

# NATIONAL INSTITUTE OF AYURVEDA

Deemed-to-be-University(de-novo)  
(Ministry of AYUSH, Govt. of India)



## Syllabus



## Master of Science in Ayurved Diet and Nutrition (Poshanahara)

Course Code : NIA/M.Sc./ADN

## Department of Ayurved Diet and Nutrition (Poshanahara)

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## P R E F A C E

It is impossible and impractical to imagine the life without food and water. Food is the essential and inevitable factor of survival. Food plays the pivotal role in maintaining the cohesiveness of mind, body and soul. Present rates, ratio, prevalence and incidence of the deaths due to poor nutrition and malnutrition have stirred the insight of health seekers. Impact of this, made everyone to become more and more consciousness in selection of food and maintain the overall fitness of the body. Now, most of the individual want to know what to eat, when to eat, how much to eat, to remain active and lead a healthy life.

Most of the individual of present era is health conscious because of frequent visit to the health centers for the sake of routine checkup, prophylactic purposes or for treatment reason. Individuals are bombarded with the ample of information related to diseases, nutrition, nutrients, calorie, protein, carbohydrates, cholesterol, vitamins, minerals etc. Additionally all social media platforms every second they are providing the information about these food factors. Because of these, ever one are eager to know which foods contain what, which foods to eaten more in what conditions, which should be avoided. Some people are concerned about the proper growth and development of their children. Adolescents are concerned about their body shape and figure. Parents are concerned about the performance of their children in school and sports. Some are much concerned about their obesity while others are anxious about their low energy level etc.

Meanwhile the lots of information is also circulated regarding the impact of wrong / ill food habits like junk foods, fast food, food adulteration and food contamination. Some groups of people are in dilemma with the quality of surplus of foodstuffs available in the markets which are often claimed as marvelous. These are also diverting the minds of every individual to adopt the healthy way of food selection, preparation and consumption. Diet and Nutrition deals with selection and consumption of balanced diet including the processing and preservation of prepared food as well. Science of Nutrition has its deep roots in the life sciences, biological and social sciences. Nutrition plays a pivotal role in augment the quality of life through enhancing the physical and mental growth and improving the work efficiency of an individual.

Factors which influence nutritional status of every individual are the social, economic and cultural back ground further the influence is augmented from the change in nutrient composition occurred during food storage, processing and preparation of the food.

Ayurveda being an ancient system of life science focus on the maintenance of health of healthy individual along with prevention of diseases. Ayurveda elaborates the concept of food and nutrition in unique way which is practically applicable in present scenario.

All food classification, food preparations, wrong food habits, do and don'ts concerned with the food are elaborated under the heading of the Ahara Vargikarna, Ahara Samskara, Ahitaahara (Virudhahara, Apathyaahara, asatmyaahara), ahara vidhi vidhan respectively. Detail enumerations of concept of dietetics are also found under the heading of Pathya and Apathya, which preferably states about the diet according to ailments. Food according to the vya (age), avastha (physical and mental status), kala (season/ day and night timings), vyadhi (disease) are also extensively elaborated.

Thus the course offered here will guide in the appropriate selection, preparation and consumption of the food abiding to the food principles mentioned in the Ayurveda Samhitas. The courses and learning experiences in the PG Degree course is designed in such a way to provide full-fledged theoretical, practical and applicable aspect of diet and nutrition concept. The course modules will appease your quest for knowing about the Ayurveda diet and nutrition. The modules of the course deal with all aspects of Food, Nutrition, diet, Ahara, Poshana etc. Some of the topics which is covered in this course are like Dinacharya (daily regimen), Ritucharya (Seasonal regimen), importance of Nidra (sleep) and Bhramacharya (celibacy) which have direct role in the proper digestion, absorption, assimilation of the food consumed. This course additional imparts the knowledge of meal planning, minimizing food wastage, eating behavior, food safety, food acts like IFFSA, D&C Act ,nutraceuticals and functional foods etc. This course also provides the information through Video along with transcription; web links (to know more about the concept from other resources over the web), assessment questions (MCQ).

**Date:**

**Place:**

**Prof. Kamallesh Kumar Sharma**  
**Chairman, Syllabus Drafting Committee**  
**Department of Ayurveda Diet and Nutrition (Poshanhara)**  
**National Institute of Ayurveda, Jaipur**

### Members of the Course Committee: Ayurveda Diet and Nutrition (Poshanhar)

**M.Sc. Degree in** Ayurveda Diet and Nutrition (Poshanahara)

**Title:** Ayurveda Diet and Nutrition (Poshanahara)

**Course Code:** NIA/M.Sc./ADN

#### Names of the Members of the Course Drafting Committee:

1. Prof. Kamalesh Kumar Sharma (HoD, Deptt. of Swasthavritta and Yoga, NIA, Jaipur)
2. Dr. Durgawati Devi (Associate Professor, Deptt. Of Swasthavritta and Yoga, NIA, Jaipur)
3. Dr. Kashinath Samagandi (Assistant Professor, Deptt. of Swasthavritta & Yoga, NIA, Jaipur)
4. Dr. Sumit Nathani (Assistant Professor, Deptt. of Dravyaguna Vigyana, NIA, Jaipur)

#### Internal Draft Reviewing Committee:

1. Dr. Sarvesh Agrawal (Assistant Professor, Deptt. of Swasthavritta and Yoga, NIA, Jaipur)
2. Dr. Ravikumar (Assistant Professor, Deptt. of Swasthavritta and Yoga, NIA, Jaipur)

#### Name of Inter Departmental Experts:

1. Prof. Om Prakash Dadich (HoD, Deptt. of Shareera Kriya, NIA, Jaipur)
2. Dr. Sudipt Rath (Associate Professor, Deptt. of Dravyaguna Vigyana, NIA, Jaipur)
3. Dr. Asit Panja (Associate Professor, Deptt. of Samhita Siddhanta, NIA, Jaipur)

#### Names of External Experts Committee:

1. Prof. Medha Kulkarni (Department of Swasthavritta and Yoga, AIIA, New Delhi)
2. Prof. Jayan Damodaran (Department of Swasthavritta and Yoga, Government Ayurveda Medical College, Tiruvanathapuram)
3. Prof. Charu Bansal (Department of Swasthavritta and Yoga, Pt KLS, Govt Ayurveda Institute & Hospital, Bhopal).

### Aims and Objectives:

- Guide and provide hands on training in selection of food articles and prepare the food / diet by abiding to the principles of the Ayurveda and serve the prepared food according to the needs of the clients.
- Enrich the theoretical and practical classical knowledge of food modifications according to the constitution, condition and disease.
- Communicate the information about the qualitative status of the available food, acts related to the foods and nutritional programs run by the government of India under the heading of Nutritional Program.

### Vision & Mission:

- Vision behind the offering this course is to enrich the knowledge on Ayurveda way of food preparation and consuming.
- Course has been specially designed for graduates and post graduates all streams so that within two year of completion of course the person feels comfortable and sufficiently knowledgeable in understanding the Ayurveda concept of diet preparation and life style.
- Furthermore this course is designed in such a way that, it make participant capable enough to learn various methods of diet preparation and life style modification according to the

individuals constitution, season, occupation and ailments by this learner can widen their profession and competency skills.

- Course enables the Professionals to enhance the lives of the client's / health seekers with respect to physical, mental and social aspects.

### **Outcome of the Course:**

The course empowers you to teach health seekers and patients about the important benefits of Ayurveda Diet and Nutrition (Poshanahara) along with living (lifestyle). This course will be like add on to existing professional practice. Addition to this, even the M.Sc course will qualify professionals in:

- Basic understanding of the body and mind according to the Ayurveda.
- Recognize and categorize the various body Prakriti (constitutions) of the visitors
- Enable to advise the constitutional method of diet and Ayurveda lifestyle
- Enables to advise the appropriate food alteration to their clients.
- Ensures the qualitative food selection and preparation techniques
- Enrich the knowledge to tackle the impact of seasonal variations with reference to lifestyle and food.
- Cultivate to understand the every facets of health viz., physical, mental, social and emotional domain of the health seeker.

### **Career Opportunities:**

- Shall get the opportunity to serve in Panchakarma Unit as a Samsarjana Karma Specialist
- Have a scope to get involved in the Ayurveda Hospitals as a Ayurveda Dietician
- May get opportunity to serve in the Naturopathy (Nisargopachara) Hospitals as a Food advisor
- Can serve as Yogic Ahara Specialist in various Yoga Centers.

## **SCHEME OF ACADEMIC PROGRAMME**

### **Department:**

Department of Ayurveda Diet and Nutrition (Poshanahara)

### **Course Name:**

MSc in Ayurveda Diet and Nutrition (Poshanahara)

### **Course Code:**

NIA/MSc/ADN

### **Eligibility:**

BAMS/BHMS/BUMS/BNYS/MBBS/ B.Sc in Dietetics, /M.Sc in Dietetics/ B.Sc in Food and Nutrition from a recognized college affiliated with the recognized University.

### **Admission Procedure**

Admission will be made on the basis of merit secured in the screening test to be conducted by NIA.

### **Course Duration:**

Duration of the course will be of 2 years.

Each year there will be four papers. First paper of the First Year will be divided in to Part A and Part B. Part A will be uniform across all the MSc courses carried out in the institute for which

combined classes will be conducted and Part B of First paper of First Year will be about the introduction to the respective branch / course. The department of **Ayurveda Diet and Nutrition** will cover course of the other rest of the papers of the year one. The department will take full course of the second year. External or internal subject experts will cover the topics requiring their expertise. This will help the students understand the subject matter in a better way.

### Working Days:

As per UGC guidelines, the effective teaching days in an institution should not be less than 30 weeks. The syllabus for the present course of MSc in **Ayurveda Diet and Nutrition** has been framed with an assumption of six working days in a week and total duration of the course will be as follows.

### Working Days:

Sl.NO	Subject	Theory	Practical	Total Hrs.
1	M.Sc. 1 <sup>st</sup> Year	24 Hrs/Week 720 Hrs/Year	12 Hrs/Week 360 Hrs/Year	36 Hrs/ Week 1080 Hrs/ Year
2	M.Sc. 2 <sup>nd</sup> Year	24 Hrs/Week 720 Hrs/Year	12 Hrs/Week 360 Hrs/Year	36 Hrs/ Week 1080 Hrs/ Year

### Course Structure

#### 1<sup>st</sup> Year

Sl. No.	Paper	Course No.	Course	Hours
1	Paper 1		Basics of Ayurveda	180
2	Paper 2		Ayurveda Lifestyle	180
3	Paper 3		Ayurveda Food and Nutrition	180
4	Paper 4		Modern Food and Nutrition	180

#### Practical: 1<sup>st</sup> Year

1	Paper 1-4		360 Hrs
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#### 2<sup>nd</sup> Year

Sl. No.	Paper	Course No.	Course	Hours
1	Paper 1		Ayurveda Ahara and Seasonal Diet	180
2	Paper 2		Ahara Samskara and Kritanna Varga	180
3	Paper 3		Diet according to Prakriti (Constitution), Age & Occupation	180
4	Paper 4		Diet according to diseases	180

#### Practical: 2<sup>nd</sup> Year

1	Paper 1-4		360 Hrs
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**Syllabus: 1<sup>st</sup> Year****Paper 1: Basics of Ayurveda****Teaching Hours: 180 (Theory)****Max. Marks: 100**

<b>Paper 1</b>	<b>Basics of Ayurveda</b>	<b>180 Hrs.</b>
<b>Unit: 1</b>		
1.	Definition and components of Ayu, definition and aim of Ayurveda, Brief introduction of Ayurveda Samhitas.	4
2.	Definition of Swasthapurush, introduction of parameters of Swasthya and Tray-upastambha.	6
3.	Introduction of concept of Panchmahabhuta theory, Tridosha theory and Lokasamyapurush.	6
4.	Introduction of concept of Saptadhatu, Mala and Ojus	4
5.	Introduction of concept of Srotas	3
6.	Introduction of concept of Prakriti, Mana and Atma	5
7.	Introduction of concept of Raspanchaka	7
8.	Introduction of Panchvidhakshayakalpana	2
9.	The concept of Roga, Main etiological factors, Chikitsa and its types	4
10.	Introduction of various sections/departments of Ayurveda and their specific activities	14
<b>Unit: 2</b>		
11.	Definition of word research and classification of research – (pure/applied; qualitative/quantitative; observational and interventional)	5
12.	Historical background of research in Ayurveda	2
13.	Introduction to Classical methods of research-Aptopdesh, Pratyaksha Anuman and Yukti	6
14.	Research process- Brief introduction of Selection of topic, Review of literature, Formulation of hypothesis, Aims and objectives, Materials and methods, Observation and Results.	4
15.	Concept of ethics in research	2
16.	Publication of research, Structuring of article (IMRAD)	4
17.	Brief introduction of Medical Statistics	2
18.	Collection and presentation of data	4
19.	Definition of Average, Percentile, Arithmetic Mean, Median, Mode, Range, Standard Deviation and Standard Error	5
20.	Parametric and Non-parametric tests	6
<b>Unit: 3</b>		
21.	Introduction to Swastha	2
22.	Introduction to Swasthavritta	2
23.	Importance of Swasthavritta	2
24.	Introduction to Dinacharya	4
25.	Introduction to Sandhya and Ritucharya	4
26.	Introduction to Madhyana Charya	3
27.	Introduction to Ratri Charya	3
28.	Introduction to Sadvritta	2
29.	Introduction to Achara Rasayna	2
30.	Introduction to Rasayna	3
31.	Introduction to Vajikarna	1
32.	Introduction to Vega dharna	3
33.	Introduction to Ahara	4
34.	Introduction to Food – Modern Concept	4
35.	Importance of Ahara / Food – Ayurved and Modern Concept	4

**Paper 2: Ayurveda Lifestyle****Teaching Hours: 180 (Theory)****Max. Marks: 100**

<b>Paper 2</b>	<b>Ayurveda Lifestyle</b>	<b>180 Hrs</b>
1.	Concept of Swasthavritta, various definition of Swastha according to various classical texts.	20
2.	Shareerika Prakriti – Vataja, Pttaja, Kaphaja, Dwandwaja, Tridoshaja	20
3.	ManasikaPrakriti – Satvika, Rajasika, Tamasika	10
4.	Components of Dinacharya Introduction	10
5.	BramhaMuhurtaJagarana, Ushapana, MalamutraVisarjana, Achamana, Danthadhavana, JiwhaNirlekhana, Kavala, Gandusha, Nasya, Anjana, Dhumapana, Abhyanga, Vyayama, Snana, VastraDharana, Anulepana	30
6.	Physiological effect of Dinacharya Modules	20
7.	Detail description of components in various classical text of Ayurveda - Samhita	20
8.	Detail description of components in various classical text of Ayurveda - Nighantu	20
9.	Introduction and Classification of Ritucharya	10
10.	Hemantha Ritu, Shishira Ritu, Vasanta Ritu, Grishma Ritu, Varsha Ritu, Pravritt Ritu, Sharad Ritu	40
11.	Dharniya Vega & Adharanadharaniya,	5
12.	Definition, Importance, Types of Vega	5
13.	<b>Adharaniya Vega:</b> Types, Physiological effect of Vega, Adverse effect of ill practice of the concept	10
14.	<b>Dharaniya Vega :</b> Types, Physiological effect of Vega, Adverse effect of ill practice of the concept	10
15.	Definition, Types, Pramana , Yogya&Ayogya of Diva swapna, Ratrijagarana,	10
16.	Physiology of Sleep, Pathology of Insomnia	10
17.	Definition, Method to practice, Benefits and Advantage	10
18.	Definition, Types	
19.	Ayurveda and Modern concept of Immunity, Immunization	10
		180 Hrs

**Paper 3: Ayurveda Food and Nutrition****Teaching hours: 180 (Theory)****Max. Marks: 100**

<b>Paper 3</b>	<b>Ayurveda Food and Nutrition</b>	<b>180 Hrs</b>
1.	Definition, Importance	5
2.	Concept of Ahara in various classics	10
3.	Agni	10
4.	Ahara Pachana Kriya	10
5.	Concept of Pathya, Satmya and Hitaahara	20
6.	Astahara Vidhivishesha Ayatana	30
7.	Dwadasha Ashana Pravicharana	30
8.	Virudha Ahara	30
9.	Various classification of the food articles	5
10.	Shukha Dhanya Varga	10
11.	Shami Dhanya Varga	10
12.	Shimbi Dhanya Varga	10
13.	Shaaka Varga	10
14.	Phala Varga	10
15.	Harita Varga	10



16.	Mamsa Varga	10
17.	KsheeraVarga	10
18.	Ikshu Varga	10
19.	Ahara Upayoga Varga	10
20.	Kritanna varga	20
		180 Hrs

#### Paper 4: Modern Food and Nutrition

Teaching hours: 180 (Theory)

Max. Marks: 100

Paper 4	Modern Food and Nutrition	180 Hrs
1.	Introduction, Importance, Classification	5
2.	Nutrients in Food - Macronutrients	5
3.	Nutrients in Food – Micronutrients	5
4.	Carbohydrates structure	5
5.	Carbohydrates classification	5
6.	Food sources	5
7.	Nutritional disorders of Carbohydrates	5
8.	Proteins structure	5
9.	proteins classification	5
10.	Food sources	5
11.	Nutritional disorders of proteins	5
12.	Lipids and Fats structure	5
13.	Lipids and Fats classification	5
14.	Food Source of Fats and Oil	5
15.	Vitamins - Introduction	5
16.	Classification	5
17.	Water soluble vitamins	5
18.	Fat soluble vitamins	5
19.	Sources and deficiency disorders	5
20.	Minerals Introduction	5
21.	Minerals classification	5
22.	Source	5
23.	Junk Food and fast Food	5
24.	Deficiency disorders	5
25.	Balance Diet	5
26.	Balanced Diet and Deficiency	5
27.	Nutrition Requirements for Susceptible Population	5
28.	Daily requirements (RDA)	5
29.	Adulteration	5
30.	Food Standards – AGMARK, ISI etc	5
31.	Basic Food Laws and Regulations	10
32.	Food Processing	10
33.	Cereals, Pulses, Vegetables, Fruits, Oils, Mellitus, Oils and Fats, Non-Vegetarians	10
		180

**Practical of M.Sc. First Year****Teaching Hours: 360 Hrs.****Max. Marks: 100**

Sl.No	Title of the Work	360 Hrs.
1.	Assessment of Tridosha	10
2.	Assessment of Dhatu	10
3.	Assessment of Agni	10
4.	Assessment of Prakriti	10
5.	Collection of Data	4
6.	Assessment of Data	4
7.	Random Sampling Method demonstration	6
8.	Testing the Hypothesis	4
9.	Statistical Tests	6
10.	Dinachary Modalities	16
11.	Assessment of Ritu	6
12.	Assessment of Nidra	6
13.	Preparation of Modules according to Healthy Individuals	6
14.	Identification of Grains, Cereals, Pulses, Vegetables, Fruits, Oils & Fats etc.	30
15.	Visit to Fields – Food factories, Preservation centers etc	30
16.	Visit to Diet Institutes	30
17.	Preparation of List of Modern Food	10
18.	Adulteration Testing	20
19.	Visit to Food Industries	30
20.	Visit to Food Store house	20
21.	Visit to Milk Dairy	10
22.	Visit to Poultry Form	20
23.	Diet Plan module according to Age, Sex, Occupation,	10
24.	Report preparation on the visit to various industries	10
25.	5 Proforma preparation, Case Sheet Preparation	7
26.	Also Includes Departmental Presentation, Case Presentation, Journal Presentation	35
<b>Total</b>		<b>360</b>

**Syllabus: 2<sup>nd</sup> Year****Paper 1: Ayurveda Ahara and Seasonal Diet****Teaching Hours: 180 (Theory)****Max. Marks: 100**

Paper 1	Ayurveda Ahara and Seasonal Diet	180 Hrs.
1.	General concept of Diet according to the Seasons	5
2.	Importance of diet according to various seasons	5
3.	Diet according to Hemnata Ritu	20
4.	Diet according to Shishira Ritu	20
5.	Diet according to Vasanta Ritu	20
6.	Diet according to Grishma Ritu	20
7.	Diet according to Varsha Ritu	20
8.	Diet according to Pravrut Ritu	20
9.	Diet according to Sharad Ritu	20
10.	Diet during natural calamities	10
11.	Diet during Travelling to extreme climatical condition	10
12.	Diet during Jet lag	05
13.	Diet during the Night shift	05
		<b>180 Hrs</b>

**Paper 2: Ahara Samskara and Kritanna Varga****Teaching Hours: 180 (Theory)****Max. Marks: 100**

<b>Paper 2</b>	<b>Ahara Samskara and KritannaVarga</b>	<b>180 Hrs.</b>
1.	Introduction to KritannaVarga	5
2.	Various method of cooking – Ayurveda and Modern Dietetics	10
3.	Preparation of Manda	5
4.	Preparation of Peya	10
5.	Preparation of Vilepi	10
6.	Preparation of Odhana	10
7.	Preparation of Raga	10
8.	Preparation of Shandava	10
9.	Preparation of Khala	10
10.	Preparation of Kambalika	10
11.	Preparation of Pupilika	10
12.	Preparation of Vataka	10
13.	Preparation of Rotika	10
14.	Preparation of Dhaal	10
15.	Preparation of Shaka	10
16.	Preparation of Yusha	5
17.	Preparation of Supa	5
18.	Preparation of Saktu Etc	10
19.	all preparation methods along with the benefits, indication and contraindication	10
20.	Setting up the Ayurveda Kitchen	10
		<b>180 Hrs.</b>

**Paper 3: Diet according to Constitution, Age, Occupation and Diseases (Planning and Preparation)****Teaching Hours: 180 (Theory)****Max. Marks: 100**

<b>Paper 3</b>	<b>Diet according to Constitution, Age, Occupation and Diseases (Planning and Preparation)</b>	<b>180 Hrs.</b>
1.	Diet in Healthy individuals	10
2.	Diet according to Constitution	10
3.	Diet in Childhood	10
4.	Diet in Adolescent	10
5.	Diet in School going Children	10
6.	Diet in Pregnancy	10
7.	Diet for Lactating women	10
8.	Diet in Post Labour	10
9.	Diet according to occupation	10
10.	Diet in Geriatrics	10
11.	Diet in Youth	10
12.	Diet in Sports	10
13.	Diet pattern for preservation and promotion of health	10
14.	Diet for Yogies/Bramha chari	10
15.	Diet for Vegetarian Individual	10
16.	Diet for Non Vegetarian Individual	10
17.	Diet for Western Population	10
18.	Diet for Contemporary Food	10
		<b>180 Hrs</b>

**Paper 4: Diet according to Diseases****Teaching Hours: 180 (Theory)****Max. Marks: 100**

<b>Paper 4</b>	<b>Diet according to Diseases</b>	<b>180 Hrs.</b>
1.	Diet and lifestyle according to disorders	5
2.	Diet and lifestyle in Communicable diseases in general	10
3.	Diet and lifestyle in Non-Communicable diseases in general	10
4.	Diet pattern and lifestyle in the Risk group individual	10
5.	Diet and lifestyle in Jwara	10
6.	Diet and lifestyle Rakta Pitta	10
7.	Diet and lifestyle Amla Pitta	10
8.	Diet and lifestyle Grhini Roga	10
9.	Diet and lifestyle Hrudaya Roga	10
10.	Diet and lifestyle Amavata	10
11.	Diet and lifestyle Kamala and Pandu Roga	10
12.	Diet and lifestyle Sandhi Vata	10
13.	Diet and lifestyle Sthaulya	10
14.	Diet and lifestyle Stri Roga	10
15.	Diet and lifestyle Prameha / Madhumeha	10
16.	Diet and lifestyle Renal calculi	5
17.	Diet and lifestyle Ano rectal disorders	5
18.	Diet and lifestyle Skin disorders in general	5
19.	Diet and lifestyle Arbudaroga (Cancer)	10
20.	Diet and lifestyle Nidra Nasha	5
21.	Diet in Pandemic /Infectious diseases	5
		<b>180 Hrs</b>

**Practical of M.Sc. 2<sup>nd</sup> Year****Teaching Hours: 360 Hrs.****Max. Marks: 100**

<b>Sl.No</b>	<b>Points of Practical</b>	<b>360 Hrs.</b>
1.	Diet Preparation for Hemanta Ritu & Shishira Ritu	12
2.	Diet Preparation for Vasanta Ritu	12
3.	Diet Preparation for Grishma Ritu	22
4.	Diet Preparation for Pravrut Ritu & Varsha Ritu	22
5.	Diet Preparation for Sharad Ritu	22
6.	Various types of Manda	5
7.	Various types of Peya	5
8.	Various types of Vilepi	10
9.	Various types of Odhana	10
10.	Various types of Raga & Shandava	10
11.	Various types of Khala & Kambalika	10
12.	Various types of Pupilika	10
13.	Various types of Vataka	10
14.	Various types of Rotika	10
15.	Various types of Dhaal, Shaka	5
16.	Various types of Yusha, Supa, Saktu	5
17.	Diet Preparation for Vataja Prakriti	5
18.	Diet Preparation for PittajaP rakriti	5
19.	Diet Preparation for Kaphaja Prakriti	5
20.	Diet in Manasika Prakriti	5
21.	Diet preparation in Garbhnin	10
22.	Diet preparation for Prasuta Avastha	5

23.	Diet preparation for Balya Avastha	10
24.	Diet preparation for Taruna Avastha	5
25.	Diet preparation for Yuva Avastha	10
26.	Diet preparation for Vrudha Avastha	5
27.	Diet preparation for Sports person	10
28.	Diet preparation for Yoga abhyasa	5
29.	Diet for Vegetarian and Non vegetarian person	10
30.	Diet Preparation for Santarpana Janya Vikara	5
31.	Diet Preparation for Apatarpana janya Vikara	5
32.	Diet Preparation for Diabetes	5
33.	Diet Preparation for Cancer	5
34.	Diet Preparation for Muculo- Skeletal Disorders	5
35.	Diet Preparation for cardiac Disorders	5
36.	Diet Preparation for Neural Disorders	5
37.	Diet Preparation for Psychological Disorders	5
38.	Diet Preparation for Skin disorder	5
39.	Diet in Post Operative condition	5
40.	Diet in Burn	5
41.	Visit to Diet unit of naturopathy center	5
42.	Visit to diet section of Cancer center	5
43.	Visit to diet section of Diabetic center	5
44.	Visit to diet section of Tuberculosis center	5
45.	Visit to diet section of AIDS/HIV center	5
46.	Diet module according to diseases	5
47.	OPD IPD Pathya Ahara Unit posting	5
		<b>360 Hrs</b>

**Eligibility of Teacher:**

1. Teacher should have the minimum qualification in M.D in Swasthavritta and Yoga as regular appointment or
2. Part time teaching Staff: MD in Swasthavritta and Yoga, MD in Dravya Guna, MD in Samhita Sidhanta, MD in Kriya Shareera, Biostatistician, MBBS, MD (PSM), M.Sc. Dietitian, M.Sc. in Ayurveda Diet and Nutrition.

**Faculty required for M.Sc Ayurveda Diet and Nutrition (Poshanahara)**

TEACHING FACULTY					
Sl. No.	Name of Post	No. of Posts	Eligibility	Experience	Publications
1	Professor & Head of Department	1	MD in Swasthavritta and Yoga/ M.D in Dravya Guna/ M.Sc in Ayurveda Diet and Nutrition <b>Desirable:</b> i. Ph.D. in Swasthavritta and Yoga/Dravya Guna/ Ayurveda Diet and Nutrition <b>Age Limit: 55 Years</b>	16 years of teaching experience in related branch	At least 5 articles related to Ayurveda Food and Nutrition in a reputed Peer reviewed / Indexed Journals

2	Associate Professor	1	MD in Swasthavritta and Yoga / M.D in Dravya Guna / M.Sc in Ayurveda Diet and Nutrition <b>Desirable:</b> ii. Ph.D. in Swasthavritta and Yoga/Dravya Guna/ Ayurveda Diet and Nutrition <b>Age Limit 50 Years</b>	10 years of teaching experience in related branch	At least 3 articles related to Ayurveda Food and Nutrition reputed Peer reviewed / Indexed Journals
3	Assistant Professor	1	MD in Swasthavritta and Yoga / M.D in Dravya Guna / M.Sc in Ayurveda Diet and Nutrition <b>Desirable:</b> iii. Ph.D. in Swasthavritta and Yoga/Dravya Guna/ Ayurveda Diet and Nutrition <b>Age Limit 45 Years</b>	05 years of teaching experience in related branch	At least 2 articles related to Ayurveda Food and Nutrition reputed Peer reviewed / Indexed Journals
4.	Lecturer		MD in Swasthavritta and Yoga/ M.D in Dravya Guna/ M.Sc. in Ayurveda Diet and Nutrition <b>Desirable:</b> iv. Ph.D. in Swasthavritta and Yoga/Dravya Guna/ Ayurveda Diet and Nutrition <b>Age Limit 40 Years</b>		Published articles
<b>NON-TECHING STAFF</b>					
1.	Data Entry Operator	1			
2.	MTS	1			
3.	Cook	1			

**Visiting / Adjunct / Contractual Faculty:**

- MD in Swasthavritta and Yoga
  - MD in Dravya Guna
  - MD in Samhita Sidhanta
  - MD in Kriya Shareera
  - Biostatistician
  - MBBS, MD (PSM)
  - M. Sc. Dietetics
- Every teacher shall participate in teaching, which may include all of the following: lectures, tutorials, practical sessions, seminars, fieldwork, projects and other such activities.

- Every teacher shall also give general assistance to students in removing their academic difficulties; and participate in the invigilation and evaluation work connected with tests/examinations; and take part in extra-curricular, co-curricular and institutional support activities as required.
- The workload of a teacher shall take into account activities such as teaching, research and extension, preparation of lessons, evaluation of assignments and term papers, supervision of fieldwork as also guidance of project work done by the students. The time spent on extension work, if it forms an integral part of the prescribed course, shall count towards the teaching load. The total workload and the distribution of hours of workload for the various components shall be in accordance with the guidelines issued by the UGC and the other statutory bodies concerned in this regard from time to time.

### Syllabus:

1. Annual exams will be conducted at university level. 1<sup>st</sup> year annual exams will be scheduled at the end of the 1 year in the same way the 2<sup>nd</sup> year exams will be conducted. Half yearly midterm examination will be conducted at institutional level.
2. Depending upon its nature and level, a course may be assigned a certain number of credits. The credits assigned to the various courses shall also be indicated in the respective syllabuses. The system of credits shall be in accordance with the guidelines of the UGC and other statutory bodies concerned.
3. The syllabus for each course shall also indicate the scheme of evaluation/ examination.
4. The students shall be given assignments, so as to make use of the library, laboratory, internet and such other faculty.
5. The total workload on a student shall also be adequate so as to provide him/her sufficient academic involvement.
6. The minimum number of lectures, tutorials, seminars and practical's which a student shall be required to attend for eligibility to appear at the examination shall be not be less than 75% of the total number of lectures, tutorials, seminars, practical's, and any other prescribed requirements.

### Thesis/Dissertation:

Every Candidates pursuing M.Sc. Degree in **Ayurveda Diet and Nutrition (Poshanahara)** is required to carry out the work on selected dissertation under the guidance of recognized post graduate teacher in their respective subject in final Year. The result of such work should be submitted in the form of a dissertation (not less than 100 Pages).

By carrying out a research project and presenting the work in the form of thesis, the student shall be able to:

- Identify a relevant research question
- Conduct a critical review of literature
- Formulate a hypothesis
- Determine the most suitable study design
- State the objectives of the study
- Prepare a study protocol
- Undertake a study according to the protocol
- Analyze and interpret research data, and draw conclusions
- Write a research paper

**Guidelines:**

While selecting the topic, following should be kept in mind:

- The scope of study is limited to enable its conduct within the resources & time available
- The study must be ethically appropriate
- The emphasis should be on the process of research rather than the results
- The protocol, interim progress and final presentation is made formally to the department
- There should be periodic department review of the thesis work

**Assessment (Examination and Evaluation):**

1. The university shall adopt the guidelines issued by the UGC and other statutory bodies concerned from time to time in respect of conduct of examinations.
2. The units of evaluation, namely, tests, seminars, presentations, class performance, field work, thesis and the like and the weightage assigned to each of such units in respect of each course shall be determined by the appropriate academic body of the university, and shall be made known to the students at the beginning of the academic session of the year, the semester or the trimester, as the case may be.
3. The nature of final examination, whether written or oral or both, in respect of each course shall also be made known to the students at the beginning of the academic session.
4. The question papers for the examinations shall be set in such a manner as to ensure that they cover the entire syllabus of the concerned course.
5. The tests and examinations shall aim at evaluating not only the student's ability to recall information, which he/she had memorized, but also his/her understanding of the subject and ability to synthesize scattered bits of information into a meaningful whole. Some of the questions shall be analytical and invite original thinking or application of theory.
6. While the actual process of evaluation shall be confidential, the system of evaluation shall be sufficiently transparent, and a student may be given a photocopy of his/her answer paper, if requested as per procedure laid down in this regard.

**Scheme of Examination:**

There will be eight papers in the whole duration of the course four in each year. Each Theory paper will be of 100 marks covering the questions from entire syllabus of the corresponding paper. Each paper shall be set from the external experts and will cover very short questions, short essay and long essay questions. Practical examination will be conducted covering patient examination and viva voce on the project and the subject matter.

**Distribution of Marks:**

**Theory – 100 marks, 3 hours each paper**

Model of Questions	Marks Distribution
MCQ/One Word questions/ Fill up the blanks	10 Marks
Very Short answer question	20 Marks
Short essay	30 Marks
Long essay	40 Marks



**Practical Examination- 100 Marks, Covers all Paper****1<sup>st</sup> Year: Covers All Paper****100 Marks**

Kind of Work	Marks Distribution
History sheet	20 Marks
Spotting	10 Marks
Module Preparation	10 Marks
Viva-voce	20 Marks

**2<sup>nd</sup> Year: Covers All Paper**

Kind of Work	Marks Distribution
Assignment	20 Marks
Spotting	10 Marks
Diet Preparation	10 Marks
Thesis Presentation	20 Marks
Viva-Voce	40 Marks

**Eligibility for Admission to the Examination**

Students with a minimum of 75% attendance are eligible to write the examination.

**Question Paper Design**

The examination shall be three hours duration to each paper at the end of each year. The candidate failing in any subject(s) will be permitted to appear for each failed subject(s) in the subsequent examination.

Question papers will be designed in two sections (Part A, Part B and Part C) with number of questions and allotment of marks as detailed below:

**PART-A (10x 1 = 10 Marks)**

MCQ/One Word questions/ Fill up the blanks

**PART-A (10 x 2 = 20 Marks)**

(Answer all questions)

**PART-B (6x 5 = 30Marks)**

(Answer all questions)

**PART-C (4 x 10 = 40 Marks)**

5 (Answer any four out of five questions)

**Passing Minimum:**

The candidate shall be declared to have passed the examination if the candidate secures not less than 50% marks in each theory and practical paper.

**Award of Degrees:**

1. No student shall be eligible for the award of the **M.Sc degree** unless he/she has successfully completed a minimum of two years
2. The degree to be awarded may be called the **M.Sc degree** in the **Ayurveda Diet and Nutrition (Poshanhara)**
3. Degree will be conferred to the passing students in the convocation held by the affiliating university.

**Recommended Books:**

1. Sushruta Samhita Author name : Maharisi Susruta, Edited : Kaviraja Ambikadutta Shastri , Chaukumba Sanskrit Samsthan, Varanasi.
2. Charaka samhita , Vidhyothini Hindi Commentary, Author Name : Agnivesha, Hindi Commentary by Kashinath Shastri & Dr Gorakha Nath Chaturvedi, Chaukhamba Bharati Academy
3. Charaka Samhita – Dalhana Commentary. samhita by Agnivesha, Revised by Charaka and Dridhabala, Edited : Vaidya jadavaji Trikamji Acharya, Satyabhamabai Panduranga, Bombay.
1. Astanga Hridayam , Author Name : Collated By late. Dr Anna Moreswara Kunte, Edited Bhisagacharya Harisastri Paraddkara vaidya, Chaukhamba Orientalia, Varanasi.
2. Astanga Samgraha, English Translation Text , Translated by Prof k R Srikantha Murthya, Chaukhamba Orientalia, Varanasi.
3. Bhava Prakasha of Bhav Mishra, Vidyotini, Sri Brahmasankara Misra and Sri Rupalalji Vaisya, Chaukhamba Sanskrit Bhavan, Varanasi.
4. Yogaratnakara with Vidyotini Hindi commentary , Author Name : Vaidya Lakshmiapati Sastri, Edited : Bhisagratna, Brahmasankara Sastri, Chaukumba Prakashana.
5. Research Methodology and Research, Author Name : Dr Sachin Sarpotdar, Dr Santosh Bhor, Editors: Prof Dr Subhash Ranade, Prof Dr R R Deshpande, AITBS Publishers, India, Delhi - 110051
6. Basic Methods of Medical Research, Author Name : A Indrayan, AITBS Publishers, India, Delhi -110051
7. Research Methodology Simplified, Author Name : Mahendra N Parikha, Avijit Hazra, Joydev Mukherjee, Nithya Gogtay, Jaypee brothers medical publishers (p) ltd, New Delhi
8. Human physiology - D.C. Chatterji
9. Text book of physiology – Guyton
10. Digestion and metabolism – Dr. C. Dwarikanath
11. Essentials of medical physiology K – Shambulingam
12. Principles of antomy and physiology – Tortora Grabowski
13. Food and Nutrition – Swaminathan
14. Food and Nutrition: Williams

**Recommendations:**

In the proposed undergraduate and postgraduate program of M.Sc in Ayurveda Diet and Nutrition (Poshanhara) considerable time has been allotted to both theory and practical part. The focus is given to provide the opportunity to the student to learn on his/her own or through discussions, presentation, assignment, project work, practical preparation, field visits, interaction with subject stalwart etc. It is strongly recommended that this time should be utilized appropriately to generate a sense of curiosity and creativity among the ever students take part in this course. Further, the students may be encouraged to prepare topics from the textual material and present them before their class fellows in the presence of the teacher concerned.

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