

Let's Join Our

ONLINE VEDIC NUTRITION CLASS

With Dr. Shubham (BNYS)



-  Expert Guidance
-  Ancient Wisdom
-  Modern Application
-  Holistic Well-being



SUKRIT HOLISTIC

— Nurture Our Nature —

UNDERSTAND YOUR BODY. NOURISH YOUR LIFE.



VATA
Air & Ether



PITTA
Water & Fire



KAPHA
Water & Earth



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Advanced Certificate in
Vedic Nutrition & Lifestyle Management

Eat
Right
Live
Bright



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Sukrit Holistic Academy



**SUKRIT
HOLISTIC**
Nurture Our Nature

Academy



COVERED TOPIC

- 1  Introduction – Ayurveda
- 2  Origin Of Ayurveda
- 3  Principle Objective Of Ayurveda
- 4  Definition Of Health According To Ayurveda
- 5  Concept Of Pancha Mahabhutas
- 6  The Digestive System: A Vedic Perspective
- 7  Micro and Macro Nutrients in Vedic Nutrition
- 8  Ahara Vidhi Vidhan (Rules of Eating)
- 9  Hydration in Ayurveda: Best Practices for Drinking Water and Other Fluids
- 10  Viruddha Ahara (Incompatible Foods)
- 11  Introduction to Fasting (Upavasa) & Types
- 12  Concept Of Tridosha, Relationship With Age & Quality Of Tridoshas
- 13  Qualities And Effects Of Tridosha
- 14  Types Of Prakriti – Body Types
- 15  Prakriti Analysis Questionnaire
- 16  Dinacharya – Daily Regimen



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COVERED TOPICS

- 17  Advantage Of Nasya And Abhyanga (Nasal Drop + Oil Massage)
- 18  Advantage Of Exercises
- 19  Regimen Of Right: Conduct (Sadvritta)
- 20  Ritucharya – Seasonal Regimen
- 21  Ritusandhi – (Inter-Seasonal Period)
- 22  Six Tastes (Shad Rasa) and Their Impact on Health
- 23  Diet As Per Doshas
- 24  Food Preparation Ayurvedic Cooking Techniques for Preserving Nutrients
- 25  Healing Foods in Ayurveda: Top Ayurvedic Superfoods and Their Health Benefits
- 26  Difference Between Modern Nutrition And Ayurveda Nutrition
- 27  Lifestyles Disorder As Per Ayurveda – Diabetes, Hypertension, Obesity, Dyslipidemia, Hypothyroidism
- 28  Vedic Nutrition For Weight Loss
- 29  Lifestyle Modification As Per Doshas.
- 30  Training of Prakriti Analysis and Advised Diet As per Doshas



Holistic
Understanding



Practical
Application



Expert
Guidance



Better
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