



Association of Ayurvedic Professionals of North America, Inc. U.S.A.

# Ayurvedic Food and Nutrition Consultant (A.F.N.C.) Curriculum

*This training program is based on the guidelines of the World Health Organization (WHO) Benchmarks for training in traditional / complementary and alternative medicine: benchmarks for training in Ayurveda & Government of India, Ministry of Health & Family Welfare, Department of Ayurveda, Yoga, Naturopathy, Unani, Siddha and Homeopathy (AYUSH), New Delhi, India. (Reference Number: D.O. NO. 480 /Adviser (Ayurveda) / 2009, May 1<sup>st</sup>, 2009)*

## **Syllabus for Ayurvedic Food and Nutrition Consultant Program:**

### **Course Overview & Purpose**

AAPNA formulated the Ayurvedic Food and Nutritional Consultant to provide an in-depth, experiential course based on the guidelines of the World Health Organization (WHO) Benchmarks for training in Ayurvedic Dietetics to help Ayurvedic and other wellness professionals deepen and broaden their knowledge of a holistic, Ayurvedic approach to diet, digestion, nutrition, and food guidelines.

### **In accordance with World Health Organization (WHO) benchmark training in Ayurveda - Ayurvedic Dietetics, AFNC course content includes the following:**

1. Concept of food and its importance
2. Life-enhancing (*Ayushyakara*) and vitalizing (*Urjaskara*) foods
3. Properties and classification of various foods
4. Food and its influence on *Jatharagni* (digestive fire)
5. Importance of food in health and disorders
6. *Anupana* (vehicle) according to dosha combination, compatible and incompatible foods
7. Healthy and unhealthy foods on doshic constitution
8. Seasonal routine and foods; daily routine and foods; best foods and their action
9. Use of six tastes of foods for health
10. Types of food and drinks
11. Cereals and pulses and their properties
12. Vegetables, fruits and salads and their properties
13. Fermented substances and foods
14. Types of water and their importance in food
15. Milk and milk products in health and disease
16. Edible fats and oils
17. Animal products, including meat, fish and poultry



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18. Incompatible foods (*Viruddha ahara*) and suitable and unsuitable foods (*Satmya* and *Asatmya Ahara*)
19. Favorable and unfavorable foods according to various disorders & importance of foods in yogic practices
20. Types of honey and medicinal uses, including various dietary forms, including recipes

**Ayurveda**, the science of life, focuses on various modalities of health and wellness through **proper diet, digestion and nutrition**. The key to understanding food and nutrition for various body constitutions (*prakriti*) is an integral aspect of Ayurvedic cooking and eating. The father of modern medicine, Hippocrates, rightly said: "**Let food be thy medicine and medicine be thy food**".

**Ayurvedic nutrition includes the following principles -**

- incorporating six tastes in each meal;
- compatible and incompatible food combinations;
- utilizing various spices and condiments to bring forth the healing qualities within foods;
- consideration of diurnal and seasonal changes;
- how to eat, cook, digest, assimilate, absorb and metabolize meals.
- preparing foods according to individual constitution
- addressing various digestive imbalances - gluten, lactose intolerance, etc.

### **Prerequisites**

None

**Prospective AFNC students will benefit from the course by asking themselves the following questions before the course begins:**

- What time do you eat your meals?
- How many meals do you have per day?
- How do you feel after eating?
- How are your energy levels after you eat, throughout the day?
- What kind of food do you like?
- Do spices foods make you irritated?
- Do you like desserts / and or sweets?



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- How many times per day / week do you eat fruit?
- How many times per day / week do you eat vegetables?
- How many packaged, processed, canned and frozen foods do you eat?
- Do you use spices in your cooking? Specify...
- What kind of environment do you eat in?
- Do you go to sleep right after eating?
- How often do you eat at a restaurant or get take out per week?
- How often do you cook your own foods?
- Do you eat organic foods?
- Do you enjoy cooking?

### **Program Outline**

The Ayurvedic Food & Nutrition Consultant (AFNC) Certification Program is a 500-hour course, divided into three modules, which take place over a period of 3 months and include hands-on vegetarian cooking instruction, distance-learning webinars, and home study. This 500-hour program of study is detailed as follows:

- 100 hours of in-person Ayurvedic cooking instruction & training
- 50 hours of webinar instruction
- 350 hours of home study, quizzes, assignments, and projects, complying with the requirements of the Ayurvedic Food and Nutrition Consultant Certificate Course as outlined by Association of Ayurvedic Professionals of North America, Inc. (AAPNA).

### **Highlights of the AFNC program's hybrid learning approach include:**

1. 8 days of hands-on, vegetarian, sattvic, immersive cooking classes, over the course of two separate long weekends (Thursday - Sunday, 7:00 AM - 8:00 PM)
2. 25 webinars (see topics below)
3. Home study to allow self-paced integration of content learned in cooking instruction and webinars

### **8 Days In-Person Immersive Instruction (2 separate 4-day weekends)**

#### **Hands-on Teaching / Cooking Demonstration**

Over the course of 8 days, conducted over two separate 4-day weekends (Thursday - Sunday, 7:00 AM - 8:00 PM), AFNC students will delve into the Ayurvedic principles of



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food and nutrition through lectures, interactive demonstrations, and hands-on sattvic, vegetarian cooking experiences. During the first 4-day session, 2 days each will be dedicated to learning the principles and techniques for creating dishes focused on balancing vata and pitta. During the second 4-day session, 2 days will be dedicated to the same for kapha dosha. On the final 2 days, students will work in teams or groups to create one complete meal and record instructor's and classmates' feedback.

### **Part I: Cooking Practicum**

During each 4-day session, students can expect to learn how, when and why to prepare the following:

- Refreshing breakfasts to start a healthy day
- Appealing appetizers to stimulate digestion
- Healing, aromatic teas and other soothing beverages
- Tempting and tasty salads and dressings
- Delectable, tangy chutneys to enliven meals
- Flavorful, crispy fritters and other accompaniments
- Yeast-free flat breads
- Sweet and savory, soul-comforting soups
- Cleansing khichidi
- Palate-pleasing protein recipes to build and strengthen muscles
- Dals, sambars and tofu dishes
- Gratifying grain dishes
- Vitality-imparting vegetable dishes
- Simple, light, complete meals to pack for travel
- The “Spices of Life” – churnas and masalas for taste and balance
- Delicious, naturally-sweetened desserts and prasads

### **Part II: Lectures & Demonstrations**

Interspersed with the practicum of cooking, students will listen to and watch lectures and demonstrations correlated to the dishes they are learning to prepare. Provide discourse and demonstrations in the following content areas:

#### **Vata Dosha:**

- Prana Vata locations, balanced, imbalanced symptoms, and disorders
- Udana Vata locations, balanced, imbalanced symptoms, and disorders
- Samana Vata locations, balanced, imbalanced symptoms, and disorders
- Apana Vata locations, balanced, imbalanced symptoms, and disorders
- Vyana Vata locations, balanced, imbalanced symptoms, and disorders



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- Effect of Vata on Dhatu and their disorders
- Effect of Vata on Srotas and their disorders
- Effect of Vata on Malas and their disorders
- Effect of Vata on various manas (psychological) disorders

## **Pitta Dosha:**

- Pachaka Pitta locations, balanced, imbalanced symptoms, and disorders
- Ranjaka Pitta locations, balanced, imbalanced symptoms, and disorders
- Sadhaka Pitta locations, balanced, imbalanced symptoms, and disorders
- Alochaka Pitta locations, balanced, imbalanced symptoms, and disorders
- Bhrajaka Pitta locations, balanced, imbalanced symptoms, and disorders
- Effect of Pitta on Dhatu and their disorders
- Effect of Pitta on Srotas and their disorders
- Effect of Pitta on Malas and their disorders
- Effect of Pitta on various manas (psychological) disorders

## **Kapha Dosha:**

- Kledaka Kapha locations, balanced, imbalanced symptoms, and disorders
- Avalambaka Kapha locations, balanced, imbalanced symptoms, and disorders
- Bodhaka Kapha locations, balanced, imbalanced symptoms, and disorders
- Tarpaka Kapha locations, balanced, imbalanced symptoms, and disorders
- Sleshaka Kapha locations, balanced, imbalanced symptoms, and disorders
- Effect of Kapha on Dhatu and their disorders
- Effect of Kapha on Srotas and their disorders
- Effect of Kapha on Malas and their disorders
- Effect of Kapha on various manas (psychological) disorders

## **Webinar Instruction**

Students will be attend 25 live instructional webinars, each 2-hours in length. Each webinar will be accompanied by a set of questions, which students will answer and submit by email for summative assessments.

## **Webinar topics include:**

In following WHO guidelines, the 25 webinar topics are as follows:



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1. Overview of Vata, sub-doshas, locations, balanced functions, increased, decreased symptoms
2. Overview of Pitta, sub-doshas, locations, balanced functions, increased, decreased symptoms
3. Overview of Kapha, sub-doshas, locations, balanced functions, increased, decreased symptoms
4. General Vata, Pitta, and Kapha related disorders
5. Concept of food and its importance
6. Life-enhancing (*Ayushyakara*) and vitalizing (*Urjaskara*) foods
7. Properties and classification of various foods
8. Food and its influence on *Jatharagni* (digestive fire)
9. Importance of food in health and disorders
10. *Anupana* (vehicle) according to dosha combination, compatible and incompatible foods
11. Healthy and unhealthy foods on doshic constitution
12. Seasonal routine and foods; daily routine and foods; best foods and their action
13. Use of six tastes of foods for health
14. Types of food and drinks
15. Cereals and pulses and their properties
16. Vegetables, fruits and salads and their properties
17. Fermented substances and foods
18. Types of water and their importance in food
19. Milk and milk products in health and disease
20. Edible fats and oils
21. Animal products, including meat, fish and poultry
22. Incompatible foods (*Viruddha ahara*) and suitable and unsuitable foods (*Satmya* and *Asatmya Ahara*)
23. Favorable and unfavorable foods according to various disorders & importance of foods in yogic practices
24. Types of honey and medicinal uses, including various dietary forms, including recipes
25. Ayurvedic home remedies

### Learning Outcomes

Upon completion of this certification course, participants will:

- Acquire an in-depth understanding of ayurvedic food and nutrition principles and cooking and how to apply these to their own lives.



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- Be able to make recommendations to clients regarding modifications in their lifestyles, food, nutrition and healthy cooking according to their individual constitutions to restore balance to their lives.
- Students will receive a student membership certificate from AAPNA (Association of Ayurvedic Professionals of North America), Inc. USA
- Be eligible to apply these credits toward becoming a Registered Ayurvedic Food & Nutrition Consultant (RAFNC) by the Association of Ayurvedic Professionals of North America, Inc. (AAPNA).

### **Recommended Books:**

1. The 25 Day - Ayurveda Cleanse
2. A Primer on Ayurveda: A Practical Guide on Personalized Nutrition for Dietitians, Nutritionists and Healthcare Professionals
3. Ayurveda Cooking for Beginners: An Ayurvedic Cookbook to Balance and Heal
4. Eat-Taste-Heal: An Ayurvedic Cookbook for Modern Living
5. Ayurveda: The Easy Ayurveda Cookbook - An Ayurvedic Cookbook to Balance Your Body and Eat Well
6. Ayurvedic Cooking for Self Healing
7. Ayurvedic Cooking for Westerners: Familiar Western Food Prepared with Ayurvedic Principles