

## Paper – 1

### ROGA VIJNANA – VIKRUTI VIJNANA

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

Theory – 100 marks

Teaching hours – 70

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

#### Unit – 1

**Introduction:** Definition of Vikruti Vijnana (Pathology), its importance and branches; **Concept of vitiated Dosha** – Dosha as a principal cause of Vyadhi; signs & symptoms of increased & decreased Dosha, migration of Dosha from Koshtha to Shakha & Shakha to Koshtha, causative factors of Dosha accumulation & aggravation

#### Unit – 2

**Concept of Agni Dushti** (Manda, Tikshana & Vishama) – Jatharagni, Dhatvagni, Bhutagni and related disorders with special reference to metabolic disorders; **Concept of Ama:** Origin, Definition, Characteristics & Symptomatology; signs & symptoms of Sama Dosha, Dhatu & Mala

#### Unit – 3

**Concept of vitiated Dhatu, Upadhatu & Mala** – signs & symptoms of increased & decreased Dhatu, Upadhatu & Mala; causative factors of vitiation of Dhatu, Upadhatu & Mala, Role of Dhatu, Upadhatu & Mala in disease production; **Interdependency (Ashraya – Ashrayi Bhava)** of Dosha & Dushya; **Concept of Oja vitiation** – causative factors, signs & symptoms and related disorders

#### Unit – 4

**Concept of vitiated Srotas** – causative factors of vitiation of various Srotas, signs & symptoms of vitiated Srotas, importance of Srotas and Srotomula in disease production; Anomalies due to Indriya Pradosha (vitiation of sensory & motor organs)

## Unit – 5

**Yogic & Naturopathic Aspect of Vikruti:** Vitiation of Dashavidha Prana according to Yoga & Ayurveda, Role of Svava (nostril breathing) and Nadis, Karma Vipaka and Pancha Kosha Vikruti in production and manifestation of diseases; Vitiation of penta-elements and accumulation of morbid matter – as cause for disease manifestation.

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

## Unit – 1

**The cell and the reaction of cell, tissue & organ to injury** – causes (toxic substances, physical agents & lack of nutrients) & nature of cell injury; infectious agents & parasites; Introduction to Immunopathology; immunological defects – autoimmune disorders & various types of sensitivities; Reaction of cell to injurious agents – Lethal injury – necrosis & gangrene, Sub lethal injury – cloudy swelling; fatty changes in liver, heart & kidney; glycogen infiltration and hyaline degeneration; lipoid degeneration, Goucher's disease; mucoid degeneration, Excessive or abnormal accumulations – amyloid, Pathological calcification

## Unit – 2

**Bijam, Bija Dushti & Tatjanya Vikara; genetic defects like congenital disorders** – Klinefelter's syndrome, Turner's syndrome, Down's syndrome; **Growth & its disorders** - definitions of agenesis, aplasia, atrophy, hyperplasia, hypertrophy, hypoplasia, metaplasia, dysplasia, anaplasia and carcinoma in situ.

## Unit – 3

**Inflammation & repair** – definition, classification & nomenclature, acute & chronic inflammation; Wound healing; **Granulomas** – classification & characteristics

## Unit – 4

**Introduction to fluid & hemodynamic changes** – Coagulation into veins & arteries and its pathological significance

## Unit – 5

**Neoplasia** – definition, classification and nomenclature, characteristic features of benign & malignant tumors; definition of common tumors like fibroma, lymphoma, lipoma, angioma, leiomyoma, fibro sarcoma, lympho sarcoma, angiosarcoma, leiomyosarcoma

### Paper – 2

#### ROGA VIJNANA – VIKRUTI VIJNANA – 2

**Theory – 100 marks**

**Teaching hours – 70**

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

#### Unit – 1

**Disease:** Definition, introduction & classification according to Charaka, Sushruta & Vagbhata; classification of disorders according to WHO & its co-relation with Ayurvedic classification; evolution of disorders; Yogic & Nisargopachariya (traditional and modern) concept of disease production

#### Unit – 2

**Stages of disease production – Shat Kriya Kala:** Samchaya (accumulation), Prakopa (aggravation), Prasara (circulating into body), Sthana Samshraya, Vyakti (expression of disease in form of signs & symptoms) & Bheda; **Trimarga** – Three paths of disease production, specific disorders according to these paths; **Stages of disorders** – Antarvega (internal manifestation) & Bahirvega (external expression); Description of Ama & Pakva stages of disorders; Categorization of disorders according to penetration in superficial & deep Dhatu

#### Unit – 3

**Nanatmaja & Samanya Vikara:** Nanatmaja Vikara (disease produced by single Dosha), difference between Nanatmaja & Samanya Vikara; Nanatmaja disorders of Vata, Pitta and Kapha Dosha and their probable interpretation according to the sciences of Yoga and Nisargopachara; **Nidanarthkara Roga** (Disease as causative factor to other disease); Vyadhi Hetu Sankarya (Combination of causative factors of various disorders) & as a result mixture of symptoms of various disorders at once, severity of disease

#### Unit – 4

**Diagnostics:** Introduction & importance of Nidana Panchaka (five tools for diagnosis – Nidana, Purvarupa, Rupa, Upashaya & Samprapti); Upadrava and Sadhya-Asadhyata of diseases; Vyavachchedaka Nidana (Differential diagnosis); **Rogi Pariksha Vidhi (examinations of patient)** – Trividha Pariksha; Shadvidha Pariksha; Ashtavidha; Dashavidha Pariksha;

#### Unit – 5

**Yogic & Nisargopachariya diagnostic methods** – The concept of Adhi and Vyadhi (Yoga Vashishtha); Umbilical diagnosis; Breath diagnosis (Svara); The concept of Vrutti, Klesha, Antaraya and Vikshepa Sahabhuva (Maharshi Patanjali); The concept of Sattva, Rajas and Tamas (Shrimad Bhagvad Gita); The concept of Chakra and Nadis; Iri-diagnosis; Facial diagnosis; Chromo diagnosis; Accu point diagnosis; Spinal diagnosis; Phrenology

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

*Description of following disorders according to the Yogic & Nisargopachariya concepts (including the organ defects) based on Ayurvedic guidelines & brief co-relation with modern view:*

#### Unit – 1

**Rasavaha Srotogata** – Jvara, Shotha, Karshya, Amavata; **Annavaha Srotogata** – Chhardi, Agnimandya, Ajirana, Anaha, Adhmana, Atopa, Amlapitta, Shula, Udararoga, Grahani, Krumi

#### Unit – 2

**Raktavaha Srotogata** – Raktapitta, Pandu, Yakruta Vikara (Kamala, Kumbha Kamala etc.), Pliha Vikara, Parivruddha Raktachapa (Hypertension), Vatarakta, Koshtrukashirsha, Shitapitta, Udarda, Kotha, Shitala, Masurika, Romantika, Snayuka, Shlipada, Firanga, Upadamsha (S.T.D.s); **Tvak Gata Roga (skin disorders)** – Kushtha, Visarpa, Kshudra Rogas

**Unit – 3**

**Pranavaha Srotogata** – Hrudroga, Hrudshula, Hrudayabhighata, Parshvashula, Urastoya, Raja Yakshma, Urah Kshata, Kshata Kshina, Svarabheda; **Udakavaha Srotogata** – Atisara, Pravahika, Visuchika, Vilambika, Trushna; **Mutravaha Srotogata** – Ashmari, Vrikka Shula, Mutrakruchchha, Mutraghata, Ushnavata

**Unit – 4**

**Medovaha Srotogata** – Prameha, Sthaulya; **Asthivaha Srotogata** – Sandhigatavata; **Vatanadivaha Srotogata** – Avrutavata, Akshepaka, Stambhaka, Ardita, Grudhrasi, Pakshaghata, Vishvachi, Antarayama, Bahirayama, Khanja, Kampa

**Unit – 5**

Manovaha Srotogata – Murchchha, Sanyasa, Unmada, Apasmara, Atattvabhinivesha, Madatyaya

**PRACTICAL**

**Practical – 100 marks**

**Teaching hours – 110**

1. Laboratory examinations
  - a. Blood – Hb, TC, DC, ESR, Erythrocyte count, Smear microscopy in pathological conditions
  - b. Urine – Physical, Chemical, Microscopic in pathological states and pregnancy test
  - c. Stool – Physical, Chemical and Microscopic in pathology
  - d. Semen – Physical, Chemical and Microscopic in pathology
  - e. Sputum – Physical, Chemical and Microscopic in pathology
2. X – ray & sonography
3. EEG, ECG, EMG, CT scan
4. Bio-feedback mechanisms – GSR etc
5. Bio-chemical tests – Blood sugar, Albumin, Bilirubin in pathological stages
6. ELISA
7. Microscopy
8. Knowledge about using various diagnostic equipments

9. Clinical examinations

10. Applied aspects of Yogic and Naturopathic diagnostic methods

- ◆ **Journal (Laboratory exams – 10 practical --- 04 Blood, 02 Urine, 02 Stool, 01 Sputum, 01 Semen ),**
- ◆ **Yogic and Nisargopachariya Diagnosis (02 Umbilical, 02 Svava, 02 Sattva-Rajas-Tamas, 02 Chakra-Nadi, 02 Iri-diagnosis, 02 Facial diagnosis, 02 Chromo diagnosis, 02 Accu point diagnosis, 02 Spinal diagnosis, 02 Phrenology)**
- ◆ **10 patient examination forms**

**:- REFERENCE BOOKS :-**

1. Rogi Pariksha Vidhi ..... Acharya Priyavrata Sharma
2. Madhava Nidana 1 – 2 ..... Yadunandana Upadhyaya
3. Siddhanta Nidana 1 – 2 ..... Kaviraj Gananatha Sen
4. Ayurvediya Vyadhi Vijnana ..... Vaidya Y. T. Acharya
5. Ayurvediya Nidana-Chikitsa Ke Siddhanta ..... Prof. R. H. Singh
6. Relevant portions from Charaka Samhita, Sushruta Samhita, Ashtanga Hridaya and Ashtanga Samgraha
7. Textbook of Pathology ..... Anderson
8. Systemic Pathology ..... Symmers
9. Medical laboratory pathology ..... Ramnik Sood
10. Pathological basis of disease ..... Robbins, Cotran & Kumar
11. Text book of Pathology ..... N. C. Dey
12. Science of Facial Expressions ..... Louis Kuhne
13. The new Science Healing ..... Louis Kuhne
14. The science and practice of Iridology ..... Bernard Jensen
15. Iridiagnosis and other diagnostic methods ..... Henry Lindlhar
16. Iridology – A guide to Iris analysis and preventive health care ..... Adam J Jackson
17. Iridology – How to discover your own pattern of health and well being through the eye ..... Dorothy Hall
18. Iridology – A complete guide to diagnosing through the iris and all related forms of treatment ..... Davidson Farida
19. Vision of Health – Understanding Iridology ..... Jensen, Bernard and Booden, Donald
20. Eyes talk – through Iridology better health ..... Vriend John
21. Yogic Sukshma Vyayama ..... Swami Dharendra Brahmachari
22. Siddha Siddhanta Paddhati ..... Gorakhanatha
23. Shiva Svarodaya Shastra ..... Chaukhambha Publication
24. Shiva Samhita ..... Kaivalyadham, Lonavla

25. Yoga Vashishtha – Pt. Sri Ram Sharma Acharya
26. Shrimad Bhagvad Gita
27. Patanjala Yoga Sutra – Kaivalyadhama, Lonavla
28. Hatha Pradipika – Kaivalyadham, Lonavla
29. Kundalini – the human potential energy ----- Lajpat Rai

**Paper – 3**  
**YOGA PHILOSOPHY – 2**

**Theory – 100 marks**

**Teaching hours – 110**

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

**Unit – 1**

**Philosophy of Yoga according to Yogopanishats:** 1. Jabaladarshana Upanishat  
2. Yoga Shikha Upanishat 3. Yoga Chudamani Upanishat 4. Yajnya Valkya  
Smruti 5. Yoga Vartika 6. Trishikhibrahmanopanishat 7. Advayatarakopanishat  
8. Darshanopanishat 9. Nadabindupanishat 10. Pashupatabrahmanopanishat  
11. Mandalabrahmanopanishat 12. Mahavakyopanishat

**Unit – 2**

**Philosophy of Yoga according to Yogopanishats:** 1. Shandilyopanishat  
2. Hamsopanishat 3. Amrutanadopanishat 4. Amrutabindupanishat  
5. Kshurikopanishat 6. Tejobindupanishat 7. Brahmavidyopanishat  
8. Yogatattvopanishat 9. Varahopanishat 10. DhyanaBindu Upanishat 11. Yoga  
Kundali Upanishat

**Unit – 3**

**Philosophy of Yoga according to:** 1. Maha Nirvana Tantra 2. Kularnavatantra  
3. Vijnana Bhairava Tantra 4. Shatchakra Nirupana 5. Rudrayamalatantra 6.  
Yoginiredyatantra 7. Bhairavtantra

**Unit – 4**

**Philosophy of Yoga according to:** 1. Hatha Pradipika 2. Gheranda Samhita  
3. Shiva Samhita 4. Goraksha Samhita 5. Hatha Ratanavali

**Unit – 5**

**Philosophy of Yoga according to:** Shiv Swarodaya

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

*Explanation of the following concepts according to Patanjala Yoga Sutra:*

**Unit – 1**

**Yoganushasana, Chittavrutti and Chittavrutti Nirodha**



## Unit – 2

**Various types of Samadhi** i.e. Samprajnat and Asamprajnat Samadhi, Savitarka and Nirvitarka or Savichara and Nirvichara Samadhi, Sabija and Nirbija Samadhi

## Unit – 3

**Types of Sadhaka, Ishvara (God), Antaraya and its cessation and Rutumbhara Prajna**

## Unit – 4

**Kriya Yoga, Klesha and Klesha Kshaya, Heya Hetu, Hana and Hanopaya, Seven stages of Prajna**

## Unit – 5

**Yoganga: Yama:**– Satya – Ahimsa – Asteya – Brahmacharya – Aparigraha;

**Niyama:**– Shaucha, Asana, Pranayama and Pratyahara.

### **-: REFERENCE BOOKS :-**

1. The message of Upanishadas- Ranganathananda
2. Upanishad – 108 upanishads – Gorakhpur / Khwajaqutub – Bareli
3. Yogopanishats by Adyar library, Chennai
4. Patanjala Yoga Sutra – P. V. Karamavelkar – Kaivalyadham publi., Lonavla
5. Patanjala Yoga Sutra – CCRYN, New Delhi
6. The psychology of Yoga – I K Taimani, MLBD
7. Patanjala Yoga Sutra – Swami Prabhavananda
8. Yoga philosophy of Patanjala – P. N. Mukherjee, Calcutta University
9. Hatha Yoga pradeepika – Swatmaram – Kaivalyadham – Lonavla
10. Gheranda Samhita – Kaivalyadham – Lonavla
11. Shiva Samhita – Kaivalyadham – Lonavla
12. Goraksha Samhita – Gorakhpur / Khwajaqutub – Bareli.
13. Yoga and Indian philosophy – Karel Klarner
14. Shivasutras (The yoga of supreme identity) – Jaidev Singa
15. The upanishad, The Bhagvadgita, The Dhammapads – Juan Hascaro
16. Hatha yoga (The Hidden Language ) – Swami Shivananda Radha
17. Yoga – Key to Life – James Mc cartney
18. Seminar on Yoga Science & Man – CCRIMH
19. Yoganka – Kalyana – Annula Special issue
20. Mahanirvana Tantra – Chaukhambha / MLBD
21. Kularnava Tantra – Chaukhambha / MLBD
22. Vijnana Bhairava Tantra – Chaukhambha / MLBD
23. Shat Chakra Nirupana – Chaukhambha / MLBD
24. Kundalini – the human potential energy ----- Lajpat Rai
25. Kundalini – Gopi Krishna

**Paper – 4**

**YOGA PRACTICES – 2**

*(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**

**Asanas:** Definitions as mentioned in Gheranda Samhita, Shiva Samhita & Goraksha Samhita, Types and Practices as mentioned in Gheranda Samhita, Shiva Samhita & Goraksha Samhita with their physiological actions, Therapeutic importance:

Vajrasana	Muktasana	Guptasana	Mandukasana
Matsyasana	Samkatasana	Gorakshasana	Uttanamandukasana
Utkatasana	Vrukshasana	Garudasana	Vrushasana
Shalabhasana	Makarasana	Ushtrasana	Bhujangasana
Yogasana			

**Unit – 2**

**Pranayama:** Definitions as mentioned in Gheranda Samhita, Shiva Samhita & Goraksha Samhita, Types, Concept & practices as mentioned in practicals with their physiological actions.

Nadi Shodhana	Suryabhedana	Ujjayi	Bhastrika
Sitkari	Sahita	Kevali	
Murchchha & Plavini – introduction			

**Unit – 3**

**Mudra:** Definitions as mentioned in Gheranda Samhita, Shiva Samhita & Goraksha Samhita, Types, Practices as mentioned in the Gheranda Samhita, Shiva Samhita & Goraksha Samhita with their physiological actions, Therapeutic importance

Nabho	Yoni	Tadagi	Manduki
Shambhavi	Ashvini	Pashini	Kaki
Matangi	Bhujangini		

#### Unit – 4

**Bandha:** Definitions as mentioned in Gheranda Samhita, Shiva Samhita & Goraksha Samhita, Types, Practices as mentioned in the Gheranda Samhita, Shiva Samhita & Goraksha Samhita with their physiological actions, Therapeutic importance

Mula

Uddiyana

Jalandhara

Maha

#### Unit – 5

**Shatkarma:** Definitions as mentioned in Gheranda Samhita, Shiva Samhita & Goraksha Samhita, Types, Practices as mentioned in the Gheranda Samhita, Shiva Samhita & Goraksha Samhita with their physiological actions, Shankha Prakshalana – procedure & its physiological actions, Therapeutic importance.

**Dhauti: Antaskrita Dhauti:** Antar, Vatasara, Varisara & Agnisara

**Bahishkrita Dhauti:** Danta, Danda, Danta Mula, Jihva Shodhana, Karna, Hrid, Vastra, Vamana, Mulashodhana

**Bastis:** Jala & Sthala

**Kapalabhati:** Vatakrama, Vyutkrama & Sitkrama

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

#### Unit – 1

**Svarodaya:** etymology, definition, meaning, importance, practices for health maintenance, therapeutic utilization and other purposes; **Prayer:** meaning and understanding of – Rudropasana, Savitru Upasana, Mahapurusha Vidya, Aum Stavana.

#### Unit – 2

**Kundalini:** etymology, definition, synonyms, types, manifestation, stages, awakening, symptoms of Kundalini awakening, benefits of Kundalini awakening, its relationship with Chakras and Nadis, various classical practices related to the awakening of Kundalini.

#### Unit – 3

**Suryanamaskara:** its steps, mantras and their meaning according to the steps, importance of suryanamaskara in health and diseased conditions; Indications & contra-indications of various **Yogic practices:** Sukshma Vyayama, Sthula Vyayama, Shat Karma, Asanas, Pranayama, Mudra, Bandha.

#### Unit – 4

**Yoga teaching methodology:** its importance, technique of preparing lesson plans, lesson plans for: Health maintenance, Various disorders, Individuals, Groups, Males – children (kids and adolescents) – Adult – Elderly, Females – children (kids and adolescents) – Adult (pregnant, lactating and menopausal) – working women – Elderly, Yoga as rehabilitation.

#### Unit – 5

**Yoga teaching methodology:** Preparing specific lesson plans for different occupations and purposes – executives – teachers – laborers – factory workers (depending on the work type) – armed forces (various cadres) – field / marketing executives – technicians / laboratory assistant – computer operators; Personality development & memory boosting through Yogic practices

### PRACTICAL

**Practical – 100 marks**

**Teaching hours – 110**

#### 1. Shat Karma:

##### a. Dhauti:

##### 1. Antaskrita Dhauti:

Antar                      Vatasara                      Varisara                      Agnisara

##### 2. Bahishkrita Dhauti:

Danta                      Danta Mula                      Jihva Shodhana                      Karna                      Hrid  
Danda                      Vastra                      Vamana                      Mulashodhana

##### b. Bastis:

Jala                      Sthala

**c. Neti:**

**d. Trataka:**

**e. Kapalabhati:**

Vatakrama      Vyutkrama      Sitkrama

## **2. 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)
- xviii. 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 Swadhishtana 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)

### 3. Yogic Sthula Vyayama:

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

### 4. Asanas:

Siddhasana	Padmasana	Bhadrasana	Muktasana
Vajrasana	Swastikasana	Simhasana	Gomukhasana
Virasana	Dhanurasana	Shavasana (Mrutasana)	Guptasana
Matsyasana	Matsyendrasana	Gorakshasana	Pashchimottanasana
Utkatasana	Samkatasana	Mayurasana	Kukkutasana
Kurmasana	Uttanakurmasana	Mandukasana	Uttanamandukasana
Vrukshasana	Garudasana	Vrushasana	Shalabhasana
Makarasana	Ushtarasana	Bhujangasana	Yogasana

### 5. Pranayama:

Anuloma – Viloma	Nadi Shodhana	Suryabhedana	Ujjayi
Shitali	Bhastrika	Bhramari	Sitkari
Sahita	Kevali	Murchchha & Plavini – introduction	

### 6. Mudra: (Deha)

Maha	Nabho	Mahavedha	Khechari
Viparita Karani	Yoni	Vajroli	Sahjoli
Amaroli	Shaktichalani	Tadagi	Manduki
Shambhavi	Ashvini	Pashini	Kaki
Matangi	Bhujangini		

### 7. Bandha:

Mula	Uddiyana	Jalandhara	Maha
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## 8. Prayer:

Swasti Mantra Rudropasana SavitruUpasana Mahapurusha Vidya Aum Stavana

**A journal consisting of 40 practical  
(10 Shatkarma, 10 Asana, 10 Mudra, 5 Pranayama, 2 Bandha, 3 Prayer)**

### **-: REFERENCE BOOKS :-**

- |  |   |
|--|---|
| 1.The message of Upanishadas                   | – Ranganathananda                                     |
| 2.108 upanishads                               | – Khwajaqutub – Bareli                                |
| 3.Yogopanishats                                | – Adyar library, Chennai                              |
| 4.Patanjala Yoga Sutra                         | – P. V. Karamavelkar,<br>Kaivalyadham publi., Lonavla |
| 5.Patanjala Yoga Sutra                         | – CCRYN, New Delhi                                    |
| 6.The psychology of Yoga                       | – I K Taimani, MLBD                                   |
| 7.Patanjala Yoga Sutra                         | – Swami Prabhavananda                                 |
| 8.Yoga philosophy of Patanjala                 | – P. N. Mukherjee, Calcutta<br>University             |
| 9.Hatha Yoga pradeepika                        | – Swatmaram, Kaivalyadham,<br>Lonavla                 |
| 10. Gheranda Samhita                           | – Kaivalyadham, Lonavla                               |
| 11. Shiva Samhita                              | – Kaivalyadham, Lonavla                               |
| 12. Goraksha Samhita                           | – Gorakhpur / Khwajaqutub,<br>Bareli.                 |
| 13. Yoga and Indian philosophy                 | – Karel Klarnar                                       |
| 14. Shivasutras (The yoga of supreme identity) | – Jaidev Singa  |
| 15. The upanishad, The Bhagvadgita,            |   |
| 16. The Dhammapads                             | – Juan Hascaro  |
| 17. Hatha yoga (The Hidden Language )          | – Swami Shivananda Radha                              |
| 18. Yoga – Key to Life                         | – James Mc cartney                                    |
| 19. Seminar on Yoga Science & Man              | – CCRIMH  |
| 20. Yoganka – Kalyana                          | – Annula Special issue                                |
| 21. Mahanirvana Tantra                         | – Chaukhambha / MLBD                                  |
| 22. Kularnava Tantra                           | – Chaukhambha / MLBD                                  |
| 23. Vijnana Bhairava Tantra                    | – Chaukhambha / MLBD                                  |
| 24. Shat Chakra Nirupana                       | – Chaukhambha / MLBD                                  |
| 25. Kundalini – the human potential energy     | – Lajpat Rai  |
| 26. Kundalini                                  | – Gopi Krishna  |
| 27. Meditation according to Vedanta            | – Swami Siddheshwarananda                             |
| 28. Meditation from Tantra                     | – Swami Nishalanda                                    |
| 29. The secret power of Tantrika Breathing     | –   |

**Paper – 5**

**NISARGOPACHARA – 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**

**Natural therapeutics:** Introduction; **Pancha Tattva:** therapeutic application, therapies of different Tattva

**Unit – 2**

**Effect of temperature** on the body; Production of heat & it's distribution in the body, reflex areas of the body, result of the application of hot & cold over those reflex areas, action & reaction, conditions that encourage & discourage reaction, internal reaction, thermal reaction

**Unit – 3**

**Mud Therapy:** Definition, introduction, history, importance of mud in health & disease; Composition of mud and general properties; Collection of mud – types & their characteristic features; Principles of mud therapy

**Unit – 4**

**Mud** – Preparation for clinical use – types of application; Mud poultices – mud packs, heating the mud; Effect of mud on the body

**Unit – 5**

**Mud** – Cosmetic uses of mud; Thermal bath; Different types of mud and their uses according to Acharya Sushruta

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

**Unit – 1**

**Hydrotherapy** – Definition, introduction, history, importance and role of water in health & disease; Properties of water and various forms in which the water is used for therapy; Principles of hydrotherapy



## **Unit – 2**

**Hydro** – Internal usage of water – drinking, enema etc. with physiological explanation; Ancient concept of Snana, types, benefits, its indications – contraindications with physiological explanation

## **Unit – 3**

**Hydro** – Modern concept of various types of baths, compresses / packs and other applications of water with physiological explanation; Role of water in acute and chronic disorders; General indications & contraindications

## **Unit – 4**

**Fomentation** – Definition, introduction, history, importance in health & disease; Principles of fomentation; Ancient concept of Svedana (fomentation) – types, benefits, its indications - contraindications with physiological explanation

## **Unit – 5**

**Fomentation** – Modern concept of fomentation & its types; Description of wet & dry fomentation; Physiological action of various types of fomentation; Special techniques of fomentation like wax bath etc. & their physiological effects

## **PRACTICAL**

**Practical – 100 marks**

**Teaching hours – 110**

### 1. Mud therapy:

- a. Mud pack
- b. Mud application
  - i. Local
  - ii. Whole body
- c. Mud bath
  - i. Local
  - ii. Whole body

### 2. Hydrotherapy:

- a. Packs: - dry & wet sheet pack
  - i. Head
  - ii. Eye
  - iii. Neck
  - iv. Chest

- v. Upper limb
- vi. Trunk
- vii. Abdomen
- viii. 'T' pack
- ix. Lower limb
- x. Spinal

b. Bath:

- i. Foot
- ii. Hip
- iii. Spinal
- iv. Head
- v. Arm
- vi. Neck
- vii. Immersion
- viii. Epsom salt

3. Fomentation:

a. Dry:

- i. Cloth
- ii. Sand
- iii. Sauna

b. Wet:

- i. Steam
- ii. Steambath
- iii. Wax bath

**A journal consisting 40 practical**

**(Mud – 10, Hydro – 20, Fomentation – 10)**

**-: 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
21. Baths – S. J. Singh
22. My water cure – Sebastian Kneipp
23. Rational Hydrotherapy – Dr. J. H. Kellogg
24. The Healing Clay – Michel Abserra
25. Our Earth and Cure – Raymond Dextroit
26. Handbook of Hydrotherapy – Shew and Joel
27. Hydrotherapy in Practice – Davis, B. C. & Harrison, R. A.
28. Medical Hydrology – Sidney Licht.
29. Return to nature – Adolf Just
30. Panchatantra – B. Venkat Rao
31. Prachina Vangamaya Me Prakrutika Chikitsa – Swami Ananta Bharati, CCRYN, New Delhi

**Paper – 6**  
**FUNDAMENTS OF AYURVED – 3**

**Theory – 100 marks**

**Teaching hours – 110**

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

**Unit – 1**

**Concept of Srushti Utpatti** according to various Indian philosophies like Samkhya, Vaisheshika, Vadanta & Ayurveda

**Unit – 2**

**Concept of Atma and Purusha** – Different types of Purusha - Tri Dhatvatmaka, Shad Dhatvatmaka, Chaturvimshatika Dhatvatmaka, Panchavimshatika Dhatvatmaka Purusha; **Pinda – Brahmanda Nyaya; Concept of Satya Buddhi**

**Unit – 3**

**Concept of Ayu:** The theory of body, mind, soul and life; the relation between Sharira-Indriya-Sattva-Atma and its importance. Concept of Sukha, Duhkha and Moksha. Concept of Pragnaparadha

**Unit – 4**

**Concept of Siddhanta** – Definition, types, utility and importance. Concept of Vada – Definition, types, rules and ethics for Vada.

**Unit – 5**

**Concept of Tantra Yukti, Shabdartha Bodhaka Vritti and Shaktigraha**

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

**Unit – 1**

**Concept of Chikitsa** – Definition and various types of Chikitsa like Daivavyapashraya-Yukti Vyapashraya-Sattvavajaya; Laukiki-Naishthiki; Daivi-Manushi-Rakshasi; Shodhana-Shamana-Nidana Parivarjana; Hetu Viparita-Vyadhi Viparita- Tadarthakari etc

**Unit – 2**

**Concept of Shad Upakrama** – Langhana, Brumhana, Snehana, Rukshana, Svedana, Stambhana

### **Unit – 3**

**Concept of Panchakarma** – Vamana, Virechana, Nasya, Asthapana Basti, Anuvasana Basti

### **Unit – 4**

**Concept of Chikitsa Chatuspada**, Qualities of Pranabhisara Vaidya and Shastra Vaidya

### **Unit – 5**

**Concept of Chikitsalaya**, Panchakarmagara, Shastrakarmagara, Sutikagara and Kumaragara

#### **:- 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, Sushruta, 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
14. Relevant portions from Charaka Samhita, Sushruta Samhita, Ashtanga Hridaya, Ashtanga Samgraha & Kashyapa Samhita
15. Ayurvediya Panchakarama Vijnana – Vaidya S H Kasture

**Paper – 7**

**PHYSIOTHERAPY**

*(Total = Theory – 100+Practical – 50 = 150 marks)*

**Theory – 100 marks**

**Teaching hours – 110**

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

**Unit – 1**

**Definition, introduction, Concept & division of physiotherapy;** its relationship with Ayurved, Yoga and Nisargopachara; **Ancient concepts of Vyayama & Chankramana:** Definition, Introduction, Methods, Indication & contraindication, Benefits & its physiological actions

**Unit – 2**

**Introduction & Basic physics to exercise therapy;** its concept, principles & Mechanics; Starting positions - Fundamental, derived position, muscle work for all the fundamental starting positions

**Unit – 3**

**Classification of movements** in detail and their comparison: **Active movement** – Definition, types, techniques, effects and uses; **Passive movement** – Definition, types, techniques of relaxed passive movements & uses

**Unit – 4**

**Various types of Exercises: Introduction to:** Home exercises, Resisted exercises, Free exercises, Mat exercises, Co-ordination exercises, Breathing mechanism, Suspension therapy, Gait & crutch gait

**Unit – 5**

Introduction to **Posture** & its types; Soft Tissue Mobilization: Introduction, Definition, Classification

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

### **Unit – 1**

**Introduction to electro diagnosis & its physiological principles;** Introduction to **electro myography;** Examination of joint, soft tissue status, functional diagnosis, assessment of tone, assessment of loco motor function, exercise tolerance test; Proprioceptive Neuromuscular Facilitation techniques

### **Unit – 2**

**Physiotherapy for:** Women's health, Geriatrics, Fitness and health promotion, Industrial health, Community Based Rehabilitation, Common accidents, Sports

### **Unit – 3**

**Introduction to various therapeutic currents and Low frequency therapeutic instruments:** Interferential Therapy, Stimulators etc.

### **Unit – 4**

**Introduction to various thermal agents:** Cryotherapy, Radiant heat, Ultrasound, Short Wave Diathermy & Medium Wave Diathermy

### **Unit – 5**

**Introduction to actino therapeutics:** Ultra Violet Rays, Infra Red Rays, Therapeutic Laser

## **PRACTICAL**

**Practical – 50 marks**

**Teaching hours – 35**

1. Exercises - without equipments & with equipments (Gym exercises)
2. Active and passive movements of the body
3. Physiotherapy exercises
  - Home exercises
  - Resisted exercises
  - Free exercises
  - Mat exercises
  - Co-ordination exercises
  - Breathing mechanism
  - Suspension therapy
  - Gait & crutch gait

4. Examination of joint, soft tissue status, functional diagnosis, assessment of tone, assessment of loco motor function
5. Traction and its types
6. Physiotherapy in Sports - Games without equipments & with equipments
  - **Practical record of – 40 (20 exercises {2 exercises out of each of the exercises stated in point 1 & 3}, 05 active movements, 05 passive movements, 05 assessment, 05 tractions) Demonstrations**

**-: Reference Books :-**

1. Relevant portions from Charaka Samhita, Sushruta Samhita, Ashtanga Hridaya, Ashtanga Samgraha
2. Principles of Exercise therapy – Dena Gardiner
3. Tidy's Physiotherapy
4. Cast Textbook of Physiotherapy
5. Clayton's Electrotherapy and Actinotherapy



**Paper – 8**

**MANIPULATIVE THERAPIES**

*(Total = Theory – 100+Practical – 50 = 150 marks)*

**Theory – 100 marks**

**Teaching hours – 110**

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

**Unit – 1**

**Introduction & History:** Definition & history of manipulative therapies; Introduction, history of massage & its relation with the Abhyanga

**Unit – 2**

**Abhyanga:** Definition, Introduction, Methods, Benefits, Indications & contraindications, Benefits & its physiological actions, Effects of Abhyanga on Sparshanendriya, Seven steps of Abhyanga practices

**Unit – 3**

**Vayu Sevana:** Definition, Introduction, Methods, Indication & contraindication, Benefits & its physiological actions, Therapeutic importance of Vayu; Qualities and effects of Vayu Sevana of different directions (as per Bhava Prakasha)

**Unit – 4**

**Massage:** Definition, Techniques, Indication and contraindications, Principles, Effects, Rules, regulations and characteristics of masseur

**Unit – 5**

**Effects of the pressure** of hands and lubricants on various systems of the body; Getting crisis through massage

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

**Unit – 1**

**Basic therapeutic massage techniques,** indication and contraindication of massage; Massage & its effects

**Unit – 2**

**Special massage** to women, infant & children; Different massage manipulations, classifications and their detailed explanation, uses & contra indications

### Unit – 3

**Manipulation and life extension;** Massage with oil, powder, ice, brush, dry, vibro

### Unit – 4

**Other manipulative techniques: Chiro practic:** Origin & aims, X-ray technique & chiro practic, Importance of spine in chiro practic, Physiological effects of chiro practic, Spinal manipulative therapy, Chiro practic examination, Treatments in various disorders

### Unit – 5

**Other manipulative techniques: Osteopathy:** Definition & the basic principles, Relation of osteopathy to musculo – skeletal system, Utility of osteopathy in management of various disorders

## **PRACTICAL**

**Practical – 50 marks**

**Teaching hours – 35**

1. Abhyanga – its various stages
2. Massage – its various manipulations
3. Methods of Vayu Sevana
4. Demonstration of Chiro practice
5. Demonstration of Osteopathy

**A journal consisting 40 practicals (05 Abhyanga+20 Massage+05 Vayu Sevana+05 Chiro Practice+05 Osteopathy)**

### **-: Reference Books :-**

1. Relevant portions from Charaka Samhita, Sushruta Samhita, Ashtanga Hridaya, Ashtanga Samgraha
2. Ayurvediya Panchakarma Vijnana – Vaidya S H Kasture
3. Massage books – George Downing
4. Massage – Constant Young
5. Massage Therapy – Dr. J. H. Kellog
6. The Complete Book of Massage – Clare Maxwell Hudson
7. Step by step Massage – Carole Mc. Gilvery and Gini Reed
8. The book of Massage the Complete step-by-step guide eastern and western techniques – Luinda Lidell with Sarathomas, Carola Berb Ford Cooke and Anthony Porta
9. Massage to common ailments – Penny Rich
10. Baby Massage – the magic of Loving touch – Auckett, Anelia D
11. The ancient Indian Massage – Harish Johari
12. Massage therapy: the holistic way to physical and mental health – Jackson Richard
13. Book of Massage and Aromatherapy: Achieving complete relaxation and well being with massage and essential oils – Facroix Nity and Seager Shoron

14. Brain Massage, Revitalize mind body – Howell Kelly
15. Massage works – D. Baloti Lawrence and Lewis Harrison
16. Massage (Ayurvedic) – Achanta Laxmipathy
17. The Panchakarma treatment of T. L. Devaraj
18. Natural Healing from Head to toe – Aihara Cornelia & Aihara Herman
19. Manual of Osteopathy Practice – Alan Stoddard
20. Basic Osteopathy (theory & Practice) – American college of mechano therapy; Taraporwala Publication, Bombay
21. Basic Chiro practic (theory & Practice) – American college of mechano therapy; Taraporwala Publication, Bombay
22. Alternative Chiro Practice – Susan Mocre
23. Chirotherapy: A text of joint movements – Hesse P. De.