

Paper – 1

HOSPITAL MANAGEMENT & BIOSTATISTICS

Theory – 100 marks

Teaching hours – 110

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

Unit – 1

Hospital Building: Location, space, infrastructure arrangement of Light, ventilation, safe water, sanitation etc.

Unit – 2

Facilities for patients: arrangement facilities for the Outdoor patients: **Yoga** – Yoga Hall, Kriya Room, Meditation hall, consultation chamber, instruments, linen, staff etc., **Nisargopachara** – Therapy rooms (separate for males & females); consultation chamber, instruments, equipments, staff etc.

Unit – 3

Facilities for patients: arrangement facilities for the Indoor patients: **Yoga** – Wards (special – semi special – general; separate for males & females), Yoga Hall, Kriya Room, instruments, linen, staff etc., **Nisargopachara** – Wards (special – semi special – general; separate for males & females), furniture – fixtures and other requirements of wards; Therapy rooms (separate for males & females); consultation chamber, instruments, equipments, staff etc.

Unit – 4

Basis of administration in the hospitals; Personal, intra & inter departmental relationship

Unit – 5

Documentation – Definition, introduction & importance in medical science;
Health related statistics – collection & collection methods; setting targets, aims & objectives

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

Unit – 1

Censuses, vital events, SRS, notification of disease, measures of dispersion & centering, sampling, tests of significance, correlation & regression

Unit – 2

Use of the statistics types; Measures of central tendency – mean, median, mode

Unit – 3

Use of descriptive statistics – frequency & percentage; Statistical markers: Introduction and importance of SD, SE, t & p

Unit – 4

Use of tables and graphs – histogram, pie-chart, bar graph, frequency graph

Unit – 5

Health administration: national-state-regional-local; Health rules: international-national-regional-local

REFERENCE BOOKS :-

1. Relevant portions from Charaka, Sushruta, Vagbhatta & other Ayurvedic texts
2. Janasamkhya Shiksha Siddhanta Evam Upadeyata – Dr. Nirmala Shastri
3. Preventive and social medicine – K. Park
4. Principles of Hospital Administration and Management – Ravi Bindar
5. Hospital Administration and Management: Theory and Practice – S.L. Goel
6. Management of Hospitals and Health Services: Strategic Issues and Performance – Rockwell Schulz and Alton C Johnson
7. Managing Multi-Disciplinary Teams In The NHS (Health Care Management) – GORMAN
8. Intuitive Biostatistics (Paperback) – Harvey Motulsky
9. Statistics for the Life Sciences – Myra L. Samuels, Jeffrey A. Witmer, Jeffery A. Witmer
10. Biostatistics For The Biological And Health Sciences – Mario F. Triola, Marc Triola, Marc M. Triola
11. Basic Statistics For The Health Sciences – Jan W. Kuzma, Stephen E. Bohnenblust
12. Medical Biostatistics – Sanjeev B. Sarmukaddam, Abhaya Indrayan
13. Elements of Biostatistics – Satguru Prasad

Paper – 2
YOGA PHILOSOPHY – 3

Theory – 100 marks

Teaching hours – 110

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

Unit – 1

Explanation of following concepts according to Hatha Pradipika, Gheranda Samhita, Shiva Samhita & Goraksha Samhita: Prana, Vayu, Nadis, Signs of Nadi Shuddhi, Yoga Matha – practice place, Factors for success in Yogic practice, Factors obstructing Yogic practices

Unit – 2

Explanation of following concepts according to Hatha Pradipika, Gheranda Samhita, Shiva Samhita & Goraksha Samhita: Do's & don'ts – Ahara, Vihara, Achara & Vichara, Ashta Maha Siddhi, Kundalini, Pranayama – its types, stages, Methods of Pranayama and its relation to health & disease, Sadhaka – types & duration of success according to type of Sadhaka

Unit – 3

Explanation of various concepts according to Hatha Pradipika & Gheranda Samhita: Hatha Yoga, Seasons in Yogabhyasa, Manonmani state, Khechari, Samadhi, Nadanusandhana, Importance of Nadi Shuddhi

Unit – 4

Explanation of various concepts according to Shiva Samhita: Requirement & importance of Yoga, Paths of attainment (Karma Kanda), Jnana & Ajnana, Atma & Chaitanya, Agni

Unit – 5

Explanation of various concepts according to Shiva Samhita: Penta-elements – cause, process, characteristics etc, Maya, Pinda – Brahmanda, Importance of Merudanda, Vighna in Mukti, Poshana (nourishment), Mantra Sadhana, Benefits of Chakra meditation

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

Unit – 1

Explanation of various concepts according to Hatha Pradipika: Relationship between Raja Yoga & Hatha Yoga, Relationship between Mana & Vayu

Unit – 2

Explanation of various concepts according to Gheranda Samhita: Importance of body cleansing, Pratyahara, Matra (proportion) of Pranayama, General benefits / Importance of Pranayama, Bhramari, Length of exhaled Vayu, Dhyana & its types

Unit – 3

Explanation of following concepts according to Goraksha Samhita: 29 special sites of the body, Pranavidya, Pranavabhyasa, Samadhi & its differentiation from Dhyana

Unit – 4

Explanation of the following concepts according to Patanjala Yoga Sutra: Samyama and Parinama Traya, Benefits / effects of Samyama; Factors responsible for attainment of Siddhis and Prakrutipurana

Unit – 5

Explanation of the following concepts according to Patanjala Yoga Sutra: Nirmana Chitta, Karma and Vasana (Desires); Dharmamegha Samadhi and Kaivalya

:- REFERENCE BOOKS :-

1. Veda – SwamiSharadananda
2. The message of Upanishadas- Ranganathananda
3. Twelve Principal Upanishads – Dr. Roer, R.I. Mitra, E. Bcowell.
4. Four Yogas – Swami Vivekananda
5. Upanishad – 108 upanishads – Gorakhpur / Khwajaqutub – Bareli.
6. Hatha Yoga pradeepika – Swatmaram – Kaivalyadham – Lonavla
7. Gheranda Samhita – Kaivalyadham – Lonavla
8. Shiva Samhita – Kaivalyadham – Lonavla
9. Cultural leaders of India (founder of philosophy) – Publication division, govt of India.
10. Yoga and Indian philosophy – karel klarner
11. Conception of Man – edi by S.Radhakrishna & P.T.Raju
12. Eastern definitions – Edward Rice

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

Paper – 3

YOGA PRACTICES – 3

(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

Pratyahara: 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, Methods of Pratyahara as per other classical texts like Darshanopanishat, Yogatattvopanishat, Yoga Chudamani Upanishat etc.

Unit – 2

Dharana: 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, Dharana: its explanation, types and utility as per Vijnana Bhairava Tantra

Unit – 3

Dhyana: 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;

Unit – 4

Nadanusandhana – Definition, importance, techniques, stages, effects on mind and body; **Samadhi** – Definition, types and practices as mentioned in Gheranda Samhita, Shiva Samhita & Goraksha Samhita.

Unit – 5

Meditations according various texts: Definition, importance, techniques of:

Padastha Pindastha Rupastha Rupa-tita Vipassana Aum

Ashrama

Ananda Ashrama, Pondicherry

Ashtanga Vinyasa Yoga – Pattabhi Jois **Swami Kuvalyananda** – Kaivalyadhama,
School and Krishnamacharya Yoga Lonavla

Mandiram

Unit – 4

Yoga Schools: Introduction to various contemporary schools of Yoga and their techniques –

Iyengar school of Yoga – BKS Iyengar **Art of living** – Shri Shri Ravishankara

Kundalini Yoga

Ananda Marga – Shri Shri Anandamurthy

Krupalu Yoga – Amrit Desai

Sahaja Marga – Shri Parthasarathi
Gopalachari

Siddha Yoga – Swami Muktananda

Bhakti Yoga – Prabhupada, ISKON

Yogic aspects of Gayatri Parivara **Agni Yoga** – Nicholas and Helena Roerich
– Pt. Rama Sharma

Anahata Yoga – Ana Costa

Unit – 5

Yoga Research: Study of research on physiological aspects of Yogasana, Pranayama, Concentration, Meditation, Relaxation techniques, Shat Kriya etc.

PRACTICAL

Practical – 100 marks

Teaching hours – 220

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:

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	Ushtrasana	Bhujangasana	Yogasana

5. Pranayama:

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

6. Mudra:

a. Deha

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

b. Hasta

Prana	Udana	Samana	Vyana	Apana	Linga	Matsya
Ankusha	Jnana	Trishula	Dhyana	Chin	Sthapini	Pustaka
Shunya	Vayu	Varuna	Hridaya	Dhenu	Agni	Pruthvi

7. Bandha:

Mula	Uddiyana	Jalandhara	Maha
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8. Dharana: (According to Gheranda Samhita and VIjnana Bhairava Tantra)

Pancha Tattva	Sushumna	Aum	Kalagni	Indriya
Chakra	Chidakasha	Brahma	Bhairava	

9. Dhyana:

a. Classical (Hatha Yogic)

Padastha	Pindastha	Rupastha	Rupatita
Sthula	Sukshma	Jyoti	Nadanusandhana

b. Other techniques

Vipashyana	Aum	Cyclic	Transcendental
Zen	Preksha	Nadabrahma	Dynamic
Meditation with music	Sakshi Bhava	Vibrational breath	Yoga Nidra

**A practical book consisting 40 practicals should be prepared as under:
05 Shuddhi Kriya, 05 Asana, 05 Hasta Mudra, 05 Pranayama, 10
Dharana, 10 Dhyana**

:- REFERENCE BOOKS :-

1. Veda – SwamiSharadananda
2. The message of Upanishadas- Ranganathananda
3. Twelve Principal Upanishads – Dr. Roer, R.I. Mitra, E. Bcowell.
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32. Verses of Vamana – C.P.Brown
33. Encyclopaedia of indian Physical Culture – edi by D.C.Majumdar
34. Viveka Chudamani – Adi Shan Karacharya
35. Yoganka – Kalyana – Annula Special issue.
36. Sri Vijnana Bhairava Tantra – the Ascent --- Swami Satyasangananda Saraswati ----- Bihar school of Yoga
37. Yoga Vashishtha – Pt. Sri Ram Sharma Acharya
38. Mantra and Meditation – Robert Belentine and Swami Rama, Himalayana Institute of Yoga
39. Mantra Rahasya – Narayana Dutta Shrimali, Pustaka Mahal, New Delhi
40. Mantra - the words of power --- Swami Shivananda Radha
41. Meditation from Tantra – Swami Nishalananda Saraswati
42. Meditation from Mantra – Swami Vishnu Devananda
43. Kundalini and meditation – Arjundas Malik
44. Kundalini – Gopi Krishna
45. Mantra Yoga Samhita – Dr. Ramkumar Rai
46. Yoga Maha Vijnana – Dr. Kamakhya Kumar

Paper – 4

NISARGOPACHARA – 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

Fasting – Ancient concept of Upavasa: Definition, History, Philosophy and physiology of Fasting; General classification of Fasting (Religious, Political and therapeutic); Methods and types of therapeutic fasting

Unit – 2

Hygienic auxiliaries of Fasting: Air and breathing, Enema, Bathing, Clothing, Water drinking, Exercise, Mental influence

Unit – 3

Study of patient during fasting: Crises during fasting and their management, Physiological effects and aspects of Fasting, Study of tongue, breath, temperature and pulse, Loss and gain of weight, How and when to break the fast, Diet after the fast; Indications and contra indication of fasting; Therapeutic aspects of Fasting (in acute and chronic disease, role of fasting in various disorders)

Unit – 4

Helio and Chromo therapy: Definition, Introduction & History, Physiological and chemical properties of sunlight, Effect of Sunlight on vegetation and Micro-organisms, Rejuvenation and curing diseases, General sun bath, Dr. Rikkli's method of sunbath, Dr. Kunhe's method of sunbath

Unit – 5

Marmas: therapeutic relevance; **Accupuncture:** Definition and concepts, Traditional and modern theories, Principles, Materials and methods, Rules for selection of accu-puncture points, Contraindications and complications, Stimulation in accu-puncture

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

Unit – 1

Meridians: Definition, Introduction & therapeutic importance; Introduction of meridians: Lung (Lu), Large intestine (LI), Spleen (SP), Stomach (ST), Heart (H), Small intestine (SI), Urinary bladder (UB), Kidney (K), Triple warmer (TW), Gall bladder (GB), Liver (Liv), Governing vessel (GV), Conceptional vessels (CV), Eight extra meridians, The extra ordinary points

Unit – 2

Shiatsu, Su-jok (Korean technique), Meridianology, Moxibustion & Auriculotherapy (scalp accu-puncture) – introduction, definition, principles, methods & therapeutic utility

Unit – 3

Reflexology & Zone therapy: Definition, history and development, Mechanism of reflexology, Body and its reflex zones, Application, indications and contraindications, Preventive effects; **Accu-pressure:** Definition, history, development, Physiological effects, Therapeutic utilization

Unit – 4

Magneto therapy: Definition, history and introduction, Magnetism in the universe – Earth a huge natural magnet; Nature of earth magnetism; Earth magnetic effects on human beings, Effects of magnetism on living organisms; Bio-magnets, Medical influence of magnetic field, Physiological effects – stimulation of nervous system, endocrine system etc; Advantages of magneto therapy, Magnet and their composition - Natural and artificial magnets; Permanent – temporary; Power of magnet – low, medium and high; Electro magnets, Techniques of magnet application - Local and general; Technique of application in various disorders, Magnetized water and oils, Research review from Indian and foreign magneto therapies, Magneto therapy and accu-pressure, Harmful effects of excessive exposure to a strong electro-magnetic field – acute and chronic

Unit – 5

Aromatherapy, Music therapy, Reiki & Pranic Healing – definition, introduction, development, principles, methods, physio-psychological action and therapeutic utility

PRACTICAL

Practical – 100 marks

Teaching hours – 160

1. Fasting – various types
2. Helio therapy – various types of sun bath
3. Chromotherapy – Colored water and Colored light
4. Magneto therapy – High power, low power, Magnets on various parts of body, Electro magnets, Magnetic charged water
5. Accu-pressure & Accu-puncture
6. Reflexology, Su-jok, Shiatsu, Meridianology – various applications
7. Aroma therapy – various applications
8. Music therapy – various applications
9. Reiki & Pranic Healing – various applications

A journal consisting 40 practical

(02 Fasting, 02 Heliotherapy, 02 Chromotherapy, 05 Magnet, 02 Accu-puncture, 05 Reflexology, 05 Shiatsu, 05 Su-jok, 02 Meridianology, 05 Aromatherapy, 01 Music therapy, 02 Reiki, 02 Pranic Healing)

:- 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. Medicinal & Aromatic plants abstracts – R P Rastogi and B N Mehratra, National institute of communication, New Delhi
21. Aroma therapy and the Mind – Julia Lawless, London
22. The encyclopedia of aromatherapy massage and Yoga – Carale Mcgilvery, Mira Mehta, Jimi Reed and Silva Mehta, London
23. Aromatherapy – Julie Sadler
24. Health and Beauty through Aromatherapy – Blossom Kochhar, UBS, Delhi
25. The hands of Light – Barbara G Brennan, Bantom books
26. The light emerging – Barbara G Brennan, Bontom books
27. Abundance through Reiki – Paula Horan
28. Magnetotherapy – Dr. H L Bansal
29. Magnetic cure for common diseases – Dr. R S Bansal & Dr. H L Bansal
30. The text book on Magneto therapy Dr. Nanubhai Painter
31. Magneto therapy and accu-puncture – Dr. A K Mehta
32. Electro magnetic treatment – Dr. H L Bansal
33. Magnetic fields of healing by magnets – Dr. A R Davis and Dr. A K Bhattacharya
34. Prachina Vangamaya Me Prakrutika Chikitsa – Swami Ananta Bharati, CCRYN, New Delhi
35. The ancient science and art of Pranic Healing (1 & 2) – Choa Kok Sui
36. Pranic Psychotherapy – Choa Kok Sui
37. Text book of clinical accu-puncture
38. Auriculotherapy
39. Textbook of Reflexology
40. Shiatsu massage
41. Su-jok
42. Accu-pressure
43. Music and Medicine – Dorothy M Schullian and Max Schoen; Henry Schuman publication, New York
44. Samgita Visharada – Sangita Karyalaya, Hatharasa, UP
45. Through Music to the self -

Paper – 5

**MANAGEMENT OF DISORDERS THROUGH
YOGA & NISARGOPACHARA – 1**

(Total = Theory – 400+Practical – 200 = 600 marks)

Theory – 100 marks

Teaching hours – 55

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

Unit – 1

Chikitsa: Principles of Yogic management of diseases, Designing the treatment protocol, Do's and Don'ts, Doctor – Patient relationship, Conducting a therapy session for an individual and the group

Yogic management of the following disorders:

Unit – 2

Rasavaha Srotogata – Jvara, Shotha, Karshya, Amavata

Unit – 3

Raktavaha Srotogata – Raktapitta, Pandu, Kamala, Kumbha Kamala, Vatarakta, Koshtrukashirsha, Shitapitta, Udarda, Kotha, Shitala, Masurika, Romantika, Yakruta Vikara, Pliha Vikara, Snayuka, Shlipada, Firanga, Upadamsha

Unit – 4

Pranavaha Srotogata – Hrudroga, Hrudshula, Hrudayabhighata, Parshvashula, Uraastoya, Raja Yakshma, Urah Kshata, Kshata Kshina, Svarabheda

Unit – 5

Udakavaha Srotogata – Atisara, Pravahika, Visuchika, Vilambika, Trushna

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

Yogic management of the following disorders:

Unit – 1

Annavaaha Srotogata – Chhardi, Agnimandya, Ajirana, Anaha, Adhmana, Atopa, Amlapitta, Shula, Udararoga, Grahani, Krumi

Unit – 2

Medovaha Srotogata – Prameha; **Mutravaha Srotogata** – Shula, Mutrakruchchha, Mutraghata, Ushnavata, Ashmari

Unit – 3

Asthivaha Srotogata – Sandhigatavata, Asthikshaya; **Vata Vikara** – Avrutavata, Akshepaka, Stambhaka, Ardita, Grudhrasi, Pakshaghata, Vishvachi, Antarayama, Bahirayama, Khanja, Kampa

Unit – 4

Tvak Gata Roga (skin disorders) – Kushtha, Visarpa, Kshudraroga (other skin disorders)

Unit – 5

Management of disorders produced by suppression of Non-suppressible urges (Adharaniya Vegas)

Paper – 6
MANAGEMENT OF DISORDERS THROUGH
YOGA & NISARGOPACHARA – 2

Theory – 100 marks

Teaching hours – 55

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

Unit – 1

The therapy of Nisargopachara – the traditional and modern views; Principles of Nisargopachariya management of diseases – Designing the treatment protocol, Do's and Don'ts, Doctor – Patient relationship, Conducting a therapy session for an individual and the group

Nisargopachariya management of the following disorders:

Unit – 2

Rasavaha Srotogata – Jvara, Shotha, Karshya, Amavata

Unit – 3

Raktavaha Srotogata – Raktapitta, Pandu, Kamala, Kumbha Kamala, Vatarakta, Koshtrukashirsha, Shitapitta, Udarda, Kotha, Shitala, Masurika, Romantika, Yakruta Vikara, Pliha Vikara, Snayuka, Shlipada, Firanga, Upadamsha

Unit – 4

Pranavaha Srotogata – Hrudroga, Hrudshula, Hrudayabhighata, Parshvashula, Uraastoya, Raja Yakshma, Urah Kshata, Kshata Kshina, Svarabheda

Unit – 5

Udakavaha Srotogata – Atisara, Pravahika, Visuchika, Vilambika, Trushna

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

Nisargopachariya management of the following disorders:

Unit – 1

Annavaha Srotogata – Chhardi, Agnimandya, Ajirana, Anaha, Adhmana, Atopa, Amlapitta, Shula, Udararoga, Grahani, Krumi

Unit – 2

Medovaha Srotogata – Prameha; **Mutravaha Srotogata** – Shula, Mutrakruchchha, Mutraghata, Ushnavata, Ashmari

Unit – 3

Asthivaha Srotogata – Sandhigatavata, Asthikshaya; **Vata Vikara** – Avrutavata, Akshepaka, Stambhaka, Ardita, Grudhrasi, Pakshaghata, Vishvachi, Antarayama, Bahirayama, Khanja, Kampa

Unit – 4

Tvak Gata Roga (skin disorders) – Kushtha, Visarpa, Kshudraroga (other skin disorders)

Unit – 5

Management of disorders produced by suppression of Non-suppressible urges (Adharaniya Vegas)

Paper – 7

**MANAGEMENT OF DISORDERS THROUGH
YOGA & NISARGOPACHARA – 3**

Theory – 100 marks

Teaching hours – 110

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

Unit – 1

Definition of **Stri and her various stages** pertaining to age, their importance and problems; Definition of Bala and its various stages since **Garbhavastha** including developmental milestones

Unit – 2

Description of Samskaras from Pumsavana to Yajnopavita; its importance and role of Yoga and Nisargopachara in these samskaras

Unit – 3

Role of Yogic and Nisrgopachariya management in pregnancy (Ante-natal, Natal and post-natal care) and baby sitting; Garbhopaghatakara Bhavas, Sadyogruhita Garbhaya Lakshanas,

Unit – 4

Diagnosis and characteristics of Pregnancy, Dauhrudavastha and its complications, Garbhini Masanumasika Paricharya

Unit – 5

Management of menarchial & menstrual disorders; Management of menopausal syndromes; Management for cosmetic purposes

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

Unit – 1

Contraindications of Yogic & Nisargopachariya management in pediatric patients, precautions and care.

Unit – 2

Management of Kshirapa Kalina Vyadhis – Management of Bala Grahas, Karshya, Malavarodha, Chhardi, Atisara, Jvara, Kshiralasaka, Pranavaha Srotogata Vyadhis

Unit – 3

Management of Kshirannada Kalina Vyadhis – Kukunaka, Krumi, Chhardi, Atisara, Jvara, Ajirna, Talukantaka, Kshiralasaka, Mrud Bhakshanam and resultant Pandu,

Unit – 4

Management of Kshirannada Kalina Vyadhis – Parigarbhika, Fakka, Pangu, Shosha, Gandamala, Yakrut Vikruti and resultant disorders, Ekangavata, Shaishaviya Pakshaghata, Pakshavadha, Ardita, C.P. (Cerebral Palsy)

Unit – 5

Management of Annada Kalina Vyadhis – Shaiyamutra, Manovikruti, Unmada, Apasmara, Krumidanta, Tarunyapidika

Paper – 8
MANAGEMENT OF DISORDERS THROUGH
YOGA & NISARGOPACHARA – 4

Theory – 100 marks

Teaching hours – 110

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

Unit – 1

Mind in health and disease – right mental attitude and its importance; Importance of intellect and memory; Concept of Id, Ego, Super ego; Concept of Psycho-analysis and its various modes – ancient and modern

Unit – 2

Concept of Psychopathology according to Shrimad Bhagvad Gita and other classics; Role of Raga, Dvesha, Lobha, Moha, Krodha, Mada, Matsara, Hatha, Vishada, Priti, Bhaya, Dhairya, Sharaddha, Cheshta, Dharaniya Vegas etc. in psychopathology, concept of Pragna & Pragnaparadha as per Ayurvedic texts

Unit – 3

The concept of psychotherapy: Introduction, Definition, Importance and its types; Role of Yoga and Nisargopachara in psychotherapy; Methods for mind control (Sattvavajaya, Chittavrutti Nirodha Upaya, Chittaprasadana)

Unit – 4

Role of Yoga and Nisargopachara in the management of Disorders like – Unmada, Apasmara, Atattvabhinivesha, Anavsthitachittavastha, Apatantraka, Avasada, Anidra & Nidra Vikaras, Bhrama, Vibhrama, Mano Sangharsha, Mano Granthayaha (Complexes and Phobias)

Unit – 5

Management of disorders produced by Non-suppression of suppressible urges (Dharaniya Vegas); Yoga and naturopathy in relation to Intellectual (IQ), Emotional (EQ) and Spiritual development (SQ)

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

Unit – 1

**Geriatric care and stress management by Yoga and Nisargopachara;
Management of Behavioral disorders through Yoga and Nisargopachara**

Unit – 2

**Management of various types of Shirorogas – Suryavarta, Anantavata,
Ardhavabhedaka, Shankhaka, Krumija Shiroroga, Darunaka, Arunshika,
Indralupta, Khalitya, Palitya, Shirobhitapa**

Unit – 3

**Management of Nasa Roga – Pratishyaya, Pinasa, Kshavathu, Nasasrava,
Putinasa, Nasapaka, Nasanaha, Nasashosha, Nasarsha, Nasashotha**

Unit – 4

Management of common disorders of eye and ear

Unit – 5

**Management of disorders of oral cavity like – Mukhapaka, Svarabheda,
Kanthashaluka, Tundikeri, Galashundika; common disorders of teeth and gums**

PRACTICAL

Practical – 200 marks

Teaching hours – 660

1. Clinical training in various departments regarding application of Yogic and Nisargopachariya procedures and acquaintance with various diagnostic equipments – 6 months
2. Hospital duties in various departments – 1 year

Patient proformas 60 (15 proformas from each paper)

-: REFERENCE BOOKS :-

1. Relevant portions from Charaka, Sushruta, Vagbhatta & other Ayurvedic texts
2. Prakrutik Ayurvijnana – Dr. Jindal – Republication of Kalyana Anka Arogya Seva Prakasham, Modinagar.
3. History and Philosophy of Nature cure – By S. J. Singh
4. Philosophy and practices of Nature cure – By Henry Lindlhar
5. Human culture and cure – By Dr. E.D.Babbit
6. My Nature cure – By M. K. Gandhi
7. Key to health – M. K. Gandhi
8. Rama Nama – M. K. Gandhi

9. The New Science of Healing – By Louis Kuhne
10. Return to Nature – Adolf Just
11. The blood washing method – Dr. Benedict Lust
12. Impaired health its cause & cure – Dr. J. H. Tilden
13. Medicinal & Aromatic plants abstracts – R P Rastogi and B N Mehratra, National institute of communication, New Delhi
14. Aroma therapy and the Mind – Julia Lawless, London
15. The encyclopedia of aromatherapy massage and Yoga – Carale Mcgilvery, Mira Mehta, Jimi Reed and Silva Mehta, London
16. Aromatherapy – Julie Sadler
17. Health and Beauty through Aromatherapy – Blossom Kochhar, UBS, Delhi
18. The hands of Light – Barbara G Brennan, Bantom books
19. The light emerging – Barbara G Brennan, Bontom books
20. Abundance through Reiki – Paula Horan
21. Magnetotherapy – Dr. H L Bansal
22. Magnetic cure for common diseases – Dr. R S Bansal & Dr. H L Bansal
23. The text book on Magneto therapy Dr. Nanubhai Painter
24. Magneto therapy and accu-puncture – Dr. A K Mehta
25. Electro magnetic treatment – Dr. H L Bansal
26. Magnetic fields of healing by magnets – Dr. A R Davis and Dr. A K Bhattacharya
27. Prachina Vangamaya Me Prakrutika Chikitsa – Swami Ananta Bharati, CCRYN, New Delhi
28. Yoga Therapy – Dr. Vinekara & Swami Kuvalyananda; GOI Publication, New Delhi
29. Yoga Therapy – Dr. Giarde
30. Treatment of Common diseases through Yoga – Swami Satyananda Saraswati
31. Hatha Yoga pradeepika – Swatmaram – Kaivalyadham – Lonavla
32. Gheranda Samhita – Kaivalyadham – Lonavla
33. Shiva Samhita – Kaivalyadham – Lonavla
34. Shivasutras (The yoga of supreme identity) – Jaidev Singa
35. Hatha yoga (The Hidden Language) – Swami Shivananda Radha
36. The serpent Power – Sir John Woodroff
37. The art of Tantra – Philip Rawson
38. Yoga Vashishtha – Pt. Sri Ram Sharma Acharya
39. Mantra and Meditation – Robert Belentine and Swami Rama, Himalayana Institute of Yoga
40. Mantra Rahasya – Narayana Dutta Shrimali, Pustaka Mahal, New Delhi
41. Mantra - the words of power --- Swami Shivananda Radha
42. Meditation from Tantra – Swami Nishalananda Saraswati
43. Meditation from Mantra – Swami Vishnu Devananda
44. Kundalini and meditation – Arjundas Malik
45. Kundalini – Gopi Krishna
46. Yoga Maha Vijnana – Dr. Kamakhya Kumar
47. Prakrutika Chikitsa – Vithaladas Modi
48. Prakrutika Chikitsa - Kularanjana Mukharji
49. Kaya Chikitsa – Dr. Gangasahaya Pandeya

50. Nidana Chikitsa Hastamalaka – Vaidya Ranjitrai Desai
51. Manasa Roga Vijnana – Dr. Balakrushna Amaraji Pathaka
52. Shalakya Vijnana – Dr. Ravindrachandra Chaudhari
53. Shalakya Tantra – Dr. Ramanatha Dwivedi
54. Ayurvediya Prasuti Tantra Evam Striroga – Prof. Premavati Tivari
55. Kumara Tantra Samuchchaya – Dr. Ramanatha Dwivedi

Paper – 9

VISHA VIJNANA & VYAVAHARA VIDHI VAIDYAKA

Theory – 100 marks

Teaching hours – 110

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

Unit – 1

Agada Tantra: Derivation and definition; **Visha:** Derivation & definition, evolution, origin, action, types & classification; **Sthavara Visha Adhishthana** – poisonous parts of plants & **Jangama Visha Adhishthana** – poisonous organs / parts of animals

Unit – 2

Examinations of toxins – format of examinations, examinations according to – penta-elements, origin, quality; effects of qualities on suffering animal, possible disorders; Characteristics of the Vishadata (the person who has given the poison), characteristics of poisonous materials like food & food articles, drinks, cloths etc.; Examination of poisonous food, Visha Samkata, Shanka Visha, Visha Kanya, applying the poison on mass in ancient time & its prevention & control

Unit – 3

Upavisha – introduction, definition, number; **Dushivisha & Garavisha** – introduction, definition, their signs & symptoms along with their treatment; 10 signs & symptoms of poisoning. Relation between the 10 properties of Oja & Visha; Disorders related to Visha; Signs & symptoms of various stages of poisoning with treatment; Identification & diagnosis of different types of poisonings like poison of plant or mineral origin on the basis of the properties as well as signs & symptoms. Lethal dose of poisons, lethal time and lethal signs-symptoms, treatment; Visible signs during postmortem.

Unit – 4

Upakrama: 24 steps & procedures of management of poisoning (24 Upakramas) according to Acharya Charaka; Yogic and Nisargopachariya measures to counteract the condition of poisoning

Unit – 5

Madya Visha (intoxication) – the advantages & disadvantages of intoxicants. Three stages Madatireka (excessive intoxication) & its result (Madatyaya); **Jangama Visha (poisons of animal origin)** – snake venom, types of poisonous & non-poisonous snakes, signs and symptoms of snake bite & its treatment. Vrushchika Visha (poison of scorpion), Luta Visha (poison of spider) & Mushaka Visha (rat poison), Alarka Visha (Rabies) – types, signs-symptoms & treatment, curability & incurability; Yogic and Nisargopachariya measures to counteract such conditions

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

Unit – 1

Mineral toxins – Parada (mercury), Naga (lead), Vanga (tin), Gauripashana (arsenic), Tamra (copper) – signs & symptoms of toxicity and treatment; Yogic and Nisargopachariya measures to counteract such conditions; **Ahara Visha (food poisoning)** – signs & symptoms with treatment; Yogic and Nisargopachariya measures to counteract such conditions

Unit – 2

Vyavahara Ayurved (jurisprudence): Definition, Introduction & Importance; description of court, police enquiry; Oath, medical evidence of the physician; Opinions and rules regarding medical certificate and written and oral dying declaration witness

Unit – 3

Age: Determination of age and identification, medico-legal importance of age determination; **Death:** definition, its medico-legal implications, types, signs, rigor mortis And determination of death

Unit – 4

Injuries: Introduction, types and examination form medico-legal view: Electrocution etc.; Knowledge of the medico legal aspects of **adultery, unnatural acts, abortions, foeticides, impotence, infertility, virginity** etc.

Unit – 5

Insanity: Medico legal aspect; The responsibilities, conduct, rules, professional rights and confidentiality (secrecy) of physician; **consumer protection act** in Yoga and Nisargopachara

REFERENCE BOOKS :-

1. Relevant portions from Charaka, Sushruta, Vagbhatta & other Ayurvedic texts
2. Agada Tantra – Dr. Ramanatha Dwivedi
3. Agada Tantra – Yamini Bhushana Rai
4. Medical Jurisprudence – Dr. Modi
5. A Textbook of Forensic medicine – Narayana Reddy
6. A textbook of Forensic Medicine – M R K Krishna
7. The essential of Forensic Medicine – Dr. C J Polson, D J Gee and B. Knight
8. Forensic medicine – Corden and Shapiro
9. Principles and practices of Medical Jurisprudence – Taylor
10. Prakrutik Ayurvijnana – Dr. Jindal – Republication of Kalyana Anka Arogya Seva Prakasham, Modinagar
11. Hatha Yoga pradeepika – Swatmaram – Kaivalyadham – Lonavla
12. Gheranda Samhita – Kaivalyadham – Lonavla
13. Shiva Samhita – Kaivalyadham – Lonavla
14. Prachina Vangamaya Me Prakrutika Chikitsa – Swami Ananta Bharati, CCRYN, New Delhi
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21. Prakrutika Chikitsa – Vithaladas Modi
22. Prakrutika Chikitsa - Kularanjana Mukharji