

## **PART 1 - AYURVEDIC NUTRITION AND DIETETICS**

### **General concepts about Food**

1. Digestion and metabolism
2. Annaraksha Adhyaya
3. Maatrashitiya Adhyaya
4. Six rasas
5. Daily regimen
6. Seasonal regimen

### **Food Groups**

1. Water
2. Milk
3. Sugar
4. Wines
5. Cereals and Pulses
6. Honey
7. Meat
8. Vegetables
9. Fruits
10. Fatty substances

### **Group of Prepared food**

1. Vesavar, Dadim rasa, Uddhulan
2. saktu
3. Roasted food articles
4. Yavagu
5. Yusha
6. Bhakta
7. Meat
8. Vegetables
9. Sweet recipes
10. pishta anna
11. paayas
12. Appetisers
13. Paanaka
14. Terminology regarding food consumption
15. Things to do at the start and end of the meal
16. Treating indigestion

## **Diet planning in different diseases**

1. Fevers
2. Rasavaha Srotas
3. Raktavaha Srotas
4. Pranavaha Srotas
5. Udakavaha Srotas
6. Annavaha Srotas
7. Vaata vyadhi
8. Mamsavaha Srotas
9. Medovaha Srotas
10. Asthivaha Srotas
11. Majjavaha Srotas
12. Shukravaha Srotas
13. Mutravaha Srotas
14. Gynecological disorders (Stree Roga)
15. Pediatric diseases (Bala Roga)

## **PART 2 - MODERN NUTRITION AND DIETETICS**

### **NUTRITION**

1. Definitions of nutrition and introduction of six nutrients
2. Methods of cooking
3. Carbohydrates
4. Fats - High energy rich recipes
  - a. Low energy recipes
  - b. High fibre recipes
  - c. Low fibre recipes
5. Proteins - High protein recipes
  - d. Low protein recipes
  - e. No protein recipes
6. Vitamins - Vit. A rich recipes
  - f. Vit. B1 rich recipes
  - g. Vit. B2 rich recipes
  - h. Vit. B3 rich recipes
  - i. Vit. B6 rich recipes
  - j. Vit. B12 rich recipes
  - k. Folic acid rich recipes
  - l. Vit. C rich recipes
7. Minerals - Calcium rich recipes
  - m. Iron rich recipes
  - n. Magnesium rich recipes
  - o. Zinc rich recipes
8. Water

## DIETETICS

1. Food groups and balanced diet
2. Food guide pyramid
3. Food exchange list
4. Diet planning during normal life cycle
  - a. Adult man/woman
  - b. Pregnant woman
  - c. Lactating mother
  - d. Infant
  - e. Preschool age
  - f. School going child
  - g. Adolescent
  - h. Old age
5. Therapeutic diet planning
  - a. Clear liquid - full liquid - soft diet
  - b. Diet in different fevers e.g. Malaria
  - c. Diet in obesity
  - d. Diet in underweight
  - e. Diet in cardiovascular diseases e.g. IHD
  - f. Diet in Diabetes mellitus type 1 and 2
  - g. Diet in gastrointestinal diseases e.g. Peptic ulcer, constipation, ulcerative colitis
  - h. Diet in liver diseases e.g. Hepatitis
  - i. Diet in kidney diseases e.g. CKD
  - j. Diet in Anemia
  - k. Diet in Burn
  - l. Diet in Gout
  - m. Sport nutrition