

Introduction to Nutrition and Concept of Digestion based on Ayurveda Principles

Dr. Parthasarathy

Chief Medical Officer

Swami Dayananda Ayurvedalaya

Friday, May 7th, 9 am to Sunday, May 9th 4 PM

Swami Dayananda Jayavarthanvelu Ayurvedalaya is part of Arsha Vidya Gurukulam, Coimbatore. It was inaugurated by Pujya Swami Dayananda in June 2014. Dr. Parthasarathy is Chief Medical Officer of Ayurvedalaya.

The Seminar will begin by Understanding the basic principles of Ayurveda and the concept of Digestion from Ayurveda Perspective.

With this understanding as the basis, Dr. Parthasarathy will explore on various topics about food and nutrition and will also clarify many modern myths about food with this traditional and

authentic information. It will also cover what foods to eat for various Doshas based on your Prakrati.

Course Fees \$145 to be paid to Arsha Vidya

For Consultation with Dr. Parthasarathy, kindly call Vimala at 570-992-2339 Ext. 210

For more information, please send an email rsharmaindia@yahoo.com or call 917 299 4128

