

Introduction to Ayurveda Dietetics Course plan*

Lecture	Topic
Day 1	Introduction to <i>Ayurveda</i> , Understanding the <i>Upayoktha</i> <i>Assignment #1 : Prakruti self-assessment</i>
Day 2	<i>Prakruti</i> self-assessment discussion, <i>Prakruti</i> and genomics. <i>Prakruti</i> of food – <i>Rasa, Guna</i>
Day 3	<i>Rasa</i> game, <i>Prakruti</i> of food – <i>Virya, Vipaka, Karma</i> with relation to modern biochemistry.
Day 4	<i>Karana, Samyoga, Desha, Kala</i> <i>Ayurveda & modern perspective</i>
Day 5	<i>Rashi, Upayoga Samstha, Shadrasa</i> Game <i>Ayurveda & modern perspective</i>
Day 6	Ayurveda Physiology – a primer Dhatu, Mala, Agni
Day 7	<i>Viruddha Ahara + Discussion session</i>
Day 8	<i>Ayurveda</i> dietetics for Pregnancy and infant health
Day 9	<i>Ayurveda</i> dietetics for Diabetes
Day 10	Design-a-diet assignment discussion, <i>Ayurveda</i> dietetics for brain health and iron-deficiency anaemia

*This is an indication only. Topics may move around based on class discussions and interests