

## **Ayurvedic Nutrition & Cooking workshop Course**

**By**

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Ayurveda places utmost importance on Food to maintain health and to prevent diseases. Ayurveda revolves around the doctrine of Tridosha and around the unique concept of constitution of individuals. The balance of the Tridosha (Vata, Pitta and Kapha) is important for maintaining Health. Influence of the food ingredients is seen on the dosha and hence it is important to know which food ingredients will pacify which dosha and which food ingredients will bring the particular dosha in an imbalanced state and hence which food is suitable according to the constitution of the individual or according to the diseased stage of the mind and body.

According to Ayurveda, not only the selection of food ingredients is important, but also, the way it needs to be processed such as boiling, cooking, roasting, frying, etc plays an important role. Furthermore, it is also important to consider which food ingredients go together well and which food combinations are incompatible.

One of the important aspect of Health through Ayurveda is to have a proper digestive fire (Agni) so that the consumed food can be digested, metabolised , assimilated and absorbed well. To improve the function of Agni, addition of spices in the food while preparing the recipes is important. Very important is to select the right spices according to the raw material used for preparing the recipes.

Here is the Ayurvedic Nutrition and Cooking workshop covering the important topics as follows :

- 1) Importance of Food as an important tool to prevent diseases
- 2) Concept of “ Agni” and “ Ama/ Biological Toxins”
- 3) Classification of food in Ayurveda
- 4) 8 important dietetic factors in Ayurveda
- 5) Rules of eating according to Ayurveda
- 6) Water : When and how much to drink ?
- 7) Food : How much and how frequently to eat ?
- 8) Importance of Spices in Ayurveda
- 9) How the food ingredients change their properties depending on the type of processing it undergoes
- 10) Doshas / Different constitutions and Food

- 11) Incompatible Food ingredients
- 12) Overview of grains, pulses , lentils, beans : Ayurvedic perspective
- 13) Salt and Sugar : Different types and their benefits according to Ayurveda
- 14) Meat and Fish : Ayurvedic view
- 15) Sprouts : Good or Bad ?
- 16) Smoothies ? Ayurvedic view
- 17) Raw Juices/ Raw food : Ayurvedic View
- 18) Fermented Food ? Good or Bad
- 19) Food Ingredients which can be consumed on the regular basis and which should not be consumed on regular basis
- 20) Healthy Fat.
- 21) Preparation of 9 to 10 recipes with active involvement of the participants

Duration: 10.30 to 20.00

Date: 06<sup>th</sup> June 2026

Price: 225 Euros per person including Slide Handouts of the presentation and Recipes, Tea, Lunch and Dinner.

Venue: Green Office, Westbahnstrasse 7/6 a, 1070, Wien

Language of instruction: English

Batch Size: Minimum 7 participants; Maximum 15 Participants

To Register: Contact Dr. Shubhangee Satam at [consultantayurvedic@gmail.com](mailto:consultantayurvedic@gmail.com)

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