

Benchmarks for Training in Ayurveda

Benchmarks for training
in traditional/complementary
and alternative medicine

Ayurveda

थाईलैंड में, मालशि एक चिकित्सीय
उपचार और अभ्यास माना जाता है,
अस्पतालों में भी शामिल है। यह
दैनिक जीवन का हिस्सा है और
जीवन शैली, वशि रामे का एक पल
का प्रतिनिधित्व करता है।
यह एक प्राचीन कला है कि
मानवता की वरिसत से संबंधित है।
वह अति प्राचीन काल से आता है।
थाईलैंड में, मालशि एक चिकित्सीय
उपचार और अभ्यास माना जाता है,
अस्पतालों में भी शामिल है। यह



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Contents

Contents	iii
Acknowledgements	v
Foreword	vii
Preface	ix
Introduction	1
1. Origin and principles of Ayurveda	3
1.1 Concepts and fundamental principles.....	3
1.2 Ayurvedic pharmacology.....	4
1.3 Ayurvedic pathology.....	5
1.4 Ayurvedic therapeutics.....	5
2. Training of Ayurveda practitioners	7
2.1 Categories of training.....	7
2.2 Category I, Type I training - Ayurveda practitioners.....	7
2.3 Category I, Type II training - Ayurveda practitioners.....	15
2.4 Category II, Type I training - Ayurveda therapists.....	16
2.5 Category II, Type II training - Ayurveda dieticians.....	16
3. Training for dispensers and distributors of Ayurveda	19
3.1 Curriculum for dispensers of Ayurveda.....	20
3.2 Curriculum for distributors of Ayurveda.....	20
4. Safety issues	23
4.1 Use of Ayurvedic medicines.....	23
4.2 Safe use of metals, minerals and poisonous substances.....	23
4.3 Incompatible combinations.....	24
4.4 Adverse reactions and contraindications.....	24
4.5 Contraindications in therapy.....	25
4.6 Use of metals, minerals and poisonous substances.....	26
References	29
Selected bibliography	31
Annex 1: Glossary	33
Annex 2: WHO Consultation on Phytotherapy, Milan, Italy, 20–23 November 2006: list of participants	41
Annex 3: Selected medicinal plants	45

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Foreword

The oldest existing therapeutic systems used by humanity for health and well-being are called Traditional Medicine or Complementary and Alternative Medicine (TM/CAM).

Increasingly, TM/CAM is being formally used within existing health-care systems. When practised correctly, TM/CAM can help protect and improve citizens' health and well-being. The appropriate use of TM/CAM therapies and products, however, requires consideration of issues of safety, efficacy and quality. This is the basis of consumer protection and is no different, in principle, from what underpins modern medical practice. Upholding basic requirements for the modern practice of TM/CAM therapies can support national health authorities in the establishment of adequate laws, rules, and licensing practices.

These considerations have guided the work of the Regional Government of Lombardy in TM/CAM which was first included in the Regional Health Plan 2002-2004. Clinical and observational studies in the region of Lombardy have provided a crucial step in the evaluation of TM/CAM. With the help of data from these studies, a series of governmental provisions have been used to create a framework for the protection of consumers and providers. The cornerstone of this process was the first Memorandum of Understanding (MOU) for the Quadrennial Cooperation Plan which was signed between the Regional Government of Lombardy and the World Health Organization. The MOU highlighted the need for certain criteria to be met including: the rational use of TM/CAM by consumers; good practice; quality; safety; and the promotion of clinical and observational studies of TM/CAM. When they were published in 2004, the *WHO guidelines for developing consumer information on proper use of traditional, complementary, and alternative medicine* were incorporated into this first MOU.

In the region of Lombardy, citizens currently play an active role in their health-care choices. The awareness of the advantages as well as of the risks of every type of care is therefore critical, also when a citizen actively chooses to use TM/CAM.

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