

AYURVEDIC NUTRITION

CERTIFICATE COURSE



Aanchal Raj

Author and Course Director

Sample Book

hatha™
YOGA INSTITUTE

Index

Chapter No.	Name	Page No.
1.	Introduction to Ayurveda	05
2.	Pancha Mahabhutas	13
3.	Tridoshas	13
4.	Sapta Dhatus in Ayurveda	23
5.	Understanding Prakriti: The Ayurvedic Blueprint of Individuality	30
6.	Agni and Ama	36
7.	Ritucharya: The seasonal Regimen in Ayurveda	42
8.	Dinacharya: The seasonal Regimen in Ayurveda	52
9.	Diet According to Prakriti (Constitution) in Ayurveda	59
10.	Rasa, Veerya and vipaka in Ayurveda	64
11.	Viruddharara (Incompactible food combinations in Ayurveda)	68
12.	Ayurvedic Principles of Dietetics	75
13.	Water consumption in Ayurveda	82
14.	Diet for kids and senior citizens according to Ayurveda	92

Sample Book

hatha™
YOGA INSTITUTE

1. Introduction to Ayurveda

Ayurveda, meaning “**Science of Life**” in Sanskrit (from *Ayur* = life, *Veda* = knowledge), is one of the world’s oldest holistic healing systems, originating in India over 5,000 years ago. It focuses on maintaining health through a balanced life, rather than just treating disease.

At its core, Ayurveda sees health as a dynamic balance between **body, mind, spirit, and environment**. It emphasizes **prevention** and personal responsibility for health by aligning one’s lifestyle with natural rhythms.

The foundation of Ayurvedic philosophy lies in understanding the **Tridoshas**—**Vata**, **Pitta**, and **Kapha**—which are biological energies governing all physical and mental processes. Each person has a unique constitution (Prakriti) based on these doshas, and imbalance leads to disease.

Ayurveda uses **diet, daily routines, herbs, detoxification (Panchakarma), yoga, meditation**, and **natural therapies** to restore harmony. It is not just a system of medicine, but a **way of living** that promotes longevity, vitality, and inner peace.



The motto of Ayurveda is beautifully captured in this Sanskrit verse from the ancient texts:

प्रयोजनं चास्य स्वस्थस्य स्वास्थ्यरक्षणमातुरस्य विकारप्रशमनं च॥२६॥ (C.SU.30/26)

"Swasthasya swasthya rakshanam, Aturasya vikara prashamanam cha." (*Charaka Samhita*)

Translation:

"To maintain the health of the healthy, and to cure the disease of the diseased."

This ref:

- Prevention – preserving health and wellness in individuals who already healthlects Ayurveda's dual purpose.
- Healing – treating and managing illness in those who are unwell.

History

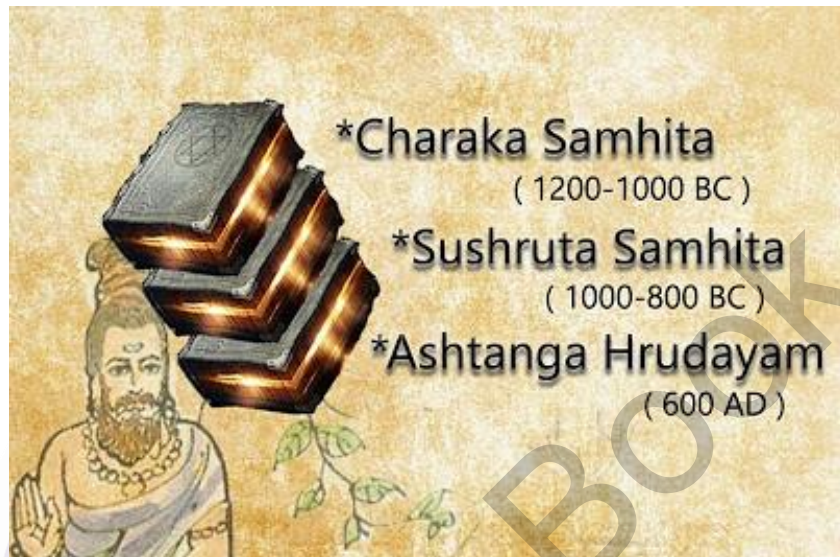
Ayurveda has its roots in ancient India, dating back over **5,000 years**. It is considered the world's oldest system of holistic healing. Its principles were first passed down orally by sages (rishis), and later documented in sacred texts known as the **Vedas**—especially the **Atharva Veda**.

The classical foundations of Ayurveda are found in three major texts known as the **Brihat Trayi**:

1. **Charaka Samhita** – focuses on internal medicine (Kaya Chikitsa)
2. **Sushruta Samhita** – emphasizes surgery (Shalya Tantra)
3. **Ashtanga Hridaya** – a comprehensive text combining principles of the above

Over centuries, Ayurveda evolved through the contributions of many scholars and became a complete system of medicine covering **preventive, curative, and promotive health**. It flourished in ancient universities like **Takshashila** and **Nalanda**, and influenced other systems like Traditional Chinese and Tibetan medicine.

Despite colonial suppression, Ayurveda has survived and now thrives globally as a complementary and integrative health system.



Misunderstandings of Ayurveda

Despite its rich history and relevance, several misunderstandings about Ayurveda exist:

Here are some common **myths about Ayurveda**, explained briefly:

1. **Myth: Ayurveda is slow to act**

Truth: Acute conditions can respond quickly; chronic issues take time, as Ayurveda treats the root cause.

2. **Myth: Ayurvedic medicines have no side effects**

Truth: When misused or taken without guidance, they can have side effects—like any medicine.

3. **Myth: Ayurveda is only about herbs**

Truth: It includes diet, lifestyle, detox (Panchakarma), yoga, and mental health practices.

4. **Myth: Ayurvedic treatments are the same for everyone**

Truth: Treatments are highly personalized based on one's **Prakriti** (constitution).

5. **Myth: Ayurveda is outdated or unscientific**

Truth: It's an ancient science with holistic principles, many of which align with modern wellness trends.

6. **Myth: You can self-medicate with Ayurvedic remedies**

Truth: Always consult a qualified practitioner, as herbs and formulations must suit your body type and condition.

Principles of Ayurveda

At the heart of Ayurveda lies a deep understanding of nature's elements and their interplay within the human body. The foundational principles include:

a. Panchamahabhutas (Five Great Elements)

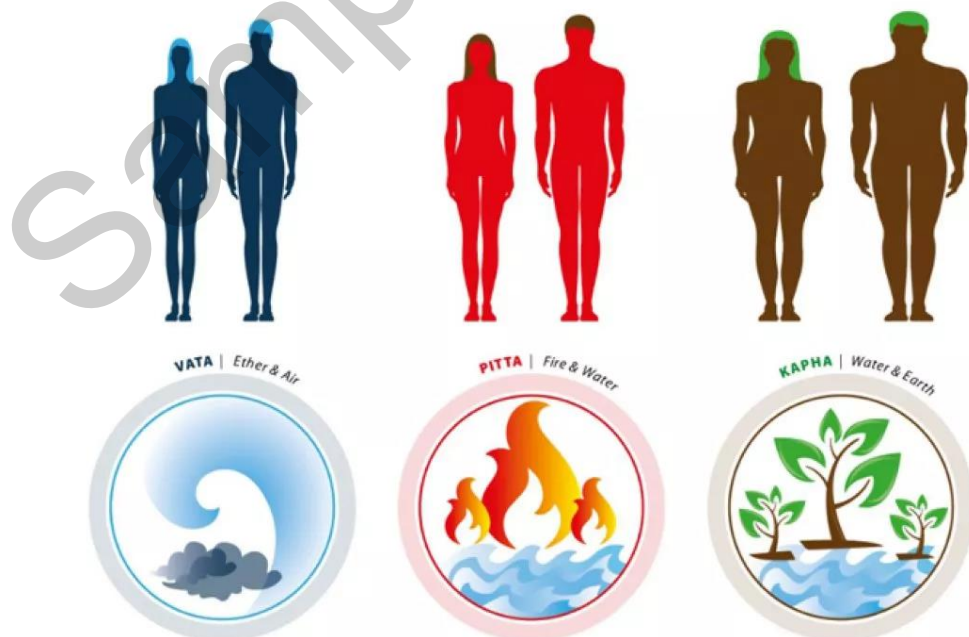
- Earth (Prithvi)
- Water (Jala)
- Fire (Tejas)
- Air (Vayu)
- Ether (Akasha)

These elements combine to form the three Doshas, or bio-energies:



b. Tridosha Theory

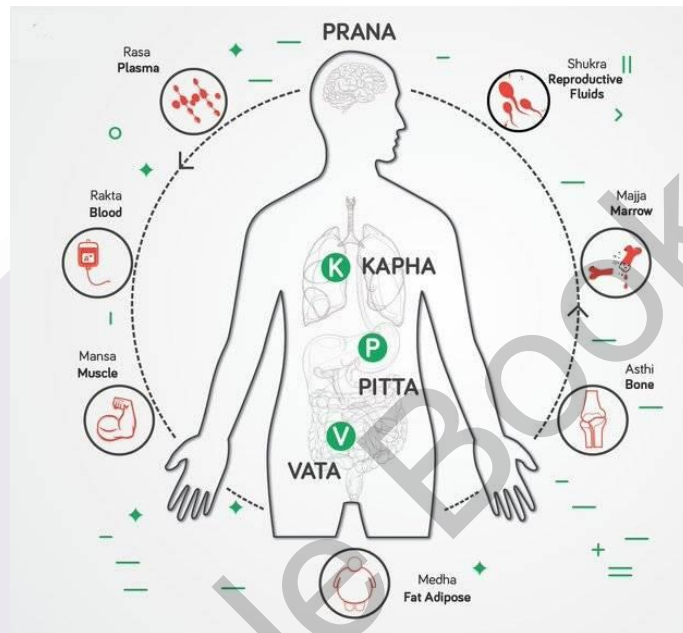
1. Vata (Air & Ether): Governs movement, nervous system, and communication.
2. Pitta (Fire & Water): Governs digestion, metabolism, and transformation.
3. Kapha (Earth & Water): Governs structure, immunity, and stability.



Each individual has a unique Prakriti (constitution), which determines their physical, mental, and emotional traits.

c. Dhatus and Malas

- Dhatus: The seven bodily tissues (e.g., plasma, blood, muscle).
- Malas: The waste products (e.g., feces, urine, sweat) that need to be regularly eliminated.



d. Agni (Digestive Fire)

Agni governs all metabolic processes. Balanced Agni leads to good health, while impaired Agni leads to disease.



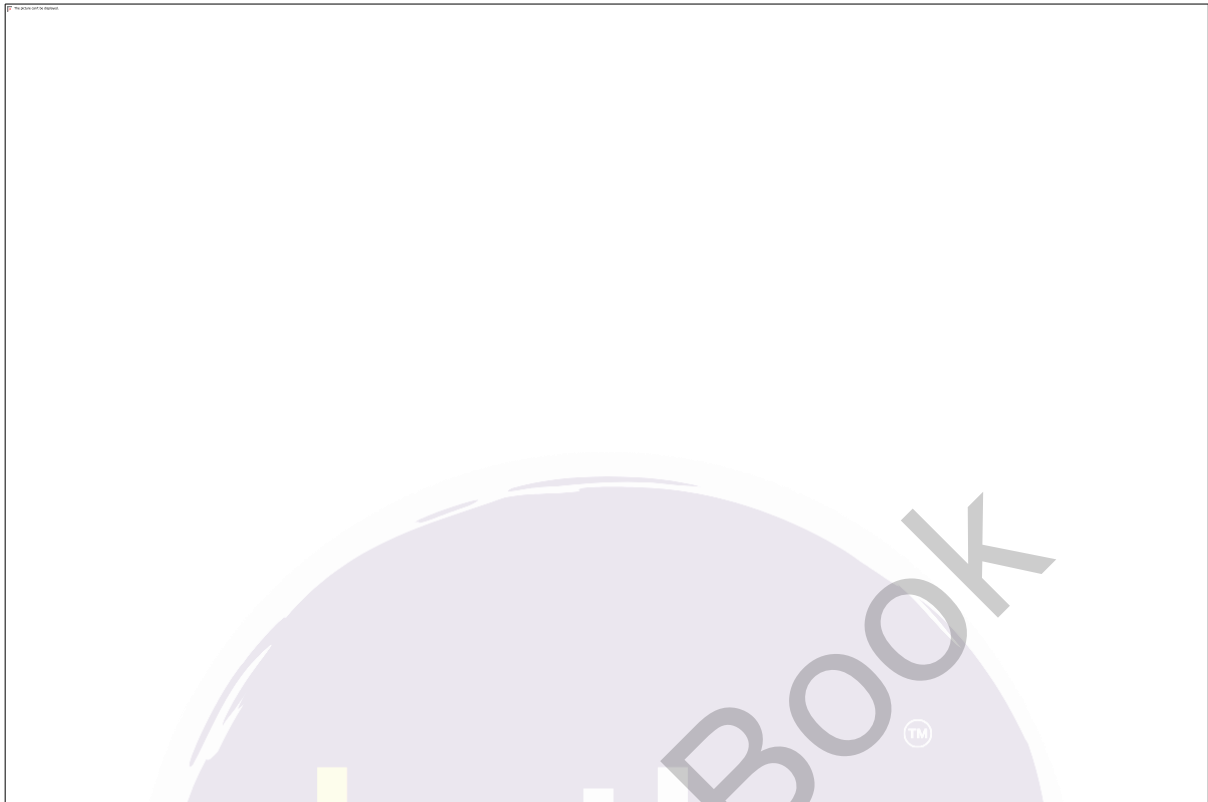
e. Ama (Toxins)

Ama is the result of incomplete digestion and is considered the root cause of most diseases. Ayurveda emphasizes the removal of ama through detoxification and digestive care.

Branches of Ayurveda

Ayurveda is not a singular practice; it encompasses multiple disciplines, traditionally categorized into Ashtanga Ayurveda or the "Eight Limbs of Ayurveda":

1. Kaya Chikitsa (Internal Medicine): Deals with systemic diseases like diabetes, arthritis, and fevers.
2. Bala Chikitsa (Pediatrics): Focuses on the health and development of children.
3. Graha Chikitsa (Psychiatry): Concerned with mental health, emotional wellbeing, and spiritual therapies.
4. Urdhvaanga Chikitsa (ENT and Ophthalmology): Treatment of diseases related to eyes, ears, nose, throat, and head.
5. Shalya Tantra (Surgery): Describes surgical techniques and wound management.
6. Damstra Chikitsa (Toxicology): Deals with poisoning from food, animal bites, and chemicals.
7. Rasayana Chikitsa (Rejuvenation Therapy): Focuses on longevity, vitality, and anti-aging therapies.
8. Vajikarana Chikitsa (Aphrodisiac Therapy): Enhances reproductive health and sexual vitality.



Sample Book

hatha
YOGA INSTITUTE