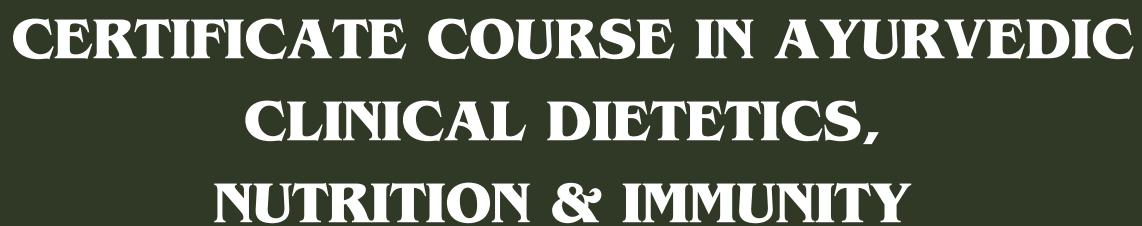


Jeevandayinee Ayurvedic Nursing College and  
Panchkarma Center  
&  
PRACHIN SANHITA GURUKUL



# What You will Learn in this Course

1. Basic Principles of Ayurveda
2. Philosophy of Ayurveda
3. Concept of Ahara (Diet) in Ayurveda
4. Ayurvedic Dietary Guidelines
5. Specific Guidelines for Food Preparation
6. Classification of Food Preparation Methods
7. Discussion on Twelve Asanas
8. Concept of Viruddhahara (Dietetic Incompatibility)
9. Eighteen Types of Dietetic Incompatibility by Acharya Charak
10. Dietetic Incompatibility as per Acharya Sushruta
11. Classification of Diet According to Various Classics
12. Classification According to Acharya Vagbhatta
13. Classification According to Acharya Charaka
14. Classification of Diet according to Various Acharyas
15. Classification according to Modern Dietetics
16. Hita (Beneficial) and Ahita (Harmful) Ahara
17. Ahita (Harmful) Ahara
18. Concept of Daily Diet according to Acharya Charaka
19. Relationship between Diet and Various Diseases
20. Factors Affecting Digestion
21. Concept of Diet and Nutrition According to Modern Science
22. Concept of Diet Consumption according to Season, Place, Strength, etc.
23. Concept of Food Processing
24. Concept of Dietary Groups
25. Objectives and Importance of Ayurvedic Concept of Diet in Nutrition Education



# Course Output

- 1. Understanding of Ayurvedic Principles of Nutrition**
- 2. Proficiency in Dietary Assessment**
- 3. Application of Ayurvedic Dietary Guidelines**
- 4. Therapeutic Diet Planning**
- 5. Utilization of Functional Foods and Herbs**
- 6. Culinary Techniques and Food Preparation**
- 7. Integration of Modern Nutrition Science**
- 8. Lifestyle Counseling and Behavioral Change**
- 9. Research and Evidence-Based Practice**
- 10. Continuing Education and Professional Development**





# Eligibility of Course :

**Ayurved UG, PG, Practitioner**

# Duration of Course :

**2 Months with Online and Offline Batch**



## Contact Us



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**[www.tsm.edu.in](http://www.tsm.edu.in)**



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