

Yogaversity

SESSION FOUR

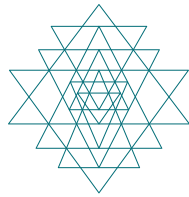
Clinical Use of
Ayurveda & Yoga

*Ayurvedic Yoga
Specialist Training*



Training manual by Kathryn Templeton

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LPC, C-IAYT, E-RYT, YAACP



Session 4 Goals

1. Developing a yoga and ayurvedic treatment plan for individuals
2. Review yoga and Ayurvedic physiology and psychology, dinacharya, and seasonal cleansing
3. Introduction to tongue diagnosis





The Ethics of Working with Clients

Developing your personal mission statement is important. Supporting you to stay within your scope of practice is something important to me and I would be remiss if I did not offer information and discussion on ethics, standards, and scope of practice.

Please use the information, along with the video to support your exploration of how to develop your personal ethics statement that will act as guardrails, to support you to stay within your scope of practice.

I have included ethic & standard of practice statements from a number of different professional organizations in the fields of yoga, ayurveda and psychology. Please review and use these statements to cultivate the personal ethical foundation to support your work in the field of healing as an AYS.

YA Ethics Code

1. Conduct myself in a professional and conscientious manner.
2. Acknowledge the limitations of my skills and scope of practice and where appropriate, refer students to seek alternative instruction, advice, treatment or direction.
3. Create and maintain a safe, clean and comfortable environment for the practice of yoga.
4. Encourage diversity by respecting all students regardless of age, physical limitations, race, creed, gender, ethnicity, religion or sexual orientation.
5. Respect the rights, dignity, and privacy of all students.
6. Avoid words and actions that constitute sexual harassment.
7. Adhere to the traditional yoga principles as written in the yamas and niyamas.
8. Follow all local government and national laws that pertain to my yoga teaching and business.



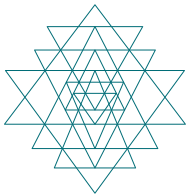
***Note:** Kathryn Templeton suggests you source language that is specific. Pull from multiple sources including Kripalu, California Association of Yoga Teachers, NAMA, NADT*





**To cultivate an
attitude of humanity
in our teaching,
we dedicate our work
to something greater
than ourselves.**

1. To seek out and engage in collegial relationships, recognizing that isolation can lead to a loss of perspective and judgment.
2. To manage our personal lives in a healthful fashion and to seek appropriate assistance for our own personal problems or conflicts.
3. To provide rehabilitative instruction only for those problems or issues that are within the reasonable boundaries of our competence.
4. We do not abandon or neglect students. If we are unable, or unwilling for appropriate reasons, to provide professional help or continue a professional relationship, every reasonable effort is made to arrange for continuation of instruction with another teacher.
5. We make only realistic statements regarding the benefits of yoga.
6. We show sensitive regard for the moral, social, and religious standards of students and groups. We avoid imposing our beliefs on others, although we may express them when appropriate in the yoga class.
7. We avoid those dual relationships with students (e.g., business, close/personal, or sexual relationships) that could impair our professional judgment, compromise the integrity of our instruction, and/or use the relationship for our own gain.
8. We use our knowledge and professional associations for the benefit of the people we serve and not to secure unfair personal advantage.
9. Fees and financial arrangements, as with all contractual matters, are always discussed without hesitation or equivocation at the onset and are established in a straightforward, professional manner.
10. We may at times render service to individuals or groups in need without regard to financial remuneration.





Confidentiality Considerations

1. All records kept on a student are stored or disposed of in a manner that assures security and confidentiality.
2. We treat all communications from students with professional confidence.
3. When supervising apprentices or consulting with other yoga teachers, we use only the first names of our students, except in those situations where the identity of the student is necessary to the understanding of the case. It is our responsibility to convey the importance of confidentiality to the apprentice or consultant.
4. We do not disclose student confidences to anyone, except as mandated by law; to prevent a clear and immediate danger to someone; in the course of a civil, criminal, or disciplinary action arising from the instruction where the teacher is a defendant; for purposes of supervision or consultation; or by previously obtained written permission. In cases involving more than one person (as student), written permission must be obtained from all legally accountable persons who have been present during the instruction before any disclosure can be made.
5. We obtain written consent of students before audio and/or video tape recording or permitting third party observation of their sessions.

Important Questions

Please work to develop a document for yourself to begin to use professionally.

1. What do you want to have as your ethical framework for practice?
2. How do you view your work with other alternative and traditional health care providers?
3. What will be your setting, reimbursement, and structure of contact model?
4. Consider how you will engage/practice as an Ayurvedic Yoga Specialist
5. What will be the business structure/model? i.e.: work in a yoga studio, a spa, etc.
6. What will you charge for individual sessions, group sessions/classes, educational workshops?
7. What will you use to have clients/students identify that they are working in agreement with your ethical statement (i.e: liability form, HIPPA, etc.)?
8. How will you continue to support your role as student of yoga/ayurveda (i.e. through professional buddy groups, seminars, journals, etc.)?





Getting Started

Intake Follow-Along Sheet

Use this outline to follow along with the AYS Training Client Intake videos. This will support you as you develop your ability to offer Ayurvedic Yoga Specialist Consultation to your clients (while remaining in your scope of practice), whether you're working as a yoga teacher or as a wellness/healthcare professional of any kind.

1. Listen for guna / dosha-related information. What do you feel is the client's current state of vikruti?
2. What clues are you hearing about the client's current state of agni? Include tongue diagnosis in this section.
3. How was the western medical information translated into Ayurvedic language? Use your knowledge of the 10 sets of opposites (gunas) and sub-dhatus in this section.
4. Listen for information about the client's current state of ojas. Consider if you think ojas support will be of top importance in the recommendation session.
5. What are you noticing about the current state of manas prakruti? Be clear if what you are noticing is more dosha tendency, or a state of mind / spiritual connection.
6. Where are you hearing the client already uses the wisdom of the six tastes? Do they need Ayurvedic education around food sadhana?
7. What is the client's association with wellness and spiritual practices?
8. Before you hear the treatment recommendation session for this client, what do you think they would most benefit from as you draw from your AYS toolbox?





Treatment Plan Considerations

Multi-Perspective Model

Begin to develop a hypothesis around vikruti by examining symptoms with an eye for the gunas (qualities) they embody. Allow yourself to wonder about the impact the dosha imbalance might have on the vital essences. As you sit with the client/student, notice your quality of mind and theirs and allow yourself to wonder about maha guna vikruti.

Once you have a working hypothesis, address the following issues to design a comprehensive treatment plan. Remember that you may need to work in stages: an initial visit, two week post visit check in (monthly), then plan a trajectory of sessions needed to bring doshas back to a more balanced state.

Western Medicine Perspective on Client/Student Concerns

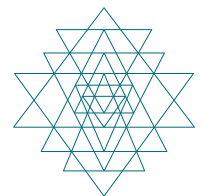
Be aware of any contraindicated asana, pranayama, spices, diet, or lifestyle interventions. If names of medications or western medical diagnosis are given, please redirect the client to describe why they take the medication, how it supports their health, and how they feel when they do not take the medication. Please explain that you are not trained (unless you are) in western medicine and you are translating the information into the language of ayurveda (gunas). The same is true for any western medical diagnosis.

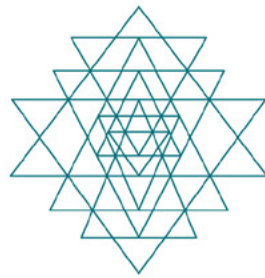
Yoga: Addressing the Koshas, Doshas, and Maha Gunas with Yoga Techniques

1. Asana
2. Pranayama
3. Meditation/Kriya

Ayurveda: Addressing the Doshas, Maha Gunas, Vital Essences with Diet and Lifestyle

1. What subdoshas do you believe might be imbalanced due to vikruti hypothesis?
2. Tongue exam to confirm *ama*? If *ama* is present, set up a plan to decrease it.
3. Dinacharya. Make a grid?
4. Regulation of meals/ tastes.
5. Lifestyle adjustments: first tier, second tier, third tier.
6. Rasayanas or practices to recommend.





Appendix

*Ayurvedic Yoga
Specialist Training*



Yogaversity



Intake Interview

Name _____ Date ____ / ____ / ____

Address _____ City _____ State _____ Zip _____

Country _____ Phone No. (____) _____ Work No. (____) _____

Email Address: _____

Age _____ Sex _____ Height ____' ____" Weight _____ Date of Birth ____ / ____ / ____

Time of Birth ____ : ____ am/pm Place of Birth _____

Marital Status _____ Occupation _____

How did you hear about this office? _____ Diagnosing/referring practitioner _____

Please list the main health problems you would like to be free of (in order of importance)

1. _____

2. _____

3. _____

How and when did these conditions begin? _____

How do they impact your daily activities including sleep? _____

Health professionals seen for them _____

Please describe your yoga practice _____

Please describe your daily diet (typical meals you might have in a day) _____

Please consider the following questions:

1. How many times a day do you eat? _____

2. Is food hot or cold? _____

3. How many meals a week do you eat? _____

4. Typical beverages? _____

5. What are your favorite "go-tos" for comfort foods? _____

Please describe your meditation/spiritual practice _____

Please describe your recreational activities and/or hobbies _____

What other information do you think would be helpful to understand about your history or current situation?





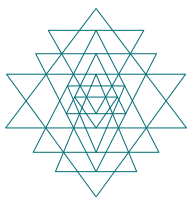
Intake Interview

Directions:

1. If you have had any of the following symptoms, check the box that tells us if the symptom was in the past or if it is current.
2. Circle one of the numbers that appears to the right of the symptom.
3. Continue onto the next page.



Note: Circle 1 for the least severe and 5 for the most severe.



Past	Current	Symptom	Severity
☐	☐	Abdominal/stomach pain	1 2 3 4 5
☐	☐	Always hungry	1 2 3 4 5
☐	☐	Heavy/solid stools	1 2 3 4 5
☐	☐	Constipation	1 2 3 4 5
☐	☐	Diarrhea	1 2 3 4 5
☐	☐	Heartburn	1 2 3 4 5
☐	☐	Indigestion	1 2 3 4 5
☐	☐	Gas	1 2 3 4 5
☐	☐	Lack of appetite	1 2 3 4 5
☐	☐	Nausea	1 2 3 4 5
☐	☐	Overweight	1 2 3 4 5
☐	☐	Unusually thirsty	1 2 3 4 5
☐	☐	Vomiting	1 2 3 4 5
☐	☐	Weight changes	1 2 3 4 5
☐	☐	Bleeding easily	1 2 3 4 5
☐	☐	Bleeding gums	1 2 3 4 5
☐	☐	Bruising easily	1 2 3 4 5
☐	☐	Chest pain or pressure	1 2 3 4 5
☐	☐	Dizzy spells/blackouts	1 2 3 4 5
☐	☐	Irregular heart beat	1 2 3 4 5
☐	☐	Poor circulation	1 2 3 4 5
☐	☐	Pounding heart beat	1 2 3 4 5
☐	☐	Racing heart beat	1 2 3 4 5





<i>Past</i>	<i>Current</i>	<i>Symptom</i>	<i>Severity</i>
☐	☐	Chest colds	1 2 3 4 5
☐	☐	Chronic cough	1 2 3 4 5
☐	☐	Congested nose	1 2 3 4 5
☐	☐	Coughing up blood	1 2 3 4 5
☐	☐	Smoking	1 2 3 4 5
☐	☐	Sneezing	1 2 3 4 5
☐	☐	Wheezing	1 2 3 4 5
☐	☐	Chills	1 2 3 4 5
☐	☐	Excessive sweating	1 2 3 4 5
☐	☐	Fever	1 2 3 4 5
☐	☐	Lack of perspiration	1 2 3 4 5
☐	☐	Night sweats	1 2 3 4 5
☐	☐	Tendency to be hot	1 2 3 4 5
☐	☐	Tendency to be cold	1 2 3 4 5
☐	☐	Frequent hoarseness	1 2 3 4 5
☐	☐	Difficulty hearing	1 2 3 4 5
☐	☐	Nose bleeds	1 2 3 4 5
☐	☐	Sinus problems	1 2 3 4 5
☐	☐	Sore throats	1 2 3 4 5
☐	☐	Sounds/ringing in ears	1 2 3 4 5
☐	☐	Swollen glands	1 2 3 4 5
☐	☐	Eye trouble	1 2 3 4 5
☐	☐	Unusual taste in mouth	1 2 3 4 5
☐	☐	Dry skin	1 2 3 4 5

<i>Past</i>	<i>Current</i>	<i>Symptom</i>	<i>Severity</i>
☐	☐	Itching/burning skin	1 2 3 4 5
☐	☐	Skin rash	1 2 3 4 5
☐	☐	Bloody urination	1 2 3 4 5
☐	☐	Burning urination	1 2 3 4 5
☐	☐	Difficult urination	1 2 3 4 5
☐	☐	Frequent urination	1 2 3 4 5
☐	☐	Loss of bladder control	1 2 3 4 5
☐	☐	Painful urination	1 2 3 4 5
☐	☐	Urination at night	1 2 3 4 5
☐	☐	Sexual function concerns	1 2 3 4 5
☐	☐	Swelling feet or legs	1 2 3 4 5
☐	☐	Depression	1 2 3 4 5
☐	☐	Fatigue or tiredness	1 2 3 4 5
☐	☐	Frequent/severe headache	1 2 3 4 5
☐	☐	Difficulty falling asleep	1 2 3 4 5
☐	☐	Difficulty staying asleep	1 2 3 4 5
☐	☐	Leg cramps	1 2 3 4 5
☐	☐	Nervousness	1 2 3 4 5
☐	☐	Numbness/ tingling	1 2 3 4 5
☐	☐	Shaking/trembling	1 2 3 4 5
☐	☐	Stuttering/stammering	1 2 3 4 5
☐	☐	Back trouble	1 2 3 4 5
☐	☐	Painful/swelling joints	1 2 3 4 5
☐	☐	Painful feet	1 2 3 4 5
☐	☐	Painful muscles	1 2 3 4 5





Additional Resources

Formulas for AYS Recommendations

1. List the client's birthdate, time of birth, and location. This information is used as a teaching moment for clients to learn about the Ayurvedic Clock.
2. List the reasons the client stated led them to seek Ayurvedic support.
3. State the Vikruti—current state of imbalance
4. Break the Vikruti down to the “little g’s.” This will help the client understand why you suggest interventions to bring balance.
5. State the client's current state of Agni.
6. State the client's current state of mind.
7. A snapshot of Ojas.



***Note:** There is generally a connection between Vikruti being supported by the disregulation of Agni, and often, the current state of mind will also support Vikruti.*

Examples:

When Vata is imbalanced, let's say with excess attributes of mobile, dry, and rough...

- Agni will generally be vishama or irregular
- State of mind will generally be rajas

When Kapha is imbalanced, in attributes of dull, heavy, and wet...

- Agni will generally be manda or dull
- State of mind may be rajas leaning toward tamas

When Pitta is imbalanced, let's say with excess attributes of hot, sharp, and light...

- Agni will generally be tinkshana or sharp (hot)
- The mind may be generally rajas

Remember that the only dosha that can “move” is Vata. This means that Vata will be present in some form if there is an imbalance. Vata can inflame Pitta (think wind blowing on the fire). Kapha can block Vata. Think of a plaque in an artery and how the blood cannot move easily; the plaque is an imbalance of kapha (building a dense and stable block) and the movement of the blood is stopped or must be redirected.

Again, this formula is governed by the Ayurvedic concept of “it depends”. Many variables may shape this formula, yet in general, this formula will support your ability to understand and, more importantly, to communicate to the client what you are seeing and why you have chosen specific interventions.

Intervention categories include:

1. **Lifestyle:** AM and PM anchors + Circadian Rhythm
2. **Diet:** six tastes at every meal, food sadhana, ayurvedic clock with seasonal eating
3. **Yoga:** movement to support the proper movement of Prana in the subdoshas- there can be other forms of movement, too
4. **Vital Essences and Manas Pakruti:** supporting Ojas and other vital essences that will lean the mind toward Sattva with meditation, nature, science, etc.

