

Ayurveda for the 21st Century

Ayurveda^{i[1]}, which literally means "The Science of Life," is the healing science from India. It has been practiced for over 5,000 years by millions of individuals to assist the body in journeying back to optimal health. More and more people are discovering that these ancient principles are easily applicable to modern life and that they have the power to create health and contentment. Health comes when we live in harmony with our true nature as spirit. Ayurveda allows us to get a glimpse of our individual true nature and to find the best ways to live a life of balance. It provides holistic understanding and healing to people on all levels: physically, emotionally, and spiritually. Ayurveda uses a multitude of healing modalities including herbs, diet, colors, aromas, sound, lifestyle recommendations, pancha karma^{i[2]}, meditation, and yoga.

The Clinical Ayurvedic Specialist and the Ayurvedic Health Practitioner

Clinical Ayurvedic Specialists (C.A.S.) and Ayurvedic Health Practitioners (A.H.P.) are the most thoroughly trained practitioners in the field of Ayurveda in the United States. With nearly 400 graduates, CCA provides both academic and clinical training in preparation for students to go into private practice. It is the dharma (purpose) of a C.A.S. and an A.H.P. to share their knowledge and principles of Ayurveda to uplift the health and well-being of the community.

Our graduates are trained to understand a client physically, emotionally, and spiritually. From this understanding, they identify the client's constitution^{i[3]} and the nature of any imbalances, and then design and implement an appropriate treatment program. One part healer, one part counselor, one part coach, and one part guide, our graduates help people create optimal conditions for healing, balance and harmony in their lives. Ayurvedic health practitioners and Clinical Ayurvedic Specialists transform the lives of their clients. Clinical Ayurvedic Specialists are the doctors of the future, using principles from the past to help people achieve balance, harmony, and health in the present.

Professional Opportunities

Clinical Ayurvedic Specialists and Ayurvedic Health Practitioners have many options for using their training in the field of holistic health and education. An A.H.P. or C.A.S. may choose to enter into private practice, join other health care practitioners at a wellness center, teach public education classes on Ayurvedic principles, supervise a pancha karma center, teach at an Ayurvedic college, or conduct workshops and seminars. Ayurvedic Health Practitioners and Clinical Ayurvedic Specialists who are already licensed health care providers may use their Ayurvedic training to enhance their current healthcare practices. All graduates have the unique opportunity to decide in what way they will use their education to serve their community and the planet.

Ayurveda is based upon a deep communion with the spirit of life itself and a profound understanding of the movement of the life-force and its different manifestations within our entire psycho-physical system. As such, it presents a helpful alternative to the technical and mechanical model of modern medicine, the limitations of which are gradually becoming evident through time. It is a truly holistic medicine whose wealth we have just begun to explore in the Western world.

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[1] <http://www.ayurvedacollege.com/glossary/term/10>

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