

Post Graduate DIPLOMA IN YOGA AND NATUROPATHY

(PGDYN)

INTRODUCTION

Nature itself is the healer; so healing is possible in natural way only and systems like Yoga and Naturopathy are very important for the physical, mental, social and spiritual health of human being. Yoga is the technique to transform possibilities into feasibilities. In this perspective, the syllabus has been planned. For detailed information about yoga and naturopathy; six important original Yogic texts have been included. To understand the concept of yoga in contemporary context, physiology has been included. For proper use of naturopathy, its mode of action has also been emphasized. Apart from this, biochemistry and nutrition have been included in this course. By studying all these, applied aspects of yoga and naturopathy will be clarified, so the students will be able to treat common diseases.

Eligibility: Graduate degree from any recognized university.

Course Duration: 01 year (02 Semester)

Course Fees:Rs10000/-

Course Structure: The course has 09 papers (04 papers in First Semester and 04 papers in Second Semester) and a practical and project work. Each paper is of 04 credits. The details of paper are as follows-

| SR. No. | Paper | Title of the Paper | Credit |
|---------------------------|--------------|--|---------------|
| 1st Sem | | | |
| 1. | First | Fundamentals of Naturopathy and Nutrition | 04 |
| 2. | Second | Fundamental of Yoga | 04 |
| 3. | Third | Hath Yoga | 04 |
| 4. | Fourth | Practical | 04 |
| 2nd Sem | | | |
| 5. | Fifth | Elementary Human Anatomy and Physiology Part 1 | 04 |
| 6. | Sixth | Elementary Human Anatomy and Physiology Part 2 | 04 |
| 7. | Seventh | Śrimad Bhagavat Gīta and Patanjali Yoga Sūtra | 04 |
| 8. | Eighth | Health Management | 04 |
| 9. | Ninth | Practical&Project Work | 02+02=04 |
| Total Credits | | | 36 |

Each paper shall contain 100 marks with the following break up:

- Theory- **80** Marks

- Internal Assessment /Practical -20 Marks
- Practical&Project Work- **100** Marks

SEMESTER- I

Paper 1

Fundamentals of Naturopathy and Nutrition

Objectives: This course is designed to provide an understanding of the naturopathy and Nutrition among the students . After studying this course students will be able to:

1. Understand the fundamental principles and history of naturopathy
2. Develop the concept of treatment and it's mechanism
3. Understand the basic components of Nutrition and it's importance

UNIT 1: Naturopathy: Origin and Evolution

- Definition and concepts
- History
- Comparative study with other treatment systems viz as Therapeutic Yoga, Ayurveda etc.
- Thoughts of naturopaths

UNIT 2: Principle of Naturopathy

- Pancha-Mahabhūta
- Sharīr Dharma: Āhar, Nidrā, Bhaya Maithuna
- Natural Rejuvenations
- Violation of Law of Nature and diseases.
- Unity of disease, unity of cure and way of treatment, how nature cures?

UNIT 3: Mechanism and Treatment Methods

- Remove the root cause, Eliminate the toxin, Supplement of Vital Nutrients Conservation of Vital Energy.
- Properties of Water, Mud, Air and Sunlight
- Hydrotherapy
- Chromotherapy
- Massage Therapy

UNIT 4: Basic components of Nutrition

- Definition, classification and biological importance of carbohydrates.
- Definition and Biological importance of protein.
- Definition, classification and biological importance of lipids, properties of saturated and unsaturated fatty acids.
- Vitamin's classification of vitamins, source, biological function, deficiency diseases

Assignments/Practicals:

Reference Books:

1. Bharti Anant Swami Prabhansh CCRYN Naturopathy in Vedic Vangmay : Part-I and II
2. Gandhi Mahatma , Arogya Ki Punji
3. Lindahar Henry,Philosophy and practice of Nature Cure, , CCRYN, New Delhi.
4. Mishra P.D. & Mishra Beena Praktik Chikitsa Siddarth Evam Vyavhar, U.P. Hindi Sansthan
5. Nahar Ganga Prasad Gaud Praktik Ayurvedigyan,.
6. Singh Ajmer and Gill, Kalyani Essentials of Physical Education Publication.

SEMESTER- I

Paper 2

Fundamental of Yoga

Objectives: This course is designed to make the student understand about the fundamental of Yogs. After studying this course students will be able to:

1. Understand the fundamental of Yoga and its aspect of yoga techniques
2. Understand the concept of Health and Disease in perspective of Yoga , Ayurved and Naturopath and cases of disease

UNIT 1: Fundamental of Yoga

- Etymology and Definitions
- Aim and Objectives
- Yogic perspective of Shad-Darshana, Yoga Vashishtha, Upnishad, Ayurveda, Jainism, Buddhism
- Schools of Yoga: Raja Yoga, Karma Yoga, Bhakti Yoga

UNIT 2: Essential Terminology

- Chitta, Nādi
- Pancha-Prana, Pancha-Kośa
- Tridoṣa
- Three Body

UNIT 3: Health

- Definition and dimension
- Yogic Perspective
- Ayurvedic Perspective
- Naturopathy Perspective

UNIT 4: Disease

- Definition and Types
- Yogic Perspective
- Ayurvedic Perspective
- Naturopathy Perspective

Assignments/Practicals:

Reference Books:

1. Arya, Pandit Usharbudh (aka Swami Veda Bharati) (1977/1985), Philosophy of Hatha Yoga. Himalayan Institute Press, Pennsylvania.
2. Bhattacharya, P.B. (2007), Surya Namaskar, Sri Aurobindo Ashram Trust: Pondicherry: 9.
3. Chandrasekaran K. (1999), Sound Health Through Yoga, Prem Kalyan Publications, Sedapatti, Tamilnadu.
4. Chatterjee, C.C. (1992), Human Physiology (Vol. I & II) (Medical Allied Agency,
5. Desikachar, T. K. V. (1999). The Heart of Yoga: Developing a Personal Practice. Rochester, VT: Inner Traditions International, ISBN 0-89281-764-X.
6. Evelyn, C. Pearce (1968), Anatomy and Physiology for Nurses (Faber and Faber Ltd. London)
7. Feuerstein, Georg (1996), the Shambhala Guide to Yoga, Shambhala Publications, Boston. pp. 26
8. Feuerstein, Georg (2003), the Deeper Dimensions of Yoga, Theory and Practice. Shambhala Publications, Massachusetts.
9. Ganguly, S.K and Gharote, M.L., "Cardio-Vascular Efficiency before and after Yogic Traininig", Yogic Mimamsa XVII(1974), p.89.
10. Gore, M.M. (2003), Anatomy and Physiology of Yogic practices (Kanchan Prakshan, Lonavala)

SEMESTER- I

Paper 3

Hatha Yoga

Objectives: This course is designed to make the students acquainted with the various aspects of Hatha Yoga. After studying this course students will be able to:

1. Understand the concept and origin of Hath Yoga and its aspect of Sadhana
2. Develop skill practice in Yogic Techniques

UNIT 1: Hatha Yoga: Origin and Evolution

- Origin and development, Connotations of term Hath Yoga
- Contribution of Siddha and Nāth in development of Hath Yoga.
- Introduction of Hath Yoga Pradīpikā, Gheranda Samhita, Śiva Samhita and Vaśiṣṭha Samhita.

UNIT 3: Prerequisites for Sadhana

- Obstacle and Aids, Time and Place
- Pathya and Apathya
- Karma and Gyan
- Yam and Niyama

UNIT 3: Yogic Techniques: 1

- Śatkarma
- Asana, Pranāyama
- Mudra, Bandha and Pratyahar

UNIT 4: Yogic Techniques: 2

- Śatchakra and Kundalini
- Dharana and Dhayna
- Samadhi

Assignments/Practicals:

Reference Books:

- 1.Svatmarama (1985). The Hatha Yoga Pradipika (1st ed.). Translated by Swami MuktibodhanandaSaraswati. Yoga Publications Trust, Bihar.
- 2.Saraswati, Swami Satyananda (1984). KundaliniTantra(1st Ed.). Yoga Publications Trust, Bihar.
- 3.Saraswati, Swami Niranjananda (2009). Prana and Pranayama(1st Ed.). Yoga Publications Trust, Bihar.
- 4.Saraswati, Swami Niranjananda (2001). Prana and Pranayama(Hindi)(1st Ed.). Yoga Publications Trust, Bihar.
- 5.Saraswati, Swami Satyananda (1976). Four Chapter of Freedom (1st Ed.). Yoga Publications Trust, Munger, Bihar.

SEMESTER- I

Paper 4

Practical

Section A

Shatkarma

- Jal Neti, Vaman Dhauti, Vatkrām Kapalbhati, Agnisar Kriya

Asana

- Sukshma Exercise- Part- 1,2
- Backbone Twisting, Butterfly, Triangle Pose, Hanuman Asana, Side Bending, Boat Pose, Bow Pose, Camel Pose.
- Sūrya Namaskar

Pranayama

- Bhrāmari, Bhastrika, Śīṭali

Section B

Naturopathy

- Enema
- Hot Foot Bath
- Chromotherapy
- Steam Bath
- Mud Bath
- Hot and Cold Packs on abdomen
- Enema
- Spine Bath
- Hip Bath
- Sun Bath
- Foot bath
- Full immersion bath

- Chest pack
- Full-wet-sheet pack
- Full-warm-sheet pack
- Chromo therapy
- Friction bath
- Hot earth mud pack
- Cold earth mud pack
- Eyes pack

SEMESTER- II

Paper 5

Elementary Human Anatomy and Physiology Part 1

Objectives: This course is designed to know about the Elementary human Anatomy and Physiology. After studying this course students will be able to: Understand the Body system and their functions, Digestive System, Respiratory System, Hematology, Excretory System, Nervous System.

UNIT 1: Basic Anatomy of Human Body

- Terminology and Nomenclature
- Regional Anatomy: Head and Neck, Back, Thorax, Abdomen, Upper Limb, Lower Limb.

UNIT 2: Cell, Digestive System, Circulatory System

- Function of Cell and Organelles
- Organization and plan of digestive system.
- Blood Vessels, Physical Principles of Blood Flow, Regulations of Blood Flow

UNIT 3: Respiratory System, Excretory System, Immune System

- Inspiration and expiration, Role of respiratory muscles and thoracic cage, Pressure and volume change during respiration.

UNIT 4: Nervous System

- General introduction of excretory organs, renal circulation, nephron

Assignments/Practicals:

SEMESTER- II

Paper 6

Elementary Human Anatomy and Physiology Part 2

Objective: This course is designed to make the students understand a bit of the elementary human anatomy and Physiology. After studying this course the students will be able to:

- Understand the lymphatic system.

- Differentiate among various aspects of Physiology.
 - Unit 1:- Lymphatic System, Bone Marrow, WBC, Introduction of neutrophils, leucocytes, eosinophils, basophils and monocytes, Human Immune System
 - Unit 2:-Endocrine system,Organization of Endocrine glands and basic functions, General introduction of hormones, regulation of hormone and its physiological roll in human physiology, Neuroendocrine system.
 - Unit 3:- Bio Chemistry Biofuel, Basal Metabolic Rate and its importance; oxidative phosphorylation .
 - Unit 4:- Bio Chemistry &Metabolism of Carbohydrate, Protein, Lipids; Metabolic nitrogenous waste.

Assignments/Practicals:

Reference Books:

- 1.Bijlani R. L. and Manchanda, S.K. : The Human Machine : National book Trust, New Delhi.
- 2.Guyton, A.C. - Basic human physiology normal function and mechanism of disease, W.B. Saunders Comp. London.
3. Jain Vandana - ManavSarirKriyaVigyan, Nakada Pub. Hare Jaipur.-Disea
4. P. Verma & Pandey K :SarirKriyaVigyan, Bihar Hindi Granth Academy.
5. Zaveri J.S. - Human body - design, function and development, today and tommorrow's printer & pub. Jaipur.

SEMESTER- II

Paper 7

Śrīmad BhagavatGīta and Patanjali Yoga Sūtra

Objectives: This course is designed to know about Shrimad Bhagvat Gita & Patanjali yoga sutra. After studying the course students will be able to:

1. Understand Yoga in perspective of SrimadBhagwat and Patanjali sutra
2. Develop the concept of karma yoga, bhakti yoga , gyan yoga, kriya yoga and yagya and also chitta

UNIT 1: Śrīmad Bhagavat Gīta and Patanjali Yoga Sūtra

- Introduction
- Definition of Yoga, Relevance of Yoga
- Triguna and its perspective

UNIT 2: Yogic Paths

- Karma Yoga, Bhakti Yoga, Gyan Yoga
- Kriya Yoga
- Yagya

UNIT 3: Chitta Perspectives

- Chitta: Vritti, Kleśa, Antaraya and Vikshep
- Abhays and Vairagya
- Aṣṭang Yoga (Gīta and PYS)

UNIT 4: Analysis of Yogic Texts

- Differences and similarities (As per Content and Approach) of Hath Yoga Pradīpika, Gheranda Samhita, Śiva Samhita, Vaśītha Samhita, Śrīmad Bhagavat Gīta and Patanjali Yoga Sūtra.

Assignments/Practicals:

Reference Books:

1. Saraswati, Swami Niranjananda (2013). Gita Darshan(1st Ed.). Yoga Publications Trust, Bihar.
2. Saraswati, Swami Niranjananda (2010). Karma and Karma Yoga(1st Ed.). Yoga Publications Trust, Bihar.
3. Saraswati, Swami Niranjananda (2012). JnanaYoga(1st Ed.). Yoga Publications Trust, Bihar.
4. Sharma, Pt, Sri Rama Acharya(2000). Yoga Darshan (Hindi). YugNirmaanYojanaVisthar Trust. Mathura, India.

SEMESTER- II

Paper 8

Health Management

Objectives: This course is designed to understand about the health management. After studying this course students will be able to:

Develop the skill practice in diagnosis and treatment of common diseases and also psychosomatic diseases.

UNIT 1: Diagnosis and Interpretation

- Body Weight, Blood Pressure, Pulse Rate
- Tongue Examination, Eye Examination, Skin Examination, Nail Examination
- Complete Blood Count
- Lipid Profile
- Liver Function Test
- Renal Function Test
- Serum Glucose Level Test

UNIT 2: Treatment of Common Diseases Part- 1

- Gastritis, Peptic Ulcer, Piles, IBS
- Obesity, High Cholesterol, Fatty Liver
- Asthma, Sinusitis, Allergy

UNIT 3: Treatment of Common Diseases Part- 2

- Hypertension, Diabetes Mellitus Type-2
- Arthritis, Joint Pain, Sciatica
- PCOD, Leucorrhoea, Dysmenorrhea

UNIT 4: Treatment of Psychosomatic Disease

- Anger
- Stress
- Depression
- Anxiety
- Insomnia

Assignments/Practicals:

Reference Books:

1. Mishra P.D. & Mishra Veena PrakritikChikitsaSidhantEvamVyawahar : UP Hindi Sansthan, Lucknow
2. Facial Dagnosis : Louis Kuhne
3. Iridagnosisby : Henry Linlahar
4. First aid :Sant John Ambulance Association

Paper 9

Practical& Project Work

Section A

Shatkarma

- Rubber Neti, Varisar Dhauti, Vyutkram Kapalbhati

Asana

- Sukshma Exercise- Part -3
- Back-stretch Pose, Plough Pose, Head Stand Pose, Sarvangasana, Chakrasana

Pranayama

- Ujjai, Suryabhedī, Chandrabhedī

Mudra and Bandha

Section B

Naturopathy

- Diet Therapy
- Fasting
- Massage Therapy
- Steam Bath

Guidelines

- It should be explained in own language with flow.
- Merely arrangement of data/fact should be avoided.
- Topic Selection

- Monotonous topic should be avoided
 - Viz as
 - "Śatkarma in Hath Yoga";
 - "Aṣṭang Yoga";
 - "Karma Yoga in Gīta"
 - "Balance Diet"
- Preferably interdisciplinary topic
 - Viz as
 - "Effect of Neti on Stress"
 - "Impact of Śatkarma on Annamaya Kośa"
 - "Effect of Pranayama on Pranmaya Kośa"
 - "Physiological Effect of Nauli"
 - "Psychological Effect of Kapalrandhra Dhauti"
 - "Physiology of Mud Therapy"
- Framework
 - Introduction
 - Relevance of study (Topic)
 - Review of Literature
 - Methodology
 - Discussion
 - Conclusion
 - Reference