

**CENTRAL UNIVERSITY OF KERALA**  
DEPARTMENT OF YOGA STUDIES  
M.Sc. YOGA THERAPY

**MYG5003      Yogic diet and Nutrition**

Course Code	MYG5003	Semester	
Course Title	<i>Yogic diet and Nutrition</i>		
Credits	3	Type	Elective

**Course Description**

This course is oriented to develop in the knowledge in the principles and practice of Yogic Diet and Modern Dietetics that enhances the employability as a Yoga Therapist with expertise in diet prescription. The course provides knowledge in yogic concept of diet as well as modern concept of diet. The course teaches basic biochemistry of nutrition. Also teaches the calculation of the diet chart based on the condition of a person.

**Course Outcome**

- Students get the knowledge in Modern concept and Yogic concept of diet.
- Fundamental biochemistry and digestive process.
- **Knowledge in the principles and practice of diet therapy.**
- Knowledge about various types of nutrition and source of the nutrition.
- Necessity of the nutrition to maintain the health.
- **Skill in Diet therapy and calculation of the diet based on the requirement in modern concept.**

**Course Structure**

The following is a detailed syllabus of MYG5002 Therapeutic Yoga

**Module I:**

First unit teaches the concept of diet in yogic scripts. Second unit discusses the concept of diet and diet therapy according to Ayurveda. Third unit teaches the fundamentals of diet therapy in naturopathy. Fourth and fifth unit teaches the modern concept of diet and nutrition and preparation of diet chart.

**Unit I. Concept of yogic diet.**

**(8 hours)**

- Meaning and definition of Mithahara
- Indicated and contra indicated food
- Yogic diet for practice of Pranayama
- Sattvik, Rajasic and Tamasic foods as per Bhagavad Gita

**Unit II. Diet therapy for treatment of diseases according to Ayurveda**

**(8 hours)**

- Diet according to Shadrasas and Doshas
- Diet therapy for digestive disorders
- Diet therapy for Diabetes
- Diet therapy for Circulatory disorders

**Unit III. Diet therapy as per Naturopathy**

**(8 hours)**

- Meaning of diet
- Eliminative Diet, Soothing Diet. Constructive Diet
- Principles of Diet therapy for treatment of various life style diseases
- Principles of Fasting therapy.

#### **Unit IV. Fundamentals of nutrition – modern concept**

**(11 hours)**

- Macro and Micro nutrients, Requirement of water in the body
- Carbohydrates, Monosaccharides, Disaccharides, Polysaccharides
- Proteins, Importance of proteins in diet, Essential and non-essential amino acids.
- Lipids, essential fatty acids, Lipid profile.
- Vitamins Fat soluble and Water soluble vitamins, Physiological role, deficiency signs, sources, and requirement.
- Minerals, Calcium, Iron and other trace elements in nutrition. Balanced diet, Energy requirement.

#### **Unit V. Nutritional requirement (calories) for different age group**

**(10 hours)**

- Calories and calculation of Basal Metabolic Rate (MBR)
- Preschool Years- Age 1 to 5 and School-Age Children- Age 6 to 12
- Teen Aged- Age 13 to 19 and Adulthood
- Pregnancy and Breastfeeding and Older Adulthood

#### **Testing & Evaluation**

##### **Internal Assessment - 40 marks.**

Internal examination - 20 marks, Assignments - 10, Overall performance 10

##### **End semester examination - 60 marks**

Objective type questions -10 marks, short notes – 30 marks, essay - 20

#### **References**

1. Swami Mukhtibodhananda , Hatha Yoga Pradeepika, Bihar School of Yoga,Munger,Bihar; 1998
2. Swami Diagambarji, DrM.L Gharote, Gheranda Samhitha, S.M.Y.M Samithi Kaivalyadhama, Lonavla Maharashtra; 1997.
3. Dr.B Athavale, Basic principles of Ayurveda, Sanathan Samstha, 206 Sion Main Road, Mumbai 1980
4. Alladi Mahadeva Shastri, The Bhagavath Geetha;With the Comentry of Shankaracharya, Samatha Books, 10 Kamaraj Bhavan, Mount Road Madras; 1997
5. V.M Kulkarni , Naturopathy; Art of Drugless Healing, Satguru Publications, Shakthi Nagar, North Delhi,1986.
6. Dr.U.Satyanarayana, Essentials of Biochemistry, Books and Allied Pvt. Ltd., 8/1 Chintamani Das Lane, Kolkatta; 2002

7. Jain D.K. Human Physiology & Biochemistry, Arya Publications, Naivala, Karolbagh, New Delhi; 2006
8. Mukunda Stiles, Structural Yoga Therapy, Adapting to the Individual, Goodwill Publications Ltd, B-3 Rattan Jyothi, 18 Rajendra Place, New Delhi; 2007