

Advanced Ayurveda Dietetics

30 hr Online Course

17 April to 3 June, 2023

M, W, Sat; 6:00- 7:30 pm



THE UNIVERSITY OF TRANS-DISCIPLINARY
HEALTH SCIENCES & TECHNOLOGY

Course Objective

- Introduction to physiology and metabolism in Ayurveda.
- Ayurveda food classifications and dietary concepts for wellbeing.
- Dietary management in Ayurveda for selected clinical conditions – lectures by practicing *vaidyas*
- Examining case studies and real-world examples to help incorporate the concepts to practice.

Course Logistics

- An academically intense course with live sessions spanning 1.5 hours each session.
- All lecture recordings and PPTs will be shared.
- Lecture recordings cannot be downloaded. They will be available for the entire duration of the course and up to one month thereafter.
- PPTs will be available for download.
- Pertinent articles and links to articles will be provided where possible. Material has been specifically blended to allow non-Ayurveda trained knowledge seekers to comprehend the content. Therefore, a generic textbook is not included.
- Classes are expected to be discussion-based and hence, **class size is limited to 30 participants only.**
- Enquiry based learning is encouraged, thus practicing nutritionists and dieticians are most likely to find the material more accessible.

Course description

Module 1 Physiology in Ayurveda	<ul style="list-style-type: none">- <i>Swasthya</i> – on overview- Panchabhutatatvas,- <i>Dosha, Dhatu, Mala, Strotas</i> in <i>sharira</i> (physical body)- <i>Koshta, agni</i> and <i>ama</i> concepts
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Module 2 Aaharviddhi	<ul style="list-style-type: none"> - Rasapanchaka of dravyas - Ahara varga - <i>Karana</i> - Viruddha ahaar - Rasayana concept and foods
Module 3 Ayurveda pathophysiology understanding and dietary guidance for diseases	<ul style="list-style-type: none"> - Shadkriyakala - Malnutrition (over & under) - PCOS - Thyroid disorders - CVDs - Digestive issues - Joint pains/ arthritis - Cancer management - Dietetics for pre & post-operative care - Healthy aging and neurodegenerative diseases - Home remedies

Course Fee

Rs 6000 (Includes 18% GST). Limited to 20 participants. Non-refundable.

Kindly 1) Make the payment and then 2) [Register](#) for the course.

Name of the Account holder	UTD-HST General Fund
Name of the Bank	IDBI Bank
Account Number	0694104000134705
Branch	Yelahanka New Town, Bangalore-560064
IFSC code	IBKL0000694
Bank Address	No:9, Dinakaran Complex, HIG sector-A Yelahanka New Town, Yelahanka, Bangalore-560064
Amount to pay	6000

After payment, register for the course.

Eligibility

- Professional dietitians and nutritionists, who have been counseling patients or working in the nutrition field for at least 2 years.
- Entry restricted to those who have completed our **“Introduction to Ayurveda Dietetics”** online course.
- If you are unclear of your eligibility please write to wellness@tdu.edu.in

Course output

You will receive a Certificate. Assignments and quizzes should be completed and when indicated, submitted within the prescribed time limit.

If there are any more queries, contact us @ **+91 7975651724 (M-F: 9:30 - 5pm; WA anytime)** or write to wellness@tdu.edu.in

Course Instructors

Dr. Madhumitha Krishnan MD (Ayurveda) is a consultant with the Centre For Ayurveda Biology and Holistic Nutrition, TDU. She is an Ayurveda pediatrician and an Ayurveda dietetics educator. She has a special interest in educating mothers about the advantages of Ayurveda techniques in the care of newborns. Her research interests include management of children with Cerebral Palsy. Currently practicing in Bengaluru and author of several articles in the area of Ayurveda and food.

Dt. Sonia Velarsan Registered Dietitian (RD), CDE (Certified Diabetes Educator).

Has 3+ years of experience in handling clinical cases and working in hospitals. Committed to helping her patients achieve optimal health and wellbeing through personalized nutrition interventions.

Megha, Ph.D. Associate Professor at Centre For Ayurveda Biology and Holistic Nutrition, TDU.

Guest Faculty

Dr Subrahmanya MD (Ayurveda), Ph.D. is an Associate Professor at TDU. He has more than 14 years of research experience on various aspects of Ayurvedic concepts and plant drugs. He is interested in transdisciplinary research in Ayurveda Biology with the focus area of digestion and metabolism of nutrients, especially in the context of iron deficiency anemia.

Dr. Girish Kumar V, MD (Ayurveda) is an Assistant Professor at Centre for Clinical Research and Education, TDU. As a clinician, Dr. Girish has expertise in wellness management and treating various health conditions using holistic approach of Ayurveda. As a teacher, he has expertise in developing innovative educational programs in the area of Ayurveda for laymen, college students, and medical professions across the globe.

Feedback from Nov 2020 batch

"Really worth for time and money. We have learned a lot within."

Practicing Dietician > 20 years

"The format of the whole course is very well planned. the journey into Ayurveda dietetics was smooth. Availability of videos and study material helped me a lot, I was confident that I can catch up with the class even if I miss a few. All the resource persons were excellent in their teaching. Tests and assignments helped me to implement and apply what I have learnt in a particular case/question. Thanks for sharing the knowledge of ayurveda dietetics. Looking forward to learn more from you all."

Assistant Professor in Nutrition

"Reducing the number of days and not overshooting the class if possible. More case studies. Thank you for the opportunity to get the basics right. There should be an Advanced class to the Advanced class. :)"

Chief Nutritionist @ FMCG company