

Faculty of Vocational Studies
Syllabus for
Certificate Course: Ayurveda Nutrition and Wellness
Session: 2026-27



The Heritage Institution
KANYA MAHA VIDYALAYA JALANDHAR
(Autonomous)

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Scheme of Studies and Examination of
Add on Certificate Course –Ayurveda Nutrition and Wellness
Session: (2026-2027)

Semester I							
Course Code	Course Name	Credits	Total Course Hours	Marks			Examination time in (Hours)
				Total	Ext.		
					L	P	
CANM- 1281	Ayurveda Nutrition and Wellness	2-0-2	90	100	60	40	2+1
Total				100			

Duration- 9 months

PROGRAMME SPECIFIC OUTCOMES OF CERTIFICATE IN Course–Ayurveda Nutrition and Wellness

CO1. *Demonstrate foundational knowledge of Ayurvedic principles*, including the origin, objectives, and key concepts such as Panchamahabhutas, Tridoshas, Agni, Ama, and Prarkiti–Vikriti relationships in maintaining health and preventing disease.

CO2. *Apply Ayurvedic dietary principles* such as Shad Rasa, Dosha-specific food classifications, Ritucharya, Dinacharya, and Ahara Vidhi to promote balanced nutrition and healthy digestion.

CO3. *Integrate Ayurvedic wellness practices* including Pathya–Apathya, Panchakarma, Rasayana therapy, yogic practices, and stress management techniques for holistic health improvement.

CO4. *Evaluate the role of Ayurvedic nutrition in managing common health conditions* (e.g., digestive and lifestyle disorders) and use case-based understanding to recommend Dosha-based dietary modifications and therapeutic foods.

Certificate Course in Ayurveda Nutrition and Wellness

Session: 2026-2027
Course Code: CANM-1281

Time: 3 Hour

Max.Marks:100

Theory: 60
Practical: 40

Instructions for the Paper Setter

Theory: An objective type question paper will be set for assessment of the candidate with equal weightage from all the units of the syllabus.

Practical: The will be set on spot by the examiner.

Unit- I

Foundations of Ayurveda and Nutrition

- Introduction to Ayurveda: Origin, history, and objectives
- Panchamahabhutas (Five great elements) and their role in life
- Tridoshatheory: Vata, Pitta, Kapha –their functions and characteristics
- Concept of Prakriti (body constitution) and Vikriti (imbalance)
- Agni (digestive fire) and Ama (toxins): Role in health and disease
- Ahara (food) as a pillar of life in Ayurveda

Unit -II

Ayurvedic Principles of Diet and Digestion

- Six Tastes (Shad Rasa): Their effects on Doshas and health
- Classification of food based on Doshas (Vata, Pitta, Kapha)
- Seasonal diet recommendations (Ritucharya)
- Daily routine and diet (Dinacharya)
- Food in compatibilities (Viruddha Ahara)
- Types of Agni and their influence on digestion and metabolism
- Rules for food intake (Ahara Vidhi Vidhan)

Unit- III

Wellness Through Ayurveda

- Pathya and Apathya (Wholesome and unwholesome foods)
- Satmya (suitability of food and habits)
- Ayurvedic cooking methods and ideal food combinations
- Detox and purification: Panchakarma basics
- Rasayana (rejuvenation) therapy and nutrition
- Yoga and Pranayama for digestion and wellness
- Stress management and sleep hygiene through Ayurveda

Unit-IV

Ayurvedic Nutrition and Disease Management

- The role of nutrition in common health conditions:
- Digestive disorders (e.g. indigestion, IBS)
- Lifestyle disorders (e.g. obesity, diabetes, stress-related issues)
- Dosha-based dietary guidelines for disease prevention
- Role of herbs and spices in daily diet (theoretical introduction)
- Food as medicine: Conceptual understanding from Ayurveda
- Case study- based discussions (theoretical only)
- Ayurvedic view of metabolism, immunity, and vitality (Ojas)

References:

- "Ashtanga Hridayam" by Vagbhata (translated by Dr. K.R. Srikantha Murthy)
- "Charaka Samhita" (English Translation by Dr. P.V. Sharma or Dr. Ram Karan Sharma)
- "Textbook of Ayurveda: Volume 1 – Fundamental Principles" by Dr. Vasant Lad
- "Ayurvedic Nutrition" by Dr. Frank John Ninivaggi
- "Eat-Taste-Heal: An Ayurvedic Guidebook and Cookbook" by Thomas Yarema, Daniel Rhoda, & Johnny Brannigan

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Time: 3 Hour

Practical: 40

Practical: The Paper will be set on spot by the examiner.

Practical:

- Diet Planning and Food Compatibility
- Ayurvedic Cooking and Kitchen Remedies
- Demonstration of simple Ayurvedic recipes (e.g. khichari, herbal teas, spice mixes)
- Identification of common Ayurvedic kitchen herbs and spices (turmeric, cumin, ginger, etc.)
- Preparation of herbal infusions and teas for digestion and immunity
- Creating a spice profile based on their effects on Doshas.