

**Gujarat University**  
**Semester- II**  
**Basics of Ayurveda and Nutrition**  
**Course Code: 127 - B**  
**For all Undergraduate Programs**  
**(Value Added Course)**  
(w.e.f 2023-2024)

The objective of this course is to recognize nutrition and health in adopting that right amount of nutrients to be provided in individual life, Ayurvedic Food and Nutrition is an emerging field of healthcare and Ayurveda industry. It is a whole new area that understands the need of good food habits and imparts guidance to develop a healthy world. On completion of this course, students will be able to understand how to improve nutrition and health status of a person, learning about the dietary guidelines, diet plans, its nutritive value and effects on the body, purely in Ayurvedic way.

**Pre Requisite:** 12<sup>th</sup> Standard Pass

**Co Requisite:**

Pursuing Graduation in any field especially / B.tech/ B.Sc. in Microbiology/ Life Sciences/ Botany/ Zoology/ Food Science/ Food Technology/ BE/ B.Pharma/ MBBS/ BDS/ BHMS/ BUMS/ BAMS or any other discipline. Diploma holders are eligible for our Executive Diploma Programmes.

**Course Outcome (CO)**

- Learn about the human body and its functioning.
- Be aware of the contribution of ayurveda and nutrition in health life.
- Link the natural and home-made spices with physical well-being.
- Understand and know harm of eating Junk.
- Develop a positive attitude towards good food.
- Increase subject- awareness

**Evaluation Pattern**

<b>Internal</b>	<b>Total Marks</b>
	25
<b>External</b>	25

## Semester: 2

Course Credit: 2

Course Duration: 40 Hrs.

<b>Unit</b>	<b>Topics</b>
<b>1</b>	<ul style="list-style-type: none"> <li>• Introduction to Human Biology and Body Functions.</li> <li>• Nutrients (Role and Significance)</li> <li>• Understanding Nutrition</li> <li>• Managing Lifestyle Disorders Through Ahar</li> <li>• Concept of Immunity in Ayurveda and its Relation with Ahar</li> </ul>
<b>2</b>	<ul style="list-style-type: none"> <li>• Management of Disease Through Ayurvedic Ahar</li> <li>• Samskars in Cooking &amp; Utensils Used in Ayurvedic Cooking</li> <li>• Impact of Junk Food and its Healthy Alternatives in Ayurveda</li> <li>• Kitchen Spices and their Therapeutic Uses</li> <li>• Myths in Society and Facts in Ayurveda and Dietary Substances</li> </ul>

## Reference Books

- Frawley, David. Ayurvedic Healing. 2nd ed., Lotus Press: Twin Lakes, WI, 2000. Frawley,
- David, and Vasant Lad. The Yoga of Herbs. Lotus Press: Santa Fe, 1986.

- Lad, Vasant. Ayurveda: The Science of Self-Healing. Lotus Press: Santa Fe, 1984.
- Lad, Usha and Dr. Vasant. Ayurvedic Cooking for Self-Healing. 2nd ed. The Ayurvedic Press: Albuquerque, 1997.
- Lad, Vasant. Secrets of the Pulse. The Ayurvedic Press: Albuquerque, 1996.
- Lad, Vasant. The Textbook of Ayurveda, Volume One. The Ayurvedic Press: Albuquerque, 2002.
- Morningstar, Amadea, with Urmila Desai, The Ayurvedic Cookbook. Lotus Press: Santa Fe, 1990.
- Morrison, Judith H. The Book of Ayurveda: A Holistic Approach to Health and Longevity. New York: Simon & Schuster Inc., 1995,
- A Fireside Book. Svoboda, Robert E. Ayurveda: Life, Health and Longevity. The Ayurvedic Press: Albuquerque, 2004.
- Svoboda, Robert E. The Hidden Secret of Ayurveda. The Ayurvedic Press: Albuquerque, 1997.
- Svoboda, Robert E. Prakruti: Your Ayurvedic Constitution. Lotus Press: Twin Lakes, WI ,1998.