

Ordinance Governing
Regulations & Syllabus of
**Post-Graduate Diploma
in Ayurveda Nutrition
(PGD-An)**
Syllabus/Curriculum
2025-26



Accredited '**A+**' Grade by **NAAC** (3rd Cycle)
Placed in '**A**' Category Grade by MoE (GoI)

KLE Academy of Higher Education & Research
(Deemed-to-be-University)

[Declared as Deemed-to-be-University u/s 3 of the UGC Act, 1956 vide Government of India Notification
No. F.9 -19/2000-U.3 (A)]

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VISION

To be an outstanding University of excellence ever in pursuit of newer horizons to build self-reliant global citizens through assured quality educational programmes.

MISSION

- To promote sustainable development of Higher Education consistent with statutory and regulatory requirements.
- To plan and continuously provide necessary infrastructure & learning resources required for Quality education and innovations.
- To stimulate & to extend the frontiers of knowledge, through Faculty Development and Continuing Education Programmes.
- To make research a significant activity involving Staff, Students and Society.
- To promote Industry/Organization, Interaction/Collaborations with Regional / National / International bodies.
- To establish healthy systems for communication among all stakeholders for vision oriented growth.
- To fulfill the National Obligation through Rural Health Mission.

OBJECTIVES

The objectives are to realize the following at KAHER and its Constituent Institutions :

- To implement effectively programmes through creativity and innovation in teaching, learning and evaluation.
- To make existing programmes more career oriented through effective system of review and redesign of curriculum.
- To impart spirit of inquiry and scientific temperament among students through research oriented activities.
- To enhance reading and learning capabilities among faculty and students and inculcate sense of Life Long Learning.
- To promulgate process for effective continuous, objective oriented student performance evaluation.
- To ordinate periodic performance evaluation of the faculty.
- To incorporate themes to build values, civic responsibilities and sense of National Integrity.
- To ensure that the academic, career and personal counseling are in-built into the system of curriculum delivery.
- To strengthen, develop and implement staff students welfare programmes.
- To adopt and implement principles of participation, transparency and accountability in governance of academic and administrative activities.
- To constantly display sensitivity and respond to changing educational, social and community demands.
- To promote Public - Private Partnership.

INSIGNIA



The Emblem of the KAHER is a Philosophical statement in Symbolic.

The Emblem...

A close look at the emblem unveils a pillar, a symbol of the 'KAHER of Excellence' built on strong Values & Principles.

The Palm & the Seven Stars....

The Palm is the palm of the teacher - the hand that acts, promises and guides the students to reach for the Seven Stars...

The Seven Stars signify the 'Saptarishi Dnyanamandal', the Great Bear - a constellation made of seven stars in the sky, each signifying a particular Knowledge Domain. Our culture says: The true objective of human birth is to Master these Knowledge Domains.

The Seven Stars also represent the Saptarishis, the founders of KLE Society whose selfless service and intense desire for 'Dnyana Dasoha' laid the foundation for creating the knowledge kingdom called KLE Society.

Hence another significance of the raised Palm is our tribute to these great Souls for making this KAHER a possibility.

Empowering Professionals...

'Empowering Professionals', the inscription at the base of the Emblem conveys that our Organization with its strength, maturity & wisdom will forever strive to empower the student community to become globally competent professionals. It has been a guiding force for many student generations in the past, and will continue to inspire many forthcoming generations.



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Ref. No. KAHER/2025-26/D-26062539

24th June, 2025

NOTIFICATION

Sub: **Ordinance governing redesigning of Post Graduate Certificate Course in Ayurveda Dietetics and its conversion to "PG Diploma in Ayurveda Nutrition" program and approval of its curriculum under the Faculty of Ayurveda.**

Ref : Minutes of the 58th Academic Council meeting held on 25th March, 2025.

In exercise of the powers conferred under Rule 6 (9) of the Memorandum of Association of the KLE Academy of Higher Education and Research in its **58th Academic Council** meeting held on **25th March, 2025** has considered redesigning of Post Graduate Certificate Course in Ayurveda Dietetics and its conversion to **"PG Diploma in Ayurveda Nutrition"** program and approval of its curriculum under the **Faculty of Ayurveda**, from the academic year **2025-26** onwards.

By Order


Dr. Mrs. Jyoti M. Nagamoti
Director, Academic Affairs


Prof. Dr. M.S. Ganachari
Registrar

To

The Dean,
Faculty of Ayurveda, BELAGAVI.

The Dean,
Faculty of Interdisciplinary Science, KAHER, Belagavi.

CC to :

1. The Special Officer to Hon, Vice-Chancellor, KAHER, Belagavi.
2. The Principal, KLE Shri B.M. Kankanwadi Ayurveda Mahavidyala, Belagavi.
3. The Controller of Examinations, KAHER, Belagavi.
4. The Director, Academic Affairs, KAHER, Belagavi.
5. The Director, IQAC, KAHER, Belagavi.
6. Dr. Sanjeev Tonni, Professor of Swasthavritta, KLE Shri B.M. Kankanwadi Ayurveda Mahavidyalaya, Belagavi-Course Co-ordinator.
7. The Admission Section, KAHER, Belagavi.

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Sl. No.	TOPICS	PAGE NO.
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Section I

Preamble:

Ayurveda is a holistic system of natural health care that originated from Veda, most ancient Indian literature of human civilization. As it deals with various aspects of life it is not merely the system of treatment but is an “Ideal way of Life”. The main aim of Ayurveda is to maintain the health in a healthy person and to cure the disease. Ayurveda – Science of life with its scientific evidences and futuristic vision for the common man has drawn the attention of global population. Its primitive role in the management of various diseases which are chronic, incurable and degenerative is taken up by the WHO in its ordinance as, Ayurveda premises for preventive, promotive and curative type of health care system not only the management of disease. It voyages the mortal for physical, mental, social and spiritual wellbeing life. Ayurved being a premier health science, with its eight specialized branches, explains the dietary science (Pathya-Apathya Ahara) as a part of treatment regimen in Swasthawritta specialty (Preventive and Social Medicine / Community Medicine), under the Kayachikitsa branch (Internal Medicine). It’s classical eagerness towards the creation of social awareness and educational accomplishments reflects in the *Dinacharya* and *Rutucharya* contexts / chapters. Advancement to this, further for the community health awareness and preventive measures, Ayurveda concentrates on various rules and regulations. Dietetic rule is one among that. If the dietetic rule is followed properly, it helps to increase health, prevents the diseases and enhances the life-span. Dietetic rules are retentively presented to the society, to necessitate the practice and culturally habituate the people, however its failure has gifted us many of the ailments like-obesity, diabetes mellitus, hypertension, allergies, cancer, cardiac disorders and many more. The mission of dietetic rules is to be evidence for both causation and curing of the disease. *Nidana-parivajana* and *mithya ahara-vihara* are measured as the main line of treatment. Dietetic rule encompass “*Ashta-Aahaara Vidhi Visheshayatana*” (eight factors) decisive in curative aspect with the course of the *ahara vidhi* (quality, quantity, nature of food and the time factor of a patient-disease-daily / seasonal regimen), *Ahara Vidhi vidhaana* (dietetic rules) and the *upayoga-samstha* (healthy/diseased person).

The “Post Graduate Diploma in Ayurveda Nutrition” course is aimed to improve and enhance basic knowledge and abilities of the learners regarding Ayurveda nutrition. It is a course meant to provide learners with understanding of Ayurveda Nutrition Science and making them being able to apply the principles in day to day life and in various lifestyle related disorders like- Hemorrhoids (Arsha) Bhagandara (Fistula-in-ano), Alcoholism (Madatyaya), flatulence (Adhmana), Anemia (Pandu), Auto-immunity disorders, leucoderma (Shwitra), Skin diseases (Twachagata vikara), Mal-absorption syndromes (Grahani), Hyperacidity (Amlapitta), Fever (Jwara), Rhinitis (Peenasa), Schizophrenia (Unmada), Dementia and Infertility related issues.

Since then, there has been substantial increasing demand for Ayurvedic Dieticians across the globe in various wellness centers. Various parts of the world have established wellness centers with Ayurveda diet as a main consideration.

Hence, KAHER ie, KLE Academy of Higher Education & Research's (Constituent unit of the KLE University, Belagavi) Shri.B.M.Kankanawadi Ayurveda Mahavidyalaya by its pioneer instinct of identifying the key issues of the society. KAHER has taken up it as an opportunity to guide the community again more intelligently with its approved course, Post graduate Diploma in Ayurveda Nutrition. Candidates will get to learn from qualified, experienced and best faculties of the institute. This course will include online theory and practical classes. This course is designed to provide the scientific knowledge on Ayurveda way of understanding nutrition and dietetics.

Section II

Goal of the Course:

Guide and provide hands on training in selection of food articles and prepare the food / diet by abiding to the principles of the Ayurveda and serve the prepared food according to the needs of the clients.

Section III

Aims:

This course aims in understanding Ayurveda way of understanding Nutrition, its dietetics, dietary requirements and intervention methods for various age groups, Prakritis, occupation, seasonal dietetics (Rutucharya) and physiological conditions such as pregnancy and lactation.

Objectives:

By the end of course the scholar should be able to,

KNOWLEDGE:

- i Understanding of food items as per Ayurveda
- ii Planning of diet as per Ayurveda
- iii Knowledge about Ayurveda Nutrition Science
- iv Evaluate proper preventive planning for the eradication of diseases

SKILLS:

- i Value addition in Ayurveda clinics / Wellness center
- ii Ability to design a protocol for any given disease or condition
- iii Provide the students an exposure to the latest developments in Ayurveda dietetics with particular reference to nutritional disorders and strategies for their prevention and control
- iv Involve in nutrition, health intervention and training programmes

AFFECTIVE VALUES:

- i Care for the society in epidemic conditions
- ii Characterize as a community health servant
- iii Respond to all the preventive, promotive and curative programmes of the community

Section IV

Regulations Governing the PGCC-AD course

1. Eligibility:

A person having the degree / Post graduate degree in Ayurveda (MD / MS) of a University or board of medical institution specified in second in schedule CCIM act, Bachelor degree in Home Science as well as BSc /MSc in Food and Nutrition science & other health science streams such as MBBS, BHMS & BUMS shall be eligible for admission in Post Graduate Diploma course in Ayurveda Nutrition. Admission is on the basis of merit of graduate degree.

2. Intake of the Student:

20 students per batch

3. Medium of instructions:

Medium of instruction shall be English (with a working knowledge of Sanskrit)

4. Duration of the Course Study:

The course of study is regular programme ie, hybrid mode over a period of 12 Months.

5. Attendance and Progress:

A minimum of 75% attendance in theory and practical separately is required to be eligible for examination, subject to the condition that his/her progress and conduct are counted to be satisfactory by the Principal. Each student shall attend lectures, practicals, clinics, seminars, case presentations, journal review meetings. The students shall have to do house job duties in respective department.

The students shall have to attend special lectures/demonstrations; seminars and such other activities as may be arranged by the department.

6. Subjects taught, number of Lectures, practical / demonstrations for various subjects:

Sl. no.	Semester	Subject	Code	Lectures	Clinics, Practical & Demonstrations
1	1 st Semester	Fundamentals Principles of Ayurveda Dietetics	PGD-AN1	50 hrs	50 hrs
2		Integrative Dietetics	PGD-AN2	50 hrs	
3	2 nd Semester	Therapeutic Ayurveda Dietetics	PGD-AN3	50 hrs	50 hrs
4		Ahara Samskara & Nutraceuticals in Ayurveda	PGD-AN4	50 hrs	

7. Scheme of University Examinations:

a) Subjects Taught, number of Theory Papers, & Marks:

Sl. no.	Semester	Code	Title of the Paper	Theory marks	Practical marks
1	1 st Semester	PGD-AN1	Fundamentals Principles of Ayurveda Dietetics	100	100
2		PGD-AN2	Integrative Dietetics	100	
3	2 nd Semester	PGD-AN3	Therapeutic Ayurveda Dietetics	100	100
4		PGD-AN4	Ahara Samskara & Nutraceuticals in Ayurveda	100	

b) University Practical Examination & Marks Division:

Sl.no	Semester	Practical conduction & marks allotment details	Total Marks
1	1 st Semester	a. Long case -25 marks b. Short case - 15 marks c. Spotters – 20 marks d. Practical records – 10 marks e. Viva Voce – 30 marks	100
2	2 nd Semester	a. Long case -25 marks b. Short case - 15 marks c. Spotters – 20 marks d. Practical records – 10 marks e. Viva Voce – 30 marks	100

c) University theory question paper pattern:

Type of Questions	No. of Questions	Marks per Question	Total Marks	Grand Total
Long Essay	05	10	50	100
Short Essay	07	05	35	
Short answers	05	3	15	

A question paper is in English language and of 3 hours duration only.

d) Criteria for Pass:

- Minimum marks to be secured in each Theory Paper & in practical 50% separately
- A candidate failed in one or more than one subject in examination shall be eligible to appear in supplementary examination.
- In case a student fails to appear in regular examination for cognitive reasons he/she will appear in supplementary exam as regular student. In such cases his/her non-appearance in regular exam will not be treated as an attempt.

e) Declaration of Class:

- Student who secures 50% of the marks in the aggregate of university Examination will be declared as Second class, 60% as First Class and >75% as distinction.
- If failed in main University Examination and passed in consecutive examination will be declared as pass.

SYLLABUS

1st Semester:

Paper.1 - Fundamentals Principles of Ayurveda Dietetics

Name of the Course : Post Graduate Diploma in Ayurveda Nutrition		
Name of the Subject : Fundamentals Principles of Ayurveda Dietetics		
Duration: 6 months		Maximum Marks: Theory 100
Teaching hours: 50 hrs		
Contents (Theory)		
Unit – 1	• Definition of Swastha & its assessment parameters • Knowledge of Prakriti and Satva • Knowledge of Agni, Details of Digestion • Importance of Ahara in Trayopasthmbha” • Consideration of ahara in Dinacharya, Madhyahnacharya & Ratricharya	7.5 Hrs
Unit – 2	• Ahara/Dravya guna vijñan; Definition & characteristics of - Dravya, Guna, Karma, Rasa, Veerya, Vipaka, Prabhava • Prakriti Sama-Samavaya, Vikruti – vishama Samavaya, Vichitra-Pratyayarabdha • Shadrasa (Six tastes); their attributes, examples, functions, signs & symptoms of overuse	7.5 Hrs
Unit – 3	• Importance of Desha, Kala & matra in relation to ahara • Ahara sevanakala (time for intake of food) • Ahara vidhi visheshayatana (Balanced diet) • Ahara sevana vidhi (procedure for Intake)	5 Hrs
Unit – 4	• Food Groups (Aharavarga) – Shooka dhanya varga (cereals), Shimbi & Shami dhanya varga (Pulses & legumes), Shaaka varga (Vegetables), Harita varga (Green leafy vegetables), Phala varga (fruits), Taila varga (cooking oils), Aharopayogi varga (Spices & Condiments)	5 Hrs
Unit – 5	• Mamsa varga (Non-vegetarian foods), Lavana varga (salts), Dugdha Varga, (milk), Go-rasa varga (milk products) Peya varga (beverages), Madya varga (Alcohol), Jala varga (water sources & its qualities) • Ikshu varga	7.5 Hrs
Unit – 6	• Introduction to Pathya kalpana; • Kruttanna ahara varga – Manda, Peya, Vilepi, yusha, Krushara etc	7.5 Hrs
Unit – 7	• Consideration of ahara in Rutucharya (seasonal dietetics); • Concept of Viruddha ahara • Yogic Concept of food • Naturopathy diet	5 Hrs
Unit – 8	• Non-vegetarian diets, their nutritional values & health benefits; • Concept of Upawasa (fasting)in relation to ahara	5 Hrs

Paper: 2 - Integrative Dietetics

Name of the Course : Post Graduate Diploma in Ayurveda Nutrition		
Name of the Subject : Integrative Dietetics		
Duration: 6 months		Maximum Marks: Theory 100
Teaching hours: 50 hrs		
Contents (Theory)		
Unit – 1	• Nutrition in relation to Health; • Classification of nutrients; • Factors affecting nutritional status;	7.5 Hrs
Unit – 2	• Nutritional value of foods: • Nutritive value of cereals, Pulses, Nuts & Oil seeds	7.5 Hrs
Unit – 3	• Nutrition in Infants, children, Adolescents and adults; • Basal Metabolic Rate; • Energy requirements – Sedentary, Moderate & Heavy manual worker	7.5 Hrs
Unit – 4	• Recommended dietary allowances (RDA) & its calculation methods; • RDA for carbohydrates, Proteins, Fats	5 Hrs
Unit – 5	• The Caloric theory – Energy from food • Nutrient groups – Carbohydrate, Protein, Fat, Vitamins, Mineral & Water • Digestion and absorption of foods; Energy Metabolism	7.5 Hrs
Unit – 6	• Nutritional deficiency disorders (in Contemporary medical & Ayurveda science) • Concept of balanced diet in Contemporary medical & Ayurveda science	5 Hrs
Unit – 7	• Principles & methods of cooking • Various food preservation methods • Food allergy and food poisoning	5 Hrs
Unit – 8	• Food adulteration • Food additives • Food standards	5 Hrs

1st Semester Practical topics

Sl.no.	Name of the Practical	Duration
1	• Assessment of Swastha purusha lakshana • Assessment of Prakruti of an individual • Assessment of Nutritional status of an individual	10 hrs
2	• Advise of ahara in various occupations	10 hrs
3	• Knowing health benefits & nutritional values of foods	10 hrs
4	• Antropometric assessment of nutritional status of an individual	5 hrs
5	• Nutritional calculation aspects (based on case scenario / IPD Cases)	10 hrs
6	• Food-adulteration tests	5 hrs

2nd Semester:

Paper.3 - Therapeutic Ayurveda Dietetics

Name of the Course : Post Graduate Diploma in Ayurveda Nutrition		
Name of the Subject : Therapeutic Ayurveda Dietetics		
Duration: 6 months		Maximum Marks: Theory 100
Teaching hours: 50 hrs		
Contents (Theory)		
Unit – 1	Advise of diet in Healthy person, Infants, Adolescent, Pregnant woman, Lactating mother & in old age group	10 Hrs
Unit – 2	- Advise of Pathya-Apathya in Shad ritus (Diet advise based on season) - Dwadasha Ashana Pravicharana	5 Hrs
Unit – 3	Advise of Pathya-Apathya in – Ajeerna / Agnimandya (indigestion), Amlapitta (Hyper-acidity), Vibandha (Constipation), Jwara (Fever), Gall bladder stones	10 Hrs
Unit – 4	Advise of Pathya-Apathya in – Hypertension & Cardiac disorders, Paralysis, Thyroid disorders	5 Hrs
Unit – 5	Advise of Pathya-Apathya in – Sandhivata, Amavata, Liver disorders (Jaundice) etc	5 Hrs
Unit – 6	Advise of Pathya-Apathya in – Common cold (monsoon), Shwasa, Kasa, Tuberculosis, Alcoholism etc	5 Hrs
Unit – 7	- Advise of Pathya-Apathya in – Kidney stones, Renal failure, Urinary Tract infections - Advise of Pathya-Apathya in – Apasmara, Unmada, Alzemiers dementia, Male & Female infertility etc	5 Hrs
Unit – 8	Advise of Pathya-Apathya in – Food allergy, food poisoning condition and Auto-immune disorders	5 Hrs

Paper.4 - Ahara Samskara & Nutracueticals in Ayurveda

Name of the Course : Post Graduate Diploma in Ayurveda Nutrition		
Name of the Subject : Ahara Samskara & Nutracueticals in Ayurveda		
Duration: 6 months		Maximum Marks: Theory 100
Teaching hours: 50 hrs		
Contents (Theory)		
Unit – 1	- Ahara Samskara (Cooking methods as per Ayurveda); - Ahara samrakshana (Food preservation & protection as per Ayurveda);	10 Hrs
Unit – 2	- Concept of Panchmahabhuta theory in relation to ahara - Tridosha theory in relation to ahara & prakruti - Loka-purusha saamya in relation to ahara	5 Hrs
Unit – 3	Different utensils & their role in preparation of food materials, their action and changes in the form of substances due to machine actions	5 Hrs
Unit – 4	- Commercial food processing methods; - Milletts & their nutritional values; Various diet/recipes of Milletts	5 Hrs
Unit – 5	Introduction of Panchavidha kshaya kalpana; Knowledge & Preparation of Swarasa, kalka, choorna, Kashaya, Phanta & Hima kalpana	5 Hrs

Unit – 6	- Oushadhi saadhita ahara kalpana; Knowledge & Preparation of Dashamoola yavagu, Panchakola peya, Various Ksheerapak preparations - Concept of Anupana & its utility in Ayurveda dietetics	5 Hrs
Unit – 7	- Introduction to Rasayana; Definition, Properties of Ahara dravya possessing Rasayana properties - Nutraceutical foods & formulations in Ayurveda; Chyavanaprash & other avaleha preparations - Introduction to Nutraceuticals: Classification, scope & future prospects. Sources of Nutraceuticals. Concept of free radical and antioxidant. - Applied aspects of the Nutraceutical Science. Use of nutraceutical product in health and wellness. - Functional foods from fruits, vegetables, cereals, legumes, animal sources & their health effects. - Phytonutrients: Sources and health benefits - Nutraceuticals in treatment for: Liver disorder, Reproductive disorder, Kidney disorders etc	15 Hrs
Unit – 8	- Introduction to Vajikarna; Definition, Properties of Ahara dravya possessing Vajikarana properties - Aphrodisiac formulations explained in classical Vajikarana contexts;	5 Hrs

2nd Semester Practical

Sl.no.	Name of the Practical	Duration
1	Advise of diet in Healthy Person, Children, Infants, Adolescent, Pregnant woman, Lactating mother & in old age person (Case scenario based / OPD based subjects)	5 hrs
2	Advise of diet in Hemanta, Shishira, Vasanta, Greeshma, Sharad & Varsha ritu for Healthy Person	5 hrs
3	Therapeutic approach of diet advise in Ajeerna / Agnimandya, Amlapitta, Vibandha, Jwara, Gall bladder stones	5 hrs
4	Therapeutic approach of diet advise in Hypertension & Cardiac disorders, Paralysis, Hyper-thyroid & Hypo-thyroid conditions	5 hrs
5	Therapeutic approach of diet advise in Sandhivata, Amavata, Liver disorders (Jaundice)	5 hrs
6	Therapeutic approach of diet advise in Shwasa, Kasa, Tuberculosis, Alcoholism conditions	5 hrs
7	Preparation of Swarasa, kalka, choorna, Kashaya, Phanta & Hima kalpana	5 hrs
8	Preparation of Dashamoola yavagu, Panchakola peya, Various Ksheerapak preparations	5 hrs
9	Ahara Samskara – Assessing effect of various cooking methods employed in food preparations	5 hrs
10	Avaleha preparation methods: Chyavanprasha, Rasakriya & other krutanna ahara preparations	5 hrs

Reference Books:

Name of Authors	Title of the Book	Latest Edition	Name of the Publisher
Charaka	Charaka Samhita (Chakrapanidatta commentary)	2011 Edition	Chaukhambha Sanskrit Series, Varanasi.
Sushruta	Sushruta Samhita (Dalhana commentary)	2009 Edition	Chaukhambha Sanskrit Series, Varanasi.
Vagbhata;	Astanga Hridaya (Sarvanga sundari commentary)	2005 Edition	Chaukhambha Sanskrit Series, Varanasi.
Bhela	Bhela Samhita	1st Edition; 2009	Chaukhambha Sanskrit Series, Varanasi.
Bhava Mishra	Bhava Prakasha	2006 Edition	Chaukhambha Sanskrit Series, Varanasi.
Antia & Abraham	Clinical dietetics & Nutrition	4 TH Edition	Oxford University Press
M.S.Swaminathan	Handbook of Food & Nutrition	2007 Edition	The Bangalore Printing & Publishing Ltd,no-88, pb. No 1807, Mysore road, Bangalore.
Y.K.Joshi	Basics of Clinical Nutrition	2009 Edition	Jaypee Brothers Medical Publishers
P.V.Sharma	Fruits & Vegetables in Ancient India	1979 Edition	Chaukhambha Sanskrit Series, Varanasi.
Gopalan C / Ramasastry BV / Balasubramanian SC	Nutritive value of Indian Foods	2007 Edition	National Institute of Nutrition, ICMR, Hyderabad.