



# Professional Level – Clinical Integration

**For healthcare professionals**

**Duration:** 4–5 hours

**Modules:** 12

**Goal:** Bridge traditional Ayurvedic wisdom with modern, evidence-based clinical methodologies to enhance patient care and treatment precision.

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## Course Overview

This program equips professionals with a structured approach to applying Ayurvedic principles in modern clinical contexts. It covers patient assessment, formulation of integrative treatment plans, communication skills, and ethical documentation aligned with global healthcare standards.

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## Detailed Modules

### Module 1: Evidence-Based Ayurveda (20–25 min)

- Concept of *Pramana* (Ayurvedic epistemology) and modern research correlation.
- Reviewing clinical trials, meta-analyses, and case studies in Ayurveda.
- Integrating traditional evidence with scientific validation frameworks (e.g., RCTs, cohort studies).
- Critical appraisal of Ayurvedic journals and data interpretation.

**Outcome:** Understand how to assess Ayurvedic claims through modern evidence and classical references.

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### Module 2: Patient Assessment Protocols (25–30 min)

- Ayurvedic examination techniques (*Ashta Sthana Pariksha* and *Dashavidha Pariksha*).
- Integrating pulse (Nadi), tongue, and eye diagnosis with vitals and lab reports.
- Modern diagnostic correlations (CBC, LFT, etc.) to confirm Ayurvedic findings.
- Structuring comprehensive patient case records.

**Outcome:** Develop an integrative patient assessment framework combining both systems.

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### Module 3: Integrative Treatment Planning (25–30 min)

- Framework for designing treatment using *Ahara, Vihara, Aushadha & Cikitsa Sutra*.
- Combining Ayurvedic and allopathic/phytotherapeutic interventions safely.
- Customizing dosha-based diet, lifestyle, and herbal support for chronic and acute cases.

**Outcome:** Formulate holistic, safe, and effective treatment plans.

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### Module 4: Clinical Case Studies (20 min)

- Review real-world case studies of common disorders: IBS, PCOS, Diabetes, Arthritis.
- Correlation of *Samprapti* (pathogenesis) with modern pathology.
- Evaluating treatment outcomes and documenting observations.

**Outcome:** Apply integrative reasoning in complex cases.

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### Module 5: Patient Communication (15–20 min)

- Counseling through the lens of *Satvavajaya Cikitsa*.
- Empathetic communication and shared decision-making.
- Educating patients on doshic balance, lifestyle adaptation, and preventive care.

**Outcome:** Improve patient adherence and trust through clear, compassionate dialogue.

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### Module 6: Herb–Drug Interactions (20–25 min)

- Pharmacodynamic and pharmacokinetic considerations.
- Common interactions: Turmeric, Ashwagandha, Triphala, Guggulu, Brahmi, etc.
- Contraindications, dosage, and cross-sensitivity alerts.

**Outcome:** Safely integrate herbal formulations with conventional medication.

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### Module 7: Documentation Standards (20 min)

- Clinical record maintenance for Ayurvedic and integrative practice.
- SOAP notes adapted for Ayurveda.
- Coding systems and patient confidentiality compliance (HIPAA/AYUSH norms).

**Outcome:** Maintain professional documentation that meets both Ayurvedic and global healthcare standards.

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#### **Module 8: Regulatory Considerations (15–20 min)**

- Legal and ethical boundaries in integrative practice.
- AYUSH licensing, practice rights, and global Ayurveda recognition.
- Handling prescriptions, imports, and patient consent.

**Outcome:** Operate safely within legal frameworks and professional boundaries.

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#### **Module 9: Research Methodologies (25 min)**

- Overview of Ayurvedic research models: *Pratyaksha*, *Anumana*, *Aptopadesha*, *Yukti*.
- Designing pilot clinical studies and observational reports.
- Ethics and data integrity in Ayurvedic research.

**Outcome:** Acquire foundational skills for evidence-based research in Ayurveda.

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#### **Module 10: Outcome Measurement (20 min)**

- Setting quantifiable outcomes in Ayurvedic treatment (symptom scoring, QOL indices).
- Objective vs. subjective healing parameters.
- Data collection tools, feedback forms, and follow-up metrics.

**Outcome:** Evaluate and improve clinical outcomes effectively.

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#### **Module 11: Continuing Education & Interdisciplinary Learning (15 min)**

- Collaboration with nutritionists, physiotherapists, psychologists, and allopathic practitioners.

- Keeping updated with emerging Ayurvedic research and global health findings.

**Outcome:** Expand professional scope through interdisciplinary awareness.

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### **Module 12: Professional Ethics & Conduct (10–15 min)**

- Ethics in integrative practice: confidentiality, informed consent, cultural sensitivity.
- Role of practitioner integrity and therapeutic boundaries (*Achara Rasayana*).

**Outcome:** Ensure ethical, respectful, and patient-centered practice.

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### **Learning Outcomes**

After completing this course, learners will be able to:

- Integrate Ayurvedic diagnosis and treatment into modern clinical workflows.
- Enhance patient outcomes and safety using evidence-based methods.
- Reduce treatment side effects and improve compliance through personalized care.
- Communicate and document effectively as per global standards.
- Uphold ethics, professionalism, and research-driven practice.