
COURSE DESCRIPTION

In this module students will be introduced to Ayurveda – the science and art of conscious living. Students will learn about general concepts of Ahaara Dravyas (diet substances) in structuring a diet. Students also will gain the knowledge of Pathya (wholesome diet) and its importance, concepts and applicability of Shad Rasas (6 tastes), psycho-somatic effects of Shad Rasas, over use and/or abnormal uses of Rasas and Vata, Pitta and Kapha Dosha balancing diets. Additionally, this course will also discuss the concept of Satvik Ahaara, Pathya used in Panchakarma.

LEARNING OBJECTIVES

COURSE PREREQUISITES

None

REQUIRED TEXTS

Handouts

RECOMMENDED TEXTS

COURSE REQUIREMENTS

Grade for this elective class will be based on participation and attendance

Professionalism and Full and Prompt Attendance: To pass any course (separate from academic performance) all students must meet requirements for professionalism in coursework. Professionalism includes full and prompt attendance: Students who miss more than 2 class meetings in a 10-week course will earn an F in that course. Additionally, students who arrive more than 15 minutes to class or leave class before it ends will be marked tardy. Two tardies equal one absence. NOTE: Students who leave and return to class late from a break or leave during the class (especially if this is repeated) or who disrupt the class in other ways may be referred to the Academic Dean for professionalism.

GRADING SCALE: 100-90% A, 89-80% B, 79-70% C, 69% and below F

SPECIAL NOTES

CLASS ONE (The syllabus is subject to change at the discretion of the instructor.)

- Introduction to Ayurveda
- Basic principles of Ayurveda - Panch mahabhootas (5 elements), Doshas (Bio-energies), Dhatus (7 tissues) and Malas (Natural waste), Prakriti – Doshic and Manasik (Body and Mind Primordial constitution)
- Introduction to Ahaar (Nutrition)
- Prakriti analysis

CLASS TWO

Week one continued

CLASS THREE

- Agni – The energy of transformation, digestion and metabolism
- Dhatu parinama (Transformation of 7 tissues)
- Srotas (Micro channels)
- Ama (Toxic Byproduct)
- Oja, Teja and Prana (Sub-doshas)

CLASS FOUR

- Basic principles of Ayurvedic dietetics
- Rasa (Taste)
- Guna (Property)
- Virya (Potency)
- Vipaka (Post-digestion effect)
- Prabhva (Therapeutics)
- Karma (Pharmacological activity)
- Shadrasatakma Ahaar – The six tastes and its relation to body and mind

CLASS FIVE

- Classification of Ahaara
- Qualities of grains, beans and legumes
- Qualities of vegetables and greens
- Qualities of meats and fish
- Qualities of sweeteners, fruits and nuts
- Qualities of oils and dairy

CLASS SIX

Week 5 continued

CLASS SEVEN

- Qualities of spices and culinary herbs
- Nitya Sevaniya Dravya (Food that can be consumed throughout the year)

CLASS EIGHT

- Ahaara Vidhi (Conscious eating principles)
- Virrudha Ahaara (Incompatible food combinations)

CLASS NINE

- Pathya and Apathya Ahaara (Wholesome and unwholesome diet)
- Pathya Kalpana (Method of preparation of special diet)
- Manda, Peya, Yavagu, Vilepi, Yusha, Krishara
- Jala (Water) and its qualities
- Concept of Upavasa (Fasting)

CLASS TEN

Week nine continued

CLASS ELEVEN

Course
Code **EL815**

3 Units

**EMPEROR'S COLLEGE
MTOM COURSE SYLLABUS
AYURVEDIC NUTRITION**

Yadav, Manika
Fall 2017

REFERENCE MATERIAL

FACULTY INFO

Yadav, Manika

Please check with instructor during class to get updated contact info.

drmankiajy@gmail.com