

B.Y.N.S. Degree Course 2nd year – new

Paper – 1

SWASTHYA VIJNANA - 1

(HYGIENE AND COMMUNITY MEDICINE)

(Total = Theory – 200+Practical – 100 = 300 marks)

Theory – 100 marks

Teaching hours – 110

Part – A (each unit bears 10 marks = total 50 marks)

Unit – 1

Introduction: Definitions of Swastha & Swasthya, Definition of Swasthavritta, Objectives & Importance of Swasthya Vijnana, WHO Definition of Health, **Dimensions of health** - Physical - Mental – Social - Spiritual, **Concept of well being** - Objective - Subjective - Standard of living - Quality of life.

Unit – 2

Dinacharya – Day Regime: Definition of Dinacharya, Aims and importance, Utthana, Ushahpana, Sharirachintana, Adarshavalokana, Malatyaga, Mukhaprakshalana, Dantadhavana, Jihvanirlekhana (Tongue cleaning), Achamana, Anjana, Pratimarsha Nasya, Gandusha – Kavaladharana, Dhoomapana, Abhyangam, Vyayama, Chankramana (Walking), Udvartanam – Utsadanam, Snanam, Anulepanam, Vastradharanam, Tambulasevanam, Chhatra – Danda – Ushnisha – Padatra – Ratna – Abharana Dharana, Jivikayatna

Unit – 3

Ratricharya – Night Regime: Definition of Ratricharya, Aims and importance, Sandhyacharya, Ratribhojanavidhi, Shyanasamaya, Shyanavidhi – Shyanasthala – Yogya Shayya – Vibhinna Shayya Guna – Tulika guna – Mangalyakaraka Samagri Samgraha - Vibhinna Vyajana Guna, Gruhasthadharma Palana – Vidhi – Niyamah.

Unit – 4

Ritucharya – Seasonal Regime: Definition of Ritucharya, Aims and importance, Importance of Ritucharya, Ritus as per different acharyas, Adana kala & Visargakala, Sanchaya, Prakopa – Prashama of Doshas and their Utpatti in Ritus, Doshashodhana in samanya ritu, Relation of Agni bala and ritu, Ahara – Vihara, Pathya – Apathya in different ritus, Ritusandhi – Yamadamshttra – Rituharitaki – Rituviparyaya.

Unit – 5

Sadvritta – Behavioral Code: Definition of Sadvritta and Achara Rasayana, Aims and importance, – their role in Prevention of psycho-somatic disorders, Sadvritta - Abhyasa – Vihara – Snana – Nidra – Vyavahara – Achara – Vyavasaya – Ahara etc, Prajna & Prajnaparadha & importance of its knowledge in maintaining health; Effects of company and relationship on health.

Part – B (each unit bears 10 marks = total 50 marks)

Unit – 1

Concept of Trayopastambhas: Etymology, Definition, Aims and Importance, **Ahara** and its importance in health maintenance and disease prevention, Santarpana janya Vyadhi and Apatarpana janya Vyadhi, Food related hygiene, Sanitation of eating places.

Unit – 2

Nidra: Definition, Aims and Importance, Nirukti and Utpatti, Types of Nidra (sleep), Nidra – Swasthya sambandha, Duration of sleep according to age, Sleep in healthy and diseased persons, Properties of Yukta Nidra, Effects of Ratri Jagarana, Diwaswapna, Anidra, Atinidra, Ahara and Vihara causing disturbed sleep, Ahara and Vihara causing sound sleep, Concept of Swapna (dreams) and its various dimensions, Yogic and Naturopathic concept of Nidra.

Unit – 3

Brahmacharya: Definition, Importance of Brahmacharya and Abrahmacharya, Maithuna prakara, Vyavaya Sambandhi niyamas, Effects of Ativyavaya, Veeryotpatti, Methods of Virya Raksha, Surataspruha (Libido) through Vajikarana, Viryanasa phala, Menstrual Hygiene, Yogic and Naturopathic concept of Brahmacharya.

Unit – 4

Dharaniya – Adharaniya Vega: Concept of Vega, its importance in health and diseases; **Dharaniya Vega:** Kayika Vega, Vachika Vega, Manasika Vega; **Adharaniya Vega:** Adhovayu, Purisha, Mutra, Kshavathu, Trusha, Kshudha, Nidra, Kasa, Shrama Shwasa, Jrumbha, Ashru, Chhardi, Retas, Udgara; Diseases due to vegadharana and their chikitsa.

Unit – 5

Nindita-Anindita Purusha: Definition, introduction, Importance and relevance with the health and Vyadhikshamatva, Types – Atidirgha, Atihrusva, Atigaura, Atikrishna, Atiloma, Aloma, Atisthula, Atikrusha; **Vyadikshamatva:** Bala – Definition, Importance and various opinions, Concept of Bala according to Yoga and Nisargopachara, Corelation of Bala with the concept of Immunity.

Paper – 2

SWASTHYA VIJNANA - 2

(HYGIENE AND COMMUNITY MEDICINE)

(Total = Theory – 200+Practical – 100 = 300 marks)

Theory – 100 marks

Teaching hours – 110

Part – A (each unit bears 10 marks = total 50 marks)

Unit – 1

Air: composition, requirement & importance, air pollution – sources, polluting substances & health hazards, air purification, arrangements of air entry-exit in residential places, natural & artificial ventilations, health impacts of artificial ventilation.

Unit – 2

Land & housing: Social goals of housing, types of Land, land & Health, Nivasayogya bhumi, Bhumishodhana, maintenance of temperature in house, proper & improper houses, laws of housing (Vastushastra) and health, rules of rural and urban housing, concept of Yoga Matha – Kuti, Naturopathic concept of housing.

Unit – 3

Water: Importance & daily requirement, types & type wise qualities of water according to ancient and modern concepts, various sources of water like stream, river, pond, well etc., hardness & softness of water, Shad Dosha of Jala, water pollution – sources of impurities, various impurities, water borne disorders, various types of water purification, physical – chemical – biological analysis of water.

Unit – 4

Light: Importance & requirement, Qualities of sunlight and Moon light, natural lighting, lighting standards, sources / methods of artificial lighting, health effects of artificial lighting, light pollution; **Sound** and its health related aspects, Noise pollution, **Vikirana (radiation)** – Sources, Effects & control

Unit – 5

Waste disposal: Importance & arrangements, Different types of solid waste, Storage and collection of refuse, Methods of disposal of solid waste (Rural & Urban), Bio-Medical waste management; **Excreta disposal:** Unsewered area, Sewered area, Latrines for camps, fairs and festivals; **Dead body disposal:** importance, methods.

Part – B (each unit bears 10 marks = total 50 marks)

Unit – 1

Industrial / Occupational hygiene: Measures of health preservation & promotion, role of Yoga & Nisargopachara in industrial / occupational hygiene; **School hygiene:** Measures of health preservation & promotion, role of Yoga & Nisargopachara in scholastic hygiene.

Unit – 2

Health care: Various definitions of health care services & its various levels, organization & management of health care services, probable roles of Yoga & Nisargopachara in various levels of health care; Introduction to NRHM (National Rural Health Mission) & NUHM (National Urban Health Mission).

Unit – 3

Janapadoddhvamsa: Concept, causes, prevention, role of Yoga & Nisargopachara in the prevention & their prophylactic management; Infection – infectious disorders & their prevention, study of various disorders like Malaria, Tuberculosis, Leprosy, Measles, Chicken pox, STDs, AIDS etc. along with other national and international programmes for prevention/control of diseases, role of Yoga & Nisargopachara in prophylactic management of infectious disorders.

Unit – 4

Family welfare programme: Population explosion & its effects on individual & national development, various programmes & activities of family welfare programme, benefits provided to the people under this programme, various methods of birth control, and probable contribution of Yoga & Nisargopachara graduate in the programme, **Maternal & Child Health Care programme:** Aims & objectives of programme, vaccination schedule, other related programmes to this programme, Importance and utility of Shodasha (16) Samskara

Unit – 5

International Health: World Health Organization – Objectives, Structure and function of WHO, Alma – Ata declaration, National Health Policy and Importance of Yoga and Naturopathy in it, United Nations agencies, Health work of bilateral agencies; **Health Systems in India:** Central level, State level, District level, AYUSH.

PRACTICAL

Practical – 100 marks

Teaching hours - 140

1. Dinacharya Processes

- | | |
|-------------------------|------------------|
| a. Pratimarsha nasya | g. Gandusha |
| b. Dhumapana (prayogic) | h. Kavala |
| c. Anjana | i. Danta Dhavana |
| d. Shirobhyanga | j. Udvardana |
| e. Padabhyanga | k. Utsadana |
| f. Karna Purana | l. Lepa |

2. Visits

- | | |
|-------------------------------|--|
| a. Water filtration plant | f. Maternal & child health care center |
| b. Industry | g. Family welfare center |
| c. District TB center | h. Nisargopachara - Yoga hospital / center |
| d. District Leprosy center | |
| e. Primary health care center | |

3. Health Surveys

-: Reference Books :-

1. Swasthavrutta Samuchchaya
 2. Swasthya Vijnanam
 3. Swasthya Vijnanam
 4. Swasthavrutta Vijnanam
 5. Ayurvediya Swasthavrutta
 6. Swasthavruttam
 7. Relevant portions from Charaka, Sushruta, Vagbhatta etc.
 8. Janasamkhya Siddhanta Evam Upadeyata
 9. Health administration in India
 10. Health and family welfare
 11. Text book of preventive & social medicine
 12. Ayurvediya Hitopdesa
 13. Swasthvrittam
 14. Yoga and Ayurved
 15. Hathayoga Pradipika
 16. Yogic Yoga Paddhati

 17. Yogic Chikitsa
 18. Prakritik Chikitsa
 19. Prakritik Chikitsa Vigyan
 20. Jansanakhya Shiksha Siddhant
 21. Swasthavrittam
 22. Health and Family Welfare
 23. Sachitra Yogasan Darshika
 24. Yogadeepika
 25. Swasthavritta
 26. Positive Health
 27. Yoga & Yogic Chikitsa
 28. Smritigranthon mein nihita
Swasthaparaka Samagri
 29. The Foundations of Contemporary Yoga
 30. Yoga Siddhant Evum Sadhana
 31. Comprehensive guide on Pathyathyam
- Pt. Rajeshwardutta Shastri
Dr. B. G. Ghanekar
Dr. Mukund Swarup Varma
Dr. R. H. Singh
Dr. Jalulkar
Dr. Shivkumar Gaud

Dr. Nirmal Shastri
Dr. S. C. Seal
Dr. S. Devraj
Dr. K. Park & Dr J. E. Park
Vd. Ranjeet Rai Desai
Dr. Brahmanand Tripathi
Vaidya Rajkumar Sharma
Swatmaramji
Bhartiya Prakratika Chikitsa
Parishad
Shri Kedar Nath Gupta
Vidhi Sharda Prasad
Verma
Dr. Nirmal Sahani Updeysa
Dr. Shiv Kumar Gaur
T.L. Devraj
Dr. Indra Mohan Jha
Shri B. K. S. Iyengar
Vaidya Sakad
Dr. L.P. Gupta
Ram Harsh Singh
Dr. Smt. Nigam Sharma

R.H. Singh
Harikrishna Shastri Datar
Dr. Bhajandas Swami

Paper – 3

AHARA VIJNANA

(Total = Theory – 100+Practical – 100 = 200 marks)

Theory – 100 marks

Teaching hours – 110

Part – A (each unit bears 10 marks = total 50 marks)

Unit : 1

Concept of Dravya & Rasa :-

Definition of **Dravya**, It's classification and importance with regards to food material; Definition of **Rasa**, specific characteristics of each Rasa & benefits of the intake of balanced diet containing proper quantity of Shad Rasa & hazards due to imbalance in the intake of Rasa

Unit : 2

Concept of Guna :-

Definition, its classification, detailed study of Gurvadi Guna, Introduction to Vyavayi, Vikashi, Ashukari etc Gunas; Importance of Guna in dietetics

Unit : 3

Concept of Karma :-

Definition, its classification & importance, introduction to Karmas like:

Dipana	Pachana	Samshodhana	Samshamana	Anulomana
Bhedana	Rechana	Lekhana	Grahi	Stambhana
Medhya				

Unit : 4

Concept of Ahara Vidhi :-

Aharavidhivisheshayatana (various dimensions of dietetics), Ahara Vidhividhana, Aharavidhi, Dwadasha Aharapravicharana, Pathya-Apathya (good & bad food articles), Concept of Viruddhahara, disorders due to unhygienic diet.

Modern dietetics:- Necessary elements of diet, ideal quantity of diet with regards to the factors like age-sex-occupation-pregnancy-childhood etc., sources & importance of protein-carbohydrate-fat-minerals-vitamins, criteria of nutrition according to various countries / geological partitions, social effects of nutrition, disorders due to malnutrition & over nutrition

Unit : 5

Concept of Ahara in Yoga and Naturopathy:-

Yogic concept of diet - Dos and don'ts, concept of Mitahara, Timings of diet, classification according to Satvika, Rajasika and Tamasika Ahara etc.

Naturopathic concept of diet - Classification of diet according to constructive, alimentative etc. diet, Acidic & Alkaline diet, Raw diet, Juice diet etc.

Part – B (each unit bears 10 marks = total 50 marks)

Unit : 1

Examinations of food articles – Good & bad qualities of vegetarian & non-vegetarian diet, Composition of milk & its various tests Exam of meat, disorders of eating contaminated meat

Unit : 2

Different classes of food articles & their Guna-Karma (Ahara Dravya Varga);

Drava Dravya Varga (liquids):

Jala (water)	Taila (oils)	Ikshu (sugarcane)	Mutra (urine)
Dugdha (milk)	Madhu (honey)	Madya (liquor)	

Annadi Dravya Varga (solids)

Shuka Dhanya (cereals)	Shami Dhanya (pulses)	Mamsa Varga (meat)
Lavana Varga (salts)	Aharopayogi Dravya (other food accessories like spices)	Shaka Varga (vegetables)

Phala Varga (fruits)

Unit : 3

Recipes & health benefits of various food preparations like

Manda	Anna	Khanda	Veshavara	Dadhi
Peya	Bhakta	Kambalika	Takra	Supa
Yavagu	Payasa	Raga	Udashvita	Polika
Vilepi	Yusha	Shadava	Mathita	Vataka
Krushara	Mamsarasa	Vatyodana	Katva	

Unit : 4

Spices & their health benefits:- Use of spices & other food accessories in diet & their effects on the body; introduction & effects of various kitchen remedies like:

Haridra	Tejapatra	Jiraka	Rajika	Ajavayana
Dhanyaka(dry)	Karpura	Methika	Maricha	Lavana
Lavanga	Tila	Shunthi	Pugi Phala	
Twak	Mishreya	Mirchi	Keshara	
Ela	Hingu	Lashuna	Jaya Phala	

Unit : 5

Introduction & effects of some of the garden remedies on the body:-

Nimba	Tulasi	Dhanyaka (wet)	Vasa	Eranda
Shatpushpa (green)	Podina (mint)	Ghrutakumari	Nirgundi	Nilgiri
Shatpatri (rose)	Shatavari	Asthishrinkhala	Brahmi	Shankhpushpi

PRACTICAL

Practical – 100 marks

Teaching hours - 140

1. Raw food preparations
 - a. Salad – vegetable & fruit
 - b. Juice
2. Cooked food preparations
 - a. Manda
 - b. Peya
 - c. Yavagu
 - d. Vilepi
 - e. Krushara
 - f. Anna
 - g. Bhakta
 - h. Yusha
 - i. Mamsrasa
 - j. Khanda
 - k. Vatyodana
 - l. Veshavara
 - m. Takra
 - n. Udashvita
 - o. Mathita
 - p. Katva
 - q. Supa
 - r. Payasa
 - s. Polika
3. Diet planning of healthy volunteers according to various factors like age, sex, occupation, Prakruti, Ritu etc.

-: Reference Books :-

1. Swasthavrutta Samuchchaya
 2. Swasthya Vijnanam
 3. Swasthya Vijnanam
 4. Swasthavrutta Vijnanam
 5. Ayurvediya Swasthavrutta.....
 6. Swasthavruttam.....
 7. Relevant portions from Charaka, Sushruta, Vagbhatta etc.
 8. Shargdhara Samhita
 9. Yoga Ratnakar
 10. Ayurvediya Bhaishajya Kalpana.....
 11. Ayurvediya Bhaishajya Kalpana.....
 12. Janasamkhyasiddhanta Evam Upadeyata
 13. Health administration in India
 14. Health and family welfare
 15. Text book of preventive & social medicine
 16. Dravya Guna Vijnana.....
 17. Food and nutrition
 18. Modern nutrition in health and disease.....
 19. A complete book of food and nutrition.....
 20. All publications on nutrition by N.I.N. Pune
 21. Comprehensive guide on Pathyapathyam
 22. Biogenic secrets of food in Ayurveda
- Pt. Rajeshwardutta Shastri
Dr. B. G. Ghanekar
Dr. Mukund Swarup Varma
Dr. R. H. Singh
Dr. Jalulkar
Dr. Shivkumar Gaud
Dr. S. N. Mishra
Dr. Harishankar Sharma
Dr. Nirmal Shastri
Dr. H. C. Seal
Dr. S. Devraj
Dr. K. Park & Dr J. E. Park
Dr. P. V. Sharma
Dr. Gupta
Shills
Dr. J. I. Rodale & staff
N. I. N. – Pune
Dr. Bhajandas Swami
Dr. L. P. Gupta

Paper – 4
YOGA PHILOSOPHY – 1

Theory – 100 marks

Teaching hours – 110

Part – A (each unit bears 10 marks = total 50 marks)

Unit – 1

General introduction to Yoga philosophy; Philosophical aspects of Yoga in:
Veda: Rugveda, Yajurveda, Samaveda, Atharvaveda;

Unit – 2

Philosophical aspects of Yoga in: Upanishadas: Isha, Kena, Katha, Prashna, Mundaka, Mandukya

Unit – 3

Philosophical aspects of Yoga in: Upanishadas: Taittiriya, Aitariya, Shwetashwetara, Brihad Aranyaka, Chhandogya

Unit – 4

Brief introduction to classical Indian philosophy: **Nyaya:** Sapta Padartha (Dravya, Guna, Karma, Samanya, Vishesh, Samvaya, Abhava); **Vaisheshika:** Padartha, Anu Vada, Pulu Paka – Pithara Paka Vada; **Sankhya:** Prakruti – its 24 evolutes – Mahat, Ahamkara, Buddhi, Mana, Pancha Mahabhuta, Pancha Tanmatra, Pancha Jnanendriya, Pancha Karmendriya, Purusha and Sarga (evolution)

Unit – 5

Brief introduction to classical Indian philosophy: **Purva Mimansa:** Dharma – Marma – Vidhi; **Uttara Mimansa:** Atma – Brahma – Jeeva; **Charvaka:** Char Mahabhuta – their functioning in relation to body; **Jaina:** Jeeva – Ajeeva – Pudgala; **Bauddha:** Prajna – Sheela – Samadhi

Part – B (each unit bears 10 marks = total 50 marks)

Unit – 1

Philosophical aspects of Yoga in Shrimad Bhagwad Geeta: Definition of Yoga, The Yoga of detached action (Nishkama Karma), The doctrine of Nishkama Karma Yoga, The characteristics of Sthita Prajna (the Yogi with stabilized intellect), The Yoga & devotion (Bhakti Yoga), The characteristics of a devotee (Bhakta Lakshana),

Unit – 2

Philosophical aspects of Yoga in Shrimad Bhagwad Geeta: The Yoga of knowledge (Jnana Yoga), The characteristics of Gunatita (the one who has transcended through three Gunas), The doctrine of incarnation (Avatar), The Yoga of discrimination, The Yoga of meditation (Dhyana Yoga), The Yoga of divine manifestation

Unit – 3

Philosophy of Yogic schools: 1. Hatha, 2. Raja, 3. Mantra, 4. Laya, 5. Bhakti, 6. Karma, 7. Jnana, 8. Nada, 9. Tantra, 10. Yantra

Unit – 4

Evolution of universe & man according to Yogic classics; Concept of Soul, Karma & Re-birth; Concept of Ishvara (God); Yoga philosophy in relation to the other schools of Indian philosophies (Ayurveda); Introduction to the western concept of Yoga, man & evolution; Description of Purushartha Chatushtaya; Concept of life & health according to Yoga

Unit – 5

Philosophical concepts of various Yogic practices; Introduction to concept of behaviors according to Yoga; **Forms of intellect** – Medha, Prajna, Smruti, Uhapoha; Concept of Pinda (Sharira – Sthula, Sukshma, Ahamkara, Buddhi, Manas, Indriya, Bhuta, Kosha) – Brahmanda (Bhuta – Sankhya & Vaisheshika concept); relation between Pinda & Brahmanda; Karya – Karana Vada

-: REFERENCE BOOKS :-

1. Veda – Swami Sharadananda
2. Relevant portions from Rigveda – Aryasamaj Prakashan
3. Relevant portions from Yajurveda - Aryasamaj Prakashan
4. Relevant portions from Samaveda - Aryasamaj Prakashan
5. Relevant portions from Atharvaveda - Aryasamaj Prakashan
6. Relevant portions from Brahman, Aranyak, Sutra Texts – Various publishers
7. The message of Upanishadas- Ranganathananda
8. Twelve Principal Upanishads – Dr. Roer, R.I. Mitra, E. Bcowell.
9. Four Yogas – Swami Vivekananda
10. Upanishad – 108 upanishads – Gorakhpur / Khwajaqutub – Bareli.
11. Hatha Yoga pradeepika – Swatmaram – Kaivalyadham – Lonavla
12. Gheranda Samhita – Kaivalyadham – Lonavla
13. Shiva Samhita – Kaivalyadham – Lonavla
14. Cultural leaders of India (founder of philosophy) – Publication division, govt of India.
15. Yoga and Indian philosophy – karel klarner
16. Conception of Man – edi by S.Radhakrishna & P.T.Raju
17. Eastern definitions – Edward Rice
18. Glimpses of Divine Light – K.S.Das
19. Shivasutras (The yoga of supreme identity) – Jaidev Singa
20. The upanishad, The Bhagvadgita, The Dhammapads – Juan Hascaro
21. Hatha yoga (The Hidden Language) – Swami Shivananda Radha
22. Yoga – Key to Life – James Mc cartney

23. Jainism – Herbert Klarren
24. Dhammapada – S. Radhakrishnan
25. Kriya yoga – Swami Satyananda Saraswati
26. The Gospel of Buddha – Paul Corus
27. Gospel of Shri Ramakrishna – Mahendranath Gupta
28. Bhagwadgeeta – (As it is)- A.C.Bhaktivedanta Swami Prabhupada
29. Sufism – Hazrat Inayatkhan
30. Complete works of Swami Vivekananda – Vivekanand
31. Complete works of Shri Aurobindo – Shri Aurobindo
32. Asparsha Yoga – Colin A. Cota
33. The Serpent Power – Sir John Woodroff
34. The Art of Tantra – Philip Rawson
35. Seminar on Yoga Science & Man – CCRIMH
36. An Autobiography of a Yogi – Shri Paramahansa Yogananda
37. Verses of Vamana – C.P.Brown
38. Encyclopaedia of indian Physical Culture – edi by D.C.Majumdar
39. Viveka Chudamani – Adi Shan Karacharya
40. Yoganka – Kalyana – Annula Special issue.

Paper – 5

YOGA PRACTICES – 1

(Total = Theory – 100+Practical – 100 = 200 marks)

Theory – 100 marks

Teaching hours – 110

Part – A (each unit bears 10 marks = total 50 marks)

Unit – 1

Importance of Yogic practices in health; **Rules & regulations** for the practices of Yogic procedures (with regards to age, sex, season, timing, regularity, repetitions, breathing pattern, diet, posture maintenance, surrounding environment etc.)

Unit – 2

Yogic Sukshma Vyayama: Definition, Concept & practices with physiological actions as mentioned under:

- i. Buddhi Tatha Dhruvi Shakti Vikasaka (developing the mind and will power)
- ii. Smarana Shakti Vikasaka (developing the memory)
- iii. Medha Shakti Vikasaka (developing the intellect)
- iv. Netra Shakti Vikasaka (developing the eye sight)
- v. Kapola Shakti Vardhaka (rejuvenating the cheeks)
- vi. Karna Shakti Vardhaka (improving the power of hearing)
- vii. Griva Shakti Vikasaka (strengthening the neck – 1, 2, 3)
- viii. Skandha Tatha Bahu Mula Shakti Vikasaka (developing the strength of the shoulder-blades and joints)
- ix. Bhuja Bandha Shakti Vikasaka (strengthening the upper arms)
- x. Kurpara Shakti Vikasaka (strengthening the elbows)
- xi. Bhuja-Valli Shakti Vikasaka (strengthening the fore-arms)
- xii. Purna Bhuja Shakti Vikasaka (developing the arms)
- xiii. Mani Bandha Shakti Vikasaka (developing the wrists)
- xiv. Kara Prushtha Shakti Vikasaka (developing the back of the hand)
- xv. Kara Tala Shakti Vikasaka (developing the palms)
- xvi. Anguli Mula Shakti Vikasaka (developing the finger-joints)
- xvii. Anguli Shakti Vikasaka (strengthening the fingers)

Unit – 3

Yogic Sukshma Vyayama: Definition, Concept & practices with physiological actions as mentioned under:

- i. Vaksha Sthala Shakti Vikasaka (developing the chest – 1, 2)
- ii. Udara Shakti Vikasaka (developing the abdominal muscles – 1 to 10)
- iii. Kati Shakti Vikasaka (strengthening the back – 1 to 5)
- iv. Muladhara Chakra Shuddhi (toning up the bowels)
- v. Upastha Tatha Swadhishtana Chakra Shuddhi (cleaning and toning up the bowels)
- vi. Kundalini Shakti Vikasaka (developing the power of the mystic coil – Kundalini)
- vii. Jangha Shakti Vikasaka (strengthening the knees – 1, 2, 3)
- viii. Pindali Shakti Vikasaka (developing the calves)
- ix. Pada Mula Shakti Vikasaka (developing the strength of the soles)
- x. Gulpha Padaprushtha Padatala Shakti Vikasaka (developing the strength of ankles and the feet)
- xi. Padanguli Shakti Vikasaka (developing the toes)

Unit – 4

Yogic Sthula Vyayama: Definition, Concept & practices with physiological actions of the under mentioned.

Rekha Gati (walking in a straight line)	Hrud Gati (the locomotive exercise)
Utkurdana (the jumping exercise)	Urdhva Gati (upward movements)
Sarvanga Pushti (developing entire body)	Shirasana (standing on the head)
Suryanamaskara	

Unit – 5

Asanas: Definition, Types, Practices as mentioned in the Hatha Yoga Pradipika with their physiological actions

Siddhasana	Padmasana	Bhadrasana	Swastikasana	Simhasana
Gomukhasana	Virasana	Dhanurasana	Shavasana	Matsyendrasana
Pashchimottanasana	Mayurasana	Kukkutasana	Kurmasana	Uttanakurmasana

Part – B (each unit bears 10 marks = total 50 marks)

Unit – 1

Pranayama: Definition, Types, Concept & practices as mentioned in practicals with their physiological actions

Uchcharita Pranava Anuloma-Viloma Shitali Bhramari

Unit – 2

Mudra & Bandha: Definition, Types, Practices as mentioned in the Hatha Yoga Pradipika with their physiological actions;

Maha Mahavedha Khechari Viparitakarani
Vajroli Shaktichalani Amaroli Sahajoli
Jalandhara Uddiyana Mula Maha

Unit – 3

Shatkarma: Definition, Types, Practices as mentioned in the Hatha Pradipika with their physiological actions; **Shankha Prakshalana** – introduction & description

Jala Neti Sutra Neti Jala Dhauti
Vastra Dhauti Trataka Kapalabhati

Unit – 4

Dhyana: Definition, Types, Practices as mentioned in the Hatha Pradipika with their physiological actions; Introduction & description of **Samadhi**; **Yoga Nidra:** Introduction, techniques, physiological effects; **Prayer:** Techniques, Significance, physiological effects on various systems of human body and therapeutic utility, meanings of Svasti Mantra, Gayatri Mantra and Shanti Mantra.

Unit – 5

Difference between Yogic & non-Yogic practices: Asanas & other exercises; Pranayama & other breathing exercises; Yogic relaxation techniques and other relaxation techniques; Yogic meditation and other methods of meditation

PRACTICAL

Practical – 100 marks

Teaching hours – 150

1. Yogic Sukshma Vyayama:

- i. Buddhi Tatha Dhruti Shakti Vikasaka (developing the mind and will power)
- ii. Smarana Shakti Vikasaka (developing the memory)
- iii. Medha Shakti Vikasaka (developing the intellect)
- iv. Netra Shakti Vikasaka (developing the eye sight)
- v. Kapola Shakti Vardhaka (rejuvenating the cheeks)
- vi. Karna Shakti Vardhaka (improving the power of hearing)
- vii. Griva Shakti Vikasaka (strengthening the neck – 1, 2, 3)
- viii. Skandha Tatha Bahu Mula Shakti Vikasaka (developing the strength of the shoulder-blades and joints)
- ix. Bhuja Bandha Shakti Vikasaka (strengthening the upper arms)
- x. Kurpara Shakti Vikasaka (strengthening the elbows)
- xi. Bhuja-Valli Shakti Vikasaka (strengthening the fore-arms)
- xii. Purna Bhuja Shakti Vikasaka (developing the arms)
- xiii. Mani Bandha Shakti Vikasaka (developing the wrists)
- xiv. Kara Prushtha Shakti Vikasaka (developing the back of the hand)
- xv. Kara Tala Shakti Vikasaka (developing the palms)
- xvi. Anguli Mula Shakti Vikasaka (developing the finger-joints)
- xvii. Anguli Shakti Vikasaka (strengthening the fingers)
- xxviii. Vaksha Sthala Shakti Vikasaka (developing the chest – 1, 2)
- xix. Udara Shakti Vikasaka (developing the abdominal muscles – 1 to 10)
- xx. Kati Shakti Vikasaka (strengthening the back – 1 to 5)
- xxi. Muladhara Chakra Shuddhi (toning up the bowels)
- xxii. Upastha Tatha Swadhishthana Chakra Shuddhi (cleaning and toning up the bowels)
- xxiii. Kundalini Shakti Vikasaka (developing the power of the mystic coil – Kundalini)
- xxiv. Jangha Shakti Vikasaka (strengthening the knees – 1, 2, 3)
- xxv. Pindali Shakti Vikasaka (developing the calves)
- xxvi. Pada Mula Shakti Vikasaka (developing the strength of the soles)
- xxvii. Gulpha Padaprushtha Padatala Shakti Vikasaka (developing the strength of ankles and the feet)
- xxviii. Padanguli Shakti Vikasaka (developing the toes)

2. Yogic Sthula Vyayama:

- i. Rekha Gati (walking in a straight line)
- ii. Hrud Gati (the locomotive exercise)
- iii. Utkurdana (the jumping exercise)

- iv. Urdhva Gati (upward movements)
- v. Sarvanga Pushti (developing entire body)
- vi. Shirasana (standing on the head)
- vii. Suryanamaskara

3. Asanas:

- i. Siddhasana
- ii. Padmasana
- iii. Bhadrasana
- iv. Swastikasana
- v. Simhasana
- vi. Gomukhasana
- vii. Virasana
- viii. Dhanurasana
- ix. Shavasana
- x. Matsyendrasana
- xi. Pashchimottanasana
- xii. Mayurasana
- xiii. Kukkutasana
- xiv. Kurmasana
- xv. Uttanakurmasana

4. Pranayama:

- i. Uchcharita Pranava
- ii. Anuloma-Viloma
- iii. Shitali
- iv. Bhramari

5. Mudra:

- i. Maha
- ii. Mahavedha
- iii. Khechari
- iv. Viparitakarani
- v. Vajroli
- vi. Shaktichalani
- vii. Amaroli
- viii. Sahajoli

6. Bandha:

- i. Jalandhara
- ii. Uddiyana
- iii. Mula
- iv. Maha

7. Shatkarma:

- i. Neti – Jala & Sutra
- ii. Dhauti – Jala, Vastra
- iii. Trataka
- iv. Kapalabhati
- v. Shankha Prakshalana

8. Prayer:

- i. Svasti Mantra
- ii. Gayatri Mantra
- iii. Shanti Mantra

-: REFERENCE BOOKS :-

1. Hatha Pradeepika – Swatmaram – Kaivalyadham – Lonavla
2. Gheranda Samhita – Kaivalyadham – Lonavla
3. Shiva Samhita – Kaivalyadham – Lonavla
4. Seminar on Yoga Science & Man – CCRIMH
5. Encyclopaedia of Indian Physical Culture – edi by D.C.Majumdar
6. Yoganka – Kalyana – Annual Special issue.
7. Yogika Sukshma Vyayama – Swami Dharendra Brahmachari
8. Asana Pranayama Mudra Bandha – Bihar Yoga Bharati – Munger

Paper – 6

PHILOSOPHY OF NISARGOPACHARA

(Total = Theory – 100+Practical – 100 = 200 marks)

Theory – 100 marks

Teaching hours – 110

Part – A (each unit bears 10 marks = total 50 marks)

Unit – 1

General outline of Nisargopachara philosophy; Evolution of universe & man according to ancient texts (Veda, Sankhya, Nyaya etc.); Concept of life, behavior & health according to Nisargopachara

Unit – 2

Penta element: Penta elemental concept of Tri-Dosha; Penta-elemental concept of Deha Prakruti & its relationship with Tridoshatmaka & Trigunatmaka Prakruti; scientific approach towards the penta-elemental theory; **Concept of cleansing** according to Nisargopachara

Unit – 3

Fundamental principles of Nisargopachara: Eastern: Penta – elements: The principle of Pancha Mahabhuta; **Akasha** – definition, functions inside the body & characteristics of Akasha Mahabhuta dominated Dravyas; **Vayu** – definition, functions inside the body & characteristics of Vayu Mahabhuta dominated Dravyas; **Agni** – definition, functions inside the body & characteristics of Agni Mahabhuta dominated Dravyas

Unit – 4

Penta – elements: Jala – definition, functions inside the body & characteristics of Jala Mahabhuta dominated Dravyas; **Pruthvi** – definition, functions inside the body & characteristics of Pruthvi Mahabhuta dominated Dravyas; The principle of Panchikarana/ Bhutanupraves Siddhanta; **Sharira Dharma** – Ahara, Nidra, Bhaya, Maithuna

Unit – 5

Gandhian concepts of Nisargopachara; Gandhian view of socio-economic impact of Nisargopachara; **Arogya Rakshaka Pancha Tantra** – exercise, fasting, diet, prayer & water intake

Part – B (each unit bears 10 marks = total 50 marks)

Unit – 1

Fundamental principles of Nisargopachara: Western: Crisis – Definition, Types, Occurrence and its Management; Inflammation and its various stages according to Naturopathy and Modern Medicine; Suppression of symptoms and its effects; Drug Reactions: Causes – intrinsic & extrinsic; Vaccination & inoculation and their effects

Unit – 2

Concepts according to: Lindlhar: Primary and secondary cause for disease; Manifestation of disease, its prevention and cure; Upas tree; **J. H. Tilden:** Toxaemia theory; Enervation

Unit – 3

Concepts according to: Louis Kunhe: Foreign matter theory, Unity of disease and unity of cure, Encumbrances, Facial expression

Unit – 4

Understanding of: Law of Periodicity, Law of disease and reverse order of cure; Theory of Vitality and Vital economy; Unity of disease & unity of cure; Constructive & destructive principles; Natural rejuvenation, Natural contraceptive methods (for males & females) and their importance, effectivity & utility;

Unit – 5

Prayer: Definition, aims & objectives, importance in Nisargopachara; Comparative study of Nisargopachara with other systems of medicine

:- REFERENCE BOOKS :-

1. Relevant portions from Rigveda – Aryasamaj Prakashan
2. Relevant portions from Yajurveda - Aryasamaj Prakashan
3. Relevant portions from Samaveda - Aryasamaj Prakashan
4. Relevant portions from Atharvaveda - Aryasamaj Prakashan
5. Relevant portions from Brahman, Aranyak, Sutra Texts – Various publishers
6. 108 Upanishads – Khwaja Qutub – Bareilly.
7. Relevant portions from various Puranas
8. Relevant portions from Charaka, Sushruta, Vagbhatta & other Ayurvedic texts
9. Prakrutik Ayurvijnana – Dr. Jindal – Republication of Kalyana Anka Arogya Seva Prakasham, Modinagar.
10. History and Philosophy of Nature cure – By S. J. Singh
11. Philosophy of Nature cure – By Henry Lindlhar
12. Human culture and cure – By Dr. E.D.Babbit
13. My Nature cure – By M. K. Gandhi
14. Key to health – M. K. Gandhi
15. Rama Nama – M. K. Gandhi
16. The New Science of Healing – By Louis Kuhne
17. Return to Nature – Adolf Just
18. The blood washing method – Dr. Benedict Lust
19. Impaired health its cause & cure – Dr. J. H. Tilden
20. The science of facial expression – Dr. Louis Kunhe

Paper – 7
FUNDAMENTS OF AYURVED – 2

Theory – 100 marks

Teaching hours – 110

Part – A (each unit bears 10 marks = total 50 marks)

Unit – 1

Concept of Shat Padartha & Abhava; their characteristic fetures, definitions and relevance in Ayurved & other life sciences

Unit – 2

Pramana – introduction, characteristics, explanation of Prama – Pramana – Aprama – Smruti – Bhranti; importance of Pramana, different opinions regarding the number of Pramana; inclusion of Ashtavidha Pramana into Trividha Pramana, opinions of Ayurvedic texts regarding Pramana & Pariksha.

Unit – 3

Aptopadesha and Pratyaksha – Introduction, characteristics and detailed explanation

Unit – 4

Anumana and Yukti – Introduction, characteristics and detailed explanation

Unit – 5

Other Pramanas – Introduction, characteristics and detailed explanation of Upamana Pramana; Introduction to other Pramanas like Arthapatti, Anupalabdhi, Abhava, Sambhava, Cheshta, Parishesha, Itihasa and Aitihya

Part – B (each unit bears 10 marks = total 50 marks)

Unit – 1

Introduction to philosophy in Indian context – difference in Tattvajnana & Darshana; Introduction to ethics

Unit – 2

Karya – Karana Vada – definition; types of Karana and its relevance to health and disease

Unit – 3

Samanya – Vishesha Siddhanta and its applied aspect as Vruddhi – Kshaya Siddhanta

Unit – 4

The concept of Kala (time): Definition & Charactristics, its relevance to different Avastha (including age) and its various dimensions and relevance in health

Unit – 5

Concept of Desha: Definition & Characteristics, its various dimensions like Deha Desha – Bhumi Desha; Anupa – Jangala – Sadharana & their relevance in health;

Concept of Disha: Definition & Characteristics, its various dimensions & their relevance in health

-: Reference Books :-

1. Padartha Vijnanam – Acharya Ramaraksha Pathak
2. Ayurvediya Padartha Vijnanam – Vaidya Ranjit Rai Desai
3. Ayurved Darshanam – Acharya Rajkumar Jain
4. Padartha Vijnanam – Vaidya Kashikar
5. Padartha Vijnanam – Vaidya Balvant Shastri
6. Kanad Gautamiyam
7. Sankhya Tattva Kaumudi – Gajanan Shastri
8. Charaka Evam Sushruta Ke Darshanik Vishaya Ka Adhyayana – Jyotirmitra Acharya
9. Relevant portions from Charaka Samhita, Sushruta Samhita, Vagbhatta and other Ayurvedic texts
10. Vedon me Ayurved – Rama Gopal Shastri
11. Hindu medicine – Zimmer
12. Science & philosophy of Indian medicine – Dr. K. N. Udappa
13. Psychopathology in Indian medicine – Dr. S. P. Gupta