

## YMS 407T: PRINCIPLES OF AYURVEDIC DIET AND LIFESTYLE

**Course Faculty (Instructor on Record):** Vaidya (Dr.) Ashlesha Raut

**Support Faculty (for Q &A Support):** Vaidya (Dr.) Dhanada Kulkarni

**Course Credits:** 3:0

**Pre-Requisite:** All 10 Core Courses of VaYU Online MS (Yoga) program

### Course Catalog Description (3-5 lines)

This course explains the Ayurvedic concept of diet and lifestyle. Ayurveda strongly believes that health is the outcome of what we eat and how we live our life. Unlike modern nutrition, Ayurveda uses food's taste, and potency to understand the qualities of food, which helps to construct the diet for balancing dosha in one's physiology. This course also explains the principles of lifestyle and wellness rituals for the foundation of healthy living. It describes daily and seasonal routines and the reasons these elements help us to be in tune with the ecosystem of our environment.

### Detailed Course Description

This course is divided into two units. Before starting the first unit, the course shows the Ayurveda and Yoga relation and how both Vedic sciences complement each other. Right from the concept of Cosmology to individual Physiology and Anatomy both sciences share similarities.

After establishing the relation of Yoga and Ayurveda, the course focuses on fundamental principles of Ayurvedic nutrition and lifestyle approach.

Ayurveda believes "health" is the balance of all three doshas. For achieving this balance three modes are used. They are Diet (*Ahara*), Lifestyle (*Vihara*), and medicine (*Aushadhi*). In this course, we will learn the Ayurvedic approach to diet and lifestyle for balancing doshas and in turn how to attune oneself with nature.

Ayurveda has a completely different approach of understanding food's qualities and nutrition. The nutritional valuation of the food is done through taste, potency, and post-digestive effect of the food. Hence this unit focuses on digestion as well as the Ayurvedic concept of nutrition required for balancing dosha. In this first unit, students will also understand how to pacify doshas using food with an Ayurvedic understanding of food energies, eight factors in Ayurvedic dietetics, and how to eat per dosha type.

Unit two focuses on the Ayurvedic lifestyle. This unit introduces the student to Ayurvedic recommendations for creating healthy lifestyles, daily and seasonal routines, yogic cleansing practices, and self-care. Students also learn therapies focusing on the five senses. You will work through a workbook, undertake practical tasks, build your Ayurvedic Lifestyle Planner to gain an authentic and comprehensive understanding of Ayurvedic Medicine. This class is a practical guide to healthy living with Ayurveda.

### Course Faculty

Vaidya Ashlesha Raut BAMS, MD (Ayurveda), NC, HHP, RYT, AD

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