

**COURSE TITLE: FUNCTIONAL INTRODUCTION TO AYURVEDA FOOD SCIENCE**  
**AND NUTRITION**

**Focus Area/Subject Area:** Pathyapathya Vijnana – Ayurvedic and contemporary concepts wholesome diet for wellness

**Credits:** 2

**Eligibility:** Intermediate

**Details of the Instructors:**

1. Dr. Megha, Associate Professor, TDU
2. Dr. Subrahmanya Kuamr, Associate Professor
3. Dr. Sanket Sharma: Assistant Professor, TDU

**Course Objectives:**

1. To provide key knowledge of digestion and metabolism in Ayurveda
2. To provide knowledge of nutrition in Ayurveda
3. To provide an understanding on therapeutic diet for selected physiological and pathological conditions

**Learning Outcome:**

After completing this course, the students will be able to apply the concepts and practice of nutrition for health and wellness based on Ayurveda

**SYLLABUS**

**Module 1: Fundamental concepts of Ayurveda**

- Five primary states of nature cognized by 5 senses (characteristics of five mahabhutas)
- Three key physiological functions (doshas, viz., Vata, Pitta and Kapha)
- Characteristics of human phenotypes (prakritis)
- Body tissues (dhatu), their relationship with dosha, health and wellness
- Tissue nourishment (dhatuposhana)
- 13 stages of metabolism (agni)
- Un-metabolized toxins, indigestion and their role in manifestation of chronic disorders (characteristics of ama)

**Module 2: Nutrition in Ayurveda**

- Functional properties of a material (rasapanchaka)
- Rules on processing and consumption of food (aharavidhi)
- Wholesome and unwholesome food and drinks for an individual (pathya-apathya vichara)
- Food incompatibilities (viruddha vichara)
- Personalized diet (prakruti and food relationship)

### **Module 3: An understanding on therapeutic diet for selected physiological and pathological conditions**

- Season Specific diet
- Ayurvedic diet for Pregnancy, Lactation, Childhood & Adolescence and Elderly
- Design Ayurvedic diet for Selected specific systemic diseases

#### **References/ Learning Resources:**

1. Chuneekar KC (ed.), Bhavaprakasa Nighantu of Bhavamisra, Chaukhambha Bharati Academy, Varanasi, 2004
2. Bhaishajya Kalpana Vijnanam by K Ramachandra Reddy
3. Sastry JLN, Dravyaguna Vijnana, Vol-I, Chaukhambha Orientalia, Varanasi, 2005.
4. Sastry JLN, Dravyaguna Vijnana, Vol-II, Chaukhambha Orientalia, Varanasi), 2005.
5. Sastry K (ed.), Caraka Samhita of Agnivesa with Cakrapanidatta Tika, Part I, Chaukhambha Sanskrit Sansthan, Varanasi, 1997
6. Sharma PV. History of medicine in India, Chowkhamba Orientalia Varanasi.
7. Murthy SRK, Astanga Hrdayam, Chowkhambakrishnadas academy, Varanasi; 2018.