



ANVI AYURVED

Treatment Centre And Training Institute

AYURVEDIC FOOD & NUTRITION

Healing Through Everyday Eating

Duration: 5 Days

Time: 3 Hours per Day

Includes: Theory Sessions + Practical Cooking Classes + Notes + Participation Certificate

Organized by: Anvi Ayurved (Accredited by Bharat Sevak Samaj & World Skill Council, London)

Day 1: Introduction to Ayurvedic Nutrition

Theme: Understanding the Basics of Ayurveda & Food as Medicine

Topics Covered:

- Introduction to Ayurveda and its concept of food (Ahara)
- Understanding Tridosha (Vata, Pitta, Kapha) and how they affect digestion
- Role of Agni (digestive fire) and Ama (toxins)
- Body constitution (Prakriti) assessment

Practical Session:

- Ayurvedic kitchen introduction
- Identifying key Ayurvedic spices
- Preparation of simple digestive teas (jeera, fennel, ginger)

Day 2: The Ayurvedic Daily Diet – What, When, and How to Eat

Theme: Planning Balanced Ayurvedic Meals

Topics Covered:

- Concepts of Saatvik, Rajasik, and Tamasik foods
- Six tastes (Shadrasa) and their impact on health
- Seasonal diet recommendations (Ritucharya)
- Food combining principles (Viruddha Ahara)

Practical Session:

- Cooking khichari suitable for different doshas
- Making seasonal chutneys and salads

Day 3: Mindful Eating & Digestive Health

Theme: The Gut-Mind Connection

Topics Covered:

- Mental state and its effect on digestion
- Eating rituals: timing, posture, gratitude
- Common food mistakes and simple Ayurvedic corrections
- Detox practices and gut-friendly habits

Practical Session:

- Preparing an ideal Ayurvedic breakfast
- Making Takra (herbal buttermilk) and other digestive drinks

Day 4: Cooking for the Doshas – Personalized Ayurvedic Meals

Theme: Customizing Food Based on Body Constitution

Topics Covered:

- Foods that balance Vata, Pitta, and Kapha
- Adapting recipes according to your Prakriti
- Designing your own Ayurvedic meal plan

Practical Session:

- Cooking three Ayurvedic thalis – one for each dosha
- Infusing ghee with herbs for medicinal use

Day 5: Building a Sustainable Ayurvedic Lifestyle

Theme: Long-Term Application and Simplicity in Cooking

Topics Covered:

- Weekly meal planning tips
- Guidelines for fasting and seasonal detox
- Diet during illness and recovery
- Setting up a healing kitchen

Practical Session:

- Cooking a dosha-balancing dinner
- Demonstration of a simple Ayurvedic sweet or dessert
- Closing Ceremony
- Group Reflection and Feedback