



Course Title:

“Clinical Ayurvedic Dietetics & Nutrition”: From Classical Wisdom to Modern Practice

Course Overview

This advanced certification integrates **Ayurveda and modern nutrition sciences** to provide a holistic framework for disease prevention and management. Students will master theoretical foundations of Ayurveda and learn to apply them in **clinical dietetics** for metabolic, endocrine, digestive, women's health, immune, skin, oncological, detoxification, neurological, and developmental conditions.

Practical exposure is emphasized through case **studies, and therapeutic diet planning workshops**. By the end, students will be ready to professionally practice as **Clinical Ayurvedic Nutritionists**.

Course Duration & Structure

- **Total Duration:**
- **Weekly Contact Hours:**
- **Total Hours:**

Mode of Delivery

- **Format:** Online (Live + Recorded)
- **Pedagogy:** Lectures, group discussions, case-based learning, assignments, quizzes, viva, and final project.

Syllabus

Unit 1: Foundations of Ayurvedic Pathophysiology & Nutrition (Weeks 1–5)

1. Holistic Health Principles

- Swasthya (well-being), Nidra (sleep cycle), Brahmacharya (energy conservation).
- Impact of lifestyle on digestion, immunity, and metabolic health.

2. Energetics of Food

- Rasa (taste), Guna (qualities), Virya (potency), Vipaka (post-digestive effect), Prabhava (unique action).
- Rasa–Guna interplay and their therapeutic significance.

3. **Srotas & Agni**

- Srotas (body channels) in nutrient transport and waste elimination.
- Agni as digestive fire: types, functions, imbalance, and relation to the modern gut microbiome.

4. **Disease Mechanisms in Ayurveda**

- Dhatus (tissues), Mala (waste), Ama (toxins).
- Shad Kriyakala (six stages of pathogenesis) as a roadmap of disease development.

5. **Ayurvedic Clinical Terminology**

- Essential vocabulary for diagnosis and nutrition planning.

Assignments

- Short essay: “Agni and the Modern Gut Microbiome.”
- Quiz on Shad Kriyakala and Ama formation.

Unit 2: Therapeutic Food Science & Rejuvenative Dietetics (Weeks 6–10)

1. Ayurvedic Food Science (Ahara Vargas)

- Classification of foods based on Ayurveda.
- Properties, indications, and contraindications.

2. Principles of Ayurvedic Cooking

- Dosha-based cooking techniques.
- Seasonal food planning.
- Transitioning recipes from classical texts to modern kitchens.

3. Rasayana & Rejuvenative Nutrition

- Foods, herbs, and diets that promote tissue repair, longevity, and vitality.
- Rasayana in chronic diseases and recovery diets.

Assignments

- Cooking demo (student video submission).
- Menu plan for Vata, Pitta, and Kapha pacifying diets.

Unit 3: Clinical Dietetics & Case-Based Applications (Weeks 11–20)

This unit is **disease-focused** and taught as **masterclasses** with live case discussions.

Metabolic & Endocrine Disorders

- **Diabetes Mellitus:** Ayurvedic dietetics for type 2 diabetes, prevention of complications (e.g., retinopathy, neuropathy).
- **Thyroid Disorders:** Diet planning for **hypothyroidism, hyperthyroidism, and subclinical thyroid dysfunction** with Ayurvedic concepts of Agni and Dhatu depletion.
- **Obesity & Metabolic Syndrome:** Ayurvedic intermittent fasting, low-Agni diets, and case protocols.

Digestive & Excretory Disorders

- Diet for **acid reflux, bloating, constipation, IBS**.
- Ayurvedic principles in **Chronic Kidney Disease**: fluid & electrolyte balance.

Women's Health

- **Fibroids:** Anti-ama diet planning and lifestyle guidance.
- **Menstrual Disorders (dysmenorrhea, irregular cycles):** Food, herbs, and rituals for balance.



Immune & Skin Disorders

- **Psoriasis:** Anti-inflammatory diet using Ayurvedic and modern perspectives.
- **Autoimmune tendencies:** Gut cleansing diets.

Oncology & Palliative Care

- Dietetics for **cancer patients** during chemo/radiation.
- Palliative nutrition: improving energy and quality of life.

Detoxification & Organ Health

- **Panchakarma Dietetics:** Pathya (diet before), Pradhana Karma (during), and Paschat Karma (after).
- Special focus: **liver disorders.**

Neurological & Developmental Disorders

- Gut-brain axis: Ayurvedic nutrition for **Autism Spectrum Disorders.**
- Foods and herbs for cognitive support.

Assignments

- Case study: Diet plan for thyroid OR diabetes patient.
- Practical viva: Presenting a therapeutic diet chart for a clinical condition.

Assessment Structure

Component	Weightage
Unit-wise Quizzes & Assignments	20%
Practical Cooking Demonstration	15%
Case Study Submission	25%
Final Project (Therapeutic diet plan with justification)	30%
Viva / Oral Examination	10%

Final Project

Each student must submit a **comprehensive therapeutic diet plan** for a real or simulated patient with one of the following:

- Diabetes, Thyroid disorder, Fibroids, Psoriasis, Cancer (palliative), or Autism.
The project should integrate **Ayurvedic theory + modern clinical guidelines**.



Certification

Upon successful completion:

“Certified Clinical Ayurvedic Nutritionist”

(awarded by Nufit Redefined Academy – FDA, QAA & ISO Affiliated)
