



Association of Ayurvedic Professionals of North America, Inc. U.S.A.

Ayurvedic Herbalist (A.H.) Curriculum

This training program is based on the guidelines of the World Health Organization (WHO) Benchmarks for training in traditional / complementary and alternative medicine: benchmarks for training in Ayurveda & Government of India, Ministry of Health & Family Welfare, Department of Ayurveda, Yoga, Naturopathy, Unani, Siddha and Homeopathy (AYUSH), New Delhi, India. (Reference Number: D.O. NO. 480 /Adviser (Ayurveda) / 2009, May 1st, 2009)

Minimum Requirement:

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

Scope of Practice:

- An individual well versed in various herbs, both western and Ayurvedic, and their incorporation in health and well-being
- Know about various herb-drug and herb-herb interactions,
- Know each herb's Rasa, Guna, Veerya, Vipaka, Prabhava, and Karma
- Understand effects of various herbs on Doshas, Dhatus, Malas, Srotas, Agni, Ama
- Understand the various herbs' subtle energies, such as Sattva, Rajas, Tamogunas
- Thorough toxicological knowledge of various herbs

Syllabus for Ayurvedic Herbalists Program:

1. Introduction to Dravya Guna Shastra
2. Understanding Herbology from East and West
3. The manifestation of consciousness into plants
4. Background of ayurvedic medicine
 1. Philosophical background (Shad Darshana)
 2. Three Gunas
 3. Five Elements
 4. Three Doshas
 5. Seven Dhatus
 6. Ojas
 7. Five Pranas
 8. Srotas
 9. Prana, Tejas, Agni and plants
5. Concept of Dravya
6. Concept of Guna
7. Concept of Rasa
8. Concept of Vipaka
9. Concept of Virya



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10. Concept of Prabhava
11. Relationship of Rasaadi Gunas (Rasa Panchaka)
12. Concept of Karma
13. Description of six tastes
14. Management of individual constitutions (dosha)
 1. Management of Vata
 2. Management of Pitta
 3. Management of Kapha
 4. Detoxification / Management of Aama
15. Herbal Therapeutics:
 1. Alterative herbs (Rakta Shodhana karma)
 2. Anti-parasitical and anthelmintic herbs (Krimighna karma)
 3. Astringent herbs (Sthambhana karma)
 4. Bitter tonic and antipyretic herbs (Jwaraghna karma)
 5. Carminative herbs (Vata Anulomana)
 6. Diaphoretic herbs (Swedana Karma)
 7. Diuretic herbs (Mutrala Karma)
 8. Expectorant and demulcent herbs (Kaasa – Swasahara)
 9. Laxative and purgative herbs
 10. Nervine herbs
 11. Anti-spasmodic herbs
 12. Stimulant herbs
 13. Digestive herbs
 14. Tonics
16. Botanical classification and different groups of herbs used in ayurveda
17. Nomenclature, soil types, collection of herbs, preservation methods and measurements
18. Impurities in herbs and their purification methods
19. Ideal herb: Parts used, herb combinations, incompatible herbs, posology, anupana (vehicle), times of herb administration, routes of herb administration and recommendation of herbs
20. Brief history of Dravya Guna in Vedas and Samhitas
21. Knowledge about various Nighantus and their authors, Dravya Guna books by modern authors
22. Commonly used herbs in ayurveda –
 1. Agarū
 2. Agnimantha
 3. Ahiphena
 4. Ajamoda
 5. Amalaki
 6. Apamarga



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7. Aparajita
8. Aragvadha
9. Ardhraka
10. Arjuna
11. Arka Dwaya
12. Ashoka
13. Ashwagandha
14. Ativisha
15. Bakuchi
16. Bala Dwaya
17. Bhallataka
18. Bhanga
19. Bharangi
20. Bhringaraja
21. Bilva
22. Brahmi
23. Brihati
24. Chandana
25. Changeri
26. Chitraka
27. Dadima
28. Dalchini
29. Danti Moola
30. Daru Haridra
31. Devadaru
32. Dhanyaka
33. Dhataki Pushpa
34. Dhattura
35. Drona Pushpi
36. Ela Dwayam
37. Eranda
38. Gambhari
39. Gandha Parasarini
40. Ghrita Kumari
41. Gokshura
42. Guduchi
43. Guggulu
44. Haridra
45. Haritaki
46. Hingu



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47. Indravaruni
48. Jambu
49. Jatamansi
50. Jatiphala
51. Jiraka
52. Jyotishmati
53. Kanchanara
54. Katakari
55. Kapikacchu
56. Karaveera
57. Karnja
58. Karpoora
59. Kartaka Sringi
60. Katuki
61. Khadira
62. Kirata Tikta
63. Krishna Jiraka
64. Kupeelu
65. Kushmanda
66. Kushta
67. Kutaja
68. Lata Karanja
69. Lavanga
70. Lodhra
71. Madanaphala
72. Manduka Parni
73. Manjishta
74. Maricha
75. Misreya
76. Mustaka
77. Naga Bala
78. Naga Kesara
79. Nimba
80. Nimbuka
81. Nirgundi
82. Palandu
83. Palasa
84. Paraseeka Yavani
85. Patala
86. Patha



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87. Patola
88. Pippali
89. Pippali Moolam
90. Prsni Parni
91. Punarnava
92. Pushkara mula
93. Rasona
94. Saala
95. Sali Parni
96. Salmali
97. Sankhapushpi
98. Sapta parna
99. Sara punkha
100. Sariva Dwaya
101. Sarpagandha
102. Satapushpa
103. Satavari
104. Sigru
105. Sirisha
106. Syonaka
107. Talisa Patra
108. Tejohva
109. Trivrit
110. Tulasi
111. Tugaraka
112. Udumbara
113. Usira
114. Vacha
115. Varuna
116. Vasa
117. Vatsanabh
118. Vibhitaki
119. Vidanga
120. Yasti Madhu
121. Yavani
122. Yavasa

23. Commonly Used Western Herbs

1. Aloe
2. Barberry



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3. Basil
4. Bayberry
5. Burdock
6. Cayenne pepper
7. Chamomile
8. Comfrey
9. Dandelion
10. Echinacea
11. Elecampane
12. Flaxseed
13. Gentian
14. Goldenseal
15. Hawthorn berries
16. Hibiscus flowers
17. Horsetail
18. Irish Moss
19. Juniper berries
20. Marshmallow
21. Mint
22. Mugwort – *Artemesia vulgaris*
23. Mullein - *Verbascum*
24. Myrrh
25. Nutmeg
26. Parsley
27. Pennyroyal
28. Pomegranate
29. Poppy seeds
30. Prickly ash
31. Psyllium
32. Raspberry
33. Red clover
34. Rhubarb
35. Rose flowers
36. Saffron
37. Sage
38. Sarsaparilla
39. Senna
40. Skullcap
41. Slippery elm
42. Solomon's seal



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43. Valerian
44. Wild cherry bark
45. Yarrow
46. Yellow Dock
24. Herbs – Contraindications and drug interactions
25. Herbs to be used with caution
 1. Due to potential allergic response
 2. Due to potential photosensitizing effect
 3. Due to local irritant effect when fresh
 4. In acute inflammation of the urinary tract
 5. In gastrointestinal irritation
 6. In hypothyroid conditions or euthyroid goiter
 7. Due to potential adverse effects
26. Herb / Drug interactions
 1. Modifying intestinal absorption of medicines
 2. Potentiating cardio tonic medicines
 3. Potentiating sedative or tranquilizing medicines
 4. Modifying blood sugar in insulin dependent diabetics
 5. Modifying the effects of anticoagulants
 6. Concerning incompatible gastrointestinal tract medications
 7. Modifying enzyme activities in metabolic conversions
27. Herbs contraindicated for mothers and children
 1. During pregnancy
 2. While breast feeding
 3. In children
28. Vitamin / mineral / drug interactions
 1. Drug and mineral interactions with vitamin supplements
 2. Drug and vitamin interactions with mineral supplements

Recommended books to study:

1. J.L.N. Sastry, BAMS, MD (Ayurveda), PhD (Ayurveda) - Dravyaguna Vijnana, Chaukhambha Orientalia, Volumes I – IV, Varanasi, India 2007
2. David Frawley & Vasant Lad, BAMS, MAMS – The Yoga of Herbs, Lotus Press, Santa Fe, NM, USA 1996
3. Francis Brinker, ND, Herb contraindications & Drug interactions, Eclectic Medical Publications, Oregon, USA 2001
4. Vishnu Dass, B.A., L.M.T., Ayurvedic Herbology East & West: An Ayurvedic Approach to Medicinal Herbs, Lotus Press, Santa Fe, NM, USA 2013
5. Bharat B. Aggarwal, PhD – Healing Spices, Sterling Publishing, New York, USA 2011



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6. Quick Access – Professional Guide to Conditions, Herbs & Supplements, Integrative Medicine Communications, Newton, MA 2000
7. Vaidya V.M.Gogte, Ayurvedic Pharmacology & Therapeutic uses of medicinal plants, Bharatiya Vidya Bhavan, Mumbai, India 2000
8. Prof. K.R. Srikantha Murthy, Bhavaprakash of Bhavamisra Volume 1 & 2, Chowkhamba Krishnadas Academy, Varanasi, India 2004

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