

JIVITA ACADEMY OF AYURVEDA

500h AYURVEDIC NUTRITION PROGRAM – CURRICULUM

Module 1 – CREATING HEALTHY HABITS

Lectures: Hello and Welcome; Routines; Timing; Mindfulness and Decision making; Water

Module 2 – INTRODUCTION TO AYURVEDA

Lectures: Nature and origin of Ayurveda; What is Ayurveda; Ayurvedic healing – Self-regulation; Diet, Food and Nourishment; Energy medicine – Pranic healing

Module 3 – BASIC CONCEPTS OF AYURVEDA

Lectures: Panchamahabhutas – Five basic elements; Introduction to Attributes and Tastes (gunas and rasas); Introduction to Doshas – Bio-energies; Cycles of Life; Introduction to Agni – Digestive and metabolic fire

Module 4 – AYURVEDIC DIET

Lectures: Seasonal, Organic and Local; Simple and Slow eating; Timing of Meals; 10 Good Habits of Eating; 10 Bad Habits of Eating; Food Combining

Module 5 – AYURVEDIC LIFESTYLE

Lectures: The Three Pillars of Health; The Role of Beliefs; Sleep and Stress; Exercise; Weight management; Imbalance and Recovery

Module 6 – MEAL PLANNING

Lectures: Appropriateness – Satmya; Timed Meals; Breakfast, Lunch and Dinner; Spring Foods; Summer Foods; Autumn and Winter Foods; How To...

Module 7 – ATTRIBUTES AND TASTES – GUNA AND RASA

Lectures: Dravya – The Concept of Substance; Outcomes of the ayurvedic approach; The Main Gunas and Their Actions; Rasa and Doshas; Flavour and Aroma; Aftertaste and The Three Stages of Digestion; Rasa and Emotions

Module 8 – BIO-ENERGIES OR DOSHAS

Lectures: Doshas and Gunas; Prakriti and Vikriti; Vata Dosha; Pitta Dosha; Kapha Dosha; Doshas and Life Cycles

Module 9 – DIGESTIVE AND METABOLIC FIRE OR AGNI

Lectures: What is Agni; Agni and Nourishment; Digestive Toxins or Ama; Stages of Digestion; Assessment of Agni and Ama

Module 10 – TISSUE NOURISHMENT AND CHANNELS OF CIRCULATION

Lectures: Seven Tissues and Their Side Products; Tissue Nourishment; Shrotas or Channels of Circulation

Module 11 – DETOXIFICATION

Lectures: Detox Basics; Signs of Toxicity; Detox Foods and Herbs; Deep Cleanse or Panchakarma; Lymphatic System