



AUSTRALASIAN INSTITUTE OF  
AYURVEDIC STUDIES

*Learn with Intention. Serve with Dedication.*

- RTO:31464 -

March 2025 HLT52615 Intake

# Diploma in Ayurvedic Lifestyle Consultation

Blended Learning - Flexible Delivery



NATIONALLY  
RECOGNISED  
TRAINING



Australian  
Qualifications  
Framework 

## Course Overview

The purpose of this training program is to provide skilled Ayurvedic Lifestyle Consultants to the Complementary Health Sector through a Nationally (Government) recognized qualification. Graduates are able to apply traditional Ayurvedic health assessment and therapeutic strategies and therapies in a workplace setting for the promotion of health maintenance and the prevention of disease. This qualification is suited to those looking to create their own business, offering Ayurveda services or work in existing complementary health centers. The qualification also provides current healthcare professionals with additional expertise and unique skills in Ayurvedic healthcare.



*“Dear Dr. Ajit, it was a great  
pleasure to meet you  
during my recent visit to  
Brisbane. It was nice to see that  
your Academy is producing good  
Ayurvedic Practitioners.”*

*- Dr. A.M. Gondane*  
Indian High Commissioner

## Graduate Profile

Graduates of this qualification will be able to:

- Operate their own Ayurveda health clinic/consultancy.
- Apply traditional Ayurvedic therapeutic principles and develop healthcare strategies for health restoration including diet, herbs, Ayurvedic emotional healing, and meditation.
- Provide unique Ayurvedic therapies: Shirodhara, Kati Basti, Abhyanga, and Marma point work.
- Apply administrative skills within a healthcare clinic and comply with health and safety procedures
- Demonstrate Ayurvedic principles as the foundation of professional practice and promote these to clients and the wider community.



*“I have enjoyed the Ayurvedic massage class. It’s really beautiful and so beneficial for our health. I have felt that in class, I was in a family where all are treated as family members. It was a really wonderful environment. Thanks for your effort and support.”*

*– Manju*

## Education Pathway

This Diploma in Ayurvedic Lifestyle Consultation HLT52615 will be the pre-requisite qualification for students wishing to enter the HLT62615 Advanced Diploma Ayurveda. Graduates of Diploma (HLT52615) can further their knowledge and skills through enrolling in the Advanced Diploma in Ayurveda (HLT62615). There are also possibilities available towards streaming into the Higher Education sector.

## Employment Pathway

With the Nationally Recognised Diploma in Ayurvedic Lifestyle Consultation HLT52615 you can set up your own Ayurvedic Business. Graduates of this qualification will have the skills and knowledge to provide Ayurvedic healthcare to the community, either in self-managed practice, as a member of a team within a multi-modality clinic or through community healthcare Practices.



*“Having dealt with some  
vaidyas / doctors and  
organisations in India has  
only made me appreciate  
more & more what Dr Ajit  
offers and has achieved.”*

*- Adam*



## Eligibility, Enrolment Dates & Costs

**DURATION** - 18 months (of content delivery) NB: for domestic students only.

**ENTRY CRITERIA** - Applicants must be 17 years of age at the time of application.

**ENROLMENT FEE** - \$500.00 (non-refundable)

**TUITION FEES** - \$17,860.00 (payment made by monthly instalments)

NB: Cost of air travel, lodging and meals for on-campus Workshops not included

**ENROLMENTS CLOSE** - 31st January, 2025

**CLASSES COMMENCE** - 5th March 2025, or from the date that the student first receives the learning material. Weekly webinar every Wednesday (as per course timetable).

**This Diploma in Ayurvedic Lifestyle Consultation HLT52615 is the pre-requisite qualification for HLT62615 Advanced Diploma Ayurveda**

Dr. Ajit providing valuable up-close Ayurvedic physical assessment observations in class.





*“ Dr Ajit, I just wanted to say, I really enjoyed this first substantial lecture on Ayurveda. You explain things really well. I appreciate the way you address potential doubt/skepticism. Your explanations appeal to the scientific mind as well as the philosophical mind. The examples that you give also make it even clearer. Thank you so much.*

*– Sandra*

## Course Delivery

Blended delivery (online and face-to-face) extended over 18 months (not including Semester breaks and certain Public Holidays).

The AIAS **initiated** and **developed** the blended delivery (a 'flexible' method of providing Ayurvedic education) of authentic Ayurveda in Australia. Consequently, the AIAS has been the **leader** in this area of Ayurvedic learning in Australia. Blended delivery is an interactive delivery model that is sensitive to the needs of modern students. The Course has been developed over decades to both meet the needs of diverse students, learning from across Australia. Ayurveda is a unique area of study and requires a significant teacher and well designed and thorough program of learning. Dr. Ajit B.A.M.S, takes this matter very seriously and has been involved in leading the standards in Ayurvedic Education locally and Internationally, including being selected as the Australasian representative at the 2018 WHO working group meeting, benchmarking standards in

Ayurvedic Practice and Education in Jaipur (India). The Institute's blended delivery of course content includes online and face to face classes and provides a minimum of 200 hours of supervised clinical training.





**World Health  
Organization**

20, AVENUE APPA - CH-1211 GENEVA 27 - SWITZERLAND - TEL CENTRAL +41 22 791 2111 - FAX CENTRAL +41 22 791 3111 - WWW.WHO.INT

Tel direct: +41 22 791 3608  
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E-mail: MeetingTRM@who.int

**Dr. S. Ajit**  
CEO,  
Planet Ayurveda Wellness Center,  
Auckland  
New Zealand

In reply please refer to:

Your reference:

Date: 2<sup>nd</sup> October 2018

Dear Dr. S. Ajit,

WHO WGM for developing the WHO documents, Benchmark for Practice in Ayurveda, Benchmark for Practice in Unani, and Benchmark for Practice in Panchakarma: Jaipur, India, 17-19 September 2018.

I would like to thank you very much for attending the above-mentioned World Health Organisation (WHO) working group meeting. I also wish to express my sincere appreciation for your valuable contribution in the development of the first drafts of the documents.

Your presence, suggestions, and observations during this WHO meeting has been of great merit and importance to us. I therefore would like to express my heartfelt gratitude for this invaluable contribution of yours in the successful conduct of this meeting.

I look forward to continued collaboration in our current and future work in the field of traditional medicine.

Yours sincerely,

**Dr Zhang Qi**  
Coordinator  
Traditional, Complementary, and Integrative Medicine  
Service Delivery and Safety

## 1ST YEAR

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- Weekly 'live' webinar with Professor, Vaidya Ajit, B.A.M.S (Thursday evenings)
- 

- 3 x weekend Intensives (8:30 am through 6:00 pm, on-campus)
- 

- 1x seven-day 'Practicum' training workshop (on-campus)
- 

- Weekly online directed self-study

## 2ND YEAR

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- Weekly 'live' webinar with Professor, Vaidya Ajit, B.A.M.S (Thursday evenings)
- 

- 2 x weekend Intensives (8:30 am through 6:00 pm, on-campus)
- 

- 1 x seven-day - 'Practicum' training workshop (on-campus)
- 

- Weekly online directed self-study



*“It is always a pleasure to come to the institute and meet you all. It is like coming to a second home. After every visit, I feel empowered, motivated and comforted. Ayurveda is an intense lifelong learning and you all are supporting and encouraging us in every possible way. I do not have words to express my gratitude.”*

*- Bharati*

## Why choose the Australasian Institute of Ayurvedic Studies?

A.I.A.S is a Registered Training Organisation (R.T.O #31464), providing Government recognised qualifications in Ayurveda. You will study a program designed, guided and assessed by an accredited Ayurvedic Physician, Professor, Vaidya Ajit (B.A.M.S, P.C.A.S) senior Ayurvedic **Clinical Practitioner** in Australasia, who has worked for the Government of India for 20 years and practiced Ayurveda for over 40 years. You will study authentic Ayurveda as a holistic science with the necessary theoretical and practical skills.

You will learn **how to apply the principles to your own life** with the opportunity to improve and transform your own personal life and then be able to share the practice with your clients. You will receive mentorship from Professor, Vaidya Ajit (B.A.M.S, P.C.A.S) who has been a powerful force in guiding the development of Ayurveda in Australasia, and who knows clearly what must be taught to a new generation of Ayurvedic Practitioners, outside of India. **You can study with us from anywhere in Australia!** The multi-modal, flexible course delivery allows people to study with Professor, Vaidya Ajit (B.A.M.S, P.C.A.S) and qualify in Ayurveda, from across the country.

The course offers maximum hours in both theory and practical subjects and both online and face-to-face training. The AIAS faculty works diligently to spread Ayurveda and was a collaborator with the 8th World Ayurveda Congress, December 2018 in Ahmedabad, India.



*“I still cry whenever I unexpectedly see a photo of Dr Ajit... because of his dedication and passion for Ayurveda... his love of God... the panchakarma with him changed my life.”*

*- Maria*

## Senior Lecturer, Professor, Vaidya S. Ajit (B.A.M.S, P.C.A.S)

Vaidya Ajit is an 'Ayurvedacharya', a graduate of the Government Ayurvedic Medical College, University of Patiala, in North India. In India, Vaidya Ajit worked in general practice and as a Panchakarma Specialist, was a lecturer at several Ayurveda Colleges and was also a permanent employee of the Government of India as an Ayurvedic Medical Officer, spanning 20 years.

Vaidya Ajit is the senior and most experienced Ayurvedic Clinician in Australasia and a leader in the field of Ayurveda outside of India, where he has campaigned tirelessly in an effort to create high standards in the learning of Ayurveda.

Vaidya Ajit is currently the CEO of the International Council of Ayurvedic Medicine Inc. (ICAM), an organization established to standardize and streamline the educational, teaching and regulatory standards for Ayurvedic practice in the world outside of India. Vaidya Ajit was also founding Patron of the Australasian Ayurvedic Practitioners Association (A.A.P.A) and past and founding president of Australasian Ayurvedic Practitioners Association (New Zealand), both professional bodies for Ayurvedic Practitioners. He has been instrumental in raising the profile of Ayurveda in Australasia, not only through his teaching and practice but through his numerous speaking engagements, media work and meetings with Government officials. His efforts have been recognised with a number of awards, including a Lifetime Achievement Award from the New Zealand Charter of Health Practitioners.



## Financial Considerations

There is no VET Student Loan available for Ayurveda Courses In Australia (VET Student Loans is an Australian Government loan scheme to assist eligible students studying diploma level and above qualifications to pay their tuition fees).

Consequently, the Ayurveda courses are self-funded in Australia. Students need to consider their ability to meet the costs of the course. The AIAS makes **instalment plans available** so as the cost of the course can also be spread out over the duration of studies.

The AIAS is confident in the value provided in its course offerings. No student at A.I.A.S has ever questioned the value provided in our courses and are often totally amazed at the content.



*“Dearest Dr Ajit, Thank you so much for your dedication and passion towards teaching the sacred and essential science of Ayurveda. I highly respect and appreciate your view and approach with Ayurveda – and the relevant way that you apply it in the western and modern world. Your generosity and energy towards teaching has provided me with knowledge that I will hold onto and share with the world.”*

*- Dylan*



## Course Delivery Elements

**Webinars:** Through the Internet, online webinars create a 'virtual classroom' on your computer. Even though you are in the comfort of your own home, you can enjoy the benefits of interaction with your teacher and fellow students. You can see your lecturer, Professor, Vaidya Ajit (B.A.M.S, P.C.A.S) and listen to him demonstrate and lecture while you highlight your course module notes and participate in class discussions, just as you would in any classroom setting. This online delivery of theory lectures has greatly helped out interstate students and full time workers access traditional Ayurvedic study in a modern setting. **You will require a desktop or laptop computer to undertake this course.**





**Weekend Seminars (Intensives) and Practicums:** Your teacher, Professor, Vaidya Ajit (B.A.M.S, P.C.A.S) is a senior Ayurvedic Clinician and the most experienced Ayurvedic lecturer in Australia.

Dr Ajit will personally lead several weekend Intensives and be involved in practical training workshops at our Brisbane Campus, (121 Mains Rd, Sunnybank) to delivery and assess the practical skills requirements of the qualification. These weekends are a vital component of the course, where you will learn to apply the knowledge delivered through your webinars.

Because of the way the program builds on the knowledge taught over these weekends, you must attend each of these workshops. Missing one of these weekends will mean you will not be able to complete the qualification in your current enrolment. In such cases, you would need to withdraw from your course of study and seek re-enrolment in a future program. For this reason, the Institute recommends students **plan carefully before committing to study** to ensure they can complete their qualification in the required time-frame.



## Student feedback after attending an AIAS Weekend Intensive and Practicum:

"I really want to tell you I did Ayurvedic massage last evening on my mother in law and I'm so excited with the result. She is 70 with lower back issues in the L3/L4 region and the C6/C7 area, which is what we covered in class plus some stiffening and congestion in the spine especially the upper thoracic spine. She said she's never experienced that ever and she goes for regular massages and did a massage therapy course herself a few years ago. I followed protocol and (she) said it was the best .... I had to wake her to turn her over but she said after the head massage she was so clear, mentally clear and felt great. This morning she woke up telling me she had the best sleep and less aches and pains and stiffness and is so amazed, happy and grateful for the treatment. She said the spinal strokes felt so good and she became aware of other tender areas she didn't know she had. I'm going to do the Kati Basti on her tomorrow night after she comes home from work."

- *Kerrie*

"(Dr Ajit) thank you so much for teaching and inspiring me to live healthy. Your honesty is overwhelming. I never met a person like you in my life and I am honoured to know you. The course was wonderful and really enjoyable."

- *Malini*

"Thank you so much! Always come away buzzing with excitement from these weekends!"

- *Martin*



### Pulse Diagnosis

Place the fingers gently on the client's wrist. Feel the qualities under each finger. They should be:

- Index: Smooth, like silk, not too
- Middle: Spring, like a bowstring, not too
- Ring: Thick, spreading, heavy, firm, not too

## Course Detail

In Australian V.E.T Qualifications, a qualification is comprised of 'Units of Competency' from the National Health Training Package. There are two areas of Competencies:

**1. Specialisation Units of Competency** (specific to traditional Ayurveda)

**2. Common Unit Competencies** (competencies outside of traditional Ayurveda, designed to provide professional knowledge and skills related to assessing the body from a western point of view, running your own business and compliance with various regulations).

## Breakdown By Unit

Diploma in Ayurvedic Lifestyle Consultation HLT52615 qualification consists of 18 'Units of Competency' from the Health Training Package.

### HLTAYV001 - Develop Ayurvedic practice

This unit delivers the practical skills and knowledge required to establish the foundation of an Ayurvedic Practice, including:

- The understanding of 'Ayurvedic Metaphysics' and the impact of non-physical dimensions of life at the 'nano-levels' of the human body
- How these non-physical aspects of life play a role in pathology

UNIT CODE	UNIT TITLE	NOTES
HLTAYV001	Develop Ayurvedic practice	See page 24
HLTAYV002	Make Ayurvedic lifestyle assessments	See page 28
HLTAYV003	Provide Ayurvedic bodywork therapies	See pages 30
HLTAYV004	Provide Ayurvedic lifestyle advice	See page 35
HLTAYV005	Provide advice on Ayurvedic nutrition	See page 37
BSBSMB403	Market the small business	See page 39
BSBSMB404	Undertake small business planning	See page 39
BSBSMB405	Monitor and manage small business operations	See page 39
BSBSMB406	Manage small business finances	See page 39
CHCAGE001	Facilitate the empowerment of older people	See page 39
CHCCOM006	Establish and manage client relationships	See page 40
CHCDIV001	Work with diverse people	See page 40
CHCLEG003	Manage legal and ethical compliance	See page 40
CHCPRP003	Reflect on and improve own professional practice	See page 40
HLTAAP002	Confirm physical health status	See page 40
HLTAID011	Provide First Aid	See page 40
HLTINF004	Manage the prevention and control of infection	See page 40
HLTWHS004	Manage work health and safety	See page 40



## HLTAYV001- Develop Ayurvedic practice (continued)

- The impact of this Metaphysical understanding at physical, mental and emotional levels.
- Importance of three biological energies (doshas) in human anatomy and physiology; The understanding of the biological forces working at the 'nano-level' in each cell and in physical and mental states of the human experience.
- The concept of Prakruti or body type and the role this principle plays in disease manifestation and wellbeing; How to implement the principle of Ayurvedic 'body-typing' to achieve total wellbeing at each level and each stage of human life.
- The impact of three biological forces at the level of our RNA and DNA; Understanding the sub-types of biological forces ('sub-doshas') and the role they play in treatment of pathologies; The impact of aggravated biological forces at physical and mental levels.
- The essential practices of Ayurvedic Daily and Seasonal Routines (Dinacharya) and what impact they have in preventing disease manifestation and the purification process in our wellbeing.
- The impact of three biological forces at hormonal levels and other physical aspects of human body.
- Relating the theory of the Three Doshas to western anatomy and physiology.
- The role of Bodily Intelligence in one's wellbeing and the factors that play a role in bringing dis-harmony in bodily intelligence; Recognising when one's bodily intelligence is disturbed, at what level and how to restore the balance.
- Understanding of 'Three Gunas' and their impact at the neurological level; Identifying the factors that can disturb the rhythm of these three gunas and impact they leave on our wellbeing.



- The principle of the 'Seven Dhatus' from the Ayurvedic perspective; how the tissues get formed and byproducts of tissue metabolism; Factors that impact on tissue metabolism; Signs and symptoms of optimum state of tissues; Impact of three biological forces on tissue metabolism.
- Understanding of the various Channel Systems ('srotamsi') in the body and the impact of various imbalances in channels on physical and mental wellbeing.
- Role of doshas in channel imbalances; Role of daily and seasonal routines in cleaning the channels; Factors responsible creating imbalances in the channels, Types of imbalances taking place in these channels; Signs and symptoms of imbalances in channels.
- Concept of Agni; Various forms of Agni; Signs and symptoms of optimal Agni as well as impact of imbalanced state of Agni on wellbeing.
- Correlation of tissue Agni (Dhatu Agni) and Jathara Agni; Correlation of Jathara Agni and cellular Agni; Correlation of Jathara Agni and mind.
- Factors that restore balance at cellular Agni levels.
- Understanding of the concept of Ama in Ayurvedic physiology; Correlation of ama with free radical substances from western perspective; Factors responsible in forming Ama in the body; Signs of Physical Ama and Mental Ama.
- How Pathological processes take place in disease formation once Ama gets produced.



## HLTAYV002 - Make Ayurvedic lifestyle assessments

This unit delivers the skills and knowledge required to assess client needs in the context of an Ayurvedic Lifestyle assessment framework, including:

### Ayurvedic Psychology

- Comparative understanding of Ayurvedic Psychology with Western Psychology.
- Principles of Ayurvedic Psychology.
- Identifying the role of various components of the mind and the role they play in the mental process.
- How to assess the state of mind of an individual and the role that this determination plays in structuring a treatment protocol for the client.
- How Ayurvedic 'Medhya' herbs help to correct various mental problems at deep cellular level and not just symptomatic.

### Ayurvedic Holistic Counselling

- Understanding the key factors that help to structure Ayurvedic Counselling for your client; Comparative understanding of Ayurvedic Counselling and Western Counselling approaches; Key steps in Ayurvedic Counselling that enhance clinical efficacy.

### Ayurvedic Meditation

- The effect of Chit Yog Sadhana programme on cleaning the state on mind; The Chit Yog Sadhana program: How it works and what is its importance.
- Ashta Vidha Pariksha (Classical 8-fold diagnosis cited in Ayurvedic Granthas).
- Pulse, Tongue, Faeces, Urine, Sound, Touch, Facial expression, Eyes.
- Dasha Vidha Pariksha (Classical 10-fold diagnosis cited in Ayurvedic Granthas).
- Body type, Pathological condition in Dosha, Strength of tissues, Compactness, Proportion, Homologation, State of Mind, Digestive Capacity, Capacity for work, Age.

At the AIAS all students are inducted into an ancient, Mental- Emotional Healing program which has the potential to radically reorient one's life. Once implemented into one's daily life, this program becomes what is known as a Sadhana. It is the foundation for clearing so much mental debris and results in a renewed sense of inner clarity and purpose.

*“the root cause of mental  
ill-health is to go against  
the verdict of our inner voice”*

*- Ayurvedic Vaidyaraj  
Pt Ramnarayan Sharma*

The AIAS makes available to all students such wonderful and to use a much-overused word 'lifechanging' practices which emphasise Ayurveda's far reaching holistic nature, in addressing total health.



## HLTAYV003 - Provide Ayurvedic bodywork therapies

This unit delivers the skills and knowledge required to gather client information, prepare equipment for treatment and then provide and experience Ayurvedic therapeutic treatments, including:

- The importance of unique Ayurvedic bodywork treatments in wellbeing
- Unique Principles of Ayurvedic Massage
- Understanding of various massage strokes - how they relate with the Ayurvedic body type and vikruti; The importance of using specific oils in massage, for specific conditions; Comparative understanding of Ayurvedic Massage with various other forms of massage; How Ayurvedic Massage impacts at the 'nano-level' of physical, mental and emotional wellbeing.
- Understanding of Marma Chikitsa (therapy)
  - How to locate and activate Marma points on the body
  - Signs of a blocked Marma
  - The correlation of Marmas with various channels and tissues.

## Ayurvedic massage and the correlation with the 7 Chakras of the subtle body

- Ayurvedic Musculo-Skeletal treatments
- Principles behind Kati Basti treatment, one of the most unique and effective Musculo-skeletal treatments in Ayurveda.

1 of every 2 people will suffer from lower back or cervical (neck pain) problems at least once in their lifetime. Students will have specific instruction in Kati Basti treatments, and you will also learn how to administer the Nadi Swedna treatment which is a unique herbalised steam that enhances the effectiveness of the Kati Basti treatment exponentially.

- How to structure a protocol for various pathological conditions
- The role of Ayurvedic body work in sports injury management
- How to perform various back treatments for muscular skeletal problems
- Shirodhara treatment
  - The correct procedure of Shirodhara
  - Contra-indications of Shirodhara
  - Side-effects of treatment if not performed correctly
  - The importance of correct oil temperature
  - Importance and dimensions of the thread used in Shirodhara
  - Sequence of treatment of Shirodhara on patient in relation to their biological imbalances
  - The Importance of the Ayurvedic head massage at the end of Shirodhara treatment.





*New!*

## Nadi Swedana Ayurvedic Therapy

A new feature this year, in the Diploma Ayurveda HLT52615 Course, is the introduction of the deep acting 'Nadi Swedana' treatment which when used together with the 'Kati Basti' treatment program, facilitates a much deeper therapeutic impact with respect to the healing of many back pain issues, whether from trauma, disc bulges, arthritis, or muscle strain.

A large percentage of Australians will suffer back pain at some point in their lives, and this trend is only increasing through both excessive sitting and inactivity as well as overexertion. Ayurveda provides very effective, non-invasive, unique treatments (not found in any other healthcare systems) for pain management and rehabilitation.

Kati Basti is a well-established Ayurvedic Therapy for such back problems, from the neck right down to the lower back. But when Kati Basti is followed by the pressurised herbal stem therapy using a Nadi Swedana apparatus, the effect is potentiated many-fold.

While the AIAS has always included Kati Basti training as a part of the Ayurvedic Therapies taught in the Ayurveda Diploma HLT52615, the Institute has now decided to include this additional Nadi Swedana Therapy in the Diploma program to make it more widely available to the public, and to set the graduates up with a highly beneficial and sort after skill.





*“The AIAS really is the Centre of Ayurveda in Australia! I have previously studied nutrition, but never really been taught how to cook and prepare food correctly, so as to be more compatible with our body’s needs. This Ayurvedic cooking intensive was a great learning experience for me.”*

*- A.I.A.S Student, 2021*

*“I am filled with a sense of purpose and realisation that this is my calling for the rest of my life. I feel very fortunate that I have found my path and that within Ayurveda I have a holistic way of living that encompasses all aspects of my life – family, occupation, spirituality, health, relationships, ongoing learning... The enormity of what Dr Ajit has put in place for sincere students of Ayurveda has dawned on me more fully... He has very intelligently designed a course that has layer by layer built up our knowledge through his lectures, his module notes and the assignments, both written and practical. He has enkindled my ‘Agni’ for learning through his questions.*

*- Gita*

## HLTAYV004 - Provide Ayurvedic lifestyle advice

This unit delivers the skills and knowledge required to develop Ayurvedic Lifestyle recommendations based on the outcomes of an existing Ayurvedic health assessment, including:

- Understanding and importance of the 'Six stages of Disease' process.
- Planning a preventative health programme for clients.
- Understanding the Ayurvedic Pathology of various ailments and diseases of various channels ('srotamsi').
- Understanding of the causative factors (Nidan), pre-symptoms (Purva-Rupa), symptoms (Rupa), pathology (Samprapti) and treatment (Chikitsa).
- The importance of Ayurvedic pathogenesis Samprapti) in preventing disease and eliminating the toxins from the body; identifying the kind of Ama being produced in the body.



*“It is the duty of every living being to perform welfare activities for the benefit of others with his life, wealth, intelligence and words. By his work, thoughts and words, an intelligent man must perform actions which will be beneficial for all living entities in this life and the next.”*

*– from the Bhagavad Gita*

## HLTAYV005 - Provide advice on Ayurvedic nutrition

This unit delivers the skills and knowledge required to develop Ayurvedic Dietary/Nutritional recommendations, including:

- The justification of Food as Medicine according to Ayurvedic nutritional principles
- How Ayurvedic Nutrition differs from the western understanding of nutrition
- The Ayurvedic Dietician - Considerations in planning the diet for various Ayurvedic constitutions/pathologies
- How to identify what food is incompatible with our bodily intelligence; How to plan a balanced diet without adversely impacting one's bodily intelligence
- The role of the 20 Gunas in nutrition and the achievement of balance
- Correlating human nutrition and 'taste energetics' and the impact that taste has on cellular intelligence
- The impact of taste on one's digestive fire or Agni
- The role of taste in cleansing the body's channels and tissues
- Understanding Ayurvedic Herbs - 'kitchen herbs' as well as Ayurvedic therapeutic herbs and their mode of action
- Ayurvedic phytochemistry of these herbs
- Learning how to prepare formulations for various ailments.



*“My family would like you to know that none of them feel that my focus on this course of study has been a waste of time or money. The cost of the course, in time and finances, has been great. It was a large proportion of our income, but as my eldest put it, “A lot of people spend a lot more and achieve a lot less.” They all recognise that my life is better, and I am better. I am more focused and more capable than I was at the beginning of this course. If nothing else, this makes them very happy we have invested in training with ALAS.”*

*- Danuta*

# Getting Ready for Your Ayurvedic Practice

## Common Unit Competencies

These 'Common Units' are an essential component of the Nationally Endorsed training Package in Ayurveda, for Australia. They will ensure that you obtain the additional skills outside of traditional Ayurvedic learning, so as to ensure your clinical and practice success. They may not be the primary reason that students come to Ayurveda to study, but they are there to enhance your professional career in Ayurveda.

### **BSBSMB403: Market the small business**

This unit describes the skills and knowledge required to monitor and improve business performance via a clear marketing strategy integrated into the business plan.

### **BSBSMB404: Undertake small business planning**

This unit delivers the skills and knowledge required to research and develop an integrated business plan for achieving business goals and objectives.

### **BSBSMB405: Monitor and manage small business operations**

This unit delivers the skills and knowledge required to implement a business plan and modify operations as required.

### **BSBSMB406: Manage small business finances**

This unit delivers the skills and knowledge required to implement and review financial management strategies on a regular basis

### **CHCAGE001: Facilitate the empowerment of older people**

This unit delivers the skills and knowledge required to respond to the goals and aspirations of older people and provide support services in a manner that focuses on improving health outcomes and quality of life.

### **CHCCOM006: Establish and manage client relationships**

This unit delivers the skills and knowledge to establish and manage professional one-to-one relationships with clients in the context of providing an ongoing health service or intervention.





### **CHCDIV001: Work with diverse people**

This unit delivers the skills and knowledge required to work respectfully with people from diverse social and cultural groups and situations, including Aboriginal and/or Torres Strait Islander people.

### **CHCLEG003: Manage legal and ethical compliance**

This unit delivers the skills and knowledge required to research information about compliance and ethical practice responsibilities and then develop and monitor policies and procedures to meet those responsibilities.

### **CHCPRP003: Reflect on and improve own professional practice**

This unit delivers the skills and knowledge required to evaluate and enhance your own practice through a process of reflection and ongoing professional development.

### **HLTAAP002: Confirm physical health status**

This unit delivers the skills and knowledge required to obtain and interpret information about client health status and to check a client's physical health.

### **HLTAID011: Provide First Aid**

**This unit is to be obtained from your local RTO or Ambulance Service provider.**

The cost of this unit is not included in the Diploma Ayurveda course cost. You can supply a valid and current Statement of Attainment related to this unit to the AIAS for a Transfer of Credit.

### **HLTINF004: Manage the prevention and control of infection**

This unit delivers the skills and knowledge required to develop, implement and monitor infection prevention and control systems in the healthcare sector.

### **HLTWHS004 : Manage work health and safety**

This unit delivers the skills and knowledge required to establish, maintain and evaluate work health and safety (WHS) policies and procedures, according to WHS legislative requirements.

*“I wanted to thank you all for the teaching of new treatments last month. I did one Abhyanga and one Kati Basti and the results were very rewarding!! I never used to think that the day would come when I’d give a massage, but, when the response after the first Abhayanga was that they felt “More alert, calm and less tired” it was so nice to be in the shoes of the giver :) After the Katti Basti treatment I was told that they couldn’t believe that a treatment that took their backache away could actually feel so blissful (the treatment was complete with back massage, arth oil and ajwain steam towels). Thank you so very much for teaching these treatments early in our course!! Also, thank you for giving us so much opportunity to learn them well. I felt very confident giving the treatments.”*

*- Nadeeka*

# Frequently Asked Questions



## Will I learn to perform Shirodhara treatments?

Yes, of course - in HLTAYV003: Provide Ayurvedic bodywork therapies.

## Will I learn authentic Ayurvedic massage?

Again, yes - in HLTAYV003: Provide Ayurvedic bodywork therapies.

## Will I learn Kati Basti Therapy?

Yes, also in HLTAYV003: Provide Ayurvedic bodywork therapies

## Will I learn how to run my own Ayurveda Business?

Yes, in BSBSMB405: Monitor and manage small business operations.

## Do we learn how to use and prescribe herbs, as Ayurvedic Consultants?

Yes, in HLTAYV005: Provide advice on Ayurvedic nutrition.

## Do we learn Ayurvedic Cooking?

Yes, in HLTAYV005: Provide advice on Ayurvedic nutrition.

## Will we learn Ayurvedic Pulse Diagnosis?

Yes, in HLTAYV002: Make Ayurvedic lifestyle assessments

## Do we learn Ayurvedic Nutrition and how to help people with their diet?

Yes, in HLTAYV005: Provide advice on Ayurvedic nutrition.

## Do we learn about Ayurvedic meditation?

Yes, in HLTAYV002: Make Ayurvedic lifestyle assessments.

## Will we learn how to take Professional Case Studies?

Most definitely, as part of HLTAYV004: Provide Ayurvedic lifestyle advice.

## Will we learn traditional Ayurvedic Tongue Diagnosis?

Yes, it is part of HLTAYV002: Make Ayurvedic lifestyle assessments.

## Will we learn how to use the 'Marma points' of Ayurveda?

Yes, in HLTAYV003: Provide Ayurvedic bodywork therapies.

## Does Dr Ajit get personally involved in the class work?

Dr Ajit takes a very personal interest in class work. He will be mentoring you and instructing you throughout your studies at the A.I.A.S. You will develop a personal connection with him every week in your real time Webinar lectures, too.

*I would like to tell you that I started to look at the demo of Vaidya (the Ayurvedic Clinical Diagnostic Software tool developed by Dr Ajit B.A.M.S) This program is of such detail, just amazing. I don't know how one person can do all this profound work. We can only learn from you. I feel so grateful to have met you. Thanks for sharing your knowledge with all of us.*

*- Dr. Harsha Gramminger M.D*

## Practical Training in Ayurveda

Does this course contain sufficient practical and face to face contact components to train a suitably competent Ayurvedic Lifestyle Consultant?

Firstly, as a VET qualification this course is bound by the performance criteria stated in the nationally endorsed training package for Ayurveda which details the knowledge and skills required for Ayurveda Lifestyle Consultants. The course has to deliver on the 'skills and performance criteria'. The AIAS Ayurveda course contains substantial, practical, face to face and supervised training and assessment components. Secondly as a representative of Ayurveda, Dr Ajit B.A.M.S takes the matter very seriously. Traditionally, a student needs to place much trust in the Ayurvedic teacher. While the student can't always see what's happening from their point or stage in learning, Dr Ajit sees the big picture. Dr Ajit understands the trust placed in him. It's all about the depth and quality of the learning material at AIAS and the teaching method. Dr Ajit applies both traditional teaching methods and modern and uniquely developed presentations in class. AIAS has unmatched experience in developing the most in depth learning material for Ayurvedic study.

*Our students and graduates  
of A.I.A.S can attest to this  
with confidence and trust* →



"Dear Dr Ajit, The way you have been delivering Ayurveda to us gives me no doubt about the veracity and truthfulness in this unique science, medicine and philosophy. Thank you."

- *Lenka*

"Hi Richard, (I) studied Ayurveda with you guys in '2013. I'm currently living and working in Peru, spreading the ancient wisdom of Ayurveda with my clients. My main reason of writing this email is because one of my dear clients would love to study Ayurveda with Dr. Ajit, and I know you can maybe guide her and give her more info about the courses".

- *Dr Marjorie Garces (Bachelor of Medicine, Bachelor of Surgery)*

"Throughout my time there (in India) I was under the instruction of six Ayurvedic physicians. They each remarked on the extent of my knowledge and found it difficult to believe that I had not had any formal medical training. During the first week they made a collective decision that I did not need guidance on pathologies. They let it be known that they considered my ability to quickly grasp pulse (diagnosis) was due to my Ayurvedic studies and clear spiritual path. They noted that no Westerner's that they have trained - be it from a traditional or Ayurvedic models - have ever grasped pulse so quickly - or displayed such a comprehension of Ayurvedic pathologies. It became very apparent to me that the knowledge I had gained through Dr Ajit's educational program coupled with my application of this knowledge through case studies in the past year have served me very well. I am very grateful for this."

- *Kris*





"I would like to express my immeasurable gratitude to you all for the learning I have been privileged to undertake through the course. The course is of highest standard and Dr Ajit's name is respected amongst practitioners I have encountered. The impact on my health and on my family has been significant and I look forward to having the honour of sharing this with other people."

- *Natalie*

"I felt that I wanted to acknowledge my appreciation to all of you for your care, honesty, compassion and truth over the weekend. On entering the Institute on Saturday morning, I truly felt I was in the right place. I know in the future there may be challenging times arise related to grasping the subjects. After having met you all on the weekend, and experienced the environment of the Institute, I know that when those times arise I, along with the rest of the enrolled students, have an amazing team who will nurture and guide me into the light of understanding. I am truly grateful."

- *Allison*

My lecturer {a medical doctor} has studied Ayurveda in India. He told me that this (AIAS Course) is the premier course outside of India.

- *Anna*

Dear vaidya Ajitji, We went through the (AIAS students) case studies. Our view is the cases very well analyzed, based on the Ayurveda concept. We really appreciate the details of history taking focusing even on the practices of the mother, physical health, and mental condition during pregnancy that might have influenced child's health. You have tried to correlate each symptom according to dosha, dushya, srotas and sroto dushti. Examination portion Diagnosis based on nadi pareeksha pulse diagnosis), and jihwa pareeksha {tongue diagnosis} is remarkable.

- *Professor Darshan Shankar*

## A.I.A.S - The Early Years

The Australasian Institute of Ayurvedic Studies is synonymous with quality and authentic education in Ayurveda and is praised by both students and graduates as providing exceptional training in this ancient science. These accolades have come from nearly 30 years of hard work in promoting Ayurveda in Australia and New Zealand. The story is an interesting one. In 1997, not long after Dr. Ajit left India with a desire to bring Ayurveda to the West, he was invited to Australia by Richard Clark, the A.I.A.S Institute's Principal, to run a series of workshops in Ayurveda. They attracted a large audience, including many western trained doctors and complementary health workers, who were keen to integrate Ayurveda into their current health practice. The success of these workshops led Dr Ajit and Richard Clark to form the Australasian Institute of Ayurvedic Studies (AIAS) as a way of delivering authentic Ayurvedic training in Australasia. These workshops continued through 1998, until it was apparent that more systemised method of training was required.

In 1999, under the guidance of Dr Ajit, the Institute responded to the increased demand for quality training programs by becoming a Registered Training Organization (R.T.O), delivering nationally recognised qualifications under the Australian Qualification Framework's National Health Training Package. Now it is the only training institute in Australasia offering recognized Ayurvedic qualifications in both Australia and New Zealand.

The Institute offers the most comprehensive curriculum in the study of Ayurvedic Medicine outside India. The programmes are designed for students wishing to integrate training in Ayurveda into their personal and professional lives. As well as providing students with an understanding of the fundamental principles and practices of Ayurveda, students receive the clinical training necessary to become successful practitioners. AIAS Graduates will emerge as valuable members of the community, benefitting especially those suffering ill health. Through the unique vision of Ayurveda and its therapeutic strategies, diet, herbal medicines and lifestyle education, people will discover better health and more productive and purposeful lives.







## A.I.A.S OVER THE YEARS



Paul, James, Richard, Khym, Dr Ajit, Valerie, Radhika, Barb - late 1990s



The 2005 A.I.A.S Ayurveda cohort, Lisa, Michael, Kylie, Christine, Jacinta, Leanne, Bec & Maureen



A.I.A.S 2014 cohort - another impressive group



The 2016 cohort - with Alicia, Emma, Elena & Simone



Dr Suhas, Dr Ajit, Dr's Ranade - Kokatta Ayurveda Congress 2016



India High Commissioner, The Honourable Dr. Gondane addresses A.I.A.S Students





A young Wayne C, Dr Tony, Jacinta, Wayne P, Colleen, Karen, a young Michael - early 2000s



The 2011 A.I.A.S Ayurveda cohort



A.I.A.S Ayurveda Graduates  
The 2014 Cohort



A.I.A.S 2017 cohort - Tori, Damien, Dr Haran, Lexi, Nadeeka, Amanda, Kat, Jo, Malini, Kerrie and group



Dr Ajit Teaching the 2018 cohort  
the Marma point locations



A.I.A.S 2020 cohort



## AYURVEDA RESOURCES



### Surya Ayurveda

your one-stop Online Shop for all things Ayurveda: Authentic Ayurvedic Products. Books and Practitioner Tools, Herbs, Therapeutic Oils, Ayurvedic Foods and Ayurvedic Equipment.

[www.suryaayurveda.com.au](http://www.suryaayurveda.com.au)

Facebook: [www.facebook.com/SuryaAyurveda](https://www.facebook.com/SuryaAyurveda)

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### Ayurda Wellness Centre (formerly Planet Ayurveda)

Authentic Ayurvedic treatment and rejuvenation, founded by Dr S. Ajit B.A.M.S, in Auckland, New Zealand. This is Australasia's premier Ayurveda Wellness Centre for Authentic Panchakarma and Ayurvedic Rasayana treatments. Face to face and online consultations available.

[www.ayurda.com](http://www.ayurda.com)

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### Ayurda Skincare Products

Incorporating the wisdom of the Ayurveda, Ayurda is the first skin care brand to link beauty to wellbeing. Each blend is hand-crafted to maintain integrity and freshness and contain no artificial colours, phthalates, or parabens.

Available in Australia from [www.suryaayurveda.au](http://www.suryaayurveda.au)



## The International Council of Ayurvedic Medicine (Australia)

The International Council of Ayurvedic Medicine was incorporated in '2014 to formulate common standards for the practice of Ayurvedic medicine in Australia and to enhance awareness in the community about this ancient health science.

[www.icamau.org](http://www.icamau.org)

Facebook: [www.facebook.com/icamaustralia](https://www.facebook.com/icamaustralia)

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## CHIT YOG SADHANA

### Chit Yog Sadhana: The Ancient Path to Wellbeing

Our Diploma in Ayurvedic Lifestyle Consultation course at the AIAS has an increasingly strong focus on both how to apply this essential selfcare program in one's own life and then be in a position to advise one's own clients. AIAS's unique strength, is to teach truly traditional Ayurvedic principles which empower every individual to have an active role in their wellbeing. This can only be achieved through a complete holistic approach to life and health. Thus, drawing from all components of Ayurveda - to heal the individual at the physical, mental, and emotional levels, the Chit Yog Sadhana practice comes to the forefront. It is also a practice in the background of daily life, which will help to light up every aspect of one's life, study, and goals. This can only occur when someone is ready to honestly, and regularly (it is a Sadhana) implement this program into their lifestyle. All students of the AIAS receive instructions in how to apply the Chit Yog Sadhana Program and how to analyse the response. Then when they graduate and start practising as Ayurvedic Lifestyle Consultants they can offer this program confidently for their clients.

Facebook: [www.facebook.com/chityogsadhana](https://www.facebook.com/chityogsadhana)



At the A.I.AS you will receive a thorough education in Ayurveda.



Dr Ajit B.A.M.S has been sought after as a speaker on Ayurveda at many National and International Ayurveda Conferences and is a highly respected teacher and clinical practitioner of Ayurveda. You may find quicker, cheaper and easier courses in Ayurveda. But if you're serious, you will want the best course and the best teacher and you will want to have been tested so that you depart from studies feeling that you are deserving and capable of working authentically with Ayurveda.

# What to do next...

The A.I.A.S is where serious students of Ayurveda, who only want the best, come to study.

*However, do your due diligence.*

Take it upon yourself to research the possibilities available in Ayurveda and make an informed decision.

*Then act promptly.*

A.I.A.S has a limited number of spaces in each years intake and is seeking the most committed Ayurveda students in Australia.







## AUSTRALASIAN INSTITUTE OF AYURVEDIC STUDIES

*Learn with Intention. Serve with Dedication.*

[www.aiasinstitute.com.au](http://www.aiasinstitute.com.au)

Telephone the A.I.A.S Course Co-ordinator on 1300 557 487 or 07 3345 8682 and have an in depth discussion about what is involved in the study and how to apply for enrolment.

Enrolments for the March 2025 Ayurveda Course opens 31st January 2025. Watch our Online Ayurveda Open Day Webinar recording for more in-depth course information. Then get back to us if you are really interested to learn more, and to speak with our course admissions coordinator.

**FOLLOW** the A.I.A.S Ayurveda Facebook page to get a feel for what our students do in classes with Dr Ajit.

Find us on Facebook  
[www.facebook.com/ AIAS.Australasia](https://www.facebook.com/AIAS.Australasia)