

- Deha and Dosha
- (C) Concept of ViruddhaAahar
 Importance of Aahar
 Definition of viruddhaAahar
 Types of ViruddhaAahar
 Concept of Deshviruddha, Kaalviruddha, Agni viruddha, matraviruddha, satmay
 (सात्म्य) Dosh viruddha, sanskarviruddha, viryaviruddha, kosthaviruddha,
 Avasthaviruddha, kramviruddha, paridharviruddha, upchaarviruddha,
 paakviruddha, sanyogviruddha, Hridayaviruddha, sampadaviruddha,
 vidhiviruddha.
 Dwadhash Anna Vichar

UNIT-III

- (A) VishamBhojan
 Definition of Vishambhojan, AdyashanSamashan, Viuddhashan
- (B) Viruddha- BhojanJanyaVyadhiyaan
 Napumsakta, Andhapan, visarp, jalodar, visphota, Bhagandar etc.
 Vyadhi and related opposite Qualities of diet.

UNIT-IV

Modern

- (A) Basic Principles of Nutrition and Dietetics
 Introduction, definition of nutrition and dietetics
 Classification of nutrients, nutritional status
 Description of carbohydrates, fats, protein, vitamin, minerals, water
 Concept and definition of metabolism, balanced diet, basal metabolic rate,
 calories, RDA, malnutrition
- (B) Proximate Principles and (C) Nutritional Requirements
- | | |
|-----------------------|---|
| Proteins: | Definition, calorie value of proteins, Biological value of proteins, concept of protein efficiency ratio.
Classification and sources of proteins |
| Fats: | Definition, classification, sources of fact, calorie value of fat. |
| Carbohydrates : | Definition, classification, source of carbohydrates, calorie value of carbohydrate. |
| Vitamin and minerals: | Definition, classification sources of vitamin and minerals |
- Deficiency diseases of protein, fats, carbohydrate vitamins and minerals

Diet related to deficiency diseases.

UNIT-V

(A) Preparation of diet as per prakrati

Concept of prakruti, qualities of each prakruti. Types of prakruti
Diet according to vataprakruti, pitta prakruti, kaphaprakruti, Dwandaj and
Tridoshajprakruti

(B) Ayurvedic diet in major diseases

Diabetes :- Introduction of disease, Definition, Dhatusvikrutivichar,
causes symptoms, Agni dushti types – Diet according,
Pathya-Apathya according to diabetes.

Obesity :- Introduction of disease, definition causes, symptoms,
Agni dushit types, PathyaApathya according to obesity

Hypertension :- Introduction of diseases Raktatvaat correlation,
definition causes, symptoms PathyaApathya according
to hypertension

(C) Balance Diet for

Diet Chart for:

(A) Workers – Sedentary / moderate / hard.

(B) Pregnant and lactating women

(C) Children

Caloric value of above categories

Ayurvedic dietetics

Unit 1 :-

- Introduction of Ayurveda
- Basic principle of Ayurveda
- Concept of dosha dhatu matter
- Concept of tridosha

Unit 2 :-

- Definition of Aahara
- Aahar dravya vargikaran
- Aahar Matra & Kala

Unit 3 :-

- **Basic principle of Aahara**
- Aahara Vidhi Visheshayatana
- Aahar Vidhi vidhan

Unit 4 :-

- shadras Aahar kalpana
- Ritucharya & ritu ke anusar aahar

Unit 5 :-

Prakriti and its relation with Aahar

- Aahar parinamkar bhav
- Aahar Jala relation

Ayurvedic Dietetics

PAPER-II

UNIT-I

- (A) Concept of Agni ✓
 Definition of swasthya and importance of Agni, sites of Agni, correlation of Agni and Pitta, functions of Agni. Types of Agni
 Concept of Jatharagni, Bhutagni, and Dhatvagni
 Types of Agni – according to Bala:-
 (i) Mandagni
 (ii) Tishnnagni
 (iii) Vishmagni
 (iv) Samagni
 vitiation of Agni and its relation to pathya and apathya
- (B) Concept of Aama and its Role in Vyadhi
 Definition of Aama, production of Aama.
 Concept of Ama and Nirama
 Symptoms of Aama and Nirama
 pathya and apathya

UNIT-II

- (A) Aahar : Tridosha and TrigunaVichaar ✓
 Aahar: Description, Definition, classification
 Description, definition and concept of Tridosha and Triguna.
 Tridosha – qualities, function and site.
 Dosh increase and decrease levriddhi and kshaya.
 Doshagati and doshavikaar (Nanatmajsatmajvikaar). Sosha 0 Sanchay, prakop, prachman
 Triguna – Types, definition prakriti and Aahar classification
- (B) Concept of pathya and apathya
 Importance of pathya
 Rules regarding pathyaahar I.e. AshthyaAaharvidhivisheshayan
 Concept of prakriti, karan, sanyog, Rashi, Desh, Kaal, UpyogSanstha, Upyokta
 AaharVidhiVidhaan
 Apathya – Definition and types
 Pathya-ApathyaNiyamakBhaav- Explanation of matra, kaal , kriya, Bhoomi,