

Shape your future, Reshape the world.



**HEALTH INSTITUTE**  
A U S T R A L A S I A

# ADVANCED DIPLOMA OF AYURVEDA

GOVERNMENT ACCREDITED  
COURSE CODE HLT62615  
CRICOS 0100556



The Advanced Diploma of Ayurveda  
(HLT62615, CRICOS 0100556)

is Australia's most advanced government-recognised Ayurveda qualification.

HIA's Advanced Diploma in Ayurveda is a nationally recognised vocational training course rooted in authentic classical traditions. It offers a depth of learning highly regarded both in Australia and internationally, and is dedicated to upholding high standards, education, and professional ethics in the field.

The curriculum synthesises classical heritage with contemporary health perspectives and modern well-being practices. Developed in consultation with industry experts, teachers, and training authorities, this accredited course ensures a comprehensive professional education.

## BACKGROUND OF AYURVEDA

The word Ayurveda comes from two Sanskrit words: ayus - life, and veda – wisdom or knowledge. Ayurveda is a traditional Indian medicine 5000 years old. It is mentioned in Vedas, ancient religious and philosophy texts which are the oldest literature in the world, thus making Ayurveda medicine the oldest medicine in the world. In 1970s it became official complementary medicine of the west world. Ayurveda is not only about body, but gives us knowledge about spiritual, mental and social health. It teaches us how to understand our body, our nature and our individual connection of elements on physical, mental and emotional level. It pays special attention to nutrition and balanced life.

Three main roles of Ayurveda are:

Preventive measures

Consciousness about life source

Systematic diagnosis and suitable treatments



Ayurveda is based on the knowledge of five elements (space, air, fire, water and earth) which are represented as the three Doshas, the three biological principles (Vata, Pitta and Kapha) that control both physiology and psychology. Life is, according to Ayurveda, a combination of feelings, mind, body and soul. Though it deals with all four aspects, body care is Ayurveda's foundational priority. According to Ayurveda, the body is made out of three Doshas, seven tissues and three waste products (urine, faeces and sweat). Doshas act as mediators between tissues and waste products and their balance is vital for health. As long as body tissues receive needed nutrients for proper functioning and all waste products are effectively eliminated, you will be healthy.

Ayurveda's key for healing every disease, is underpinned by healthy nutrition adjusted to each person individually (according to their Doshic constitution), by plants and through lifestyle advice about gradual changes, adjusted to the life rhythm of each individual. Eight basic branches of Ayurveda are: paediatrics, gynecology, obstetrics, ophthalmology, geriatrics, otorhinolaryngology, toxicology, general medicine and surgery. Ayurveda is traditional Indian medicine and the oldest familiar medical system that helped developing all other systems.

## ACCREDITATION CODES

HLT62615

CRICOS 0100556

## CAMPUS LOCATIONS

### Health Institute Australasia Campus

Level 1, 18 Rawlins Street, Southport

### Nirvana Wellbeing Retreat Sanctuary

70-acre property in Beechmont, S.E. Queensland.

\*\*Both premises are meat (including fish and chicken), smoke, alcohol, and drug-free.

## COURSE OVERVIEW

**Duration:** 2 year (1200 hours / 104 weeks).

**Cost:** \$25,650 (Payment plans available with a 10% per annum admin fee).

**Entry Requirements:** No prerequisites; International students require an IELTS score of 6.0.

**Delivery:** On-campus (Southport, QLD), Mixed, Online

## COURSE STRUCTURE AND DESIGN

HIA has carefully structured the Advanced Diploma training pathway to build upon the requirements for the Diploma. This hierarchical curriculum ensures students develop their skills step-by-step, enabling them to become confident and capable Ayurvedic Practitioners

The first year of the Advanced Diploma of Ayurveda is identical to the Diploma, and can be undertaken through the following delivery methods:

### On Campus - Southport QLD

**Blended Delivery\*** to support your lifestyle and commitments

### Online\*

\* **Online and Blended** delivery students are required to attend:

### 2 x 3 day non-residential weekends for skills training at Southport:

- Abhyanga (Ayurvedic massage course and Common Units)  
2026 Dates: 4-6 September 2026 @ Southport Campus
- Kati Basti and Shirodhara (Ayurvedic specialist treatments and Common Units)  
2026 Dates: 1-3 May 2026 OR 16-18 October 2026 @ Southport Campus
- 7 - 10 days of Living Ayurveda and Yoga residential retreat (complementary) @ Beechmont Campus.  
2026 Dates: 3-12 July 2026 OR 18-27 September 2026 OR 3-10 January 2027
- Consultations at Southport campus (dates tba)

Mixed Delivery / Online is available for domestic students only. International students must meet the requirement of attending a minimum of 15 hours of face to face study per week.

## COURSE OUTCOMES

Advanced Diploma of Ayurveda

The course can be undertaken through the following 3 stages, which are:

1. Knowledge and Theoretical components
2. Skills Training
3. Clinical placement - 400 hours of supervised clinical training.

Students must complete a minimum of 400 hours of supervised clinical training, where skills, knowledge and attitudes are developed as you work toward mastering your therapy practice. Qualified practitioners conduct and supervise these clinical sessions at the student clinic. Options include the HIA Gold Coast campus, the Nirvana Wellbeing Retreat or an HIA-approved clinic.

NOTE: Because of the holistic nature of Ayurveda and Yoga, all units of competency are assessed together at the end of the course. This also affects a Statement of Attainment.

## WHEN CAN I START?

Please visit [healthinstitute.edu.au](http://healthinstitute.edu.au) for current year on-campus intake dates.

**Note:** Online students may start at any time.

## CORE UNITS OF COMPETENCY

The Advanced Diploma of Ayurveda is a course from the Australian Government's Health Training package. It has 25 Units of competency.

For the Advanced Diploma in Ayurveda you need to achieve competencies in the following:

### CORE AYURVEDIC UNITS (12 units)

- HLTAYV001 Develop Ayurvedic practice (1st year)
- HLTAYV002 Make Ayurvedic lifestyle assessments (1st year)
- HLTAYV003 Provide Ayurvedic bodywork therapies (1st year)
- HLTAYV004 Provide Ayurvedic lifestyle advice (1st year)
- HLTAYV005 Provide advice on Ayurvedic nutrition (1st year)
- HLTAYV006 Take cases within an Ayurvedic framework (2nd year)
- HLTAYV007 Diagnose conditions within an Ayurvedic framework (2nd year)
- HLTAYV008 Provide Ayurvedic remedial therapies (2nd year)
- HLTAYV009 Provide therapeutic Ayurvedic nutritional advice (2nd year)
- HLTAYV010 Select and advise on Ayurvedic medicines – dravyaguna (2nd year)
- HLTAYV011 Prepare and dispense Ayurvedic medicines – dravyaguna (2nd year)
- HLTAYV012 Monitor and evaluate Ayurvedic treatments (2nd year)

### COMMON UNITS (9 units)

- CHCCOM006 Establish and manage client relationships (1st year)
- CHCDIV001 Work with diverse people (1st year)
- CHCLEG003 Manage legal and ethical compliance (1st year)
- CHCPRP003 Reflect on and improve own professional practice (1st year)

HLTINF004 Manage the prevention and control of infection (1st year)  
HLTWHS004 Manage work health and safety (1st year)  
HLTAID011 Provide First Aid (1st year)  
HLTAAP003 Analyse and respond to client health information (2nd year)  
CHCPRP005 Engage with health professionals and the health system (2nd year)

### **ELECTIVE UNITS (4 units)**

BSBESB401 Research and develop business plans  
CHCCCS001 Address the needs of people with chronic disease (1st year)  
HLTMSG010 Assess client massage needs (1st year)  
CHCMHS001 Work with people with mental health issues (1st year)

**Please note:** The units from the Health Training Package are prerequisites and a necessary part of the hierarchy before you attend your practicals and clinical training. This is because their subject matter must be incorporated into the practicals, as they are the underpinning Training Standards (in their various contexts) for the practicum.

**The sooner you complete these, the sooner you can embark on the practicum.**

## ABOUT ADVANCED DIPLOMA OF AYURVEDA COURSE

- Fixed schedule. No refunds and no rain-checks for unused portions of the program.
- Your fees provide for the administration of the College, your academic activities, textbooks, Course Manuals, MP3s, DVD, Contact journal, learning aids and student services and activities.
- Payment plans are available upon application.
- Nationally approved.

## WHAT IS THE STUDY TIMETABLE LIKE?

### **Online:**

Start any time. Study at your own pace

### **On Campus:**

- Full time students, must attend 15 hour a week.
- The schedule for the days of Campus attendance is provided after you have decided which course intake you will enrol for.
- Please check with HIA Office Administrator at the beginning of your term.
- Each year is comprised of one-third theory + two-thirds practice.
- Full-time students must complete their lecture, tutorial and attendance within the allocated period.

It is mandatory to sign off hours attended immediately after each and every attendance (class, tutorial, retreat, whatever) and student logbooks need to be kept current. They remain the property of the Institute in your file for assessment validation.

## What are the main differences between Diploma of Ayurveda and Advanced Diploma of Ayurveda?

In Australia, the primary difference between these two qualifications, **HLT52615** (The Diploma) and **HLT62615** (the Advanced Diploma), lies in their professional **scope**.

The Diploma (HLT52615) focuses on **preventive** health and lifestyle management, while the Advanced Diploma (HLT62615) qualifies you as a **clinical practitioner**.

### Detailed breakdown:

#### Professional Scope and Treatments

Diploma graduates are trained to provide simple but effective health management strategies. They typically focus on Ayurvedic nutrition (Ahara), lifestyle (Vihara), and basic bodywork such as massage.

Advanced Diploma graduates have specialised knowledge to formulate responses to specific therapeutic needs. They can diagnose conditions, prescribe herbal medicines (Dravyaguna), and perform advanced remedial therapies.

#### Clinical Requirements

The Advanced Diploma involves significantly more intensive training, often requiring around 1,200 hours of study. Practitioner-level membership with associations such as the Australasian Association of Ayurveda (AAA) requires the Advanced Diploma plus hundreds of documented clinical hours.

#### Study Depth

The Advanced Diploma covers complex areas not found in the initial Diploma, such as Ayurvedic Pathology, clinical case work for chronic disorders, and Women & Child Care (conscious conception and infant care).





## Key Differences of Diploma and Advanced Diploma of Ayurveda at a Glance:

### **DIPLOMA:**

#### **Professional title:**

Ayurvedic Lifestyle Consultant

#### **Scope of Practice:**

Wellness assessments, diet/lifestyle advice, and basic health management.

#### **Core Focus:**

Preventive healthcare and balance (Prakruti/Vikruti analysis).

#### **Pathway Status:**

Prerequisite for the Advanced Diploma.

### **ADVANCED DIPLOMA:**

#### **Professional title:**

Ayurvedic Practitioner

#### **Scope of Practice:**

Remedial treatments, clinical diagnosis, herbal medicine, and pathology.

#### **Core Focus:**

Therapeutic interventions for specific diseases/disorders.  
(Prakruti/Vikruti analysis).

#### **Pathway Status:**

Highest vocational level for independent practice.

Start your enrolment on our website:

[healthinstitute.edu.au](http://healthinstitute.edu.au)

