

Department of Nutrition and Dietetics

Activity: Guest lecture

Date : 19th March 2019

Name of the program: Introduction to Ayurvedic principles and Ayurvedic approaches to Food and Nutrition

Industry associated with: Rincy a1000 Yoga Academy approach

Brief report: The topic was an eye opener to students on how to treat diseases using body types and is important to move to a holistic approach of treating diseases.

Ayurvedic Diet: Ayurveda asserts that every root is a medicine so there is no good or bad food and provides a logical approach to designing balanced foods for optimal nutrition by formulating food groups that work in harmony, induce proper digestion and promote maximum absorption of essential nutrients. Encourages whole foods

Although the Ayurvedic diet has specific guidelines for each dosha, the diet as a whole encourages eating whole foods like fruits, vegetables, grains, and legumes. Three Types of Dosha Metabolic Types in Ayurveda. According to Ayurveda (a form of alternative medicine that originated in India), things are composed of five basic elements: space/ether, fire, water, air, and earth. These elements combine to form three metabolic types, which are also called doshas. Ayurveda is based on the concept of bio individuality- that each person has innate differences due to their DNA, thus must feed and treat their bodies in different ways. There are three main mind-body types in Ayurveda- Vata, Pitta, and Kapha. These are called the Doshas

Number of participants: 48 (VI NDCZ+NDCH)

Photos:

