA clinic. This provides an opportunity for students to demonstrate their competency and assessors to identify any short comings and provide required feedback, as well as remedial actions.

INDUSTRY EXPERIENCE

All students participate in a structured industry clinic placement.

Selected HIA Ayurveda students may be offered the opportunity to participate in studies in India, and clinical placement at a leading Ayurvedic Hospital in India. * Clinical placement costs / travel / accommodation etc are at an additional cost.



INTAKES

2016 Intake & Application Closure Dates

Intake Commencing - July 2016

Applications Close - 29 May 2016

ENTRY REQUIREMENTS

A Provide First Aid certificate is a pre-requisite for industry placement. If you do not hold a current Senior First Aid certificate, HIA can assist you to arrange this; additional course fees apply. Alternatively you can complete Senior First Aid at an outside provider and provide HIA with a certified copy of your certificate prior to Clinic/Placement.

Get educated than medicated

COURSE CONTENT ADVANCED DIPLOMA AYURVEDA

Typical Units

HLTAYV001	Develop Ayurvedic practice
HLTAYV002	Make Ayurvedic lifestyle assessments
HLTAYV003	Provide Ayurvedic bodywork therapies
HLTAYV004	Provide Ayurvedic lifestyle advice
HLTAYV005	Provide advice on Ayurvedic nutrition
HLTAYV006	Take cases within an Ayurvedic framework
HLTAYV007	Diagnose conditions within an Ayurvedic framework
HLTAYV008	Provide Ayurvedic remedial therapies
HLTAYV009	Provide therapeutic Ayurvedic nutritional advice
HLTAYV010	Select and advise on Ayurvedic medicines - dravyaguna
HLTAYV011	Prepare and dispense Ayurvedic medicines -dravyaguna
HLTAYV012	Monitor and evaluate Ayurvedic treatments
CHCCOM006	Establish and manage client relationships
CHCDIV001	Work with diverse people
CHCLEG003	Manage legal and ethical compliance
CHCPRP003	Reflect on and improve own professional practice
CHCPRP005	Engage with health professionals and the health system
HLTAAP003	Analyse and respond to client health information
HLTINF004	Manage the prevention and control of infection
HLTWHS004	Manage work health and safety
HLTAID003	Provide first aid. This unit to be completed externally. Not included in course fees.
BSBSMB404	Undertake small business planning (Elective Unit)
CHCAGE001	Facilitate the empowerment of older people (Elective Unit)
CHCCCS001	Address the needs of people with chronic disease (Elective Unit)
CHCDIS007	Facilitate the empowerment of people with disability (Elective Unit)
CHCMHS001	Work with people with mental health issues (Elective Unit)

INDUSTRY RECOGNITION AND LICENSING REQUIREMENTS

Upon completion of the course, graduates are eligible to apply for memberships at professional associations such as the Australian Natural Therapists Association or other professional membership organisations that represent Ayurvedic practitioners. However Industry association may require additional information and conditions for membership and requirements may change periodically. As such, prospective students are encouraged to contact the relevant professional bodies for current membership requirements. Currently there are no licensing requirements to practice Ayurveda in Australia.

CAREER PROSPECTS

Most of the graduates set up in private practice or work in multi-disciplinary clinics along with other health care professionals such as doctors, physiotherapists, chiropractors, osteopaths and psychologists. Graduates can then share the overhead of running the business and also benefit from mutual referrals. Alternatively, some Ayurvedic practitioners establish and or work in health retreats and others become academics in the field. So there are many opportunities a fresh graduate can opt from.

Occupational Titles for this Qualification

- Ayurveda Practitioner
- Ayurveda therapist *True health care reform starts in your kitchen not in government*



DEGREE PATHWAY

Students who have completed any of the Advanced Diploma or Diploma courses offered by HIA are eligible to apply for the Bachelor of Health Science (Complementary Medicine) degree or Advanced Diploma of Yoga Teacher Training.

TO APPLY OR FOR MORE DETAILS PLEASE CONTACT US

E: admin@healthinstitute.edu.au T. +61 7 5532 2001

Apply online: www.healthinstitute.edu.au

Address: Health Institute Australia Pty Ltd

126 Scarborough Street, Southport Qld 4215 Australia

RTO No. 30834

CRICOS Provider code. 03098E



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National course code	HLT62615
CRICOS course code	089841A
Delivery mode	On-campus full time, 4 days per week attendance
Course start date	11 July 2016
Length of course in years	2 years
Nationally Recognised:	Yes
Awarded by:	Health Institute Australia
Pre-requisites	IELTS 5.5 for International students
Fee	A \$250 non-refundable enrolment fee is payable once only upon your first registration into a course. The total course fee for Adv.Dip.Ayurveda is \$25,650.

TIMETABLE

MONDAY

1.15–2.00 PM

WEDNESDAY

10.00 AM–9.00 pm

THURSDAY

10.30–5.00 pm

FRIDAY

9.15–5.00 pm

1200 hours over 2 years - including 400 hours of supervised clinical training

