

**Day 1: Brief Introduction to Ayurveda and its Constitution.**

*History of Ayurveda, How to know your constitution (Prakruti), About five basic elements (Panchamahabootas).*

**Day 2: Rasa, Guna , Virya and Vipaka of Spices.**

*Taste, character, potency and effect after digestion of spices, medicinal value of spices.*

**Day 3: Rasa, Guna , Virya and Vipaka of Vegetables & Fruits.**

*Taste, character, potency and effect after digestion of different kinds of vegetables , medicinal qualities of vegetables & fruits.*

**Day 4: Rasa, Guna , Virya and Vipaka of Cereals & Pulses.**

*Taste, character, potency and effect after digestion, different kinds of cereals and pulses, effects on individual prakruti.*

**Day 5: Rasa, Guna , Virya and Vipaka of Dairy Products.**

*Taste, character, potency and their effect on individual prakruti.*

*Following demos will be included:*

*Demo: Traditional Breakfast : Upama and kesari bath*

*Demo: Traditional Vegetable and Spice Pulav with raita*

*Demo: Vegetable Palya (Side Dish) and Chapati*

*Demo: Turmeric Milk and Milk Kashaya*

*Demo: Pulse dosa and Palya (side dish)*

## **AYURVEDA COOKING CLASSES**

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- **LEVEL I – 10-12 HOURS COURSE / 5-10 DAYS (FLEXIBLE SCHEDULE) – Rs 10,000/-**
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## **COURSE COMPLETION CERTIFICATE WILL BE AWARDED**

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- **LEVEL II - 20 HOURS COURSE / 10 OR 15 DAYS (FLEXIBLE SCHEDULE) Rs 15,000/-**
  - **COURSE COMPLETION CERTIFICATE WILL BE AWARDED**
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**(Level I must completed before taking Level II course.  
Involves practical training)**

**WEEKEND & SPECIAL CLASSES – 3 TO 6 HOURS – Rs 3000 to 5000/-**

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Please send your registration details/ queries to [info@dhatuorganics.com](mailto:info@dhatuorganics.com)