

DIPLOMA – AYURVEDIC HEALTH COUNSELOR (AHC) COURSE DESCRIPTIONS

The MMI Ayurvedic Health Counselor Program is a 1.5 yearlong program with 2 semesters per year, for a total of 3 semesters to be successfully completed within the timeframe allowed for Student Academic Progress.

Each semester comprises 5 courses, with AY 100 and 100A on- going in each semester and includes AY 100 through AY 300.

Yoga and Meditation Practicum 1

Course No. AY 100

Contact Hours: 36

Prerequisites: None

Description: This course introduces the practice of Yoga. Students are required to learn and perform Yoga postures and breathing practices. This course is taken concurrently with AY 100A, AY 101, AY 102, AY 103, AY 104, AY 105, AY 106, AY 107, AY 110, AY 111, AY 112, AY 120, and AY160.

Sanskrit 1

Course No. AY 100A

Contact Hours: 18

Description: This course introduces the student to the ancient Vedic language of Sanskrit. Students learn to read, write, and chant Sanskrit. This course is taken concurrently with AY 100, AY 101, AY 102, AY 103, AY 104, AY 105, AY 106, AY 107, AY 110, AY 111, AY 112, AY 120, and AY160.

Introduction to Ayurveda

Course No. AY 101

Contact Hours: 20

Description: This course introduces students to the 5,000-year-old tradition of Ayurveda, its aims and objectives, basic principles, concepts of health and disease, methods of examining patients, and treatment methods. Students gain a solid foundation in the science, history, and philosophy of Ayurveda. They are introduced to the concepts of individual nature and dosha imbalance as the basis for diagnosis of health and disease, as well as the five-element theory.

Introduction to Ayurvedic Anatomy and Physiology, and Diagnosis 1

Course No. AY 102

Contact Hours: 20

Description: This course examines the disease process in Ayurvedic medicine, including Ayurvedic anatomy and physiology, the cause of disease, the stages of disease, formation of tissues, and classification of disease. Students learn the process of constitutional analysis.

Introduction to Ayurvedic Lifestyle Management

Course No. AY 103

Contact Hours: 20

Description: This course introduces the student to Ayurvedic recommendations for creating healthy lifestyles, daily and seasonal routines, yogic cleansing practices, and self-care. Students also learn therapies focusing on the five senses.

Yoga and Ayurveda for Health and Disease

Course No. AY 104

Contact Hours: 20

Description: This course teaches Yoga philosophy and practice and its benefits in health and disease. Students learn the Ayurvedic effects of different styles of Yoga practice, yogic cleansing for disease prevention, and meditation and breathing practices to restore healthy balance.

Ayurvedic Nutrition 1

Course No. AY 105

Contact Hours: 20

Description: This course introduces the principles of Ayurvedic nutrition and digestion. Students will learn the use of diet and nutrition programs in health and disease, individual guidelines for diet, and a balanced diet for the seasons, while exploring the Ayurvedic approach to the energetics of food.

Ayurvedic Psychology 1 (Ayurveda and the Mind)

Course No. AY 106

Contact Hours: 20

Description: This course introduces the student to the energetics of consciousness, the Ayurvedic description of the mind, and therapies to support the mind.

Ayurvedic Herbology 1

Course No. AY 107

Contact Hours: 20

Description: This course continues to study nutrition and introduces the traditional use of herbs in Ayurvedic medicine. Students learn the therapeutic use of food and spices, using food as medicine. The course introduces Ayurvedic cooking and foods to balance the doshas and maintain health. Students will study Ayurvedic herbal philosophy and practices, the Herbal Materia Medica, and the terminology of herbal actions. They begin to understand the use of Ayurvedic herbs to restore physical and psychological balance.

Ayurvedic Diagnosis

Course No. AY 110

Contact Hours: 20

Description: Students are introduced to modes of diagnosis including pulse reading, tongue diagnosis, and assessing the mental state and dhatus, malas and srotas.

Students begin to practice these modes as outside assignments and during internship after completing this course.

Ethics, Counseling and Western Interface 1

Course No. AY111

Contact Hours: 20

Description: This course offers the opportunity to explore the interface between Ayurveda and Western medicine, helps students understand healthy client/practitioner relationship and boundaries, and clarifies scope of practice and the code of ethics for all Ayurveda Health Counselors. Clients also learn about setting up and sustaining a professional practice.

Ayurvedic Therapies 1

Course No. AY 112

Contact Hours: 20

Description: The theory of Pancha Karma cleansing techniques will be introduced. This course introduces the Ayurvedic rejuvenation process called Rasayana. Students will learn strategies for Rasayana using herbs, diet, and nutritional support with the goal of slowing or reversing excessive aging, building immune strength and preventing disease.

Internship I: Clinical Observation, Discussion, & Internship

Course No. AY 120

Contact Hours: 32

Description: Students will have the opportunity to observe Master Ayurvedic Practitioners in consultations in the classroom and to discuss diagnostic methods and treatments. Students begin to develop diagnostic skills under the supervision of skilled Ayurvedic Practitioners. Students are required to observe a minimum of 20 clinical consultations. In addition, students will work in groups to complete a minimum of seven internship client assessments with one additional follow up, under supervision.

Ayurvedic Externship 1

Course No. AY 121

Contact Hours: 55

Description: This course requires students to complete 10 supervised diet and lifestyle consultations outside of the MMI College of Ayurveda campus and a minimum of 20 follow-ups (2 per client consultation), for a total of 30 client encounters. Supervision is by MMI-approved Ayurvedic Practitioners. Case papers for each client are mandatory. Students are expected to complete a minimum of 50 client encounters during the AHC program. Twenty-five may be clinical observations with qualified Ayurvedic practitioners, and 25 must be "one-on-one" client consultations.

Subtle Therapies; Jyotish, Vastu and Hasta 1

Course No. AY 160

Contact Hours: 20

Description: Students are introduced to the subtle sister sciences of Ayurveda; Jyotish (Vedic astrology), Vastu (principles of design, layout, measurements, ground preparation, space arrangement and spatial geometry) and Hasta (Indian hand palmistry). Students learn how they may integrate some of these ancient techniques into their practice.

CERTIFICATE – AYURVEDIC PRACTITIONER (C-AP)

CERTIFICATE - AYURVEDIC PRACTITIONER PROGRAM TRACK (NAMA APPROVED)

Total Program Hours: 1771

Clock Contact Hours: 891

Additional Non-Contact Hours: 880 (Average – 10 hours per week for 88 weeks)

Required Courses: AY 200 through AY 550

Admissions Requirements:

- High school graduation or equivalent required.
- Successful completion of the Ayurvedic Health Counselor (AHC) required.
- BA or BS from an accredited institution recommended.
- NAMA AHC Professional Membership recommended.

Co-Requisite: 6 college credits; Anatomy and Physiology requirement. MMI accepts a college level transcript showing satisfactory completion of an A & P course. MMI recommends completion before start of the C-AP Program. Completion required by the end of the first year of C-AP.

Note: A&P credits are a Pre-Requisite for the Master's level Track in Ayurveda.

Cumulative Final Exam: Yes

Graduation Document: Certificate

Note: MMI MASTERS DEGREE TRACK:

MMI offers an open enrollment for admissions into the Master of Arts – Ayurveda Program from the beginning of the C-AP, through the successful completion of YEAR ONE, if all admissions requirements are adequately met.

Qualified students wishing to shift tracks from the NAMA approved Certificate (C-AP) level program to the MMI Master's of Arts – Ayurveda Track during Year Two of the C-AP Track Program, are provided an opportunity to submit the equivalency of the graduate level requirements for each course, upon request.

Master's level courses include AY 400 – 600. See Master of Arts-Ayurveda Program for details and course list.

Purpose / Objective:

The Ayurvedic Practitioner is a professional with additional training in pathology and disease management beyond that of the Ayurvedic Health Counselor. The practitioner also practices preventive healthcare and health promotion, using diet and lifestyle recommendations. The C-AP program prepares the student for a career as an Ayurvedic Practitioner. The practitioner supports the health of their clients by integrating body/mind assessment, philosophy, Ayurvedic anatomy and physiology, pathophysiology, nutrition, herbal medicine, Ayurvedic bodywork therapies, and lifestyle counseling. Students study the Ayurvedic classical texts and research protocols.

Successful graduates of the C-AP Program may practice independently as Ayurvedic Practitioners under the California Health Freedom Act, join the staffs of some hospitals offering complementary modalities, or become licensed as massage therapists and work in upscale health resorts.

The C-AP program requires onsite, supervised clinical internship in Ayurvedic Medicine and supervised externships offsite. A minimum of 100 client encounters, over and above the 50 required at the AHC level are required. This includes 25 clinical observations, 25 additional under direct supervision onsite, and 50 additional “one-on-one” consultations with supervised recommendations and follow-ups.

The NAMA C-AP ‘scope of practice’ encompasses Ayurvedic professionals with additional training in pathology and disease management beyond that of the Ayurvedic Health Counselor. These professionals also practice preventive healthcare and health promotion, using diet and lifestyle.

Upon successful completion, these students will be qualified to apply for professional membership as a Certificate - Ayurvedic Practitioner by the National Ayurvedic Medical Association (NAMA). Required National Exams are currently being prepared by NAMA and are expected to come into play by early 2017.

See www.ayurvedanama.org

Classes meet one three-day weekend per month, starting Friday mornings at 9:30am and ending Sundays at 5pm, and include experiential practicum as well as academic sessions. There may be an option for a C-AP modular format which requires five 12-day sessions.

Course format and hours are described below:

GENERAL COURSE CONTENT	HOURS 24.5 Total
Master Faculty	14.00
Yoga Study: Pranayama and Meditation	3.00
Sanskrit Study	1.5
Classroom Practicum	6.00

Graduation Requirements:

Attendance: All sessions must be punctually attended. An attendance record of at least 90% is required in all Schools. If any session is missed, the student must complete a make-up session with the instructor. Additional fees are charged for the make-up. The instructor make-up fee is \$35.00 per hour paid in advance. Students must fulfill all assignments in all courses, despite any absences. Missed hours for the Yoga and Meditation curriculum are considered general attendance hours and are recorded, accrued and added to the cumulative general attendance record. A minimum of 70% of Yoga and 70% of Sanskrit classes must be attended.

Academic Requirements:

Students must maintain a minimum average of C (70%) in all courses where grades are awarded. Successful completion of all coursework and hours required in the program, within the minimum time frame required for Student Academic progress.

Final Exam: Passing with a minimum average of C (70%).

Note: Minimum grade requirement of B (3.0) for admission to MA Program

Tuition and Fees: 100% Paid

Program Course List with Hours and Semester Credits

CERTIFICATE - AYURVEDIC PRACTITIONER		CONTACT HOURS			CREDIT
Course Number	Course Titles	Lecture	Externship	Clock Contact Hours	Total Credits Awarded
AY109	Anatomy and Physiology (Co-Requisite: 6 credits)	90		90	6
AY 200	Yoga and Meditation 2	36		36	2
AY 200A	Sanskrit Studies 2	16.5		16.5	1
AY 202	Herbology 2	20		20	1
AY 203	Ayurvedic Pathophysiology 2	20		20	1
AY 204	Pulse Diagnosis 2	15	10	25	1
AY 300	Yoga and Meditation 3	36		36	2
AY 300A	Sanskrit Studies 3	16.5		16.5	1
AY 304	Disease Mgmt: Digestive	20		20	1
AY 306	Disease Mgmt: Cardiovascular	20		20	1
AY 307	Disease Mgmt: Respiratory	20		20	1
AY 308	Disease Mgmt: Nervous	20		20	1
AY 309	Disease Mgmt: Genito-Urinary and Men's Health	20		20	1
AY 310	Disease Mgmt: Women's Health & Pediatrics	20		20	1
AY 314	Ayurveda Therapies 2	20		20	1
AY 405	Internship 2	20			1
AY 406	CAP Externship 2	30	96	126	4
AY 410	Internship 3	20	15	35	1
AY 420	Clinical Observation and Discussion	20		20	1
AY 430	Nutrition 3; Mother & Child Post-Partum /Pediatrics	20		20	1
AY 460	Subtle Therapies 2; Jyotish, Hasta,&Vastu	20		20	1
AY 500	History and Philosophy of Ayurvedic Medicine / Classical Texts	20		20	1
AY 501	Counseling, Ethics and Management	20		20	1
AY 502	Western Interface, Functional Medicine and Labs	20		20	1
AY 505	Intro Research Protocols	20		20	1
AY 510	Internship 4 Plus Practicum	20	15	35	1
AY 512	Systems Integration; Complementary Alternative Medicine 1	20		20	1
AY 525	Internal Medicine; Kayachikitsa, Advanced Herbology	20		20	1
AY 530	Advanced Ayurvedic Psychology	20		20	1
AY 535	Ayurvedic Rasayana & Panch Karma Therapies	20		20	1
AY 540	Clinical Case Study Seminar	20		20	1
AY 550	Student Review and Integration / Final Exam	20	15	35	1
TOTALS		740	151	891	42

C-AP YEAR ONE Course Descriptions

Co-Requisite for C-AP Track

Western Anatomy and Physiology

Course No. AY 109

Credit: 6

Description: **NAMA approved C-AP Track:** MMI accepts a college level transcript showing satisfactory completion of an A & P course

Yoga and Meditation 2

Course No. AY 200

Credits: 2

Pre-requisite: AY 100

Description: This course further deepens the practice of Yoga. Students are required to perform Yoga postures and breathing practices.

Sanskrit 2

Course No. AY 200A

Credits: 1

Pre-requisite: AY 100A

Description: This course continues the study of the ancient Vedic language of Sanskrit. Students learn to read, write, and chant Sanskrit slokas relating to each course subject.

Ayurvedic Herbology 2

Course No. AY 202

Credit: 1

Pre-requisite: AY105, AY 107

Description: Building on Herbology I, students learn how to combine herbs into formulas to restore physio/mental equilibrium and treat specific imbalances.

Ayurvedic Pathophysiology 2

Course No. AY 203

Credits: 1

Pre-requisite: AY 102

Description: This course introduces the six stages of disease, causes of disease, and digestion assimilation and elimination, according to Ayurveda. Students are introduced to physical history, exam, and doshic diagnosis. This course also examines the disease processes in Ayurvedic medicine, including stages of manifestation, disease pathways, classification of disease, prognoses, and changes in the doshas and tissues in disease processes. Students learn about pathology in the Ayurvedic srotas.

Ayurvedic Pulse Diagnosis 2

Course No: AY 204

Credits: 1

Pre-requisite: AY 110

Description: Students gain a deeper knowledge of and practice in assessing deeper levels of pulse, from an

Ayurvedic perspective. A "ten lesson" online pulse course, designed by Dr. John Doulliard, is made available to each student at the beginning of the C-AP program. During the first semester, each student will view each of the 10 sessions outside the classroom in preparation for the following weekend course. The specific content of each lesson will be reviewed and discussed within the classroom with the Instructor.

Hours: 10 hours In-classroom contact as practicums, 10 hours - outside classroom - as homework and class preparation.

Yoga and Meditation 3

Course No. AY 300

Credit: 2

Pre-requisite: AY 200

Description: This course examines hands-on the practice of Yoga and investigates the eight limbs of the ancient art of Yoga, including advanced breathing practices (pranayama) and meditation. Students are required to perform Yoga postures and breathing practices. This course is taken concurrently with the second year of the C-AP program.

Sanskrit Studies 3

Course No. AY 300A

Credit: 1

Pre-requisite: AY 200A

Description: This course introduces the student to the ancient Vedic language of Sanskrit, the language of Ayurveda. Students learn to read, write, and chant Sanskrit, and to read and use the classical texts of Ayurveda for research and reference. This course is taken concurrently with the second year of the C-AP program.

Disease Management: Digestive System

Course No. AY 304

Credit: 1

Pre-requisite: AY 203

Description: This course is an introduction to the Digestive System in Ayurvedic Medicine, including the assessment of digestive health and disorders and therapies to restore balance.

Disease Management: Cardio-Vascular System, Ambhu Srotas, and Skin

Course No. AY 306

Credit: 1

Pre-requisite: AY 304

Description: This course is an introduction to the cardiovascular system in Ayurvedic Medicine, including the assessment of cardiovascular health and disorders and therapies to restore balance.

Disease Management: Respiratory System

Course No. AY 307

Credit: 1

Pre-requisite: AY 304

Description: This course is an introduction to the Respiratory System in Ayurvedic Medicine, including the assessment of respiratory health and disorders and therapies to restore balance.

Disease Management: Nervous System

Course No. AY 308

Credit: 1

Pre-requisite: AY 304

Description: This course is an introduction to the Nervous System in Ayurvedic Medicine, including the assessment of Nervous System health and disorders and therapies to restore balance.

Disease Management: Genito-Urinary System and Men's Health

Course No. AY 309

Credit: 1

Pre-requisite: AY 304

Description: This course is an introduction to the Genito-Urinary system in Ayurvedic Medicine, including the assessment of Genito-Urinary health and disorders and therapies to restore balance. The Ayurvedic approach to Pediatrics and Men's health issues are introduced.

Disease Management: Women's Health

Course No. AY 310

Credit: 1

Pre-requisite: AY 304

Description: This course is an introduction to the women's health issues in Ayurvedic Medicine, including the assessment of women's health and disorders and therapies to restore balance. The Ayurvedic approach to promoting fertility, healthy pregnancy, and imbalances of menopause are introduced.

Ayurvedic Therapies 2

Course No. AY 314

Credit: 1

Pre-requisite: AY 112

Description: This course presents the theory and demonstration of various Ayurvedic bodywork techniques including Abhayanga, Ayurvedic massage, Shirodhara, Basti and Marma Therapy, and herbal steam therapy. The student will learn the techniques and practice them. Students gain the knowledge to refer clients to these therapies. This course is a survey, and students are not given in-depth training in these therapies.

C-AP YEAR TWO - AY 405-AY 550

Course Descriptions

Internship 2 plus Practicum

Course No. AY 405

Credit: 1

Pre-requisite: AY 314 or equivalent

Description: This course introduces students to advanced consultation practices including herbal resources, set up of an herbal pharmacy, and protocols for consultations. Students develop skills as Ayurvedic Practitioners through clinical discussions and consultations in class this weekend, under the supervision of experienced Ayurvedic Practitioners.

Externship 2 Practicum

Course No. AY 406

Credits: 4

Pre-requisite: none

Description: This course consists of consultations with students and their clients outside of the MMI College of Ayurveda campus. Supervised by MMI-approved Ayurvedic Practitioners, students are required to complete - in AY 400, AY 410 and outside of class – a total of 100 hours of Ayurvedic Internship and Externship combined, seeing a total of 15 individual clients for initial assessments and minimum 30 follow-up appointments for the C-AP track, and 25 for the MA track. Case papers for each client are mandatory.

Internship 3 plus Practicum

Course No. AY 410

Credit: 1

Pre-requisite: AY 405

Description: Continuation of AY 405. This course introduces students to advanced consultation practices including herbal resources, set up of an herbal pharmacy, and protocols for consultations. Students will develop skills as Ayurvedic Practitioners through clinical discussions and consultations in class this weekend, under the supervision of experienced Ayurvedic Practitioners.

Clinical Observation and Discussion

Course No. AY 420

Credits: 1

Pre-requisite: none

Description: Students have the opportunity to observe Master Ayurvedic Practitioners in consultations in the classroom and to discuss diagnostic methods and treatments. Students begin to hone diagnostic skills under the supervision of skilled and experienced Ayurvedic Practitioners. C-AP students are required to observe a minimum of 15 clinical consultations.

Mother and Child; Pre and Post-Partum Care and Pediatrics with Emphasis on Nutrition

Course No. AY 430

Credits: 1

Pre-requisite: none

Description: This course specifically provides a study of Ayurvedic nutrition, its role in health and disease, with specific emphasis on pre and post-partum healthcare for mother and child. Students also learn Ayurvedic diets for cleansing and detoxification to benefit health and ameliorate potential disorders. Students become familiar with nutrition, menus, and cooking techniques to support this time of pregnancy and childbirth and early childhood.

Subtle Therapies 2: Jyotish, Hasta and Vastu

Course No. AY 460

Credits: 1

Pre-requisite: none

Description: Students are exposed to a more advanced perspective on the use of the subtle sister sciences of Ayurveda; Jyotish (Vedic astrology), Vastu (principles of design), and Hasta (Indian hand palmistry) in Ayurvedic medicine. Students learn how to utilize these ancient techniques to support the wellbeing of their clients.

History, Philosophy and Classical Texts of Ayurvedic Medicine

Course No. AY 500

Credit: 1

Pre-requisite: none

Description: This course examines the basic principles of Ayurvedic medicine, the eight branches, medical ethics and aims. Students investigate the historical and philosophical foundations of Ayurvedic medicine and the history of scientific studies in Ayurveda, through the classical texts. Students will explore and expand their knowledge and use of these ancient texts in a modern clinical practice.

Counseling, Ethics and Management

Course No. AY 501

Credit: 1

Pre-requisite: none

Description: This course explores a variety of counseling modalities appropriate to a clinical Ayurvedic practice. Students develop the ability to recognize red-flag symptoms for medical referral and are introduced to ethical and legal issues in Ayurveda, business management techniques, job opportunities, and referral procedures.

Western Interface, Functional Medicine, Understanding Labs

Course No. AY 502

Credit: 1

Pre-requisite: none

Description: Students are introduced to the biology and chemistry of blood and how to competently interpret basic lab reports and integrate that reference into their clinical practice, as well as identify frequently used Western drugs and herb-drug interactions. The course will also examine the relationship between Ayurveda and Western medicine and explores the ways to build a respectful, positive and generative relationship between Ayurvedic and Western approaches to healthcare.

Introduction to Research Protocols plus Practicum

Course No. AY 505

Credit: 1

Pre-requisite: none

Description: This course prepares students to evaluate original source material in current Ayurvedic research and write an article for a scientific journal. It develops critical analysis skills, which are used in investigating a research topic in Ayurvedic medicine. Students will also explore further the interface between Ayurvedic and Western medicine through research. MA students will research a topic of their choice and write a thesis.

Internal Medicine; Kayachikitsa, Advanced Herbology

Course No. AY 525

Credit: 1

Pre-requisite: none

Description: This course examines the specific symptomology of various disease states and the treatment strategies that address them. This course covers classical formulas for use in the treatment of various disorders as well as the principles of preparing advanced formulas. Using case studies, students are able to compare, contrast, and evaluate the functions, indications, and contraindications of a variety of formulas.

Advanced Psychology

Course No. AY 530

Credit: 1

Pre-requisite: none

Description: This course investigates the energetics of consciousness. It analyzes various strategies in Ayurvedic psychology, Ayurvedic therapies for the mind, and spiritual therapies used in Ayurveda.

Advanced Rasayana and Pancha Karma Therapies

Course No. AY 535

Credit: 1

Pre-requisite: none

Description: This course critically examines the five Ayurvedic purification therapies called Pancha Karma, used to cleanse the body and eliminate disease-causing

agents. Students learn how to address the usefulness of these practices for their clients and gain experience in performing the therapies.

Clinical Case Studies Seminar

Course No. AY 540

Credit: 1

Pre-requisite: AY 410, and AY 420

Description: This seminar provides a forum for an experienced Ayurvedic Practitioner and students to present their cases and to engage in rigorous discussion about the cases and case management. Students are required to write up and present a minimum of one case study to the class for peer review and discussion.

C-AP Student Review, Integration and Final Exam

Course No. AY 550

Credit: 1

Pre-requisite:

Description: This seminar reviews all C-AP material for integration and preparation for the MMI final exam. All student practitioners are required to pass a final exam for completion of the NAMA approved C-AP program in preparation for national exams expected in mid 2017.

Note: See www.ayurvedanama.org

MASTER OF ARTS – AYURVEDA

Total Semester Credits: 33

Required Courses: MAY 400 through MAY 600

Admission Requirements:

- BA or BS from a regionally accredited institution
- MMI AHC Diploma or AHC Professional Membership in NAMA
- Completion of Year One of the Certified Ayurvedic Practitioner Program. (MMI AY 100 to 300 courses)
- Pre-Requisite: 6 credits; Anatomy and Physiology requirement. MMI requires a transcript from an accredited college showing satisfactory completion of A & P course(s)
- NAMA Professional Membership recommended

Purpose / Objective

The Ayurvedic MA has specialized training in Ayurveda with an overview in conventional and integrative health that enables them to interface smoothly with any healthcare practitioner and provide more comprehensive integrative support to their clients.

The Ayurvedic Master's Degree graduate uses the same diagnostic tools and therapeutic methods as the Certified Practitioner but is expected to have a greater depth of knowledge and breadth of experience. The MA graduate

will have a deeper understanding of the history, Ayurvedic medical theory, classical texts, Ayurvedic herbology, pathology, constitutional assessment, and Rejuvenation Therapies than the practitioner. Overview knowledge of Western medicine and medical reports should enable them to interface smoothly with the general healthcare profession. Students should be well versed in all the branches of Ayurveda, including: psychiatry, geriatrics, and pediatrics. They also will possess a greater degree of research skills than are needed at the practitioner level. The Master's graduate also has significantly more clinical experience based on a more extensive clinical externship and through a required apprenticeship program.

Program Learning Outcomes

Upon successful completion of the Master's Degree Program in Ayurveda, a student will be able to do the following:

1. Apply Ayurvedic healing framework and preventative tools when considering disease prevention and management
2. Integrate understanding of the theory and practice of the seven branches of Ayurvedic health care
3. Demonstrate understanding of a broad database of supervised clinical experience, research, and patient encounters for sound and informed clinical decision making
4. Integrate and apply research analysis and strategies needed for the profession
5. Function effectively as an Ayurvedic health specialist by utilizing and adapting Ayurveda for an integrative approach to healthcare in patient management and education

The Master of Arts – Ayurveda program requires additional clinical on-site internships, 25 off-site externships, 25 clinical observations of experienced practitioners, 15 herbal monographs, and 60 hours of clinical apprenticeship assisting a BAMS or MD Ayurveda physician in an active Ayurvedic medical clinic.

***Year Two of the Certified Ayurvedic Practitioner Program** is similar in course title to the Master of Arts-Ayurveda Degree Program, however requirements for completion of each course for the Master Degree student exceed those of the NAMA approved certificate track program. Additional MA level assignments, research, writing, and clinical experience are required of the graduate student.

**MASTER OF ARTS - AYURVEDA open enrollment
any time during C-AP Year One for qualified students.**

The MA cohort is in residence for 3 full days per month. Faculty for each residential session include an Ayurvedic Instructor who remains in the classroom with the class full time (through-out the full program), a Yoga expert, Sanskrit expert and an Ayurvedic BAMS or MD expert lecturer. Our faculty are fully qualified academic professionals and expert clinicians as well. MA students are expected to spend an average of 18-20 hours per week on assignments and practicums in between sessions. The class and instructors utilize an interactive college software platform for on-going communication and support in between residential sessions. There are 20 residential components required. The final semester is spent in apprenticeship with a qualified Ayurvedic BAMS or MD (or an MMI approved equivalent), and in completing a final Master’s Thesis defense.

Students also work “one on one” with their MA Coordinator and Expert Faculty on course assignments.

Classes meet one three-day weekend per month, starting Friday mornings at 9:30am and ending Sundays at 5pm, and include experiential practicums as well as lecture sessions.

Course format and hours are described below:

GENERAL COURSE CONTENT	HOURS Total 26.5
Master Lecture	16.00
Yoga Study: Pranayama and Meditation	3
Sanskrit Study	1.5
In Classroom Practicum	6.0

Graduation Requirements

Attendance:

All sessions must be punctually attended. An attendance record of at least 90% is required in all Schools. If any session is missed, the student must complete a make-up session with the instructor. Additional fees are charged for the make-up. The instructor make-up fee is \$35.00 per hour paid in advance.

Students must fulfill all assignments in all courses, despite any absences.

For Yoga and Sanskrit classes, missed hours are considered general attendance and are recorded, accrued and added to the cumulative general attendance record. A minimum of 70% of Yoga and 70% of Sanskrit classes must be attended

Academic Requirements:

Successful completion of all course assignments, clinical activities, and hours required in the program, within the maximum time frame required for Student Academic Progress.

Students must maintain an average of B (3.0) in all courses where grades are awarded.
Clinical Apprenticeship – 60 hours
Successful defense of a Master’s Thesis

Grading Criteria:

Participation 20%	Study Guide / Outside Assignments 30%	Practicum Outside Assignments: 20%	Case Study Quiz: 30%
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Tuition and Fees: 100% paid.

Program List of Hours and Semester Credits

MASTER OF ARTS - AYURVEDA		ACADEMIC CREDIT HOURS		
Course Number	Course Titles	Lecture	Extern	Total Credits Awarded
AY 400	Advanced Yoga Theory & Practice	45		3
AY400A	Advanced Sanskrit Study	23		1
AY 405	Internship 2 In Classroom	22		1
AY 406	Externship 2 Practicum	31	96	4
AY 410	Internship 3 In Classroom	22		1
AY 420	Clinical Observation and Discussion	22		1
AY 430	Nutrition 3, Mother and Child, Pre and Post-Partum Care	22		1
AY 460	Subtle Therapies: Jyotish, Hasta and Vastu	22		1
AY 500	History, Philosophy and Classical Texts of Ayurvedic Medicine	22		1
AY 501	Counseling, Ethics and Management	22		1
AY 502	Western Interface, Functional Medicine, Understanding Labs	22		1
AY 505	Research Protocols plus Practicum	22		1
AY 510	Internship 4 Bodywork Intensive In classroom	22		1
AY 512	Systems Integration, Complementary Alternative Medicine 1	22		1
AY 515	Advanced Pathophysiology	22		1
AY 525	Internal Medicine: Kayachikitsa & Advanced Herbology	22		1
AY 530	Advanced Psychology	22		1
AY 535	Advanced Rasayana and Pancha Karma Therapies	22		1
AY 540	Clinical Case Study Seminar	22		1
AY 555	System Review and Integration, Complementary Alternative Medicine 2	22		1
AY 560	Externship 3 Plus Practicum	20	64	2
AY 565	Aging and Geriatric Healthcare	22		1
AY 580	Master's Thesis, Research, Outline Presentation and Final Defense	17	90	3
AY 600	Clinical Apprenticeship	15	45	3
TOTAL		547	295	33

MASTER OF ARTS – AYURVEDA COURSE DESCRIPTIONS

The MMI Master of Arts – Ayurveda is a two year-long program with two semesters per year, for a total of four semesters to be successfully completed within the timeframe allowed for Student Academic Progress.

Each semester comprises five courses, with AY 400, 400A, 510, and 560 on going in each semester.

Qualified students who have completed YEAR ONE of the C-AP (or equivalent transcript of courses taken and a MMI MA Challenge Exam) may enter the MA program at any time the courses are being offered, however all 400 courses must be taken in the first two semesters.

Required courses may be taken out of their numbered order as long as all pre-requisites are met.

MMI offers open enrollment anytime during C-AP Year One for qualified students.

MA Year One:

1st Semester - AY 405, 406, 410, 420, 430, plus AY 400, AY 400A, AY 510

2nd Semester - AY 460, 500, 501, 502, 505, plus AY 400, AY 400A, AY 510 and AY 560

MA Year Two:

3rd Semester - AY 512, 515, 520, 525, 530, plus AY 400, AY 400A, AY 510 and AY 560

4th Semester - AY 535, 540, 555, 565, 580, plus AY 400, AY 400A, AY 510 and AY 560

Master's Thesis Final Defense and 60 hour Clinical Apprenticeship to be completed following all coursework requirements.

MASTER OF ARTS – AYURVEDA COURSE DESCRIPTIONS

(Program requires C-AP Year One or equivalent, plus AY 400 through 600)

Advanced Yoga and Meditation

Course No. AY 400

Credit: 2

Pre-requisite: AY 200 and AY300 or equivalent

Description: This course further deepens the practice of Yoga. Students are required to perform and also be able to demonstrate more advanced Yoga postures and breathing practices for their clients. Students will also develop and teach yoga and breathing practices at the introductory and intermediate levels for their clients. MA students will complete 2 additional assignments.

Advanced Sanskrit Study

Course No. AY 400A

Credits: 1

Pre-requisite: AY 200A / AY 300A or equivalent

Description: This course continues the study of the ancient Vedic language of Sanskrit. Students learn to read, write, and chant Sanskrit *slokas* relating to each course subject. MA students will complete 2 additional assignments.

Internship 2 plus Practicum

Course No. AY 405

Credit: 1

Pre-requisite: AY 314 or equivalent

Description: This course introduces students to advanced consultation practices including herbal resources, set up of an herbal pharmacy, and protocols for consultations. Students develop skills as Ayurvedic Practitioners through clinical discussions and consultations in class this weekend, under the supervision of experienced Ayurvedic Practitioners. MA students will complete 2 additional assignments.

Externship 2 Practicum

Course No. AY 406

Credits: 2

Pre-requisite: none

Description: This course consists of consultations with students and their clients outside of the MMI College of Ayurveda campus. Supervised by MMI-approved Ayurvedic Practitioners, students are required to complete - in AY 400, AY 410 and outside of class – a total of 100 hours of Ayurvedic Internship and Externship combined, seeing a total of 15 individual clients for initial assessments and minimum 30 follow-up appointments for the C-AP track, and 25 for the MA track. Case papers for each client are mandatory. MA students will complete 2 additional assignments.

Internship 3 plus Practicum

Course No. AY 410

Credit: 1

Pre-requisite: AY 405

Description: Continuation of AY 400. This course introduces students to advanced consultation practices including herbal resources, set up of an herbal pharmacy, and protocols for consultations. Students will develop skills as Ayurvedic Practitioners through clinical discussions and consultations in class this weekend, under the supervision of experienced Ayurvedic Practitioners. MA students will complete 2 additional assignments.

Clinical Observation and Discussion

Course No. AY 420

Credits: 1

Pre-requisite: none

Description: Students have the opportunity to observe Master Ayurvedic Practitioners in consultations in the classroom and to discuss diagnostic methods and treatments. Students begin to hone diagnostic skills under the supervision of skilled and experienced Ayurvedic Practitioners. C-AP students are required to observe a minimum of 15 clinical consultations, MA students will observe 25 consultations. MA students will complete 2 additional assignments.

Nutrition 3, Mother and Child, Pre and Post-Partum Care

Course No. AY 430

Credits: 1

Pre-requisite: none

Description: This course provides a study of Ayurvedic nutrition and its role in health and disease, with specific emphasis on pre and post-partum healthcare for mother and child. Students also learn Ayurvedic diets for cleansing and detoxification to benefit health and ameliorate potential disorders. Students become familiar with nutrition, menus, and cooking techniques to support this time of pregnancy and childbirth. MA students will complete 2 additional assignments.

Subtle Therapies 2: Jyotish, Hasta and Vastu

Course No. AY 460

Credits: 1

Pre-requisite: none

Description: Students are exposed to a more advanced perspective on the use of the subtle sister sciences of Ayurveda; Jyotish (Vedic astrology), Vastu (principles of design), and Hasta (Indian hand palmistry) in Ayurvedic medicine. Students learn how to utilize these ancient techniques to support the wellbeing of their clients. MA students will complete 2 additional assignments.

History, Philosophy and Classical Texts of Ayurvedic Medicine

Course No. AY 500

Credit: 1

Pre-requisite: none

Description: This course examines the basic principles of Ayurvedic medicine, the eight branches, medical ethics and aims. Students investigate the historical and philosophical foundations of Ayurvedic medicine and the history of scientific studies in Ayurveda, through the classical texts. Students will explore and expand their knowledge and use of these ancient texts in a modern clinical practice. MA students will complete two additional assignments.

Counseling, Ethics and Management

Course No. AY 501

Credit: 1

Pre-requisite: none

Description: This course explores a variety of counseling modalities appropriate to a clinical Ayurvedic practice. Students develop the ability to recognize red-flag symptoms for medical referral and are introduced to ethical and legal issues in Ayurveda, business management techniques, job opportunities, and referral procedures. MA students will complete 2 additional assignments.

Western Interface, Functional Medicine, Understanding Labs

Course No. AY 502

Credit: 1

Pre-requisite: none

Description: Students are introduced to the biology and chemistry of blood and how to competently interpret basic lab reports and integrate that reference into their clinical practice, as well as identify frequently used Western drugs and herb-drug interactions. The course will also examine the relationship between Ayurveda and Western medicine and explores the ways to build a respectful, positive and generative relationship between Ayurvedic and Western approaches to healthcare. MA students will complete 2 additional assignments.

Research Protocols plus Practicum

Course No. AY 505

Credit: 1

Pre-requisite: none

Description: This course prepares students to evaluate original source material in current Ayurvedic research and write an article for a journal. It develops critical analysis skills, which are used in investigating a research topic in Ayurvedic medicine. Students will also explore further the interface between Ayurvedic and Western medicine through research. MA students will complete 2 additional assignments.

Internship 4 plus Practicum

Course No. AY 510

Credit: 1

Pre-requisite: AY 410

Description: This course provides students with additional opportunities to observe and discuss more complex clinical cases in the classroom with master Ayurvedic clinicians. Students will practice theories and procedures learned in the supervised clinical setting. Students gain greater proficiency in their client assessment, the development of appropriate treatment plans, and their clinical and counseling skills, to be utilized in their externship program through additional follow-up with clients. MA students will complete two additional assignments.

Systems Integration, Complementary Alternative Medicine 1

Course No. AY 512

Credit: 1

Pre-requisite: none

Description: This course will investigate medical approaches that lie within the Western model of disease management and examine how they can complement the Ayurvedic approach to health and wellness.

(Acupuncture, Chinese medicine, Naturopathy) The student will view standard Western symptomatic treatments of common diseases and make Ayurvedic treatment plans that can complement this approach by treating the whole person. The student will use their actual case studies. MA students will complete 2 additional assignments.

Advanced Pathophysiology

Course No. AY 515

Credit: 1

Pre-requisite: none

Description: Students continue to investigate the development of the disease process, in terms of Ayurvedic biology. The students will hone their skills of recognizing the functional changes associated with a disease or malady and tracing it backwards to its source/cause. Actual case studies will be used. MA students will complete 2 additional assignments.

Internal Medicine, Kayachikitsa, Advanced Herbology

Course No. AY 525

Credit: 1

Pre-requisite: none

Description: This course examines the specific symptomology of various disease states and the treatment strategies that address them. This course covers classical formulas for use in the treatment of various disorders as well as the principles of preparing advanced formulas. Using case studies, students are able to compare, contrast, and evaluate the functions, indications, and contraindications of a variety of formulas.

Advanced Psychology

Course No. AY 530

Credit: 1

Pre-requisite: none

Description: This course investigates the energetics of consciousness. It analyzes various strategies in Ayurvedic psychology, Ayurvedic therapies for the mind, and spiritual therapies used in Ayurveda. MA students will complete 2 additional assignments.

Advanced Rasayana and Pancha Karma Therapies

Course No. AY 535

Credit: 1

Pre-requisite: none

Description: This course critically examines the five Ayurvedic purification therapies called Pancha Karma, used to cleanse the body and eliminate disease-causing agents. Students learn how to address the usefulness of these practices for their clients and gain experience in performing the therapies. MA students are encouraged to engage a qualified PK practitioner and experience Pancha Karma for themselves, as a client. MA students will complete 2 additional assignments.

Clinical Case Studies Seminar

Course No. AY 540

Credit: 1

Pre-requisite: AY 410 and AY 420

Description: This seminar provides a forum for an experienced Ayurvedic Practitioner and students to present their cases and to engage in rigorous discussion about the cases and case management. Students are required to write up and present a minimum of one case study to the class for peer review and discussion. MA students will complete 2 additional assignments.

C-AP Final Exam

Description: All students are required to pass a final exam for completion of the NAMA approved C-AP program. This prepare the student practitioner for national exams expected in mid 2017.

Note: See www.ayurvedanama.org

Systems Review and Integration, Complementary Alternative Medicine 2

Course No. AY 555

Credits: 1

Pre-requisite: AY 512

Description: This course will investigate medical approaches that lie outside the Western model of disease management and examine how they can complement the Ayurvedic approach to health and wellness. (Homeopathy, Chiropractor, Osteopath) The student will view standard Western symptomatic treatments of common diseases and make Ayurvedic treatment plans that can complement this approach by treating the whole person. The student will use their actual case studies. MA students will choose a "CAM" practitioner and discuss a client with her/him and write up an integrated treatment plan. MA students will complete 2 additional assignments.

Externship 3 plus Practicum

Course No. AY 560

Credits: 2

Pre-requisite: AY 406

Description: MA students are required to complete an additional 10 supervised clinical consultations plus two

supervised follow-ups per client, for a total of 25 complete consultations. MA students will complete 2 additional assignments.

Aging and Geriatric Healthcare

Course No. AY 565

Credits: 1

Pre-requisites none

Description: This class will examine health issues that are of particular concern for the aging including diabetes, heart disease, arthritis, Alzheimer’s disease, high blood pressure, viewing these issues through an Ayurvedic lens. The student will create geriatric care management plans for seniors and their families/communities based on Ayurvedic principles. MA students will complete 2 additional assignments.

Masters’ Thesis, Research, Outline Presentation and Final Defense

Course No. AY 580

Credits: 3

Pre-requisite: AY 505

Description: This course requires students to evaluate several original source materials in current Ayurvedic research and write a paper. It develops critical analysis

skills, which are used in investigating a research topic in Ayurvedic medicine. Students will give individual presentations of their completed thesis outlines and review topics relevant to the final exam. A 7500 word Masters’ thesis is required for completion.

*See Thesis Criteria below.

Clinical Apprenticeship

Course No. AY 600

Credits: 2

Pre-requisite: all course work completed

Description: Students are required to complete a minimum of 60 hours working within an Ayurvedic clinical setting with a BAMS or MD Ayurveda clinician (or MMI approved equivalent).

***MMI thesis** committee will evaluate each written thesis on the following criteria. Thesis committee will provide their overall judgment as “Passed”, “Not passed” or “needs minor revisions”. Each student will receive their evaluation upon completion of their thesis requirements and approval process.

General Criteria	Points	Evaluation
Originality	20	<ul style="list-style-type: none"> • Innovative • New concept which adds to Ayurvedic literature • Clarity of a research question
Selection of literature	20	<ul style="list-style-type: none"> • Quality of research articles • Depth of integration of literature into theoretical framework described in Ayurvedic texts • Relevance to the topic
Research methods	10	<ul style="list-style-type: none"> • Methodical approach
Results	10	<ul style="list-style-type: none"> • Interpretation of data described in the literature reviewed • Integration and presentation of results • Analysis of data
Conclusion	10	<ul style="list-style-type: none"> • Connecting to the original question • Presenting it in a concise message
Writing style	20	<ul style="list-style-type: none"> • Clarity and originality in writing
Meeting the deadlines	10	<ul style="list-style-type: none"> • Meeting all the deadlines