



Australian Government

HLTAYV009 Provide therapeutic Ayurvedic nutritional advice

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. Merged HLTAVY601C/HLTAYV602C/HLTAYV605D/HLTAYV613D. Some content also in HLTAYV010. 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 determine an Ayurvedic nutritional treatment strategy based on an existing diagnosis, provide relevant advice to the client and complete treatment documentation.

This unit applies to Ayurvedic practitioners working with clients to address specific therapeutic needs.

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 dietary and nutritional plans

- 1.1 Identify potential dietary modifications or nutritional supplements based on identified vrikuti and virudha ahara (lifestyle) from within the Ayurvedic framework
- 1.2 Assess inherited, congenital, acquired and seasonal factors that may be affecting nutritional status
- 1.3 Consider treatment and advice provided by other

ELEMENT**PERFORMANCE CRITERIA**

Elements define the essential outcomes

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

health care professionals

1.4 Determine any contraindications to dietary changes and supplement provisions and adjust plan accordingly

1.5 Take into consideration cultural factors and other possible client compliance issues

1.6 Establish timeframe, therapeutic expectations and evaluation mechanisms

1.7 Clearly document plan and its component parts using language to assist client interpretation

2. Provide advice and resources to the client

2.1 Clearly explain proposed dietary plan to client with rationale and expectations

2.2 Provide clear instructions, and negotiate if required

2.3 Explain factors which may interfere with the effectiveness of the treatment

2.4 Negotiate the management of dietary modifications in relation to other current medicines

2.5 Request client to monitor responses to the supplements and to contact practitioner as required

2.6 Clarify and agree responsibilities of practitioner and client within the treatment plan

2.7 Explain and agree evaluation strategies

3. Complete treatment documentation

3.1 Accurately record details of dietary plans and recommendations in client file

3.2 Record arrangements for treatment review according to clinic guidelines

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 HLTAYV009 Provide therapeutic Ayurvedic nutritional advice

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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 400 hours of Ayurvedic client consultation work
- prepared at least 40 different nutritional plans. Clients must include males and females from different stages of life with varied presentations, including:
 - dosha imbalances
 - ama
 - deficiency or excess in the dhatus, agni, malas, doshas and ojas
- followed Ayurvedic principles by determining appropriate strategies based on the diagnosis and evaluation of:
 - nutritional status
 - physical, mental and emotional status
 - available medical data
 - particular client issues, addictions or preferences
 - contraindications
- planned strategies to balance rajasic and tamasic gunnas, to reduce ama generation, to eliminate the excessive build up of doshas, to open all srotamsi, to maintain optimum agni, to restore balance and ojas and to sustain health at all the four levels

- interacted effectively with clients:
 - provided clear advice with rationale, expectations and affecting factors
 - explained and agreed treatment monitoring and evaluation

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 provision of 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
 - presenting symptoms that require referral to a medical practitioner
 - work health and safety
- principles of Ayurvedic nutrition and diet:
 - ahara, vihara aushadhi principle
 - prakruti and vikruti specific
 - variations necessary with the changing seasons
 - digestive processes
 - rasa, virya and vipaka, prabhawa and gunnas
 - agnis and their functions
 - shath rasa - the six tastes
 - tridosha theory
 - triguna theory and its relationship to food
 - virudha ahar
- Ayurvedic food classifications, categories, composition and therapeutic uses:
 - 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
- types and features of culinary herbs and spices in Ayurveda
- rasayana, vajikarana & chikitsa preparations
- types and features of foods containing macronutrients and micronutrients, vitamins and minerals, carbohydrates, fats and proteins
- function of fibre in the body
- types and features of foods that affect the mind and moods, and the body:
 - food additives
 - preservatives
 - colouring
 - alcohol/drug consumption
 - virudha ahar
 - fast food dependence
 - wrong diet choices for prakruti
- Ayurvedic cooking and food preparation techniques for major food classifications
- features of ama, its causes signs and symptoms (emotional, mental and physical)
- nutritional supplements in the Ayurvedic framework:
 - main Ayurvedic nutritional supplements used for each system/condition/mind state
 - appropriate safe dosage levels for different groups
 - potential adverse effects
 - principles of formulation - including dosage, dosage form, and duration of treatment according to reference texts
- drug-nutrient and nutrient-nutrient interactions
- amino acids (essential and non-essential)
- potential impact of supplementation on the condition or disease state, including preventative action
- types of dietary modifications and their indications for use:
 - exclusions
 - inclusions
 - increased consumption
 - decreased consumption
- environmental factors and their relationship to nutritional status, including:
 - pollution

- demographic
- rtucharya and sandhis
- main types and culinary characteristics of diets that are part of contemporary Australian society
- meaning of:
 - drug–food interactions
 - food allergy
 - food intolerance
- key health and legal consequences of failing to address special requirements:
 - allergic reactions
 - anaphylaxis
 - food sensitivity or intolerance reactions
- basic biochemistry as it relates to diet and nutrition – make up of carbohydrates, proteins, fats
- contra-indications of treatment - in vikruti, particular seasons, diseases and age groups
- principles and techniques for preparing nutritional plans to suit vikruti, with duration and costs
- cultural restrictions on diet and nutritional supplementation
- pathya kalpana (therapeutic nutrition) and preparation for:
 - manda (clear rice water)
 - peya (light rice soup)
 - yavagu (concentrated rice soup)
 - krsara (cooked wet rice with cereals)
 - yusha (mung dhal soup)
- avaleha
 - brahma rasayana
 - ashwagandhadi lehyam
 - haritakyadi rasayana
 - chyawanprash
 - triphala rasayana
 - vilvadi lehyam
 - drakshavelha
 - bilvadilehyam
 - madhu
 - shilajatu rasayana

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
- private consultation area
- 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 5 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

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