



# Nature Care College

## Ayurvedic Nutrition

<b>DESCRIPTION</b>	This module from the Certificate IV in Ayurvedic Lifestyle Consultation focuses on the energetics of different types of food and how food can be used as medicine in creating balance in an individual. It will also introduce students to the Ayurvedic views on fasting and how to work with common problems such as obesity and the inability to gain weight. Special diets for infants, pregnant women and the elderly are also studied.	
<b>DURATION</b>	24 hours	
<b>LEARNING OUTCOMES</b>	By the conclusion of the module, students should be able to: <ol style="list-style-type: none"> <li>1. Demonstrate a practical working knowledge of the energetics of food from an Ayurvedic perspective.</li> <li>2. Understand how food can be used as medicine.</li> <li>3. Know how to prescribe diets appropriate for Vata, Pitta and Kapha bodytypes.</li> <li>4. Understand the principles of Ayurvedic nutrition.</li> <li>5. Describe how to modify diets for different states of Agni.</li> <li>6. Understand the dietary and nutritional requirements of people at different stages of their lives.</li> <li>7. Demonstrate a capacity to embody the teachings of Ayurveda in terms of their own personal approach to the selection, preparation and eating of food.</li> </ol>	
<b>TEACHING METHOD</b>	Interactive lectures, small group exercises to help in the integration of theory, selected audio-visual material, practical exercises to be completed at home, classroom experiential practices of a meditative nature.	
<b>ASSESSMENT</b>	Classroom participation in discussions and small groups	20%
	Assignment	40%
	Exam in Week 12.	40%
	<b>Pass mark</b>	<b>60%</b>
	<b>Both components must be passed at 60% in order to pass this subject satisfactorily.</b>	
	<b>NOTE:</b> Students are required to take photocopies before submitting assignments to the Lecturer. Marked assignments are available for collection either directly from your Lecturer in class or from the Library a few weeks after the end of Term. Due to the high volume of assignments we are only able to keep them for one Term before they are recycled.	
<b>ATTENDANCE</b>	80% minimum.	
<b>PRE-REQUISITES</b>	Ayurvedic Physiology, Symptomatology and Diagnosis, Communication Skills 1A (Holistic Counselling 1A), Introduction to Ayurvedic Medicine	
<b>CO-REQUISITES</b>	Introduction to Nutrition	

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<b>MATERIALS REQUIRED</b>	Notebook, pen.
<b>TEXTBOOKS</b>	<p><b>Compulsory:</b> Nil.</p> <p><b>Recommended Reading / References:</b> A Morningstar with U. Desai, <i>The Ayurvedic Cookbook</i>, Lotus Press. Additional reading as recommended by lecturer.</p>
<b>WEEK-BY-WEEK OUTLINE</b>	
<b>WEEK 1</b>	Western versus Ayurvedic nutrition. Weaknesses and strengths of various diets. Supplements and superfoods.
<b>WEEK 2</b>	Review of the process of digestion. Agni, ama and how to improve digestion. Signs of healthy and poor digestion. Different states of Agni.
<b>WEEK 3</b>	The energetics of food in Ayurveda. Rasa - the six tastes, Virya, Vipaka and Prabhava. Preparation of food. The consciousness of farmer, seller, cook and server. Food sadhanas.
<b>WEEK 4</b>	Practical aspects of eating including consideration of quantity of food, season, climate, food combining and eating out. Recommended eating routine.
<b>WEEK 5</b>	The attitude of the eater(psycho-physiological considerations). Prakruti and vikruti of eater. Specific food items.
<b>WEEK 6</b>	Specific food Items(cont.) Recommended foods.
<b>WEEK 7</b>	Satvic, Rajasic and Tamasic foods.
<b>WEEKS 8 &amp; 9</b>	Diets to pacify Vata, Pitta and Kapha and bi-doshic prakrutis.
<b>WEEK 10</b>	Ayurvedic approach to fasting, obesity, emaciation and eating disorders. Vegetarianism versus meat eating.
<b>WEEK 11</b>	Special diets - travelling, pregnancy, diarrhoea, colds, fever. Infancy, teenage years and the elderly.
<b>WEEK 12</b>	<b>Exam</b> and general review of the course.

**Assignment due.**

Please be respectful of your fellow students and arrive on time for classes. Please ensure all mobile phones are turned off prior to the commencement of class.