

Introduction to Ayurveda Dietetics

Lesson Plan

#	Content	In-class	Self-study
1	<ul style="list-style-type: none"> • TDU & course overview • Introduction to Ayurveda • Upayoktha - 8 Principles • Panchamahabhutatvas • Prakruti of an individual 		Assignment # 1: Prakriti self-assessment TD article
2	<ul style="list-style-type: none"> • Modern dietetics vis a vis Upayoktha • Prakruti and genomics • Note about shastras • Prakruti of food 	Assignment # 1 discussion	Quiz # 1 Genomics & Prakriti paper
3	<ul style="list-style-type: none"> • Rasa - Ayurveda & modern perspective • Guna - Ayurveda & modern perspective 	Rasa-Bhuta Poll Guna poll	Frontiers PH article
4	<ul style="list-style-type: none"> • Virya, • Virya: Paper discussion • Vipaka, Karma • Modern classification of foods 	Rasa game	Quiz # 2 Hot & cold foods article
5	<ul style="list-style-type: none"> • Prakruti of a person and diet • Karana - Ayurveda & modern perspective • Samyoga, Nitya Sevaniya ahara, 		Dairy products article Ultra processed foods: Hall paper
6	<ul style="list-style-type: none"> • Desha - Ayurveda & modern perspective • Kala - Ayurveda & modern perspective 	Desha game	Ritucharya Game
7	<ul style="list-style-type: none"> • Rashi - Ayurveda & modern perspective • Upayoga Samstha • Upyokatha for modern times • Integrative Ayurveda Dietetics 	Make it Shadrasa game	Quiz # 3 Assignment #2:
8	<ul style="list-style-type: none"> • Swasthya • Viruddha Ahaar • Terms in Ayurveda Physiology: Agni, Dhatu Poshana, Pachana, Mala • Fasting, milk substitutes, millets 	Agni game	
9	<ul style="list-style-type: none"> • Integrative dietetics: 1st 1000 days 		Quiz # 4 Design-a-diet
10	<ul style="list-style-type: none"> • Integrative dietetics: Diabetes • Assignment # 2 discussion 		Quiz # 5 Feedback Crossword Escape Room

15 hours, 1 credit. Assignments (2) and Quizzes (5) + In class quizzes, games, Letter Grade. For student use only.