



**Association of Ayurvedic Professionals of North America, Inc.
Pennsylvania, USA**

Dr. Anupam Srivastava, Director
Rashtriya Ayurveda Vidyapeeth
Dhanwantari Bhavan
Road # 66, West Punjabi Bagh
New Delhi 110 206
India

Dear Dr. Srivastava:

Date: March 21, 2021
Ref: AAPNA/RAV-3-2021

Reg: Accreditation of Ayurveda Education, Training and Practice in Various Countries
Ref: F.No:-75-1/2020-21/RAV-Accred. Dated 22nd February, 2021
Sub: Recommendation from AAPNA – Association of Ayurvedic Professionals of North America, Inc. Pennsylvania, United States of America

The founding of AAPNA (Association of Ayurvedic Professionals of North America) began as a discussion amongst Ayurvedic professionals in 2002.

We wanted to create a community of Ayurvedic professionals with the common goal of growing the presence of Ayurveda in integrative health care.

AAPNA incorporated in December of 2007 as a non-profit 501(c)(6) corporation in the Commonwealth of Pennsylvania, USA; it has since grown to unite Ayurvedic and integrative medicine health professionals, students, academic institutes, and corporations throughout North America and internationally.

Vision & Mission

Our vision is to bring the healing science of Ayurveda and its modalities to the forefront of integrative medicine in the West.

AAPNA, 567 Thomas Street, Coopersburg, PA 18036, USA

AAPNA is a 501(c)(6) registered non-profit organization in the Commonwealth of Pennsylvania, U.S.A.

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By sharing our wisdom, extensive education and experience, diverse backgrounds, collective knowledge of Ayurveda and integrative medicine, AAPNA strives to:

- Build bridges of knowledge across all health professions to incorporate the healing approaches and modalities of Ayurveda into mainstream health care.
- Bring together all Ayurvedic and integrative health professionals to offer each other support, academic discussions, professional development, and friendship.
- Strengthen the awareness of Ayurveda as a healing science, thereby contributing to bringing the wisdom and knowledge of Ayurveda to everyone.

AAPNA it has grown to **71,392 members from 134 countries** - including the USA, Canada, India, Pakistan, United Kingdom, Japan, Belgium, Bahrain, Hungary, Austria, Algeria, Armenia, Italy, Switzerland, Kazakhstan, Germany, Israel, Spain, Luxembourg, The Netherlands, France, Greece, Bangladesh, Turkey, Romania, Czechoslovakia, Slovenia, Uzbekistan, Bahrain, Tunisia, Lebanon, Myanmar, Russia, Ireland, Iceland, Latvia, Croatia, Serbia, Lithuania, Belarus, Ethiopia, Albania, Bolivia, Bulgaria, Burma, Norway, Portugal, Poland, Panama, Bahrain, Sweden, Jordan, Denmark, Malaysia, Mauritius, Costa Rica, Estonia, Cuba, Vietnam, Trinidad & Tobago, Barbados, Guadalupe, Saint Lucia, Aruba, Dominica, Ecuador, Dominican Republic, Peru, Brazil, Chile, El Salvador, Egypt, Ghana, Nigeria, Rwanda, Kenya, Colombia, Mexico, Fiji, Argentina, South Africa, Jamaica, Saint Kitts & Nevis, Guyana, Australia, Qatar, Oman, Sri Lanka, Cambodia, Philippines, Hong Kong, Saudi Arabia, Vietnam, Suriname, Venezuela, Thailand, Taiwan, New Zealand, Indonesia, United Arab Emirates, Singapore, South Korea, Cambodia, Nepal, Thailand, Zimbabwe, Moldova, Morocco, Estonia, Cameroon, Honduras, Georgia, Uganda, Czechia, Slovakia, Cameroon, Guinea. Senegal, Mali, Congo, Zambia, Haiti, Somalia, Paraguay, Andorra, Yemen.

Some of our accomplishments to date include:

1. Recognizing excellence in Ayurveda and Vedic sciences by bestowing annual awards for experts in the field of Ayurveda and Vedic sciences
2. Forming a network of alliances with national and international organizations

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3. Celebration of World Ayurveda Day (as per the recommendation of AYUSH, Ministry of Health, New Delhi, India)
4. International conferences on Ayurveda and Vedic sciences and integrative health in collaboration with Global Ayurveda Conferences, LLC, USA
5. Offering professional liability insurance for Ayurvedic professionals
6. Recognizing highly talented and accomplished mentors in Ayurveda and Vedic sciences
7. Conducting various free medical camps in India for needy
8. Organizing various online educational lectures by multiple experts in the field of Ayurveda and integrative medicine
9. Listing AYUSH Trained BAMS, MD (Ayu), MS (Ayu), PhD (Ayu) professionals by various countries on our website
10. Recognizing highly qualified AYUSH trained Postgraduate and PhD professionals as "World Ayurveda Specialists"
11. Creating Code of Ethics and Code of Conduct for Ayurvedic Health Professionals
12. Creating FAAPNA – Fellow of Association of Ayurvedic Professionals of North America, Inc.
13. Offering free supporting membership to support the mission and vision of AAPNA in 134 countries
14. Creating various levels of membership and registration for various levels of training
15. Creating a special category for Integrative Ayurvedic Doctors for licensed healthcare professionals
16. Creating a special category for Integrative Ayurvedic Researchers for PhD training in various health fields
17. Creating specialty training certifications in various Ayurvedic subjects
18. Creating Global Ayurveda Ambassadors to promote and propagate Ayurveda globally
19. Appointing state and country directors to promote the vision and mission of AAPNA and spread the knowledge of Ayurveda internationally
20. Supporting "Ayurveda Journal of Health," Massachusetts, USA
21. Creating various levels of gold standard curriculum for different levels of Ayurvedic training programs
22. Working on and supporting the licensing of Ayurveda in various countries
23. Creating PACE (Professional Ayurvedic Continuing Education) to encourage providers to update their knowledge in Ayurveda and integrative health
24. Defining scopes of practice for various levels of professional Ayurvedic training
25. Creating a database of all Registered Ayurveda Professionals.



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26. Recognizing various Ayurveda education institutions, schools, colleges, and universities
27. Endorsing and recommending various Ayurvedic books, products, and innovative research
28. Conducting International Yoga Day Celebration annually.
29. Conducting World Ayurveda Day in collaboration with AYUSH Ministry guidelines
30. Creating various national and international alliances with Ayurveda institutions, organizations, and allied health professional organizations
31. Receiving numerous testimonials on our community supporting activities
32. Following the guidelines of AYUSH approved Ayurveda training programs for various countries
33. Following the guidelines of Benchmark Training stipulated by the World Health Organization (WHO)

We are committed to sharing Ayurvedic knowledge & wisdom and exchanging ideas with integrative health professionals interested in Ayurveda.

Why Ayurveda Should Be Regulated and Licensed in Various Countries

Ayurvedic medicine has a significant time-tested impact on a person's overall health and well-being with a unique mind-body concept and approach. Recent years have brought a heightened interest in Ayurvedic medicine globally. The public has a right to expect that Ayurvedic professionals have adequate qualifications to practice effectively and safely. Legal recognition of the practice of Ayurvedic medicine and clearly-stated requirements to practice are essential to promote the profession and protect the general public's health, safety, and welfare.

a. Legal recognition of Ayurvedic medicine in the form of state licensure creates standards of minimum competency. Competency is measured and enforced through formal education, training, and examination requirements as per the independent body's guidelines.

b. Legal recognition of Ayurvedic medicine ensures that individuals have met the eligibility requirements needed to practice Ayurvedic medicine and are qualified to represent themselves to the public as state-licensed Ayurvedic professionals.

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c. By providing a legal definition of the scope of practice of Ayurvedic medicine, professional licensure helps consumers identify the responsibilities and services unique to an Ayurvedic Professional. It allows consumers to select the most appropriate Ayurvedic professional for their needs and benefit from open access to the selection process.

d. Legal recognition of Ayurvedic medicine through licensure enables a state or jurisdiction to discipline Ayurvedic professionals. States cannot regulate a profession that is not formally recognized in statute. Professional licensure laws enhance public safety by enforcing disciplinary actions against non-compliant professionals.

e. Legal recognition of Ayurvedic medicine through licensure protects the public in other ways as well. It establishes a consistent standard of practice that is enforceable by a professional code of ethics. In addition, it defines a formal grievance process for consumers that helps prevent unethical and non-compliant Ayurvedic practitioners from continuing to practice.

Various Levels of Training Programs and Practice

AAPNA has defined the following regarding standardization of Ayurvedic education and licensing are provided as per the guidelines of AYUSH, Government of India Health & Family Welfare, and World Health Organization (Benchmarks for training in Ayurveda):

1. Ayurvedic Lifestyle Consultant

An entry-level training in Ayurveda with a minimum of 500 hours training, including basic western anatomy and physiology training

2. Ayurvedic Health Counselor

1000 hours of training (Pre-requisite of Ayurvedic Lifestyle Consultant 500 hours)

3. Ayurvedic Practitioner

2000 hours of training (Pre-requisite of Ayurvedic Health Counselor 1000 hours)

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4. Ayurvedic Doctor (AD)

4500 hours of training - BAMS degree holders or equivalent training (Pre-requisite of Ayurvedic Practitioner 2000 hours)

- 5. Doctor of Ayurvedic Medicine (DAM)** – MD (Ayu), MS (Ayu), PhD (Ayu) recognized by AYUSH, Government of India (*To distinguish between western trained MD (Medical Doctor), we need to institute DAM degree as Ayurveda's equivalent of MD in modern medicine. The DAM degree will provide a clear distinction for the benefit of the public, medical profession, and government.*)

6. Integrative Ayurvedic Doctor (IAD)

2000 hours training (Pre-requisite of Ayurvedic Practitioner 2000 hours) All Licensed Medical Health Professionals and allied health professionals incorporating Ayurveda into their healthcare practice

7. Integrative Ayurvedic Researcher (IAR)

1000 hours training (Pre-requisite of Ayurvedic Health Counselor All PhD's incorporating Ayurveda in their research Work

Scope of Ayurveda Education and Practice for Various Levels of Training

Ayurvedic Lifestyle Consultant - ALC

Scope of Practice

- ALC is an introductory beginners' course for all people interested in Ayurveda
- An individual who has obtained this certificate may practice self-healing
- This scope of practice emphasizes education on the prevention of imbalances and the promotion of wellness on all levels of being, using the life-enhancing modalities and philosophy of Ayurveda
- Approaches include appropriate dietary, lifestyle, yoga, meditation
- This certificate allows for designing preventive health routines for oneself



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- Assessment tools are used and enabled to determine Prakriti, an individual's body and mind, and the balanced and unbalanced states of the doshas, ama / agni, dhatus, and malas.
- Those who have obtained this certificate do not practice conventional medicine.
- They do not diagnose or treat diseases.

Ayurvedic Health Counselor – AHC

Scope of Practice

- AHC has completed their Ayurvedic Lifestyle Consultant Training and actively implements Ayurveda into their lives
- An individual who has obtained this certificate works may offer Ayurvedic wellness services to their clients
- This scope of practice emphasizes education on the prevention of imbalances and the promotion of wellness on all levels of being, using the life-enhancing modalities and philosophy of Ayurveda.
- Approaches include appropriate dietary, lifestyle, yoga, meditation, and health-promoting herbal recommendations.
- This certificate allows for designing preventive health routines for self and clients.
- Assessment tools are used and enabled to determine Prakriti, an individual's body and mind, and the balanced and unbalanced states of the doshas, ama / agni, dhatus, and malas.
- Those who have obtained this certificate do not practice conventional medicine.
- They do not diagnose or treat diseases.

Ayurvedic Practitioner - AP

Scope of Practice

- An individual who has obtained an Associate in Ayurvedic Medicine degree or certificate may provide guidance to individuals with imbalances.
- They construct health interventions through the traditional principles and practices of the Ayurvedic way of life.



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- Their scope of practice emphasizes education on imbalances and on regaining wellness on all levels of being, using the modalities and philosophy of Ayurveda.
- They must have completed Ayurvedic Lifestyle Consultant's training with additional education on theory and critical thinking about the body's pathophysiology and imbalances.
- They utilize personalized diets, lifestyle coaching, yoga and meditation instruction, and the use of herbs and oils using an Ayurvedic approach. They use assessment tools to determine the Vikriti (imbalances) of an individual's body and mind; they work to realign unbalanced states of the doshas, ama / agni, dhatus, and malas.
- They have formal educational training as a BA / BS and have developed critical thinking skills over several years of training and evaluation from Ayurvedic experts.
- This individual is the ideal person to visit if someone is looking for a coach to guide him/her through a general wellness routine, design an individually tailored health routine, and coach the client according to Ayurvedic principles.
- This individual does not practice conventional medicine.
- They do not diagnose or treat diseases.

Ayurvedic Doctor – AD

Scope of Practice

- An individual who has obtained a Bachelor in Ayurvedic Medicine & Surgery (BAMS) may provide in-depth guidance to individuals with imbalances using the modalities and philosophy of Ayurveda.
- Their scope of practice includes constructing health interventions and providing education about imbalances using the traditional principles and practices of the Ayurvedic way of life.
- They understand pathophysiology and can work alongside modern medical practitioners.
- They have formal education at a Bachelor's degree level and have developed critical thinking skills over several additional years of training and evaluation in clinical Ayurveda.



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- They have completed both previous levels of Ayurvedic training and additional theory and clinical experience for understanding how to manage imbalances.
- They can manage diseases and understand the USA, Canada & Europe based laws needed to adapt their practice to providing care legally using only the modalities available in their locale.
- This individual does not practice conventional medicine.

Doctor of Ayurvedic Medicine – DAM

Scope of Practice

- An individual who has obtained a Master's in Ayurvedic Medicine may provide in-depth guidance to individuals with imbalances using the modalities and philosophy of Ayurveda.
- Their scope of practice includes constructing health interventions and providing education about imbalances using the traditional principles and practices of the Ayurvedic way of life.
- They understand pathophysiology and can work alongside modern medical practitioners.
- They have formal education at a Master's degree level and have developed critical thinking skills over several additional years of training and evaluation in clinical Ayurveda.
- They have completed both previous levels of Ayurvedic training and additional theory and clinical experience for understanding how to manage imbalances.
- They have additional in-depth knowledge within their field of specialization.
- They can manage diseases and understand the USA, Canada & Europe-based laws needed to adapt their practice to providing care legally using only the modalities available in their locale
- This individual does not practice conventional medicine.

Integrative Ayurvedic Doctor – IAD

Scope of Practice

- An individual who has obtained the Ayurvedic Practitioner training in Ayurvedic Medicine may provide guidance to individuals with imbalances.



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- They construct health interventions through the traditional principles and practices of the Ayurvedic way of life.
- Their scope of practice emphasizes education on imbalances and on regaining wellness on all levels of being, using the modalities and philosophy of Ayurveda.
- They must have completed Ayurvedic Lifestyle and Ayurvedic Practitioner training with additional education on theory and critical thinking practice about the body's pathophysiology and imbalances.
- They utilize personalized diets, lifestyle coaching, yoga and meditation instruction, and the use of herbs and oils using an Ayurvedic approach. They use assessment tools to determine the Vikriti (imbalances) of an individual's body and mind; they work to realign unbalanced states of the doshas, ama / agni, dhatus, and malas.
- They have formal educational training as an MD / DO / DC / ND or equivalent training and have developed critical thinking skills over several years of training and evaluation from Ayurvedic experts.
- This individual is the ideal person to visit if someone is looking for a coach to guide him/her through a general wellness routine, design an individually tailored health routine, and coach the client according to Ayurvedic principles.
- This individual does incorporate Ayurvedic medicine in their respective practice to provide the fullest extent of care

Integrative Ayurvedic Researcher – IAR

Scope of Practice

- An individual who has obtained the Ayurvedic Practitioner training in Ayurvedic Medicine may provide guidance to individuals with imbalances.
- They construct health interventions through the traditional principles and practices of the Ayurvedic way of life.
- Their scope of practice emphasizes broad range integrative research and development incorporating various aspects of life and different herbs and herbal formulations.
- They must have completed Ayurvedic Lifestyle and Ayurvedic Practitioner training with additional education on theory and critical thinking practice about the body's pathophysiology and imbalances.

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- They have formal educational training as a PhD in health sciences.
- Those who have obtained this certificate do not practice conventional medicine.
- They do not diagnose or treat diseases.

Specialty Training Levels:

- 1. Ayurvedic Food and Nutrition Consultant – A.F.N.C.**
1000 hours total: 500 specialty training hours + Pre-requisite Ayurvedic Lifestyle consultant 500 hours
- 2. Ayurvedic Panchakarma Technician / Therapist - A.P.T.**
1000 hours total: 500 specialty training hours + Pre-requisite Ayurvedic Lifestyle consultant 500 hours
- 3. Ayurvedic Marma Therapist – A.M.T.**
1000 hours total: 500 specialty training hours + Pre-requisite Ayurvedic Lifestyle consultant 500 hours
- 4. Ayurvedic Yoga Therapist – A.Y.T.**
1000 hours total: 500 specialty training hours + Pre-requisite Ayurvedic Lifestyle consultant 500 hours
- 5. Ayurvedic Doula Therapist – A.D.T.**
1000 hours total: 500 specialty training hours + Pre-requisite Ayurvedic Lifestyle consultant 500 hours
- 6. Ayurvedic Polarity Therapist – A.P.T.**
1000 hours total: 500 specialty training hours + Pre-requisite Ayurvedic Lifestyle consultant 500 hours
- 7. Ayurvedic Herbalist – A.H.**
1000 hours total: 500 specialty training hours + Pre-requisite Ayurvedic Lifestyle consultant 500 hours
- 8. Ayurvedic Pharmacist – A.Ph.**



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1000 hours total: 500 specialty training hours + Pre-requisite Ayurvedic Lifestyle consultant 500 hours

9. Ayurvedic Psychology Consultant – A.P.C.

1000 hours total: 500 specialty training hours + Pre-requisite Ayurvedic Lifestyle consultant 500 hours

10. Ayurvedic Spa and Beauty Therapist - A.S.B.T.

1000 hours total: 500 specialty training hours + Pre-requisite Ayurvedic Lifestyle consultant 500 hours

11. Vedic Vastu Consultant – V.V.C.

1000 hours total: 500 specialty training hours + Pre-requisite Ayurvedic Lifestyle consultant 500 hours

12. Vedic Astrology Consultant - V.A.C.

1000 hours total: 500 specialty training hours + Pre-requisite Ayurvedic Lifestyle consultant 500 hours

13. Meditation and Spirituality Instructor – M.S.I.

1000 hours total: 500 specialty training hours + Pre-requisite Ayurvedic Lifestyle consultant 500 hours

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- Dr. Vaishali Verma (Clinical), Washington, USA
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- Dr. Abhijit H Joshi, Pune, Maharashtra, India
- Dr. Nitin Agrawal, New Delhi, India
- Dr. Nitin Shah, Toronto, Canada

We conducted a webinar meeting on March 4, 2021, 4:00 pm – 6:00 pm (EST) with 215 registrants had a conversation and discussion of accreditation of Ayurveda training as per the guidelines of Rashtriya Ayurveda Vidyapeet (RAV) (National Academy of Ayurveda) in various countries.

Recommendations, suggestions, and comments from the webinar participants are:

1. *Various levels of Ayurveda training and practice will help to undergo more people to understand the principles of Ayurveda in western countries.*
2. *Establishing AYUSH Chairs in every Consulate General through Ministry of External Affairs.*
3. *Bridge Program for training Ayurvedic Professionals in non-clinical and clinical settings. Internship programs sites after education to qualify for Registration, certification, and licensure in their respective countries.*
4. *Regulatory guidelines for monitoring Ayurvedic professionals and the use of Ayurvedic medicines in a safe way.*
5. *Providing more short term and long term side effects of Ayurvedic medicine and provide on AYUSH website*
6. *It is a very needful step to flourish the knowledge of Ayurveda globally.*
7. *There is also a need for a regulatory body to regulate education, training, and practice in different parts of the world.*
8. *Each country is unique and must adapt the education to what stands as the legal climate for the profession of Ayurveda.*
9. *There are also capacity issues for schools regarding clinical training components of the education that are restricted state by state.*
10. *There should be one committee for deciding the ' One Academic Curriculum" for the different Ayurvedic courses learning levels.*



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11. *Our basic and new formulated medicines should be allowed "legally" to use in all the countries where the Ayurvedic Institutions are, as they are permitted in India.*
12. *All the Ayurvedic-related courses, practices, and new developments should be applied equally in different countries all over the world at the same time to avoid confusion.*

Copy:

1. Honorable Shri Narendra Modi, Prime Minister, Government of India
2. Honorable Sri. Shripad Yesso Naik, Minister of State (Independent charge), AYUSH Ministry, Government of India
3. Vaidya Rajesh Kotecha, Secretary, AYUSH Ministry, Government of India
4. Vaidya Manoj Nesari, Advisor, AYUSH Ministry, Government of India
5. Vaidya Kartar Singh Dhiman, Director General, CCRAS, Government of India
6. Vaidya JLN Sastry, CEO, National Board of Medicinal Plants, AYUSH Ministry, Government of India
7. Vaidya. Jayant Deopujari, Chairperson, Central Council of Indian Medicine, AYUSH Ministry, Government of India

-End-