

## AYURVEDA NUTRITIONIST AND DIETITIAN

Course duration: 6 months

### **Part 1**

Course contents:

#### **History of ayurveda:**

- Historical concept of Ayurveda Avartan from divine power to this world.
- History of Ayurveda since Vedic kala to modern era.
- Relevance/Importance of Ayurveda in modern aspects.

#### **Basic Principle and of Ayurveda:**

- Definition of Ayurveda and its Proyjana.
- Trisutra of Ayurveda
- Spata Padarth of Ayurveda
- Trividha mode of Ayurvedic chikitsa
- Panchmahabhuta and Tridosha Concept
- Dhatu Mala and Agni Concept

#### **Basic Principles of Diet and Nutrition in Ayurveda:**

- Introduction to the Dravya, Guna and Karma Vigyan (The subject is one of the major parts of the Ayurveda medicine system the ancient science of life) and their application in day-to-day life.
- Importance of ayurveda diet in Ayurveda and Dietary therapy.
- Disease wise –do's and don'ts on diet and behaviour.

#### **Practical Implementation of Ayurveda Principle in Diet and Nutrition:**

- Diet and Nutrition as per Body Constitution and Dosha Imbalance
- Knowledge about Ayurveda Kitchen
- Knowledge about Herbs and Spices
- Knowledge about Utensils
- Method of Cutting Veg and Cleaning
- Ayurvedic Aharvidhi-Vishayatan (concepts of food processing in Ayurveda
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### **PART 2- COURSE CONTENTS:**

**course duration: 6 months**

#### **Basic for Ayurvedic Philosophy:**

- Concept of Prakriti

#### **Key concepts of Ayurveda:**

- Health – Aarogya
- Goals of Ayurveda

- Cause of disease

#### **Basic Principle and of Ayurveda:**

- Ashtang Ayurveda
- Chikitsa Chatushpad and their Quality
- Classification of Ashudh in Ayurveda
- Principal of Ras Panchak – Ras, Guna, Virya, Viapaka, Karm/Prabhava.
- Rog Rogi Pariksha
- Basic authoritative and classical Books of Ayurveda
- Renowned and famous practitioner of Ayurveda in ancient and modern era.

#### **Importance of mind in Health:**

- Body-Mind constitution
- Mind and Psychosomatic disorders- an Ayurvedic approach

#### **Daily Routine/Seasonal regime:**

- Promotion of health and preventive health care

#### **Basic Principles of Diet and Nutrition in ayurveda:**

- Classification of Ahar Dravya and Ashuadh Dravya
- Introduction of satvik, rajsik, and tamsik food
- Introduction of specified diet and herbs according to three vitals- vata, pitta, and kapha.
- preparation of food with specified types of spices according to vata, pitta, and kapha.

#### **Practical implementation of Ayurvedic Principle in Diet and Nutrition:**

- Medicinal Plants of kitchen Herbal Garden and remedies.
- Ayurvedic therapeutic Principles.
- How to make simple medicinal preparations for common ailments.
- Some Effective therapies of Ayurveda foe common Ailments and Preventing Health.
- Prevention of Obesity, diabetes, High B.P.- an Ayurvedic approach.
- Concept of Rejuvenation Therapy for Healthy Ageing.

**For Ayurveda .Diet & Nutrition admission please contact between 10:00 a.m. to 6:00 p.m.:-**

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