

Certificate Course: Syllabus for Ayurveda Nutrition and Wellness

Session: 2025-26



**The Heritage Institution
KANYA MAHA VIDYALAYA JALANDHAR
(Autonomous)**

Scheme of Studies and Examination Certificate Course – Ayurveda Nutrition and Wellness

Session: (2025-2026)

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			

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 Prakriti–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

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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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Practical: 40

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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.