



Australian Government

HLTAYV001 Develop Ayurvedic practice

Release: 2

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Modification History

Release	Comments
Release 2	This version was released in <i>HLT Health Training Package release 3.0</i>. Update to mapping and metadata. Equivalent competency outcome.
Release 1	This version was released in <i>HLT Health Training Package release 2.0</i> and meets the requirements of the 2012 Standards for Training Packages. Supersedes HLTAYV414D. Significant changes to the elements and performance criteria. New evidence requirements for assessment, including volume and frequency requirements. Significant change to knowledge evidence.

Application

This unit of competency describes the skills and knowledge required to establish the foundations of an Ayurvedic practice, to evaluate what makes a sustainable practice and then to develop an approach to own practice.

This unit applies to any practitioners working within an Ayurvedic framework.

The skills in this unit must be applied in accordance with Commonwealth and State/Territory legislation, Australian/New Zealand standards and industry codes of practice.

Elements and Performance Criteria

ELEMENT

PERFORMANCE CRITERIA

Elements define the essential outcomes

Performance criteria describe the performance needed to demonstrate achievement of the element.

1. Establish foundations of Ayurvedic practice

1.1 Identify, access and interpret information about the central philosophies, principles and practices of Ayurveda

1.2 Evaluate principles and practices of Ayurveda in relation to other health care systems

1.3 Draw on Ayurvedic philosophy to interpret health

ELEMENT**PERFORMANCE CRITERIA**

Elements define the essential outcomes

Performance criteria describe the performance needed to demonstrate achievement of the element.

issues and apply to own practice

2. Represent the Ayurvedic framework

2.1 Determine information needs of different individuals and groups

2.2 Explain the principles and practices of Ayurveda in a way that can be easily understood by those not familiar with the Ayurvedic system

2.3 Communicate information about Ayurveda at a level of depth appropriate to audience needs

3. Determine requirements for sustainable practice

3.1 Identify key issues that affect the development and sustainability of professional practice

3.2 Take account of economic, environmental, human and social considerations

3.3 Research and collate information to support professional practice

4. Develop and maintain own capacity to practise

4.1 Establish and monitor a personal health strategy that reflects the philosophies and principles of Ayurveda

4.2 Model philosophies and principles of Ayurveda in personal and professional interactions

5. Develop approach to own practice

5.1 Reflect on professional goals and aspirations

5.2 Identify and assess professional opportunities in Ayurvedic medicine

5.3 Consider the opportunities and constraints of individual personal circumstances

5.4 Make decisions about practice direction, based on reflection and research

5.5 Develop practical strategies that address own practice goals

Foundation Skills

The Foundation Skills describe those required skills (language, literacy, numeracy and employment skills) that are essential to performance.

Foundation skills essential to performance are explicit in the performance criteria of this unit of competency

Unit Mapping Information

No equivalent unit.

Links

Companion Volume implementation guides are found in VETNet -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=ced1390f-48d9-4ab0-bd50-b015e5485705>

Assessment Requirements for HLTAYV001 Develop Ayurvedic practice

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Performance Evidence

The candidate must show evidence of the ability to complete tasks outlined in elements and performance criteria of this unit, manage tasks and manage contingencies in the context of the job role. There must be evidence that the candidate has:

- used critical thinking skills to:
 - review and reflect on information from a range of sources about Ayurveda
 - evaluate and articulate requirements for sustainable Ayurvedic practice
- communicated about the Ayurveda framework to meet the information needs of at least 3 different individuals or groups
- established a personal health strategy that reflects the values and philosophies of Ayurveda
- developed goals for own practice that reflect the values, philosophies and principles of Ayurveda
- developed a set of actions to support professional practice goals

Knowledge Evidence

The candidate must be able to demonstrate essential knowledge required to effectively complete tasks outlined in elements and performance criteria of this unit, manage tasks and manage contingencies in the context of the work role. This includes knowledge of:

- philosophies and principles of Ayurveda, what they mean and how they are applied in practice:
 - history of Ayurveda and its development from inception
 - dynamic interchange between the physical, mental, emotional, spiritual, social, environmental and landscape
 - shad darshanas (the six philosophies)
 - pancha mahabhutas (five great elements)
 - trigunna (the three gunas)
 - prana (primordial life supporting energy)
 - indriyas (sense organs)
 - tridosha - vata, pitta and kapha, the ayurvedic concept of the three principal energies with intelligence found in the living body and throughout nature
 - agni (13 type)
 - ama
 - sapta dhatu
 - malas (bodily wastes)
 - prapaka and vipaka
 - deepana, pachana, anulomana
 - ojas
 - prakrti, vikrti
 - ahara, vihara and aushadh
 - maand, peya, yavagoo, yush, krishara
 - virudha ahara
 - abhyanga
 - shad upkarmas
 - snehna - self abhyanga, abhyanga, shiroabhyanga, shirodhara, katti basti, uro basti, ubtans
 - atyayik chikitsa
 - sat karma - cleanses neti, nasya, kunjala, baghi, basti
 - srtoas, srotarodha
 - rasayna and vajikarana
 - chikitsa
 - dosha vrudhi and kashaya
 - shath rasa
 - dinacharya, ratricharya, rtucharya
 - tribidha chikitsa
 - ashtvidh achikitsa
 - dashvidha pariksha
 - yoga chikitsa
 - simran (meditation, daily practices for the mind, body, emotions and the soul)

- historic significance, basic purpose, use and structure of the following reference texts:
 - ashtanga hridaya samhita
 - charaka samhita
 - sushruta samhita
- key features of other complementary therapies used in conjunction with Ayurveda
- place of Ayurveda in the national health care system in Australia
- professional networks and industry bodies
- different models of Ayurvedic practice and their key features:
 - Ayurvedic practitioners at different levels
 - sole practitioners, joint practices, multi-disciplinary practices
 - employment, further study, research and industry opportunities
 - limitations of Ayurveda practices in Australia
- components of sustainable practice:
 - economic opportunities and viability, planning, management and marketing
 - environmental
 - human – personal health, professional development
 - social responsibility
- legal and ethical considerations (national and state/territory) and how these are applied in individual practice:
 - children in the workplace
 - codes of conduct
 - continuing professional education
 - discrimination
 - dignity of risk
 - duty of care
 - human rights
 - infection control
 - informed consent
 - insurance requirements
 - mandatory reporting
 - practitioner/client boundaries
 - privacy, confidentiality and disclosure
 - records management
 - Therapeutic Goods Administration (TGA) and its regulatory roles
 - work role boundaries – responsibilities and limitations
 - Ayurvedic moral, civil, spiritual codes of conduct for all Ayurveda Practitioners including the need for mentorship and respect for the system during study and in clinical practice after graduation

Assessment Conditions

Skills must have been demonstrated in the workplace or in a simulated environment that reflects workplace conditions. Where simulation is used, it must reflect real working conditions by modelling industry operating conditions and contingencies, as well as using suitable facilities, equipment and resources.

Assessors must satisfy the Standards for Registered Training Organisations (RTOs) 2015/AQTF mandatory competency requirements for assessors.

In addition, assessors must:

- have at least three years current clinical experience working as an Ayurvedic practitioner providing services to the general public
- hold practising membership of an Australian professional body that represents Ayurvedic practitioners
- fulfil the continuing professional development requirements of the professional body to which they belong

Links

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