



Australian Government

HLTAYV005 Provide advice on Ayurvedic nutrition

Release: 1

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Modification History

Release	Comments
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. Significant changes to the elements and performance criteria. New evidence requirements for assessment, including volume and frequency requirements. Significant change to knowledge evidence. Minimum clinic hours added. Additional assessor requirements.

Application

This unit describes the skills and knowledge required to develop Ayurvedic nutritional recommendations based on the outcomes of an existing Ayurvedic health assessment, and provide relevant advice, support and follow up to clients.

This unit applies to Ayurvedic practitioners working with clients in a lifestyle or preventative context.

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. Develop nutritional recommendations

- 1.1 Evaluate client assessment information and imbalances that may be addressed through nutritional changes or supplementation
- 1.2 Identify presentations that fall outside scope of own practice and make appropriate referrals
- 1.3 Determine Ayurvedic nutritional corrections suited to the client's prakruti, vikruti, agni, ama and trigunnas
- 1.4 Evaluate the influence of environmental factors on nutritional status

ELEMENT**PERFORMANCE CRITERIA**

Elements define the essential outcomes

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

1.5 Integrate cultural and lifestyle factors that affect individual clients

1.6 Integrate Ayurvedic lifestyle corrections with nutritional recommendations

2. Offer Ayurvedic nutritional recommendations

2.1 Provide clear information about recommendations, their rationale and underpinning Ayurvedic philosophy and framework to suit the individual client

2.2 Use language and concepts the client understands

2.3 Provide client with resources to support the recommendations, including advice on preparation and cooking of foods

2.4 Discuss and agree on evaluation strategies

2.5 Accurately document recommendations made

3. Follow up nutritional advice

3.1 Review progress with the client based on previous advice and client feedback

3.2 Identify and accurately record effects of previous advice

3.3 Evaluate the need for change in advice, ongoing and/or additional nutritional adjustments

3.4 Negotiate changes to the plan with the client to ensure optimal outcomes

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 HLTAYV005 Provide advice on Ayurvedic nutrition

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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:

- performed the activities outlined in the performance criteria of this unit during a period of at least 200 hours of Ayurvedic lifestyle client consultation work
- prepared for and managed at least 25 different lifestyle sessions. Clients must include males and females from different stages of life
- provided nutritional advice appropriate to client needs according to the Ayurvedic framework
- interacted effectively with clients, providing clear, accurate and supportive information and guidance

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:

- legal and ethical considerations (national and state/territory) for nutritional advice:
 - codes of conduct
 - duty of care
 - informed consent
 - mandatory reporting
 - practitioner/client boundaries

- privacy, confidentiality and disclosure
- records management
- work role boundaries
 - working within scope of practice including limitations of nutritional advice to be provided
 - presenting symptoms that require referral to a medical practitioner
- work health and safety
- role of Ayurvedic nutritional advice in lifestyle and preventative contexts
- ama, its causes, signs and symptoms
- basic principles of Ayurvedic nutrition:
 - ahara vidhi vidhan
 - panchamahabhuta (elemental composition of food)
 - gunnas (properties of food)
 - shath rasa, gunnas, virya, vipaka, prabhava
 - triguna theory and its relationship to diet and nutrition
 - tridosha theory in relation to diet and nutrition
 - prapaka, vipaka (digestive processes)
 - agnis and their role in transformation of nutrients
 - function of fibre in the body
- Ayurvedic food classifications, categories and composition
 - fruit
 - vegetables
 - dairy
 - animal foods
 - oils
 - sweeteners
 - nuts and seeds
 - grains
 - beans and legumes
 - herbs and spices
 - best utility of ahara
 - gruels
 - virudha ahara
 - pratinidhi ahara
 - ahara to suit various prakruti and vikruti
- features of herbs and spices used in Ayurvedic lifestyle consultation and their wellbeing benefits, including
 - ajwain
 - dadima
 - dhanyaka

- ella
- haridra
- hingu
- ikshu
- jeeraka
- lasuna
- lavana
- lavanga
- maricha (pungent chilli/peppers)
- methika
- narikela
- nimbuka
- palandu
- patra
- rason
- shatapushpa
- sunthi/ adraka
- til
- tulasi
- twak
- yava
- features of other herbs used in Ayurveda, their safe use and their wellbeing benefits, including
 - amalaki
 - ajmoda
 - alukam
 - amra
 - ashoka
 - ashvagola/isabgol
 - ashwagandha
 - atasi
 - bala
 - bhringaraja
 - bibhitaka
 - bilva
 - champaka
 - chitraka
 - draksha
 - gokshura
 - guggulu

- haritaki
- kharjura
- karpura
- kumari
- kutaja
- misreya
- mudga
- mushra
- nimba
- pippali
- punarnava
- rajika
- chandana
- shatavari
- shigru
- svarnapatri
- svetajirakatulasi
- ushira
- safed musali
- pippali
- yasthimadhu
- yava
- Ayurvedic herbal combinations for use in daily life, rasayana, and their safe use:
 - avaleha lehyam
 - pravahi
 - chyawanprash
- ghritam
- kashayam
- choorana
- Ayurvedic cooking and food preparation techniques and variations to suit different vikruti and seasons
- rasa, guna, virya and vipaka, prabhava

Assessment Conditions

Skills must have been demonstrated in the workplace or in a simulated clinical environment that reflects workplace conditions. The following conditions must be met for this unit:

- use of suitable facilities, equipment and resources, including:
 - client information – health, lifestyle and nutritional record, assessment outcomes
 - private consultation area
 - kitchen area and cooking equipment

- modelling of industry operating conditions, including provision of services to the general public
- clinic supervision by a person who meets the assessor requirements outlined below

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

In addition, assessors must:

- have at least 3 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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