Holistic Ayurveda Institute
& WELLNESS CENTRE · OTTAWA, CANADA

AYURVEDIC WELLNESS COUNSELOR PROGRAM

Ayurvedic Wellness Counselor

600-Hour Curriculum Guide

A clear overview of the core subjects, practical learning, and professional support within the Ayurvedic Wellness Counselor program.

Curriculum Guide 2026



PROGRAM OVERVIEW

600 Hours of Structured Ayurvedic Study

The Ayurvedic Wellness Counselor curriculum is built around a comprehensive study of Ayurvedic philosophy, physiology, nutrition, psychology, assessment, herbs, traditional cleansing approaches, and the Ayurvedic understanding of common system imbalances.

600
Hours

AYURVEDIC WELLNESS COUNSELOR CURRICULUM

Core study areas include the foundations of Ayurveda, anatomy and physiology, diet and digestion, psychology, evaluation of imbalance, Panchakarma, herbology, and system-based clinical study.

AT A GLANCE

10
Core curriculum areas

1
Integration & review stage

Live
Weekly Q&A; support

Cases
Selected case discussions

Community
Private student space

Learning
Practical assignments

CURRICULUM MAP

Learn Ayurveda as a System, Not a Collection of Facts

The curriculum is organized as connected areas of study rather than isolated topics. The six-stage overview below gives a simple way to understand how the subjects move from foundations into assessment, therapeutics, and clinical study.

01	Foundations	Philosophy · elements · Doshas
02	Physiology	Agni · Dhatus · Ojas · Srotas
03	Daily Living	Food · sleep · routine · psychology
04	Evaluation	Prakriti · Vikriti · pathogenesis
05	Therapeutics	Panchakarma · herbs
06	Clinical Study	Digestive · respiratory · other systems

The curriculum culminates in review, practical integration, and assessment. Current assessment methods, elective requirements, recognition, and graduation details are confirmed during admissions.

FACULTY

Learn With Vaidya Dr. Hemant Gupta



Vaidya Dr. Hemant Gupta

Founder & Director - Holistic Ayurveda Institute

Dr. Hemant Gupta has spent decades studying, practicing and teaching Ayurveda. He earned an MD degree in Ayurvedic Medicine and a degree in Natural Medicine, and has worked in clinical practice, research, curriculum development and professional education.

His teaching experience includes work in North America and internationally. The institute catalogue records his role in developing educational programs, teaching physicians and health professionals, and serving in academic and Ayurveda-centre leadership positions.

At Holistic Ayurveda Institute in Ottawa, he brings this experience into a practical learning environment that emphasizes strong fundamentals and the application of Ayurvedic principles.

TEACHING APPROACH

Dr. Gupta's teaching emphasizes clear fundamentals, depth of understanding, and practical application.

Students are encouraged to understand how Ayurvedic principles fit together rather than treating each topic as an isolated fact.

EXPERIENCE HIGHLIGHTS

- Ayurvedic physician, educator and curriculum developer
- Founder and Director of Holistic Ayurveda Institute & Wellness Centre
- International teaching experience across North America, Europe, Asia and Australia
- Previous academic and Ayurveda-centre leadership roles in the United States and Canada

CORE CURRICULUM

What You Will Study

01 Foundations of Ayurveda & Ayurvedic Philosophy

Padarth Vigyan · Rachana Sharir

- History, meaning, purpose, and philosophical foundations of Ayurveda
- Sankhya philosophy, cosmology, and the relationship between macrocosm and microcosm
- Five elements, three Doshas, and the twenty qualities (Gunas)
- Dravya, Guna, Karma and the fundamental principles used to understand balance
- Prakriti, Vikriti, and the Ayurvedic definition of health (Swastha)

02 Ayurvedic Anatomy & Physiology

Sharir Rachana · Sharir Kriya Vigyan

- Dosha, Dhatu and Mala as foundations of Ayurvedic physiology
- Vata, Pitta and Kapha subdoshas: locations, functions and patterns of imbalance
- Agni: types, states, digestion and transformation
- Seven Dhatus, Ojas, and their role in sustaining the physiology
- Srotas: life-supporting channels, their roots, organs and functions

CORE CURRICULUM

What You Will Study

03

Diet, Digestion & Nutrition

Ahara · Nidra · Dinacharya · Ritucharya

- Holistic approach to diet, digestion and nutrition
- Food quantity, digestive power, and signs of proper or improper digestion
- Six tastes, food properties, and their relationship to Doshas
- Principles of food preparation, food groups, spices and compatibility
- Sleep, daily routine, seasonal routine, and the understanding of Ama

04

Ayurvedic & Vedic Psychology

Manas Vigyan

- Mind, senses, intellect, memory and perception
- Sattva, Rajas and Tamas and their expression in personality and behavior
- Mental strength, intake of impressions and behavioral patterns
- Meditation, mental techniques and the psychology of Yoga
- Yama, Niyama and Achar Rasayana (behavioral rejuvenation)

CORE CURRICULUM

What You Will Study

05

Cause, Pathogenesis & Evaluation of Imbalance

Nidana · Vikriti Vigyan

- Ayurvedic understanding of balance, imbalance and homeostasis
- Causes of imbalance, including Pragyaparadh and other contributing factors
- Six stages of disease and the development of Samprapti
- Recognizing imbalance in Doshas, subdoshas, Dhatus and Malas
- Client examination, introduction to pulse evaluation, and structured health evaluation

06

Ayurvedic Detoxification & Rejuvenation

Panchakarma Vigyan

- Theoretical and practical study of Panchakarma principles
- Traditional therapeutic procedures and preparatory approaches
- Herbal preparations used within Panchakarma contexts
- Rejuvenative therapies and restorative approaches
- Introduction to the integration of Marma therapy

CORE CURRICULUM

What You Will Study

07

Ayurveda Herbology

Dravya Guna Vigyan

- Major Ayurvedic herbs: preparation, qualities and traditional applications
- Herbal energetics: Rasa, Virya, Vipaka and Prabhava
- Principles of combining herbs and understanding formulas
- Use of culinary spices to support balance and digestion
- Traditional therapeutic uses of spices within Ayurvedic practice

08

Digestive & Respiratory Systems

Annavaha · Purishavaha · Pranavaha Srotas

- Ayurvedic anatomy and physiology of the gastrointestinal and respiratory systems
- Agni, digestion, transformation and patterns of digestive imbalance
- Traditional diet and herb approaches used in digestive study
- Causes, features and Ayurvedic assessment of respiratory imbalances
- Recognition of situations that require conventional medical evaluation and referral

CORE CURRICULUM

What You Will Study

09

Cardiovascular, Urinary & Skin Systems

Chikitsa Vigyana · Part II

- Study of cardiovascular, urinary and skin disorders in the traditional curriculum
- Patterns of Dosha, Dhatu and Mala aggravation related to these systems
- Ayurvedic reasoning around causes, progression and traditional management approaches
- Dietary and lifestyle considerations within the Ayurvedic framework

10

Women's Health, Ear, Nose & Eye

Chikitsa Vigyana · Part III

- Traditional Ayurvedic study of gynecological conditions
- Study of disorders of the ear, nose and eye
- Diagnosis, prognosis and traditional treatment approaches described in the curriculum
- Integration of prior learning: Doshas, Agni, Dhatus, Srotas, diet, lifestyle and herbs

INTEGRATION

From Theory to Practical Reasoning

The program is meant to move beyond theory. Students review core material, complete assignments, and begin working through cases. The current format also includes regular opportunities to ask questions and discuss case thinking with Dr. Gupta.

CLIENT CASE REASONING

Students learn to organize information, notice patterns, ask better questions and connect foundational principles to real situations.

- What patterns are present?
- What is happening with Agni and digestion?
- Which Doshas and qualities appear involved?
- How might food, routine, season or stress be contributing?
- What information is still missing?

CURRENT LEARNING SUPPORT

- Structured online course portal and video lessons
- Weekly live Q&A; sessions
- Private student community
- Practical assignments and assessments
- Client case development and selected case discussions with Dr. Gupta

Current assessment format and clinical requirements are confirmed with each cohort before enrollment.

IMPORTANT CONTEXT

A Professional Education Program with Clear Boundaries

The source curriculum uses traditional clinical terminology, including words such as diagnosis and treatment. How a graduate may use this education depends on local laws, professional scope, insurance requirements, and the role in which the graduate is working.

Education, Not Medical Licensure

The program provides Ayurveda education and wellness counselor training. It does not confer a medical licence.

Work Within Local Scope

Students and graduates are responsible for following the laws and professional requirements that apply where they live and work.

Know When to Refer

Course materials themselves emphasize the need for conventional medical evaluation in serious, persistent or concerning situations.

Confirm Current Requirements

Recognition, association eligibility, elective requirements, assessment methods and graduation criteria should be confirmed during admissions.

AYURVEDIC WELLNESS COUNSELOR PROGRAM

Study the principles. Understand the person. Apply Ayurveda responsibly.

Holistic Ayurveda Institute & Wellness Centre · Ottawa, Canada

Curriculum overview based on Holistic Ayurveda Institute AWC course materials; current program details are confirmed during admissions.