

## Paper-4

### Nisargopachara: Principles & Practices

#### PART – A

1. Naturopathy: Definition, Principles, brief history of development of Naturopathy.
2. Relationship of Nisargopachara with Ayurveda & Other medical Sciences.
3. Introduction to Famous Naturopaths and their Literary works
  - Vincent Priessnitz
  - E. D. Babbit
  - Sebastian Kneipp
  - J. H. Kellogg
  - Adolf Just
  - Gandhiji
  - K. Laxman Sharma
  - Vithaldas Modi
  - Sukhbirsingh
  - Kularanjan Mukharjee
4. Introduction to principal institutes of Naturopathy and their contribution towards the promotion and propagation of Naturopathy.
  - Nisargopachara Ashram – Urulikanchan,
  - Arogyadhama – Gorakhpur,
  - Jindal Naturopathy Institute, Bangalore,
  - NIN – Pune,
  - Nisargopachara Kendra – Gotri (Vadodara),
- Balvantrai Nisarogopachara Kendra – Vadodara.
5. Different theories regarding Disease manifestation according to Naturopathy; Importance of Malashodhana (removal of toxins / morbid matter) in Naturopathy.
6. Description of Traditional Naturopathic processes :
7. Akash Tattva Chikitsa: Qualities & Functions of Akasha Tattva, Definition, Types, Preparation, Methods of application, Physiological effects, Therapeutic utility, Indications & Contra-indications
  - Fasting
  - Vishramana
8. Vayu Tattva Chikitsa: Qualities & Functions of Vayu Tattva, Definition, Types, Preparation, Methods of application, Physiological effects, Therapeutic utility, Indications & Contra-indications
  - Massage (types & techniques)
  - Exercise

9. Tejas Tattva Chikitsa: Qualities & Functions of Tejas Tattva, Definition, Types, Preparation, Methods of application, Physiological effects, Therapeutic utility, Indications & Contra-indications
  - a. Sun-bath
  - b. Fomentations

## **PART –B**

1. Jala Tattva Chikitsa: Qualities & Functions of Jala Tattva, Definition, Types, Preparation, Methods of application, Physiological effects, Therapeutic utility, Indications & Contra-indications
  - Baths (types & techniques)
  - Packs (types & techniques)
2. Pruthvi Tattva Chikitsa: Qualities & Functions of Pruthvi Tattva, Definition, Types, Preparation, Methods of application, Physiological effects, Therapeutic utility, Indications & Contra-indications
  - a. Mud Bath
  - b. Mud Pack
  - c. Mud Paste
3. Diet therapy: Definition, Introduction, Therapeutic Utility
4. Neo naturopathic procedures: Definition, Types, Preparation, Methods of application, Physiological effects, Therapeutic utility, Indications & Contra-indications
  - Acupressure
  - Sujok
  - Reiki
  - Magneto Therapy
  - Aroma Therapy
  - Vibrator
  - Chromo Therapy
  - Music Therapy
  - Chiro-practic
  - Osteopathy
  - Cranio-sacral Therapy
5. Physiotherapy: Definition, aims & objectives, types, techniques, preparation, importance, therapeutic utility, indications-contraindications
  - a. With instrument
  - b. Without instrument
6. Exercise: Definition, aims & objectives, principles, types, techniques, methods, preparation, physiological effects, importance, therapeutic utility, indications-contraindications

- a. **With instrument:** (In gymnasium) Shoulder stretch, Thigh stretch, Thigh press, Knee press, Waist press, Arm stretch (biceps), Arm stretch (triceps), Back press, Dips, Sit ups, Roman chair, Cycling, Vertical deep stand, Belt vibrator, Dumbbells, Multi hips, Twister, Pool ups, Incline with decline, Collar and other exercises.

Games: Cricket, Volleyball, Chess, Carom, Table Tennis etc.

- b. **Without instrument:** Warming up, Crocodile, Different rotation, Various stretches, Suryanamaskara, Sit-ups, Aerobics, Slow walk, Fast walk, Jogging, Tow walk, Forward walk, Backward walk, Crow walk, Cock walk, Sitting walk, Different jumps - bendings.

Games: Mass PT, Runnig, Kabbadi, Kho-Kho, Fire in the Mountain

7. Role of Physical Training & Physiotherapy in rehabilitation.
8. Comparison of Physiotherapy & Physical exercise with Yogic & other Naturopathic practices