

- **Manav Jeevan Vigyan evum Yog, M.Y-104 hindi pdf, Uttrakhand Mukta Vishwa Vidyalaya** <https://uou.ac.in/sites/default/files/slm/MY-104.pdf>

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**Bachelors in Arts with With Community Science
Category-V**

**DISCIPLINE SPECIFIC ELECTIVE COURSE – DSE-FN 13-HSC:
INDIGENOUS FOOD SYSTEM AND WELLNESS**

CREDIT DISTRIBUTION, ELIGIBILITY, PRE-REQUISITES OF THE COURSE

Course Title & Code	Credits	Credit distribution of the course			Eligibility Criteria	Prerequisite of the course
		Lecture	Tutorial	Practical		
Indigenous Food System and Wellness	4	3	1	0	-	-

Learning Objectives

- To provide overview of the traditional foods evolved from indigenous foods.
- To equip students with knowledge of traditional Indian functional foods.
- To familiarize students with medicinal applications of indigenous and traditional food.
- To familiarize students with the concept of wellness and various approaches for longevity.

Learning Outcomes

The students would be able to:

- Understand and explain the concept of traditional food evolving from indigenous foods.
- Learn about the health benefits of traditional foods as functional food.
- Understand the concept of medicinal applications of indigenous and traditional foods.
- Understand the several elements of health, wellness and longevity.

**THEORY
(Credits 3: Hours 45)**

UNIT I: Basic Concepts of Wellness

15 Hours

This unit will familiarize the students with the concept of wellness, health, their determinants and interaction.

- Definitions – longevity, wellness / wellbeing, standard of living, level of living, quality of life, physical quality of life index (PQLI), Human Development Index, Happiness Index
- Dimensions of wellness
- Diet Related Approaches for Longevity and Wellness

UNIT II: Indigenous Food Systems

07 Hours

The unit will focus on different indigenous foods of Indian communities and help the students to develop understanding regarding evolution of food culture in India.

- Introduction to the concept of indigenous and traditional foods
- Indigenous and traditional foods of India
- Food Safety and Standards (Ayurveda Aahara) Regulations, 2022

UNIT III: Traditional Food Patterns and Ayurvedic Health Principles 15 Hours

The unit will focus on various aspects of ayurveda and traditional foods which can be utilized as medicine.

- Traditional Indian functional foods and their medicinal uses
- Introduction to Vedic nutrition (Ayurvedic nutrition) concept incorporating indigenous and traditional foods as medicine.
 - Ayurvedic triad (*Sushruta Samhita*, *Charaka samhita*, *Ashtanga Hridaya*)
 - Tridosha concept (*vata*, *pitta*, *kapha*)
 - Rasas (sweet, salty, sour, bitter, pungent, astringent)
 - Hot and cold foods (*ushna*/*sheeta*)
 - Kacha and pucca food
 - Gunas of food (*Rajsik*, *Tamsik*, *Satvik*)
 - Incompatible foods (*virudh ahaar*): *pathya*, *apathya*, *viprit*

UNIT IV: Adjuncts to Diet Therapy

08 Hours

This unit will introduce approaches other than diet for wellness and longevity.

- Physical activity – types, benefits, tracking devices
- Yoga – benefits
- Circadian rhythm
- Psycho-social and mental health
- Stress management – meditation, pranayama, mind training
- Importance of sleep management

TUTORIAL (Credits 1: Hours 15)

1. Presentation of any indigenous food system.
2. Focus group discussion on fads and misbeliefs.
3. Market survey on compliance to FSSAI regulations on Ayurveda Aahara.
4. Evaluation of any five traditional foods of North/South/East/West or Central India for their nutritional aspects.
5. Presentation on SDG-3.
6. Develop a checklist on *dincharya* and *ritucharya*.
7. Comparison of traditional foods with typical fast food for the following:
 - a. Economic aspects
 - b. Food safety
8. Nutrient composition and bioactive components
9. Demonstration of *surya namaskar* and basic *hata yoga*.

Essential Readings

UNIT I

This unit defines wellness and longevity, exploring socio-economic indicators like PQLI and HDI, while examining various dimensions of well-being and evidence-based dietary approaches to enhance overall quality of life.

- **Park, K.** (2025). *Park's textbook of preventive and social medicine* (28th ed.). Banarsidas Bhanot Publishers.
- **Uppal, A. K., & Ranganathan, P. P.** (2020). *Fitness, wellness and nutrition* (1st ed.). Friends Publication.
- **Swarbrick, P., & Yudof, J.** (2015). *Wellness in eight dimensions*. Collaborative Support Programs of New Jersey.
- **Harvard T.H. Chan School of Public Health.** (2023). *The nutrition source: Healthy living guide* 2022/2023. <https://www.hsph.harvard.edu/nutritionsource/2023/01/04/healthy-living-guide-2022-2023/> (Accessed on 10 March 2023).
- **Harvard T.H. Chan School of Public Health.** (n.d.). *The nutrition source: Stress and health*. <https://www.hsph.harvard.edu/nutritionsource/stress-and-health/> (Accessed on 10 March 2023).

UNIT II

This unit explores India's indigenous and traditional foods, examining the evolution of local food cultures and the regulatory framework of the Food Safety and Standards (Ayurveda Aahara) Regulations, 2022.

- **Achaya, K. T.** (1994). *Indian food: A historical companion*. Oxford University Press.
- **Srinivasan, K.** (2010). Traditional Indian functional foods. In J. Shi (Ed.), *Functional foods of the East* (pp. 51–84). CRC Press. <https://doi.org/10.1201/b10264-4>
- **Wickramasinghe, P.** (2007). *The food of India*. Om Books Service.
- **Food and Agriculture Organization of the United Nations, & Alliance of Bioversity International and CIAT.** (2021). *Indigenous peoples' food systems: Insights on sustainability and resilience in the front line of climate change*. FAO.
- <https://www.fao.org/3/cb5131en/cb5131en.pdf>
- **Ghosh-Jerath, S., Kapoor, R., Barman, S., Singh, G., Singh, A., Downs, S., & Fanzo, J.** (2021). Traditional food environment and factors affecting indigenous food consumption in Munda tribal community of Jharkhand, India. *Frontiers in Nutrition*, 7, Article 600470. <https://doi.org/10.3389/fnut.2020.600470>

UNIT III

This unit integrates Vedic nutrition with traditional functional foods, examining Ayurvedic principles like the Tridosha, six Rasas, and Gunas, while emphasizing the medicinal utility of "Aahara" through dietary compatibility and pathya.

- **Rastogi, S. (Ed.).** (2014). *Ayurvedic science of food and nutrition*. Springer.
- **Sen, C. T.** (2016). *Feasts and fasts: A history of food in India*. Reaktion Books.

UNIT IV

This unit examines non-dietary wellness strategies, including physical activity, Yoga, and sleep hygiene, while addressing circadian rhythms, mental health, and stress management techniques like meditation and pranayama for holistic longevity.

- **Caterina, R. D., Martinez, J. A., & Kohlmeier, M. (Eds.).** (2020). *Principles of nutrigenetics and nutrigenomics: Fundamentals for individualized nutrition*. Academic Press.
- **Zou, Z., Wang, H., Uquillas, F., Wang, X., Ding, J., & Chen, H.** (2017). Definition of substance and non-substance addiction. In *Experimental medicine and biology* (Vol. 1010). Springer. https://doi.org/10.1007/978-981-10-5562-1_2
- **Chadha, R., & Mathur, P. (Eds.).** (2015). *Nutrition: A life cycle approach*. Orient Blackswan Private Limited.
- **Joshi, Y. K. (Ed.).** (2009). *Basics of clinical nutrition* (2nd ed.). Jaypee Brothers Medical Publishers (P) Ltd.

Suggested Readings

- **Ghosh-Jerath, S., Kapoor, R., & Sabharwal, M.** (2022). Indigenous foods of India: A comprehensive narrative review of nutritive values, antinutrient content, and mineral bioavailability of traditional foods consumed by indigenous communities of India. *Frontiers in Sustainable Food Systems*, 6, Article 696228. <https://doi.org/10.3389/fsufs.2022.696228>
- **Uttarakhand Open University.** (2005). *BHM 401T: Introduction to Indian cooking*. <https://www.uou.ac.in/sites/default/files/slm/BHM-401T.pdf>
- **Rai, R., & Nath, V.** (2003). *The role of ethnic and indigenous people of India and their culture in the conservation of biodiversity*. Indian Council of Forestry Research and Education (ICFRE). <https://www.fao.org/3/xii/0186-a1.htm>
- **Negi, V. S., Pathak, R., Thakur, S., Joshi, R. K., Bhatt, I. D., & Rawal, R. S.** (2021). Scoping the need of mainstreaming indigenous knowledge for sustainable use of bioresources in the Indian Himalayan region. *Environmental Management*. <https://doi.org/10.1007/s00267-021-01510-w>
- **Food and Agriculture Organization of the United Nations. (n.d.).** *The role of ethnic and indigenous people of India and their culture in the conservation of biodiversity*. <https://www.fao.org/3/xii/0186-a1.htm>

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