

1	Name of Course	Diploma Course in Naturopathy and Yogic Science (Revise W. E. F. 2016-17)
2	Course Code	201417
3	Max.No.of Students Per Batch	25 Students
4	Duration	2 year
5	Type	Full Time
6	No.Of Days / Week	6 Days
7	No.Of Hours /Days	7 Hours
8	Space Required	Theory Class Room – 200 sqft, Lab Sub.– 1000 sqft, Lab Elective - 400 sqft Total = 1600 Sq.ft.
9	Minimum Entry Qualification	S.S.C. Pass
10	Objective Of Course	To create a skilled Naturopath and Yoga Therapist & yoga Teacher. To create health awareness among people. To provide supporting health & diet cure to hospitals
11	Employment Opportunity	1) To run naturopathy centres with approved from competent Authority if required 2) Job in Naturopathy centres, yoga institutes and physiotherapy departments.
12	Teacher's Qualification	1) Bachelor in Yoga and Naturopathic science (BNYS). 2) GAMS/ DNYS/BAMS/ BHMS/MD/ND with 2 Yrs experience 3) Experienced yoga and naturopathy teacher or Practioner with three years of experience 4) Degree / Diploma in Yoga and Naturopathy awarded by Statutory University.

13] Teaching Scheme –

Ppr		Subject Code	Clock Hours / Week		Total
			Theory	Practical	
1	English (Communication Skill)	90000001	2 Hrs	1 Hrs	3 Hrs
2	Elective – I		2 Hrs	1 Hrs	3 Hrs
3	Elective – II		2 Hrs	1 Hrs	3 Hrs
4	Anatomy, Physiology and Pathology	20140004	3 Hrs	8 Hrs	11 Hrs
5	Practice in Naturopathy	20140048	3 Hrs	8 Hrs	11 Hrs
6	Yoga and Various Therapies	20140049	3 Hrs	8 Hrs	11 Hrs
Total					42 Hrs

14 Internship Two Month Summer Internship from 1st May to 30th June is Compulsory.
15] Examination Scheme – Final Examination will be based on syllabus of both years.

Ppr	Subject	Subject Code	Theory			Practical			Total	
			Duration	Max	Min	Duration	Max	Min	Max	Min
1	English (Communication Skill)	90000001	3 Hrs	70	25	3 Hrs	30	15	100	40
2	Elective – I		3 Hrs	70	25	3 Hrs	30	15	100	40
3	Elective – II		3 Hrs	70	25	3 Hrs	30	15	100	40
4	Anatomy, Physiology and Pathology	20140004	3 Hrs	100	35	3 Hrs	100	50	200	85
5	Practice in Naturopathy	20140048	3 Hrs	100	35	3 Hrs	100	50	200	85
6	Yoga and Various Therapies	20140049	3 Hrs	100	35	3 Hrs	100	50	200	85
Total									900	375

16 **Teachers** – Three Teachers per batch for vocational component. For English, Elective-I & II guest faculty on clock hour basis.

17 **Student have to choose any one subject for Elective-I and Elective-II from below given subjects**

18	a) For Elective I – Student can choose any one subject Code Subject Name 90000011 Applied Mathematics 90000012 Business Economics 90000013 Physical Biology (Botany & Zoology) 90000014 Entrepreneurship 90000015 Psychology	b) For Elective II – Student can choose any one subject Code Subject Name 90000021 Applied Sciences(Physics & Chemistry) 90000022 Computer Application 90000023 Business Mathematics
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Theory - I - Anatomy, Physiology and Pathology – 1st year
(Subject Code – 20140004)

THEORY	PRATICAL
<p>A. ANATOMY-PHYSIOLOGY & PATHOLOGY OF HUMAN BODY SYSTEMS: -</p> <ol style="list-style-type: none"> 1. Introduction to the body as a whole 2. The cells, tissues & organisation of the body. 3. The Blood : Composition, Immunity types, Inflammation, Defence mechanisms 4. The Circulatory System 5. The Lymphatic system 6. The nervous system 7. The Endocrine system 8. The Respiratory System 9. Introduction to Bio-molecules 10. The digestive system 11. The excretory system 12. Musculoskeletal system 13. Reproductive system 14. The Special senses <p>B. Preventive & Social Medicine</p> <ol style="list-style-type: none"> 1. Definition of Hygiene, personal hygiene & social Hygiene 2. Definition of health & disease 3. International organisations:-WHO, UNICEFF, Health for All 4. Health programmes in India: National Anti-malaria, Programme, National Filaria Control Programme, National Leprosy Eradication Programme, Revised National tuberculosis control Programme, National AIDS control programme. 5. Primary Health centre 6. Communicable & Non communicable diseases. 7. Food, water, air & Noise pollution, its control & prevention 	<p>ANATOMY-PHYSIOLOGY-PATHOLOGY</p> <p>1.Human Skeleton –</p> <ul style="list-style-type: none"> • Identification of Bones • Identification of Points • Surfaces • Skull, Scapula, Clavicle, Humerus, Radius, Ulna, Femur, Tibia, Fibula, Carpal & Tarsal bones, Ribs, Vertebrae, Sternum, etc. <p>2. Human organs - Brain, Stomach, Lungs, Heart, Kidney, Liver, Uterus, Spleen, Urinary bladder, etc.</p> <p>3. Introduction of slides :- Tissue –Epithelial Tissue connective Tissue Muscular Tissue Nervous Tissue Liver Kidney Spleen Pancreas Lymph nodes Skin Testis Ovary Uterus Tonsil Stomach T.S. Small Intestine T.S. Large Intestine T.S. Blood cells – RBC, WBC, Platelets</p> <p>4.Blood Pressure estimation</p> <p>5.Checking of : Body temp RR, Weight, height, chest girth, waist girth, abdominal girth, Hips girth, thigh girth & arm girth listening cardiac sounds with stethoscope</p>

THEORY	PRATICAL
<p>A. BIOCHEMISTRY & MICROBIOLOGY (Laboratory investigation report reading.)</p> <ol style="list-style-type: none"> Normal & abnormal composition of – <ul style="list-style-type: none"> Urine Routine Microscopy Stool Routine Microscopy Haematology & serology – <ul style="list-style-type: none"> CBC (Complete Blood Count) , Hb % ESR (Erythrocyte Sedimentation Rate) Lipid Profile RFT (Renal Function Test) LFT (Liver Function Test) Serum electrolytes → Na, K*, etc. Serum calcium, serum phosphorus Blood Glucose – Fasting , Post lunch RA – Factor Thyroid Test – T₃, T₄, TSH CPK – CPKMB LDH ASO – Titre Coagulation profile = PT, PC, BT, CT WIDAL TEST Sexually Transmitted Disease screening Test=HIV, VDRL, HbsAg Identification of blood groups & cross matching Alkaline phosphates, CA-125, CEA Serum vitamins – Vit – B₁₂, Vit-D, etc. Glycosulated Haemoglobin Serum prostate specific Antigen (PSA) Test for Tuberculosis (TB):- Sputum test, Montoux Test Histopathology & Cytology :- FNAC, Paps Smear, Endometrial Biopsy , Other Biopsy reports Cardiac investigation :- <ul style="list-style-type: none"> Echocardiography (ECG) 2-D-Eco-colour Doppler Stress Test CT – Angiography Coronary Angiography Angioplasty Bypass surgery Radiological investigations :- <ul style="list-style-type: none"> Plane X – Ray reading (Normal & Abnormal) – Chest, Joints, Skull, Spine, Para nasal sinuses, etc. Contrast – X – Ray reading :- Barium meal, Barium enema, NP, HFG, Cholecystography, Angiogram, Bronchogram ,etc Ultrasound sonography of :- 	<ul style="list-style-type: none"> Reading of various pathological test reports of the patients & their Normal & Abnormal values Radiological –Ray report reading . Case study -History taking of patients . Iris Diagnosis charts reading & Disease management . Facial diagnosis & disease management . Practical demonstration of various First Aid Treatments . Examination of the body as a whole:- <ul style="list-style-type: none"> Examination of cardiovascular system. Examination of Nervous system . Examination of Special senses Examination of respiratory system . Examination of Digestive system . Examination of Locomotor system . Per abdominal examination in supine position. Examination of various diseased patients in the hospital & their treatment & care . Visit to pathological lab. Practical record book.

Abdomen –Pelvis, Obstetric, Scrotal, Thyroid,
Musculoskeletal, Joints, etc.

- Endoscopy
- C.T. Scan
- MRI

7. Breast Examination :- Mammography & Sonomammography
8. Peripheral blood smear for malarial parasite (PBS)
9. Urine culture Test :- Culture growing & culture sensitivity, culture media, culture methods & identification of bacteria.
10. Bacteriology introduction
11. Virology introduction
12. Mycology introduction
13. Parasitology
14. Human blood groups

B. DIAGNOSTIC METHODS :-

1. Case study taking of patient
 - Approach to patient
 - History taking & case sheet writing
2. Diagnostic methods in Naturopathy :-
 - a. Iris Diagnosis :-
 - History & definition of Iridology
 - Anatomy of Iris, Blood supply & Nerve supply of Iris.
 - Technique of Iris reading, Identification of Normal & Abnormal colours of Iris.
 - Iris chart of Right & Left Iris, Zone areas, sectoral divisions
 - Interpretation of Iris manifestations:-
Toxic settlements, Nerve rings, Lymphatic rosary, Psora spots, Radial Solaris, Sodium ring, Drugs & chemicals appears in Iris.
 - The iris reveals the cause of disease.
 - b. Facial Diagnosis :-
 - Introduction, definition & scope for science of facial diagnosis.
 - Characters of healthy body-
 - a) Normal functions, b) Normal figure
 - Foreign matter theory:-
 - i) Definition of Foreign matter.
 - ii) Process of accumulation of foreign matter in the body.
 - iii) Changes caused in the body due to accumulation of foreign matter.
 - Encumbrance & their types front encumbrance, Right side encumbrance, Left side encumbrance, Mixed encumbrance & Possible diseases in concerned encumbrance.

C. FIRST AID:-

- Aims & Principles of first aid.
- What first aider should do during emergency.
- Resuscitation techniques.
- First aid for:-
Wounds, Haemorrhage, shock, dressings & bandages,

<p>fractures, dislocation, sprains.</p> <ul style="list-style-type: none"> • First aid for Medical emergencies:- <ul style="list-style-type: none"> • Drowning, Heart attacks, unconscious patient, diabetic emergencies, snake bite, scorpion bite, dog bite, nose bleed, frost bite, heat stroke, head injury, chest injury, burns & scalds, electrical injuries, glaucoma attack, convulsion in children, fainting, Epileptic fits, sun burn, honeybee bite,etc. <p>D. PHARMACOLOGY:-</p> <ul style="list-style-type: none"> • Introduction of Indian Pharmacopia, British Pharmacopia & American Pharmacopia. • Adverse drug effect. • Identification with drugs used in routine practice. <p>Eg.Painkillers,Antipyretic,Antiallergy,Hypoglycemic,Antihypertensive, Antirheumatoid drugs,Emergency drugs,etc.</p>	
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Theory - II - Practice in Naturopathy. - (1st year)

(Subject Code – 20140048)

THEORY	PRATICAL
<p>> Principles of Panchamahabhutatmak Chikitsa in Naturopathy:- (Aap, Tej, Vayu, Akash & Prithvi.)</p> <p>A. HYDROTHERAPY (Aap Tatva)</p> <ul style="list-style-type: none"> • Introduction, Definition, Basic principle & History . • Rules of Hydrotherapy . • Remedial properties of water. • Untoward effects of Hydrotherapy & how to avoid them. • Physiological effects of hot and cold application on different systems of body :- Skin, Respiratory, Circulatory, Nervous, Digestive, Muscular, Excretory system. • Action & reaction of hot & cold application upon body. • Various Hydrotherapy treatments :- i. Baths ii. Sponging iii. Steam inhalation vi. Local steam v. Fomentations vi. Compresses & packs vii. Internal use of water. • Disease management with Hydrotherapy treatments . <p>B. CHROMOTHERAPY :- (Tej Tatva)</p> <ul style="list-style-type: none"> • Introduction, Definition, Basic principles & History . • Seven colours of sun & their characteristics. Basic colours. • Rules of Chromotherapy . • Sun bath – Action and role of sun light in day to day life. • Therapeutic properties of colours . • Instruments used in chromotherapy :- Thermolum Box, Chromodisc, Chromolens, Coloured Bottles, etc. • Method of solarisation of water, oils & food items with different colours:- Method of preparation , Dosage & therapeutic effect. • Chromotherapy for mental peace & stress management • Disease management with Chromotherapy. <p>C. VAYU TATVA :- Use of air in disease management :- Air bath, Hot air bath, cold air bath, indoor & outdoor air bath, Pranayama.</p> <p>D. FASTING THERAPY (Akash Tatva) :- Introduction ,</p> <ul style="list-style-type: none"> • Definition, Basic principle, History, Philosophy of fasting . • Physiology of Fasting & starvation. • Fasting & Elimination of waste products of body. • Rules & regulations of fasting • Types of fasting, give classification . • Difference between fasting & starvation . • Difference between hunger & appetite . • Theory of fasting in Animals. • Hygienic auxiliaries of Fasting :- i. Air & breathing ii. Enema iii. Bathing iv. Clothing v. Water drinking vi. Exercise vii. Mental influence. • Source & metabolism of carbohydrates, fats & protein during fasting • Indication & contraindication of fasting • Study of patients during & after fasting <ul style="list-style-type: none"> i. Crisis during fasting & their management ii. Physiological effects of fasting iii. Psychological aspect of fasting 	<p>A. Hydrotherapy treatments:-</p> <ul style="list-style-type: none"> • Baths – Hip bath, immersion bath, Kuhne's Sitz bath, Neutral water bath, Hot & Cold water bath, Arm bath, Foot bath, Steam bath, Spinal Bath • Sponging • Local steam • Facial steam • Fomentations :- Hot water bag, Mustard Fomentation (clay & glycerine poultice, Charcoal poultice, Cotton poultice) Compresses & packs Chest pack, Leg pack, Full wet sheet pack, wet girdle pack, Ice pack, Cold compress, Neutral compress, Hot compress, Alternate Hot & Cold Compress, Hot & Cold compress to:- lungs – Kidney – Intestine- Pelvis – Abdomen – Spinal cord & pancreas. • Internal use of water <ul style="list-style-type: none"> i. Enema & its types ii. Cold water drinking iii. Hot water drinking iv. Water emetic <p>B. Chromotherapy :-</p> <ul style="list-style-type: none"> • Technique of solarisation to charge different food items, oils & water • Treatment with Chromotherapy instruments & Disease management. • Athapana practical. • Sunbath practical. <p>C. Vayu Tatva – Air bath .</p>

<p>iv. Study of tongue, breath, temp, pulse, etc. During fasting</p> <p>v. Loss & gain of weight</p> <p>vi. How & when to break the fast</p> <p>vii. Diet after fast .</p> <ul style="list-style-type: none"> • Therapeutic aspect of fasting :- <ul style="list-style-type: none"> i. Fasting in acute disease ii. Fasting in chronic disease iii. Role of fasting to treat various diseases. iv. Obesity & fasting v. Fasting for preservation of health & prevention of disease. vi. Disease management by fasting • Result of fasting. <p>E. MUD THERAPY (Prithvi Tatva):-</p> <ul style="list-style-type: none"> • Introduction, Definition, Basic principle & History . • Preparation of mud for various mud treatments . • Rules for mud therapy treatments . • Rules for selection of mud . • How to apply mud on body. • Mud Treatments :- Natural mud bath, Full mud bath, Different mud packs, Local mud application, etc. • Disease management with mud therapy. <p>F. MAGNETOTHERAPY :- (Pritvi Tatva)</p> <ul style="list-style-type: none"> • Introduction, Definition, Basic principles & History . • Instruments used in magnetotherapy . • Types of magnets :- Natural magnets, Artificial magnets, power magnet ,electromagnets. • Effects of earth's magnetism on human body. • Techniques of application of magnets in treatments. • Magnetised water & magnetised oils:- a) Method of preparation b) Dosage & therapeutic effect . • Disease management by magnetotherapy . <p>G. NATUROPATHY & AYURVEDA :-</p> <ul style="list-style-type: none"> • Basics of ayurveda :- Cause of disease in ayurveda • Dosha = Vat, Pitta, Kaph. DHATU = Seven dhatu • Mala = Three mala , Guna – Three guna • Nadi = Ida, Pinghala & Shushumna nadi. • Panchakarma – indication & contraindication <ul style="list-style-type: none"> a. Poorvakarma :- Pachan, Deepan, Snehana, Swedana b. Pradhankarma :- Vaman, Virechan, Basti, Nasyakarma, Raktamokshana • Paschat Karma:- Patyam, Ahar – Aushadhi • Mahatatva :- <ul style="list-style-type: none"> a. Define Prana & compare Prana with Mahatatva b. Define Mana c. Roll of Yoga in controlling Prana & Mana 	<p>D. Fasting therapy</p> <ul style="list-style-type: none"> • Examination of fasting patient . • Examination of crisis during fasting & its management . • Counselling to patient during fasting . • Fasting & Enema treatment. <p>E. Mud Therapy:-</p> <ul style="list-style-type: none"> • Preparation of mud, mud packs & compresses • Psoriasis & mud therapy • Mud treatments practical . <p>F. Magnetotherapy :-</p> <ul style="list-style-type: none"> • Instruments :- High power magnet, Low power magnet; magnetic bed, Various magnetic belts, Electromagnetic chair, Magnetic chappals, magnetic chain, etc. • Technique of magnetic treatments – North & South Pole application, Local treatment with magnets & General treatment with magnets. • Care & precaution for handling magnets. • “Earth a huge natural magnet”. <p>G. Panchakarma practical</p>
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Practice in Naturopathy. - (2nd year)

THEORY	PRATICAL
<p>1. Acupuncture :-</p> <ul style="list-style-type: none"> • Introduction, Definition, Basic principle & History. • Indication, Limitation, complication & Precautions for acupuncture. • Acupuncture points & energy flow. • Actions of Acupuncture treatment. • Material & Technique used in acupuncture. • Meridians and acupuncture. • Key to remember acupuncture points . • Theories of acupuncture – Yin – Yang theory, Five element theory, Qi-the Vital energy, Organ clock theory, Zang Fu Theory. • Types of acupuncture points & their uses. • Principles of acupuncture point selection . • Other techniques of point stimulation. • Disease management by acupuncture. <p>2. Acupressure :-</p> <ul style="list-style-type: none"> • Introduction, Definition , Basic principle & History. • Instruments & technique used in Acupressure. • Difference between Acupressure and acupuncture. • Fourteen meridians & acupressure points . • The science of acupressure . • Benefit of accurate & methodical application of pressure on painful acupressure points . • Benefits of acupressure . • Physiological effects of acupressure on different systems of body . • Different acupressure points on our body . • Barefoot walking on rough surface, green grass & sand. • Acupressure by clapping . • Acupressure & disease management . <p>3. Massage therapy:-</p> <ul style="list-style-type: none"> • Introduction, Definition, Basic principle & History. • Rules & regulations of massage. • Indication & contraindications. • Techniques and various steps of massage. • Full body massage. • Local massage to different body parts:- Head, Back, Chest, Neck, Hand, Leg, Heart, Liver, Stomach, Spine, Eye, Varicose veins, knee, Abdomen, Palms & sole, etc. • Massage to infant & children . • Massage for stress management • Facial massage for beauty & various natural face packs. • Acumassage . • Swedish massage . • Different oils used for massage . • Effects of massage on different systems of our body . • Benefits of massage . • Knowledge of anatomy is important while doing massage . 	<p>A. Acupuncture & Acupressure :-</p> <ul style="list-style-type: none"> • Identification of instruments used in acupressure & acupuncture therapy. • Practical of techniques of acupressure & acupuncture treatments for various diseases. • Practical of other techniques of point stimulation:- Moxibustion, Cupping, Plum Blossom Therapy, Seed Embedding Therapy, TENS • Disease management with acupressure & acupuncture therapy. <p>B. MASSAGE :- Practical of</p> <ul style="list-style-type: none"> • Full body massage • Local massage to various parts of body • Massage for obesity patient • Massage to very lean patient • Massage to heart patient • Ice massage • Powder & oil massage • Massage according to different disease. <p>C. Reflexology Charts of sole & palm & practical of technique of reflexology treatment for various diseases</p> <p>D. Chiropractice – practical of chiropractice treatment on patient to treat diseases</p> <p>E. Osteopathy :- Practical of osteopathy treatment on patient to treat diseases.</p> <p>F. Sujok Therapy Practical .</p> <p>G. Psychology :- counselling of patient & disease management according to naturopathy.</p>

<ul style="list-style-type: none"> • Direction of massage for patients . • Movements of joints during massage . • Ice massage, powder massage, Fruit pulp massage, medicated oil massage,aloevera pulp massage. • Four Zone Message Therapy. • Savahan Message of Dr. Ram Bhosale. • Disease management with massage. <p>4. Reflexology & Zone therapy :-</p> <ul style="list-style-type: none"> • Introduction,Definition, Basic principle & History. • Benefits, Indication & Contraindication . • Effects of reflexology points located on palm & sole . <p>5. Chiropractice :-</p> <ul style="list-style-type: none"> • Introduction,Definition,Basic principle, History & Aims . • Importance of spine in chiropractice . • Physiological effects of chiropractice . <p>6. Osteopathy :-</p> <ul style="list-style-type: none"> • Introduction,Definition, Basic principle, History & Aims . • Disease management with chiropractice. <p>7. Shiatsu introduction .</p> <p>8. Sujok Therapy:-</p> <ul style="list-style-type: none"> • Definition, Basic principle & Philosophy . <p>9. Psychology :_</p> <ul style="list-style-type: none"> • Introduction & definition • Causes of psychological disorders • Psychological stress & body • Frustrations & conflicts • Psychoneurotic & psychosomatic disorders • Menopausal syndrome • Child, Adolescent & geriatric psychology • Naturopathy treatments for psychological disorders. <p>10.Hypnotherapy:-Introduction & philosophy.</p> <p>11. Musical Spino Therapy</p>	
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Theory - III - Yoga and Various Therapies. - 1st year

(Subject Code – 20140049)

THEORY	PRATICAL
<p>B. NATUROPATHY :-</p> <ul style="list-style-type: none"> • The evolution of human body . • History & development of nature cure . • Concept of 'Health & Disease' according to Naturopathy . • Ten basic principles of Naturopathy . • "Unity of Disease & unity of cure". • Accumulation of waste products in body is cause of all diseases . • "Prevention is better than cure". • Ideal Dincharya according to naturopathy . • Panchatantra for maintaining good health & prevention of diseases. • Constipation root cause of all diseases. • Vitality & Naturopathy . • Legands in Naturopathy :- Father of Naturopathy, Henry Lindlahr, Louis Kuhne, Shelton, Kellogge, Mahatma Gandhi, Jainarayan Jaiswal. • Panchagavya chikitsa & Organic farming. • Sanjivani Chikitsa. • Comparitve study of Naturopathy, Ayurveda, Homeopathy and Allopathy . • Duties and responsibilities of Naturopath and Bio-ethics. • Running and management of Nature cure centres <p>C. Nutrition & Dietetics :-</p> <ul style="list-style-type: none"> • Basics of Nutrition & Dietetics . • Basic constituents of food :- Carbohydrate, Protein, Fat, Vitamins, Minerals & Water . • What is immunity, its development & maintenance by nutrition. • Organic food & its importance in maintaining health . • Naturopathy way of preparation of food :- Sprouts, fruit juices, vegetable juices, germinated wheat satva, Boiled vegetables, salad, Kadha, Butter milk, Honey-Lemon Water, etc. Give their importance in disease management . • Wheat grass juice . • Balanced diet – explain with chart. • "Diet is medicine"explain. • Types of Diet :- (Eliminative, constructive, soothing, Boiled, Raw, Fibre, Acidic, Alkaline, Satvic, Rajasic, Tomasic, Low calorie & High calorie Diet.) • Kalpatharapy = Mono Diet therapy with grapes, Butter milk, Lemon water, Coconut water, etc. • Cooking methods of food according to Naturopathy. • Nutritional Deficiency diseases . • Healing through various juices. • Vitamines:- Definition, Types, Sources, Daily- requirement, Deficiency disorders. • Sources & daily requirement of carbohydrates, Protein Fat & 	<ul style="list-style-type: none"> • Identification of various juices, Raw diet, Fruits, vegetables & study of their constituents & therapeutic value. • Preparation of various juices , study their composition & therapeutic value:- Beet root, Cabbage, Carrot, Cucumber, Garlic, Lemon, Orange, Pineapple, Mango, Tomato, Pumpkin, Pomegranate, Coconut water, Bitter guard, Amla, Turmeric Neem & Tulsi juices, etc. • Practical of sprouting . • Practical of various cooking methods according to naturopathy to avoid nutrient loss. • Study of Diet charts . • Obesity grade & BMR • Practical demonstration of all Asana, Shatkriya, Pranayama, Bandha, Mudra, Drishti, Meditation . • Yoga Nidra introduction • Practice to conduct & monitor Yoga class. • Conduct workshop on power yoga :- Examination of patient before doing power yoga. • Precautions to be taken when patient is doing yoga for first time. • Physiotherapy :- • Various physiotherapy instruments & disease management

Minerals.

D. YOGA THERAPY :-

- Concept & Definition of yoga .
- Ashtang yoga by Patanjali .
- Rules & Regulations to be followed while practising Asanas,
- Classification of Asanas :-
 - a. Supine position Asanas
 - b. Prone position Asanas
 - c. Sitting position Asanas
 - d. Standing position Asanas
- Role of yoga in maintenance of Health:- Physical, Mental & Spiritual aspect.
- Power yoga or Dynamic Yoga.
- Pranayama : Defination, Types, Technique, Indication, contraindication & therapeutic benefits.
- Shatkarma – Yogic shuddhikriya & disease management
- Bandha, Mudra & drishti
- Effect of yogic exercises on different systems of body :- Digestive, Muscular, Skeletal, Circulatory, Respiratory, Excretory, etc.
- Difference between Asana & Exercise.
- Define meditation & its types .
- Yoga teacher training –
 - b. Do's & Don't before & after performing Asanas.
 - c. Preliminary preparation of yoga class –
 - i. Selection of place
 - ii. Area required per person
 - iii. Asana mat & Clothing selection
 - iv. Yoga prayer selection
 - v. Sequence of Asana in yoga class (Choice of Asanas)
 - vi. Duration & Time management
 - vii. Yoga class monitoring & management for patients & students

D. Physiotherapy :-

- Concept & Definition
- Passive, Assisted & Resisted movements
- Instruments used in Physiotherapy & their techniques of application
- Exercise therapy techniques
- Joint mobility
- Muscle strength & technique of strengthening muscles
- Walking Aids & Gait training
- Breathing exercises
 - viii. Disease management with physiotherapy

Yoga and Various Therapies - 2nd Year

THEORY	PRATICAL
<p>A. NATUROPATHY :-</p> <ul style="list-style-type: none"> Philosophy of Nature cure. How Nature cures ? Definations according to Naturopathy :- Health, Disease, Acute disease, Chronic disease, Healing crisis, Diseased crisis, Constructive principle, Destructive principle, Effects of violation of Nature's Law. Natural immunity & microzyma therapy by Henry Lindlahr. "Sound mind in sound body"- importance of mental & physical hygiene. Old age problems & natural rejuvenation . Toxin accumulation in body & its elimination through various naturopathy treatments. Obesity & naturopathy treatment . Blood pressure & naturopathy treatment. Diabetes & naturopathy treatment. Arthritis & naturopathy treatment. Lean patient & naturopathy treatment. Constipation & naturopathy treatment. Acidity, indigestion, loss of appetite & Naturopathy treatments. Disease management by various naturopathy treatments. Duties & responsibilities of Naturopath & management of Nature cure centres . <p>B. Nutrition & Dietetics :-</p> <ul style="list-style-type: none"> Dietetic principles in Naturopathy . Concept of wholesome diet . Disease cure by natural food . Disease cure by herbs . Panchatatva Herbal Therapy. Disease cure by remedial flowers(Bach flower remedy) . Medicinal plants – Tulsi, Pudina, Curry leaves, Mint, Ginger, Garlic, Turmeric, Neem, Aloe vera, etc. Disease management & diet prescription for following disorders : - <ol style="list-style-type: none"> Cardiovascular disease – High BP, Low BP etc. GIT-disease-constipation, malabsorption, indigestion, Acidity, Peptic Ulcer, Irritable bowl, Loss of Huger, Flatulance, etc. Respiratory disorders . iv) Renal diseases . Obesity, underweight, Arthritis, Insomnia, Anaemia, Liver disease, Jaundice, Diabetes, Gall bladder diseases, Food allergy, etc. Dietary fibre & its therapeutic effect . Salt eating & food toxicity . Food combination & health . Diet charts for : - i) Normal healthy person, ii) Pregnancy & lactation, iii) Infancy & iv) Children Adverse effects of – Preservatives, Food colours, pesticides, & Artificial manures . 	<ul style="list-style-type: none"> Prepare a diet prescription charts for patients according to disease – viz. Diet chart for Diabetic patient, Acidity patient, Arthritis patient, Obesity patient, very weak patient, constipation patient, indigestion patient, high B.P. Patient etc. Identification of various medicinal plants, herbs, flowers, fruits, grains, pulses, etc & their therapeutic value. Food Allergies Counselling of patient to follow naturopathy & yoga Precautions to be taken when high B.P. patient, Obese patient, Arthritis patient, Knee pain patient, Spondylosis patients, Hernia patient, etc. are doing yogasanas. Conduct workshop of yoga for : – <ul style="list-style-type: none"> -Children -Obesity patient -High BP Patient -Diabetic patient -Arthritis patient Treatment of various diseases by Naturopathy & yoga. Yoga class monitoring : – <ul style="list-style-type: none"> -Giving of proper instructions -Time management - Practice of relaxation Asana in between yoga class <ul style="list-style-type: none"> -Clothing, Yoga mat & place Arrange order of Asanas for yoga class :- <ol style="list-style-type: none"> Prayer & meditation asana Warm up asana Forward bending & backward bending asana Side bending asana Balancing asana Spinal twisting asana

<ul style="list-style-type: none"> • Negative diet therapy. • Home remedy for different diseases . • Food adulteration & fortification . <p>C. YOGA THERAPY :-</p> <ul style="list-style-type: none"> • Philosophy of yoga . • Yoga & relaxation techniques :-Yoga Nidra. • Stress management by yoga . • Spiritual healing by yoga . • Classification of asanas by Bihar school of Yoga:- <ol style="list-style-type: none"> 1. Beginners group- <ul style="list-style-type: none"> • Pawan Muktasana series :- <ol style="list-style-type: none"> b. Antirheumatic group c. Digestive /Abdominal group d. Shakti Bandha Asana • Yoga exercise for eye • Relaxation asanas • Meditation asanas • Vajrasana group of asanas 2. Intermediate group – <ul style="list-style-type: none"> • Padmasana group of asanas • Backward bending asanas • Forward bending asanas • Spinal twisting asanas • Inverted asanas • Balancing asanas • Suryanamaska <p>3.Procedure,Benifits,Contraindication&therapeutic value of all asanas.</p> <ol style="list-style-type: none"> 4. Disease management with yoga therapy 5. Chakras of our body. Explain “Aura” of our body 6. Yoga class monitoring as yoga teacher :- <ul style="list-style-type: none"> • Role of prayer in yoga • Aims of yoga education • How to create healthy atmosphere for yoga education • Characteristics of ideal yoga teacher & Rules of teaching • Councilling of patient for doing vogasana <p>D. ELECTROTHERAPY:-</p> <ul style="list-style-type: none"> • Concept & Definition • Instruments used in electrotherapy & their techniques of application: - IFT, SWD, IR-Radiation, TENS, Faradic type current, Interrupted direct current, etc. • Electrotherapy & disease management 	<ol style="list-style-type: none"> g. Antirhuematic group asana for all joints h. Pranayama i. Prayer <ul style="list-style-type: none"> • Electrotherapy : – instruments & disease managements. • Practical record book.
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LIST OF TOOLS AND EQUIPMENTS REQUIRED IN NATUROPATHY CENTER

A)	SUBJECTS OF MEDICINE :-
1.	STETHOSCOPE
2.	B.P. INSTRUMENT
3.	WEIGHT MACHINE
4.	THERMOMETER
5.	FIRST AID BOX
6.	FULL BONE SET OF HUMAN
7.	PICTURE OF HUMAN ORGANS
8.	CHARTS OF VARIOUS SYSTEM OF HUMAN BODY
9.	VARIOUS PATHOLOGICAL REPORTS
10.	VARIOUS X- RAYS REPORTS
11.	VARIOUS SLIDES
12.	MICROSCOPE
13.	IRIS DIAGNOSIS CHARTS
14.	LENS FOR IRIS DIAGNOSIS
15.	TORCH
B)	ACUPUNCTURE
1.	ACUPUNCTURE Electro Stimulator
2.	ACUPUNCTURE NEEDLES
C)	ACUPRESSURE :-
1.	ACUPRESSURE ROLLERS, CHARPPALS, etc.
2.	JIMEY
3.	REFLEXOLOGY CHARTS, etc.
D)	MASSAGE
1.	MASSAGE TABLE
2.	DEFFERENT MASSAGE OILS
3.	TOWEL & NAPKIN
4.	RUBBER SHEETS, etc.
E)	HYDROTHERAPY Instruments
F)	CHROMO THERAPY :-
1.	INFRARED LAMP
2.	VARIOUS COLOURED BOTTLES
G)	MUD THERAPY
1.	CLAY
2.	PLASTIC TRAYS FOR MUD
3.	VARIOUS MUD PACKS, etc.
H)	MAGNETO THERAPY Instruments
I)	YOGA :-
	YOGA MATS
	VARSTRADHAUTI
	DANDADHAUTI
	JALANETI POT
	SUTRANETI CATHETER
	VARIOUS CHARTS OF YOGASANAS, etc.

संदर्भ पुस्तके :-

अ.क्र.	नांव	लेखक
१	निसर्गोपचार व शरीरशास्त्र	कुमुद बेदरकर
२	निसर्गोपचार व योगशास्त्र	कुमुद बेदरकर
३	निसर्गोपचार शास्त्र व सिद्धांत	कुमुद बेदरकर
४	निसर्गोपचार, रोगांचे प्रकार व कारणे	कुमुद बेदरकर
५	आहारशास्त्र व पाकविधी	कुमुद बेदरकर
६	निसर्गोपचार व रोगनिदान	कुमुद बेदरकर
७	चुंबक चिकित्सा	कुमुद बेदरकर
८	निसर्गोपचाराने व्याधी मुक्त व्हा	कुमुद बेदरकर
९	घरच्या घरी निसर्गोपचार	कुमुद बेदरकर
१०	निसर्गोपचाराने सुलभ प्रसूती व बाळसंगोपन	कुमुद बेदरकर
११	नैसर्गिक उपचार पद्धती	कुमुद बेदरकर
१२	मनाच्या शक्ती व ताणनिवारण	कुमुद बेदरकर
१३	निसर्गोपचार आरोग्याचा विचार व आरोग्य	कुमुद बेदरकर
१४	Nature Cure Treatment	Institute of Yogic Science and Naturopathy (Banglore)
१५	Speaking of Nature Cure	K. Lakshman Sharma S. Swaminathan
१६	Nature Cure at home	By Dr.Rjeshwari (Pustak Mahal Delhi)
१७	Handbook of Naturopathy	Dr. Sukhbir Singh
१८	A Complete Handbook of Nature Cure	हरि कृष्ण बाखरु (H.K.Bakhru)
१९	आहाराद्वारे उपचार	हरि कृष्ण बाखरु
२०	आरोग्यदायी जीवनसत्वे	हरि कृष्ण बाखरु
२१	आहार हेच औषध (मराठी)	माधव चौधरी
२२	Anatomy and Physiology for Nursis	F.R. Armstrong
२३	शरीर रचना व शरीर क्रिया विज्ञान	डॉ. विवेक साठे
२४	पतंजली योग सूत्र	P.Y. Deshpande
२५	Yogasanas	B.K.S. Ayangar
२६	Pranayamas	B.K.S. Ayangar
२७	योग दिर्पोका	B.K.S. Ayangar
२८	रोगांकी सरळ चिकित्सा	Vithaldas Modi
२९	Clinical diets and Nutrition	F.P. Antia
३०	Yoga and medicine	By steven N. Prema
३१	Asan Pranayam Bandha and Mudras	Swami Satyananda
३२	Science of Soul	Swami Yogashivranand Saraswati
