

AYURVEDIC NUTRITION

Ayurveda is a 5000 year old science that aims to help a person understand what is right for them as a unique individual.

Ayurvedic diet plays an important role in the maintenance of good health and in the prevention and cure of the diseases. The foundation of Ayurvedic nutrition is based on the idea that the human being is the result of what, when, where, how they eat and the way they digest food by following certain guidelines.

The main aim of Ayurveda is to maintain the health in a healthy person and to cure the disease. To attain this, Ayurveda mainly concentrates on various rules and regulation related to the lifestyle. Dietetic Rule is one among them. The diet is considered as one of the important sub pillars along with Nidra and Brahmacharya.

From the point of Ayurveda, it should be noted that diet is the most basic way to treat the physical body for any condition or disease.

Aim of the course:

Upon completion of this course you will be equipped with the authentic knowledge and expertise to confidently guide your patients/ clients as an Ayurvedic Nutritionist. .

Eligibility:

No previous experience is necessary.

Who should take part in this course?

- Medical Practitioners/ Students
- Beauty Therapists/ Aestheticians
- Health enthusiasts / Fitness enthusiasts
- Homemakers / Housewives
- Yoga therapists

Mode of classes:

Online - Live interactive sessions.

For further details related to Syllabus and fee structure, contact Institute of Beauty, Health & Ayurveda.