

Syllabus of PGDYN

Paper - 1

YOGA: HISTORY & PHILOSOPHY PART – A

1. Definitions, Aims & Objectives of Yoga and prevailing misconceptions about Yoga
2. History, evolution, Importance and purpose of Yoga in ancient and modern social system
3. Streams of Yoga
 - a. Raja Yoga
 - b. Hatha Yoga
 - c. Bhakti Yoga
 - d. Karma Yoga
 - e. Jnana Yoga
 - f. Tantra Yoga
 - g. Mantra Yoga
 - h. Nada Yoga

- i. Laya Yoga
4. Philosophical aspect of Yoga: Introduction of Yoga philosophy in Veda, Upanishad and Darshanshastras and Yoga Vashishtha.
5. Philosophical aspects of Yoga in Patanjala Yoga Sutra - Samadhi Pada, Sadhana Pada, Vibhuti Pada & Kaivalya Pada
6. Philosophical aspects of Yoga in Shrimad Bhagvad Geeta:
 - a. The characteristics of Sthitaprajna (Samkhya Yoga)
 - b. Yoga as dexterity in action (Karma Yoga)
 - c. The Yoga of Meditation (Atma Samyama Yoga)
 - d. Yoga of knowledge (Jnana-Vijnana Yoga)
 - e. Yoga of Devotion and characteristics of devotee (Bhakti Yoga)
 - f. The Yoga of discrimination and divine with characteristics of Gunatita (Gunatraya & Shraddhatraya Vibhaga Yoga)
 - g. The doctrine of Rebirth

PART – B

1. Explanation of following concepts according to Hatha Pradipika, Gherand Samhita, Shiv Samhita and Goraksha Samhita.
 - Concept of Pran
 - Concept of Vayu
 - Concept of Kundalini
 - Concept of Ashtamahasiddhi.
2. Explanation of following concepts according to Hatha Pradipika.
 - Introduction to the text – Hatha Pradipika, its time, author and importance of the text.
 - Signs of Nadi Shuddhi.
 - Yoga Matha – practice place.
 - Yuktaayukta Pranayam.
 - Factors for success in Yogic practice.
 - Factors obstructing Yogic practices.
 - Nadanusandhan.
 - Relation of Rajyoga and Hathayoga.
 - Relation of Man and Vayu.
3. Explanation of following concepts according to Gherand Samhita.
 - Introduction to the text – Gherand Samhita, its time, author and importance of the text.
 - Importance of body cleansing.
 - Shatkarm with their types.

- Seasons for Yogaabhyaas.
 - Pranayama – its types, stages.
 - Pancha Mahaapraan and Pancha Upapraan.
 - Pratyahara
 - Dhyan & it's types
 - Samadhi & it's types
4. Explanation of following concepts according to Shiv Samhita.
- Introduction to the text – Shiv Samhita, its time, author and importance of the text.
 - Types of yoga
 - Nadis
 - Sadhaka – types & duration of success according to type of Sadhak
 - Vighna in Mukti
 - Benefits of Chakra Dhyan
 - Concept of Panchamahabhuta (penta elements)
 - Poshan (nourishment)
5. Explanation of following concepts according to Goraksha Samhita.
- Introduction to the text – Goraksha Samhita, its time, author and importance of the text.
 - No. Of Yogang
 - Nadis
 - 29 special sites of the body
 - Praanvidya
 - Pranavabhyass
 - Samaadhi and its differentiation from Dhyan.
6. Role of Yoga in holistic personality development, human values and education

Paper - 2 : YOGA: PRACTICE & THERAPY

PART – 1

1. Practical aspect of Yoga – their aims, objectives and importance; Chronological development of Yoga Practices
2. General rules & regulations about Yoga Practices
3. Fundamentals of healthy living through Yoga practice
4. Yogic Sukshma Vyayama: Definition, Basic principles, Scientific appraisal, Technique, Physiological Effects, Therapeutic Utility and Contra-indications
 - a. Buddhi Tatha Dhruti Shakti Vikasaka (developing the mind and will power)
 - b. Smarana Shakti Vikasaka (developing the memory)
 - c. Medha Shakti Vikasaka (developing the intellect)
 - d. Netra Shakti Vikasaka (developing the eye sight)
 - e. Kapola Shakti Vardhaka (rejuvenating the cheeks)
 - f. Karna Shakti Vardhaka (improving the power of hearing)
 - g. Griva Shakti Vikasaka (strengthening the neck – 1, 2, 3)
 - h. Skandha Tatha Bahu Mula Shakti Vikasaka (developing the strength of the shoulder-blades and joints)
 - i. Bhuja Bandha Shakti Vikasaka (strengthening the upper arms)
 - j. Kurpara Shakti Vikasaka (strengthening the elbows)
 - k. Bhuja-Valli Shakti Vikasaka (strengthening the fore-arms)
 - l. Purna Bhuja Shakti Vikasaka (developing the arms)
 - m. Mani Bandha Shakti Vikasaka (developing the wrists)
 - n. Kara Prushtha Shakti Vikasaka (developing the back of the hand)
 - o. Kara Tala Shakti Vikasaka (developing the palms)
 - p. Anguli Mula Shakti Vikasaka (developing the finger-joints)
 - q. Anguli Shakti Vikasaka (strengthening the fingers)
 - r. Vaksha Sthala Shakti Vikasaka (developing the chest – 1, 2)
 - s. Udara Shakti Vikasaka (developing the abdominal muscles – 1 to 10)
 - t. Kati Shakti Vikasaka (strengthening the back – 1 to 5)
 - u. Muladhara Chakra Shuddhi (toning up the bowels)
 - v. Upastha Tatha Swadhishtana Chakra Shuddhi (cleaning and toning up the bowels)
 - w. Kundalini Shakti Vikasaka (developing the power of the mystic coil – Kundalini)
 - x. Jangha Shakti Vikasaka (strengthening the knees – 1, 2, 3)
 - y. Pindali Shakti Vikasaka (developing the calves)
 - z. Pada Mula Shakti Vikasaka (developing the strength of the soles)
 - aa. Gulpha Padaprushtha Padatala Shakti Vikasaka (developing the strength of ankles and the feet)
 - bb. Padanguli Shakti Vikasaka (developing the toes)
5. Yogic Sthula Vyayama: Definition, Basic principles, Scientific appraisal, Technique, Physiological Effects, Therapeutic Utility and Contra-indications
 - a. Rekha Gati (walking in a straight line)
 - b. Hrud Gati (the locomotive exercise)
 - c. Utkurdana (the jumping exercise)
 - d. Urdhva Gati (upward movements)
 - e. Sarvanga Pushti (developing entire body)
 - f. Shirasana (standing on the head)
 - g. Suryanamaskara – All the twelve steps along with Mantras and their effects

6. Yogic Shuddhi Kriya: Definition, Basic principles, Scientific appraisal, Technique, Physiological Effects, Therapeutic Utility and Contra-indications

- | | |
|------------------|----------------------------|
| a. Jala Neti | g. Sthala Basti |
| b. Sutra Neti | h. Kapalabhati & its types |
| c. Kunjal | i. Shankhprakhshana |
| d. Vastra Dhauti | j. Nauli |
| e. Danda Dhauti | k. Trataka |
| f. Jala Basti | |

7. Asanas: Definition, Basic principles, Scientific appraisal, Technique, Physiological Effects, Therapeutic Utility and Contra-indications

- | | |
|-----------------------|----------------------|
| a. Siddhasana | q. Utkatasana |
| b. Padmasana | r. Samkatasana |
| c. Bhadrasana | s. Mayurasana |
| d. Muktasana | t. Kukkutasana |
| e. Vajrasana | u. Kurmasana |
| f. Swastikasana | v. Uttanakurmasana |
| g. Simhasana | w. Mandukasana |
| h. Gomukhasana | x. Uttanamandukasana |
| i. Virasana | y. Vrukshasana |
| j. Dhanurasana | z. Garudasana |
| k. Shavasana | aa. Vrushasana |
| l. Guptasana | bb. Shalabhasana |
| m. Matsyasana | cc. Makarasana |
| n. Matsyendrasana | dd. Ushtrasana |
| o. Gorakshasana | ee. Bhujangasana |
| p. Pashchimottanasana | ff. Yogasana |

8. Differentiation between Asanas & Other types of exercise

PART – 2

1. Pranayamas: Definition, Basic principles, Scientific appraisal, Technique, Physiological Effects, Therapeutic Utility and Contra-indications

- | | |
|----------------------------------|-------------|
| a. Anuloma-Viloma / Nadi Shuddhi | e. Ujjayi |
| b. Surya Bhedi | f. Sheetali |
| c. Chandra Bhedi | g. Sitkari |
| d. Bhastrika | h. Bhramari |

2. Svarodaya Vijnana: Definition, Basic principles, Scientific appraisal, Technique, Physiological Effects, Therapeutic Utility and Contra-indications

3. Mudras: Definition, Basic principles, Scientific appraisal, Technique, Physiological Effects, Therapeutic Utility and Contra-indications

- | | | |
|------------------|---------------|--------------|
| a. Mahavedha | h. Vajroli | o. Nabha |
| b. Maha | i. Ashvini | p. Yoni |
| c. Mahabandha | j. Brahma | q. Tadagi |
| d. Viparitarani | k. Manduki | r. Shambhavi |
| e. Pashini | l. Khechari | s. Jnana |
| f. Yoga | m. Kaki | t. Matangi |
| g. Shaktichalini | n. Bhujangini | |

4. Bandhas: Definition, Basic principles, types, Scientific appraisal, Technique, Physiological Effects, Therapeutic Utility and Contra-indications
 - a. Jalandhara
 - b. Uddiyana
 - c. Mula
5. Pratyahara & Dharana: Definition, Basic principles, Scientific appraisal, Technique, Physiological Effects, Therapeutic Utility and Contra-indications
6. Dhyana: Definition, Basic principles, Scientific appraisal, Technique, Physiological Effects, Therapeutic Utility and Contra-indications
 - a. Padastha
 - b. Pindastha
 - c. Roopastha
 - d. Rupertita
 - e. Vipashyana
 - f. Aum
 - g. Cyclic
 - h. Transcendental
 - i. Zen
 - j. Preksha
 - k. Nadabrahma
 - l. Sakshi Bhavana
 - m. Vibrational Breath
 - n. Dynamic
 - o. Kundalini
7. Relaxation techniques: Definition, Basic principles, Scientific appraisal, Technique, Physiological Effects, Therapeutic Utility and Contra-indications
 - a. Yoga Nidra
 - b. Deep Breathing
 - c. Biofeedback
8. Contemporary methods of mind control; Practices of advanced Yoga for development of higher mental faculties: Memory and intelligence
9. Differentiation between:
 - Pranayama and other breathing exercises
 - Yogic relaxation technique and other relaxation techniques
 - Yogic Meditation and other methods of concentration

PRACTICAL

1. Yogic Sukshma Vyayama:
 - a. Buddhi Tatha Dhruti Shakti Vikasaka (developing the mind and will power)
 - b. Smarana Shakti Vikasaka (developing the memory)
 - c. Medha Shakti Vikasaka (developing the intellect)
 - d. Netra Shakti Vikasaka (developing the eye sight)
 - e. Kapola Shakti Vardhaka (rejuvenating the cheeks)
 - f. Karna Shakti Vardhaka (improving the power of hearing)
 - g. Griva Shakti Vikasaka (strengthening the neck – 1, 2, 3)
 - h. Skandha Tatha Bahu Mula Shakti Vikasaka (developing the strength of the shoulder-blades and joints)
 - i. Bhuja Bandha Shakti Vikasaka (strengthening the upper arms)
 - j. Kurpara Shakti Vikasaka (strengthening the elbows)
 - k. Bhuja-Valli Shakti Vikasaka (strengthening the fore-arms)
 - l. Purna Bhuja Shakti Vikasaka (developing the arms)
 - m. Mani Bandha Shakti Vikasaka (developing the wrists)
 - n. Kara Prushtha Shakti Vikasaka (developing the back of the hand)
 - o. Kara Tala Shakti Vikasaka (developing the palms)
 - p. Anguli Mula Shakti Vikasaka (developing the finger-joints)
 - q. Anguli Shakti Vikasaka (strengthening the fingers)
 - r. Vaksha Sthala Shakti Vikasaka (developing the chest – 1, 2)
 - s. Udara Shakti Vikasaka (developing the abdominal muscles – 1 to 10)
 - t. Kati Shakti Vikasaka (strengthening the back – 1 to 5)
 - u. Muladhara Chakra Shuddhi (toning up the bowels)
 - v. Upastha Tatha Swadhishtana Chakra Shuddhi (cleaning and toning up the bowels)
 - w. Kundalini Shakti Vikasaka (developing the power of the mystic coil – Kundalini)

- x. Jangha Shakti Vikasaka (strengthening the knees – 1, 2, 3)
- y. Pindali Shakti Vikasaka (developing the calves)
- z. Pada Mula Shakti Vikasaka (developing the strength of the soles)
- aa. Gulpha Padaprushtha Padatala Shakti Vikasaka (developing the strength of ankles and the feet)
- bb. Padanguli Shakti Vikasaka (developing the toes)

2. Yogic Sthula Vyayama

- a. Rekha Gati (walking in a straight line)
- b. Hrud Gati (the locomotive exercise)
- c. Utkurdana (the jumping exercise)
- d. Urdhva Gati (upward movements)
- e. Sarvanga Pushti (developing entire body)
- f. Shirasana (standing on the head)
- g. Suryanamaskara- All the twelve steps along with Mantras and their effects

3. Yogic Shuddhi Kriya –

- | | |
|------------------|----------------------------|
| a. Jala Neti | l. Sthala Basti |
| b. Sutra Neti | m. Kapalabhati & its types |
| c. Kunjal | n. Shamkha prakshalana |
| d. Vastra Dhauti | o. Nauli |
| e. Danda Dhauti | p. Trataka |
| f. Jala Basti | |

4. Asana

- | | |
|-----------------------|----------------------|
| a. Siddhasana | q. Utkatasana |
| b. Padmasana | r. Samkatasana |
| c. Bhadrasana | s. Mayurasana |
| d. Muktasana | t. Kukkutasana |
| e. Vajrasana | u. Kurmasana |
| f. Swastikasana | v. Uttanakurmasana |
| g. Simhasana | w. Mandukasana |
| h. Gomukhasana | x. Uttanamandukasana |
| i. Virasana | y. Vrukshasana |
| j. Dhanurasana | z. Garudasana |
| k. Shavasana | aa. Vrushasana |
| l. Guptasana | bb. Shalabhasana |
| m. Matsyasana | cc. Makarasana |
| n. Matsyendrasana | dd. Ushtrasana |
| o. Gorakshasana | ee. Bhujangasana |
| p. Pashchimottanasana | ff. Yogasana |

5. Pranayama

- | | |
|----------------------------------|-------------|
| a. Anuloma-Viloma / Nadi Shuddhi | e. Ujjayi |
| b. Surya Bhedi | f. Sheetali |
| c. Chandra Bhedi | g. Sitkari |
| d. Bhastrika | h. Bhramari |

6. Mudra

- | | | |
|-------------------|---------------|--------------|
| a. Mahavedha | h. Vajroli | o. Nabha |
| b. Maha | i. Ashvini | p. Yoni |
| c. Mahabandha | j. Brahma | q. Tadagi |
| d. Viparitakarani | k. Manduki | r. Shambhavi |
| e. Pashinee | l. Khechari | s. Jnana |
| f. Yoga | m. Kaki | t. Matangi |
| g. Shaktichalini | n. Bhujangini | |

7. Bandha –

- | | | |
|---------------|-------------|---------|
| a. Jalandhara | b. Uddiyana | c. Mula |
|---------------|-------------|---------|

8. Pratyahara & Dharana: Panchendriya, Pancha Tattva

9. Dhyana

- | | | |
|---------------|-------------------|-----------------------|
| a. Padastha | f. Aum | k. Nadabrahma |
| b. Pindastha | g. Cyclic | l. Sakshi Bhavana |
| c. Roopastha | h. Transcendental | m. Vibrational Breath |
| d. Rupasita | i. Zen | n. Dynamic |
| e. Vipashyana | j. Preksha | o. Kundalini |

10. Relaxation techniques

- | | | |
|---------------|-------------------|----------------|
| a. Yoga Nidra | b. Deep Breathing | c. Biofeedback |
|---------------|-------------------|----------------|
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Note: 1. Clinical study everyday

2. Conducting classes of general public and patients

3. Seminar, Case presentation or dissertation fortnightly

Books Recommended

01. Hatha Yoga Pradipika – Swatmaramji
02. Gherand Samhita - Lonavala Publications.
03. Yogasana Vignana - Swami Dharendra Brahmachari
04. Yogic Sukshma Vyayam - Swami Dharendra Brahmachari
05. Light on Pranayama - B. K. S. Iyengar
06. Light on Yoga - B. K. S. Iyengar
07. Yoga Nindra - Swami Satyananda Saraswati (Bihar School of Yoga)
08. Preksha Meditation - Acharya Tulsi
09. The Serpent Power - John Woodroft
10. Asana, Pranayam, Mudra, Bandha – Bihar School of Yoga
11. Asana, Surya Namaskar - V.K. Publication
12. Pranayam - V.K. Publication.
13. Yogic Therapy - Dr. Vinekar (Govt. of Indian Publications)
14. Yogic Therapy - Dr. Diarde
15. Treatment of common disease through Yoga - Swami Satyanand Saraswati.
16. The Ancient Art of Pranic Healing - Choa Kok Sui
17. Pranic Psychotherapy - Choa Kok Sui

18. New Perspectives in stress management - V.K. Yoga Bangalore.
19. Hand Book of Behaviour Modifications & Therapy - Plenum press
20. Stress & Mental Disease - Garrett J.E.Raven Press NewYork.
21. Yogic therapy - Central Health Education Bureau (Swami Kaivalyanda)
Directorate General Health Service, Kotla Road, New Delhi.
22. Yoga Mimansa - Lonavala publications.

Paper. 3 NATUROPATHY: HISTORY, PHILOSOPHY & PRINCIPLES

PART – 1

1. Nisargopachara: Introduction, Definition, concept, aims & objectives and importance
2. Origin, history, development & principles of Naturopathy
 - a. India
 - b. Western contries
3. Nature 's law of
 - a. Pancha Mahabhutas
 - b. Shareera Dharmas
 - c. Rejuvenation
4. Basic concepts of health, health preservation & diseases according to
 - a. Naturopathy
 - b. Ayurveda
 - c. Yoga
 - d. Unani
 - e. Siddha
 - f. Homeopathy
 - g. Modern medicine
5. Definitions and maintenance of nature's constructive principles of health
6. Definitions and methods of treatment in Nature cure for destructive principles of health
7. Mind in Health and Diseases, Achara Rasayana, Right mental attitude and their importance
8. Natural immunity: Definition and types, factors affecting immunity, techniques to acquire and improve natural immunity
9. Applied aspects of: Dinacharya, Ratricharya, Rutucharya and Vega Dharana
10. Life sketches and contribution of western Naturopaths:
 - a. Hippocrates
 - b. Aesculapius
 - c. Vincent Priessnitz
 - d. E. D. Babbit
 - e. Sebastian Kneipp
 - f. J. H. Kellog
 - g. Barnarr Mc.Faddin
 - h. Arnold Rickle
 - i. Adolf Just
 - j. Benedict Lust
 - k. Ivon Preczely
 - l. Herbert Shelton
11. Life sketches and contribution of Indian Naturopaths:
 - a. Gandhiji
 - b. Balkoba Bhave
 - c. Moraraji Desai
 - d. Venkatayya Raju
 - e. K. Laxman Sharma
 - f. Vithaldas Modi
 - g. H.K.Bakhru
 - h. M. M. Bhamagara,
 - i. Jayanti Thakor
 - j. Sukhbirsingh
 - k. Kularanjan Mukharjee

PART – 2

1. History, Philosophy and Concepts according to Lindlahr
 - a. Primary and secondary cause for disease
 - b. Manifestation of disease, its prevention and cure
 - c. Upas tree
2. History, Philosophy and Concepts according to J. H. Tilden
 - a. Toxaemia theory
 - b. Enervation
3. History, Philosophy and Concepts according to Louis Kunhe
 - a. Foreign matter theory
 - b. Unity of disease and unity of cure
 - c. Encumbrances
 - d. Facial expression
4. Understanding of
 - a. Law of Periodicity
 - b. Law of disease and reverse order of cure
 - c. Theory of Vitality and Vital economy
5. Inflammation and its various stages according to Naturopathy and Modern Medicine; Suppression of symptoms and its effects
6. Crisis – Definition, Types, Occurrence and Management
7. Drug Reactions: Causes – intrinsic & extrinsic; Vaccination & inoculation and their effects
8. Gandhian concepts of Naturopathy
9. Arogya Rakshaka Pancha Tantra: its preventive and therapeutic importance
10. Prayer: Definition, aims & objectives, techniques, physiological effects and therapeutic utility
11. Natural contraceptive methods (for males & females) and their importance, effectivity & utility

TEXT BOOKS/REFERENCE BOOKS :

01. History & Philosophy of Nature Cure - By S.J. Singh.
02. Philosophy of Nature Cure - By Henry Lindalhr
03. Human Culture & Cure - By Dr.E.D. Babbit
04. My Nature Cure - By M.K. Gandhi
05. The new science of healing - By Louis Kuhne
06. Practical Nature Cure - Dr. K. Laxman Sharma
07. Panchatantra - By Dr. B. Venkat Rao
08. Practical Naturopathy - S. J. Singh

Paper. 4 NATURAL THERAPEUTICS

PART – 1

1. General rules, regulations and precautions about application of various naturopathic procedures
2. Mud therapy: Definition, Types, Preparation, Methods of application, Physiological effects, Therapeutic utility, Indications & Contra-indications, Composition of different types of Mud, Collection of mud
 - a. Mud bath
 - b. Mud packs (for various parts of the body)
 - c. Mud paste
 - d. Cosmetic uses of mud
3. Hydrotherapy: Definition, Types, Preparation, Methods of application, Physiological effects, Therapeutic utility, Indications & Contra-indications, Properties and various forms in which water is used for therapy, effects of different temperature on body
 - o Internal hydrotherapy
 - a. Drinking
 - b. Enema
 - o External hydrotherapy – Baths /Compresses / Packs (Hot &/Or Cold)
 - a. Hip
 - b. Feet / Hand
 - c. Trunk
 - d. Spinal
 - e. Abdominal
 - f. Chest
 - g. Sitz
 - h. Immersion
 - i. Epsom Salt
4. Fomentation: Definition, Types (ancient & modern; Dry & Wet), Preparation, Methods of application, Physiological effects, Therapeutic utility, Indications & Contra-indications
 - i. Sagni (Local & General)
 - a. Steam (Wet)
 - b. Sauna (Dry)
 - c. Wax bath
 - ii. Niragni (Local & General)
 - a. Dry sheet pack
 - b. Sand
5. Sunbath: Definition, Types, Preparation, Methods of application, Physiological effects, Therapeutic utility, Indications & Contra-indications, Sunstroke, Concept of solarium
6. Massage: Definition, Types, Preparation, Methods of application, Physiological effects, Therapeutic utility, Indications & Contra-indications, getting crisis through massage, various massage techniques
 - i. Basic techniques:
 - a. Effleurage
 - b. Tapotement
 - c. Petrissage etc.
 - ii. Massage types:
 - a. Ayurvedic
 - b. Swedish
 - c. Thai etc.
7. Vayusevana: Definition, Types (Walking, Oxygen bars, Ozone therapy), Methods of application, Physiological effects, Therapeutic utility, Indications & Contra-indications

8. Fasting: Definition, Types, Methods of application, Physiological effects, Therapeutic utility, Indications & Contra-indications, difference between fasting and starvation
 - a. Therapeutic (various types of Langhana)
 - b. Spiritual

PART – 2

1. General rules, regulations and precautions about application of various neo naturopathic procedures
2. Magneto therapy: Definition, Types, Preparation, Methods of application, Physiological effects, Therapeutic utility, Indications & Contra-indications
 - a. Magnetic effects of Earth
 - b. Natural magnets
 - c. Electro magnets
3. Chromo therapy: Definition, Types, Preparation, Methods of application, Physiological effects, Therapeutic utility, Indications & Contra-indications, effects of colours on body and mind; Infrared lamp: Definition, Preparation, Methods of application, Physiological effects, Therapeutic utility, Indications & Contra-indications
4. Manipulative therapy: Definition, Types, Preparation, Methods of application, Physiological effects, Therapeutic utility, Indications & Contra-indications of
 - a. Chiro - practic
 - b. Osteopathy
 - c. Acupressure and its various types
 - d. Cranio-sacral therapy
5. Vibrator: Definition, Types, Preparation, Methods of application, Physiological effects, Therapeutic utility, Indications & Contra-indications
6. Introduction to other therapies: Aroma Therapy, Music Therapy, Past Life Regression Therapy, Medical Hypnosis etc.
7. Nutrition: Definition, introduction, macro & micro nutrients & their role in health & disease
8. Natural diet: definition, types
 - a. Advantages and disadvantages of cooked and uncooked food
 - b. Raw diet, Juice diet, sprouts and their benefits
 - c. Wheat grass therapy and its benefits
 - d. Dietary Prescription in health and under different disease conditions.

PRACTICALS

[A] PRACTICAL TRAINING OF VARIOUS TRADITIONAL NATUROPATHIC PROCESSES:

- Mud Therapy

Mud Pack	Mud Application	Mud Bath
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- Baths / Compresses / Packs

Hot & Cold Hip	Hot & Cold Spinal
Hot & Cold Foot	Hot & Cold Abdominal
Hot & Cold Trunk	Hot & Cold Chest
- Introduction to Dry / Wet sheet packs
- Enema

- Various fomentations with steam bath
- Sun Bath
- Massage & its uses
- Fasting methods

[B] PRACTICAL TRAINING OF VARIOUS NEO-NATUROPATHIC PROCESSES

- Introduction to Magnet & its uses
- Introduction to Chromo Therapy
- Introduction to Infrared Rays
- Introduction & uses of Vibrator
- Various equipments of Acupressure, Massage, Osteopathy
- Demonstration of essential oils & carrier oils
- Demonstration of Music Therapy

TEXT BOOKS / REFERENCE BOOKS

- | | |
|--|---------------------------|
| 01. The science of facial expression | - Louis Kuhne |
| 02. The science of practice of Iridology | - Dr. Bernard Jenson |
| 03. Essentials of food & Nutrition | - Swaminatha |
| 04. Clinical Dietetics & Nutrition | - F. P. Antia |
| 05. Nutritive value of Indian foods | - NIN, Hyderabad |
| 06. The principles of light & colours | - E. D. Babbit |
| 07. Colour therapy | - R. S. Amber |
| 08. Magneto therapy | - H.C. Bansal |
| 09. Fasting for healthy & long life | - Harward Carrington |
| 10. The fasting & Vital economy | - Laxmana Sharma |
| 11. The effects of fasting | - Donald Upton |
| 12. Massage therapy | - J. H. Kellos |
| 13. Manual of osteopathy practice | - By Alan Sloddard |
| 14. Principles of exercise therapy | - Dena Gadjiner |
| 15. Clayton's electrotherapy | |
| 16. Hand book of Zone therapy
(cures for commom ailments) | - William H. Fitz. Gerald |
| 17. Alternative chiropractice | - Susan mocre |

Paper. 5 MANAGEMENT OF DISEASES THROUGH YOGA & NATURE CURE

PART – 1

1. Therapeutic principles of Naturopathy (Traditional & Neo naturopathic) & Importance of counselling
2. Therapeutic principles of Yoga (Hathapradipika chapter 5, concept of Adhi-Vyadhi) & Importance of counselling
3. Relationship between Naturopathic – Yogic and Ayurvedic therapeutic principles
4. Steps involved in diagnosis (History taking, Examination & Investigation; co-relation & interpretation)
5. Methods of Yogic diagnosis
 - a. Nabhi Pariksha
 - b. Svara Pariksha (Breath diagnosis)
 - c. Triguna Pariksha (Based on Shrimad Bhagvad Geeta)
6. Diagnosis procedures in Naturopathy
 - a. Iris diagnosis
 - b. Facial diagnosis
 - c. Chromo diagnosis
 - d. Spinal analysis
7. Utilization of Ayurvedic & Modern diagnostic tools in Yogic & Naturopathic diagnosis
8. Symptoms of displaced Nabhi & its correction techniques
9. Amalgamation of Naturopathic – Yogic therapy with other methods of treatment
10. Importance of line / sequence of treatment & Planning of various models of Yogic & Naturopathic therapy sessions / treatment protocols
11. Data collection, analysis, statistical interpretation and Research Methodology in Yoga & Naturopathy

PART – 2

Chikitsa Sutra & Yogic – Naturopathic management of the following disorders (Alongwith modern pathological co-relation):

1. Pranavaha Srotas:

Kasa	Shwasa	Hikka	Parshvashoola
Raja Yakshma	Shosha		

2. Udakavaha Srotas:

Trushna	Shotha	Jalodara
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3. Annavaha Srotas:

Aruchi	Ajirna	Agnimandya	Anah
Adhmana	Atopa	Chhardi	Vishuchika
Alasaka Vilambika	Gulma	Shoola	Grahani etc.
Amlapitta	Krumi	Arsha	

4. Rasavaha Srotas:

Jwara	Pandu	Amvata	
Hridroga	Hridshoola	Hridayabhighata etc.	
Raktachapa Vikruti	Karshya	Mada, Madatyaya & related special situations	

5. Raktavaha Srotas:

Raktapitta	Kamala	Kumbhakamala	Halimaka
Daha	Vatarakta	Murchha	Yakrutodara
Plihodara	Kushtha	Shitapitta	Visarpa etc.

6. Mamsavaha & Medovaha Srotas:

Apachi	Arbuda	Mamsashosha	Prameha
Sthaulya etc.			

7. Asthi-Majjavaha Srotas:

Sandhigata Vata	Asthi Saushirya	Sandhichyuti etc.
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8. Mutravaha Srotas:

Mutrakruchchha	Mutraghata	Ashmari
Paurusha Granthi Vruddhi etc.		

9. Purishavaha Srotas:

Atisara	Pravahika	Visuchika etc.
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10. Manovaha Srotas:

Apasmara	Atattvabhinivesha	Anavasthitachittatva
Vishada	Anidra etc.	

11. Vata Vyadhi:

Pakshaghata	Ardita	Grudhrasi etc.
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12. Kuprasangaja Roga:

Firanga	Upadamsha	AIDS etc.
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PRACTICAL

01. Demonstration of all the therapeutic modalities of Nature Cure with therapeutic effects.
02. Minimum 2 hrs. of Clinicals everyday is must in the years.
03. Dissertation / case presentation / seminar in every 15 days

Recommended Text Books:

01. Philosophy & Practice of Nature Cure - Henry Lindlhar
02. Human Culture and Cure - Dr. E. D. Babbit
03. My Nature Cure - M. K. Gandhi
04. The New Science of healing - Louis Kuhne
05. Practical Nature Cure - Dr. K. Laxman Sharma
06. Natura Cure - Dr. Bakharu
07. My Nature Cure or Practical Naturopathy - By S. J. Singh
08. The Science of Facial Expression