



SHRI JAGDISHPRASAD JHABARMAL TIBREWALA UNIVERSITY

श्री जगदीशप्रसाद झाबरमल टीबडेवाला विश्वविद्यालय

Established U/S 2 (f) of UGC Act, 1956 vide Act No. F2(2) Vidhi/2/2009 of 5-2-2009, Govt. of Rajasthan

**DIPLOMA IN
NATUROPATHY, YOGA AND DIETETICS
(D.N.Y.D.)**

Course Curriculum (Syllabus)

Approved by the Academic Council

(2015-2016)

प्राकृतिक आयुर्विज्ञान एवं मानव मूल्य अध्ययन विभाग

Department of Natural Health Science & Human Values Studies

Shri JAGDISHPRASAD JHABARMAL TIBREWALA UNIVERSITY (RAJ.)

Vidya Nagari, Jhunjhunu-Churu Road, Chudela, Dist.- Jhunjhunu-333001, Rajasthan

Tel : 09667979312, 08805886785, E mail.- naturecure@jtu.ac.in, Website : www.jtu.ac.in

ORDINANCE NO.
DIPLOMA IN NATUROPATHY-YOGA AND DIETETICS
(DNYD)

1. Name of the Course :

- Diploma in Naturopathy-Yoga and Dietetics (DNYD).

2. Aims & Objective of the Course :

- The aim of Diploma in Naturopathy-Yoga and Dietetics is to prepare trained manpower fully equipped with knowledge and skills for treatment of diseases and to improve the overall health in all manifestation with the help of Natural Health Science.
- It is ideal for those always wanted to have in depth understanding of Naturopathy-Yoga & Diet but unable to take a long time off. It covers textual, Psycho-Physiological and practical aspects of Yoga Naturopathy as well as, teaching methods in Naturopathy and yoga.

3. Duration of the Course:

The duration of the course shall be of One Year (Two Semesters).

Availability of Admission Forms : 1 May to 31 July (every year) Last date for submission the Admission Forms 31 July. Diploma Course shall Start on the (Commencement of academic session) 1st August Every Year.

4. Intake Capacity :

50 (Fifty) Students and increase time to time with the permission of university.

5. Eligibility for Admission :

- **Qualification :** Any Candidate who has passed 12th std or any other equivalent examination.(with 45% for open category & 40% for Reserve category) from recognized Board shall be eligible for admission in to the Diploma in Naturopathy-Yoga and Dietetics.
- **Age :** There is no age bar for the Course.
- **Selection Methods :** Selection is based on First come first Registration.

6. Medium of Instruction :

- Medium of Instruction at the Diploma in Naturopathy-Yoga and Dietetics will be Hindi/English.

7. Attendance :

- 75% attendance is compulsory for each semester. He/She should complete all the practical's and other work expected of them of the syllabus.

8. Scheme of Teaching :

- Lectures
- The Students will be given projects, term works and tutorials.
- Group Discussion, Self study, Group Study will be held once in a week of four hours.
- Practical teaching/learning.
- Project implementation.

9. Course Coordinator & Faculty Members :

- The senior most teacher dr. Sagar kachhawa in the Department of Natural Health Science & Human Values *Studies* Shall be the Course Coordinator of the Course.
- Teachers & Staff of the Naturopathy Centre, Department of Natural Health Science & Human Values *Studies* Shri J J T University, Jhunjhunu.
- Outstanding guest lectures.

10. Examination :

Examination are deluded in two parts.

- 1) **Theory** : An examination will be held at the end of the each Semester and which shall be called as "Course Examination". This examination will be of 100 marks and of three hours duration.
- 2) **Practice**: There shall be final practical lesson Conducted at end of the second term.

11. Standard of Passing & Award of Class:

- Each student shall be required to pass in theory and practical work separately. The minimum pass marks in theory and practical work shall be 45% in each paper and practical work and 50% in the aggregate. Students securing 60% and above shall be placed in Ist Division and those obtaining 50% and above but less than 60% shall be awarded IInd Division.

12. Fees Structure :

- The Fee prescribed for regular students Annual Tuition fee will be Rs. 10000/- per year, its 50% will be payable in each Semester at a time. Exam fee extra.
- **Hostel** : The Students will be provided the possible facility of a Hostel where meals will be available and the students will abide by the Hostel Rules. The Hostel Charges will be as Under: Boarding & Meals : Rs. 5000/- per month (3 months payment at a time)

13. How to get Form and Prospectus for Admission :

- Application form and prospectus can be received by depositing a Bank Draft of Rs. 500/- payable to " Shri J J T University Jhunjhununur" (Demand by post Rs. 50/- extra as postal charges). Last date for receiving prospectus is 31 July (every year). Send a self-addressed envelope of 11" x 9" and 10"x4.5" with draft. The last date for submitting the filled form is 31 July (every year) or filled in application form along with photo copy of all the mark sheets as well as certificates and a demand draft of Rs. 500.00 (Rupees One Hundred) in favour of Shri J J T University be sent at the following address :

Registrar
Shri Jagadishprasad Jhabarmal Tibadewala University
Vidya Nagari, Jhunjhunu-Churu Road, Chudela, Dist.- Jhunjhunu-333001, Rajasthan
E mail.- naturecure@jtu.ac.in, Website : www.jtu.ac.in

14. University Terms :

- The date for commencement and conclusion of the terms shall be decided by the University.

SYLLABUS

DIPLOMA IN NATUROPATHY, YOGA & DIETETICS

Department of Natural Health Science & Human Values Studies

Vidya Nagari, Jhunjhunu-Churu Road, Chudela, Dist.- Jhunjhunu-333001, Rajasthan

1. Name of the Course : Diploma in Naturopathy, Yoga and Dietetics (DNYD)
2. Duration : One year
3. Examination Type : Semesters Wiis
4. Eligibility : 12th or any other equivalent examination passed.
5. Selection Methods : Selection is based on First come first Registration.

6. SCHEME OF EXAMINATION :

Paper Code	Paper Tital	Internal (Desr /Viva/Oral/ Test/Sessional etc.) A		Theory B		Subject Total (in case of joint passing) A+B		No. Credits (if Credit System is applicable)
		Max	Passing	Max	Passing	Max	Passing	
First Semesters								
DNYD-101	HUMAN ANATOMY & PHYSIOLOGY	20	07	80	28	100	35	
DNYD-102	BASICS PRINCIPLES OF NATUROPATHY& HEALTH	20	07	80	28	100	35	
DNYD-103	BASIC PRINCIPLES OF AYURVED & SWASTHAVRITTA	20	07	80	28	100	35	
DNYD-104	BASIC PRINCIPLES OF DIETETICS	20	07	80	28	100	35	
DNYD-105	PRINCIPLES OF YOGA & PRACTICE	20	07	80	28	100	35	
First Semesters		100	35	400	140	500	175	
Second Semesters								
DNYD-201	APPLICATION OF NATUROPATHY	20	07	80	28	100	35	
DNYD-202	FOOD-NUTRITION AND HERBL MEDICINE	20	07	80	28	100	35	
DNYD-203	DIAGNOTIC METHODS AND MANAGEMENT OF DISEASES	20	07	80	28	100	35	
DNYD-204	MENTAL HEALTH AND PHYSICAL DISEASES	20	07	80	28	100	35	
DNYD-205	PRACTICE OF PRANAYAMA & PRACTICE	20	07	80	28	100	35	
Second Semesters		100	35	400	140	500	175	
		Max	Passing	Max	Passing	Max	Passing	Remarks
Grand Total		200	70	800	280	1000	350	

Each Papers Distribution of Marks

External Evaluation	80 Marks
Practice Evaluation and Sessional Work (Internal Examination by the Teachers)	20 Marks
(Continues valuation will be used for evaluation based on students understanding (Assignments), Feedback and Project works)	

FIRST-SEMESTERS
PAPER – I
HUMAN ANATOMY & PHYSIOLOGY
(SHARIR RACHANA-KRIYA VIGYAN & JEEVAN RASAYAN)

Paper Code –DNY-101

(T+P=100 Marks)

Unit-I

Anatomy: Regional subdivision of human body, Parts, Bones and Joints of upper limb; Parts, Bones and Joints of lower limb; Parts of Head and Neck

Unit-II

Body systems : Introduction to the Respiratory system, Introduction to Gastro-Intestinal System, Introduction to Circulatory System, Introduction to Urinary System, Introduction to Genital System

Unit-III

Physiology: Cell-Structure and functions, Tissue-Epithelial, connective, Muscular, Nerves, etc., Muscles-Physiology of muscles, types of muscles, Muscle contraction and Relaxation.

Unit-IV

Body systems and their functions:

Digestive system, Respiratory system, Hematology, Excretory system, Nervous system, Reproductive system, Skin system.

Unit-I

Pathology: Nutritional Causes of Diseases, Metabolic Disorders, Hemolytic Disorders, Diseases of Male Reproductive System, Blood Sugar, blood urea, and serum cholesterol, Diseases of Female Reproductive System. Body Defense Mechanism and Ageing Process, Parasites.

Reference Books.

- | | |
|---|-------------------|
| 1. Surface & Radiological Anatomy | Halim & Das |
| 2. Assessment of Human Embryology | A Dutt |
| 3. Principles of Human Anatomy | Tora Tora |
| 4. Atlas of Body & mind | Binny & Johnson |
| 5. Shahana's Human Anatomy | Shahana S. N. |
| 6. Human Anatomy Vol. I,II,& III | Chaurasia B.D. |
| 7. Text Book of Human Physiology Vol. I | Chaterjee C.C. |
| 8. Anatomy & Physiology in health and illness | Ross & Wilson. |
| 9. मानव शरीर रचना (हिन्दी) | गणनाथ सेन |
| 10. शरीररचना व कार्य (मराठी) | विवेक साठे |
| 11. Applied physiology | wright & Samson |
| 12. Cell Physiology | C.S. Swami. |
| 13. Biochemistry Techniques and Method | Upadhyaya & Path |
| 14. Practical Clinicaal Biochemistry | Horl Varery. |
| 15. Text Book of physiology & Biochemistry | Samson, Wrights |
| 16. दृष्टार्थ शरीरम् भाग 1 व 2 | वैद्य ग. प. आठवले |
| 17. शरीरनिर्माण व रचना | मकरंद गोरे. |

FIRST-SEMESTERS
PAPER – II
BASICS PRINCIPLES OF NATUROPATHY & HEALTH

Paper Code –DNY-102

(T+P=100 Marks)

Unit-I

Concept of Health

Naturopathy – Definition, Principles, Philosophy and Treatment Approaches.

Naturopathy and other system of medicine.

Unit- II

Philosophy of Panchmahabhhot according to Naturopathy.

Unit- III

(i) History and fundamental Principles of Naturopathy

(ii) Philosophy of Indian Naturopaths.

a) Vegi Raju b) Vinobha Bhave c) Mahatma Gandhi

d) Vithaldesh e) Shri Venkatrao f) Jaydishwaranand

PRACTICAL

Viva-Nature-cure

Patient Examination

Practical Note Book

Details of Practical:

Prepare a practical notebook containing 20 sheets of normal human body examination. e.g.

Name, Age, Sex, Race, Address, Height, Weight, Dier, Dosh, Dhatu, Mala, Ahar, Nidra, Agni & Habit.

Reference Books :

1. Salient features of Ayurveda

2. Basic Principles of Ayurveda

3. Naturopathy

4. Recent Trends in Nutrition

5. आर्युर्वेद सिध्दान्त परिचय

6. आर्युर्वेदका मूल सिध्दान्त

7. आर्युर्वेद के मूल सिध्दान्त

8. अभिनरव प्राकृतिक चिकित्सा

9. प्राकृतिक आयुर्विज्ञान

10. प्राकृतिक चिकित्सा की देन

11. आहार तथा पोषण विज्ञान

12. Nutrition Principles and application in health Promotion

13. Food, People & Nutririon

S.C. Dhyani

Kashyap Da

V.M. Kulkarni

V.C. Gopalan

मोरेश्वर

प्राणजीवन मेहता

लक्ष्मीकांत द्विवेदी

डॉ. कुलरंजनदास मुखर्जी

डॉ. राकेश जिंदल

जुगलकिशोर चौधरी

ओमप्रकाश झा

Kaul S.S. & Nyainango.

Eckstein

FIRST-SEMESTERS
PAPER – III
BASIC PRINCIPLES OF AYURVED & SWASTHAVRITTA

Paper Code –DNY-103

(T+P=100 Marks)

Unit- I

fundamentals of Ayurveda

Sharir Dharma, Ahar, Nidra, Bhaya, Maithunam
Panchamahabhoot, Dosh, Dhatu, Mala.

Saamya (Equilibrium) & vaishamya (In equilibrium)
Vrudhi- khsaya, Agni.

Unit- II

Concept of health & necessity of Swasthavritta
Individual health- Daily resume (Dinacharya)
Seasonal resume (Rutucharya)
The Pillars of Health (Trayopastambha)

Unit II

Social health, Environmental health
Air, Water, Light
Garbage & Swage disposal (Apadravya Nivarana)
Industrial health & Method of maintaining it
Epidemiology of infectious diseases (Selected Five)

Unit III

Primary health Prevention
national health Programme
Family welfare Programme

PRACTICAL

Details of Practical -

- 1) Students visit to different social places and Industry (for any pollution)
Water supply plant (for water purification process). Swages disposal
(Apadravya Nivarana) Primary health centre (for knowledge of vaccination, inoculation)
- 2) Visit to at least five such places is compulsory to every student. Prepare a report based on visits.

Reference Books :

- | | |
|---------------------------------|--------------------|
| 1. आयुर्वेदिक स्वस्थवृत्त | दत्तात्रेय जळुकर |
| 2. आरोग्य शास्त्रा | चतुरसेन |
| 3. स्वस्थवृत्त विज्ञान | रामहर्षसिंह |
| 4. स्वस्थवृत्तम | शिवकुमार गौड |
| 5. स्वस्थवृत्त | डॉ. रानडे, परांजपे |
| 6. अष्टांग हृदयम् | महर्षि वाग्भट |
| 7. Preventive & Social Medicine | J.V. Park |

FIRST-SEMESTERS
PAPER – IV
BASIC PRINCIPLES OF DIETETICS

Paper Code –DNY-104

(T+P=100 Marks)

Unit- I

1. Introducing to diet & Nutrients.
2. Meal- planning & Menu- planning.
3. Introduction to Basic food groups.
4. Protective Nutrient - Vitamins & Minerals classification , sources, functions

Unit- II

1. Balanced diet, Recommended Nutrient allowance (by ICMR-I latest)
2. Energy yielding nutrients, classification, sources, functions of fats, carbohydrates and Proteins.

Unit- III

Cooking methods and cooking utensils of foods and its effect on health.

PRACTICAL

Preparation of food stuff and recipes.
Calorie value of different foods.
Visit to various institutions and reporting.

Reference Books :

- | | |
|---|--|
| 1. Nutritive Value of Indian foods | - Gopalan NIN, ICMR, Hyderabad 1996. |
| 2. Dietary guidelines for Indians A manual | - NIN, ICMR, Hyderabad 1998. |
| 3. Biochemical aspects of Nutrition
1992. | - Okoye, Z.S.C. Prentice hall of India, New Delhi |
| 4. Essentials of Food and Nutrition | - Swaminathan M.S. BAPPCO Ltd. Bangalore 1993. |
| 5. Food Facts
1989. | - Shakuntala Maney Wiley Eastern Ltd. New Delhi |
| 6. Text Book of Human Nutrition | - Bamji M.S. Oxford & IBH Publishing Co. Pvt. New
Delhi 1996. |
| 7. Fundamentals of food and Nutrition | - Sumati Mudambi 1990 |
| 8. The Educational Planning Group Food
girls.
and Nutrition | - Arya Publishing house, New Delhi. Sr. College |
| 9. Kay Khawe Kiti Khawe | - Mrs. Laxmi. |

Assignments -

1. Study of portion size of food given in balanced diet recommended by ICMR
2. Study of Nutrient Analysis of diet survey, Report writing and presenting the reports through seminars and group discussions.
3. Identification of diet and Nutritional status of individuals. Study of food consumption pattern of different families through diet survey. Report writing.
4. Balanced diet and caloric value of different food stuffs.

FIRST-SEMESTERS
PAPER – V
PRINCIPLES OF YOGA & PRACTICE

Paper Code –DNY-105

(T+P=100 Marks)

Unit- I

1. Yoga definition - Concepts, misconcepts, aims and objectives.
2. History & Philosophy of Yoga- Yoga Sutra, including 8 steps of Yoga (Ashtanga Yoga)

Unit- II

1. Introduction of Asanas, Pranayams, Mudras, Bandhas and Kriyas.

Unit- III

1. Difference between Yogic and non- yogic exercises.
2. Surya- Namaskar.

PRACTICAL

I. ASANAS-

1. Padmasana 2. Budha Padmasana 3. Paschimottanasana 4. Siddhasana 5. Bhujangasana 6. aripurna navasana 7. Gomukhasana 8. Tolasana 9. Aakarna 10. Mahamudra 11. Janu Sirshasana 12. Ardha Shalabhasana 13. Shalabhasana 14. Dhanurasana 15. Chakrasana 16. Vaprasana 17. Tolangulasana 18. Kukkutasana. 19. Ardha Machhandrasana 20. Bakasana 21. Sarvangasana 22. Halasana 23. matsyasana 24. Tadasana 25. Gurudasana 26. Vajrasana 27. Supta-Vajrasana 28. Swastikasana 29. Sidhasana 30. Utthita Padmasana 31. karanpidasana 32. Konasana 33. Shirshasana 34. Vatayanasana 35. Mayurasana 36. Vipareet Karni 37. Padahastanas 38. Ushtrasana 39. Naukasana 40. Vikshasana 41. Tolasana 42. Makarasana 43. Virasana

II. SURYANAMASKAR

1. Should be practised as Physiological, Phychological and Spiritual practice.
2. 12 repetitions with the chanting of mantras.

Mantra :-

1. Om Mitraya Namah 2. Om Ravaye Namah 3. Om Suryaya Namah 4. Om Bhanave Namah 5. Om Khagaya Namah 6. Om Pushne Namah 7. Om Hirangarbhaya Namah 8. Om Marichaye Namah 9. Om Adityaya Namah 10. Om Savitre Namah 11. Om Arkaya Namah 12. Om Bhaskraya Namah:

III. Practical Note-Book

Reference Books-

- | | |
|---|--|
| 1. योग व आयुर्वेद | राजकुमार जैन |
| 2. योगदिपिका | बी.के. एस. अय्यंगार, योगा इन्स्टिटयुट, पुणे. |
| 3. सुर्यनमस्कार एक परिपूर्ण व्यायाम | स्वामी योगाभ्यासी मंडल, राम नगर, नागपूर |
| 4. योगदर्शन (व्यासंभाष्यसहित)हिन्दी | स्वामी सत्यपती दर्शन महाविद्यालय, गुजरा |
| 5. आरोग्य सुखसंपदा परिषद, | डॉ. अरुण खोडसकर, बृहन्महाराष्ट्र योग |
| 6. Anatomy and physiology of Yogic Practice | Makrand Gore . Motilal Banarasidas, Delhi |
| 7. Concept of Ayurveda for Perect health and Varanasi | H.S. kasture Chowkhamba Sansthan |
| 8. The philosophy of Patanjali | Harihar Swamy Chowkhamba Sansthan |
| 9. योगस्वास्थ्य कुंजी (हिन्दी) परिषद, | डॉ. अरुण खोडसकर, बृहन्महाराष्ट्र योग |

SECOND - SEMESTERS
PAPER – I
APPLICATION OF NATUROPATHY

Paper Code –DNY-201

(T+P=100 Marks)

Unit-I

Unit II

Mud Therapy

Type of mud, collection and properties of mud, mud poulties

Applications and the physiological effect and its Contraindications

Unit III

Introduction and history of Hydrotherapy

General principles and rules of Hydrotherapy

Therapeutic action and use of Hydrotherapy

Introduction and history of Hydrotherapy

Physiological properties and chemical composition of water

Importance of water to human body

Physiological effects of water on different systems of body.

Unit IV : Massage

a. General & Physiological effects of heat on skin, Respiratory, Circulatory & Nervous System.

b. General and physiological effects of cold upon skin, respiration, circulation nervous system.

GIT, Body temperature and its maintenance, nervous system

c. Action reaction and incomplete reaction.

d. Role of water in Acute disease.

e. Role of water in chronic disease

Unit V : Chromo therapy & magneto therapy

a. History & Basic Principles of Chromo Therapy

b. Effects & benefits of Chromo Therapy

a. History & Basic Principles of Magneto Therapy

b. Effects & benefits of Magneto Therapy

PRACTICAL

Fasting

Mud Therapy (Collection of different types of mud Preparation of mud poulties.)

Hydro Therapy (Demonstrate the therapeutic action of water and heat)

Massage

Chromo & Magneto Therapies

Reference Books :

1. Philosophy of Nature Cure

3. Human Care and Nature

4. History and Philosophy of nature Cure

5. My nature Cure

6. Practical nature Cure

7. New Science of Healing

8. Naturopathy

9. प्राकृतिक चिकित्सा की देन

10. प्राकृतिक आयुर्विज्ञान

- Henry Lindlohr

- Dr. E.O. Babaiat

- S.O. Singh

- M.K. Gandhi

- Dr. k. Laxman Sharma

- Louis Khune

- V.M. Kulkarni

– युगलकिशोर चौधरी

– डॉ. राकेश जिन्दल, दिल्ली.0

SECOND - SEMESTERS
PAPER – II
FOOD-NUTRITION AND HERBL MEDICINE

Paper Code –DNY-202

(T+P=100 Marks)

Unit- I

1. Nutrition and diet during infancy, preadolescence, adolescence, pregnancy, lactation and old age.
2. Weaning and supplementary food.

Unit II

1. Reproductive child health care through Nutrition.
2. Balance diet, objectives of therapeutic diets.
3. Nutritional Deficiency Discusses, Protein Calorie Malnutrition in children.

Unit III

Diet in – Gastrointestinal Diseases, Cardio vascular Diseases, Liver diseases, Diabetes, Gout, Arthritis, Osteoporosis, tube feeding

Unit VI

Herbal Therapeutic use of Amla, Ashwagandh, Ajwain, Bilva, Guduchi, Haridra, Hingu, Kalimirch, Punarnava, Tulsi, Karela, Onion, Pudina, Neem et.

PRACTICAL

Assignments

Viva on Theory

Assignments :

1. Preparing food plan according to the need of the patients / clients.
2. Study of Diets of different groups concerned in theory by Diet surveys and report writing
3. Performing Nutrition and health education programmes in the society and its evaluation.

Reference Books :

- | | |
|--|---|
| 1. Nutritive Values of Indian food | - C. Gopalan - (NIN Hyderabad 1996) |
| 2. Dietary Guidelines for Indians | - A Manual (NIN Hyderabad 1986) |
| 3. Biochemical Aspects of Nutrition | - Okoyezec Prentice hall of India- New Delhi |
| 4. Essentials of food Nutrition | - Swaminathan M.S. Bappco Ltd. Bangalore 1993 |
| 5. Food Facts
1989 | - Shakuntala Maney Wiley Estem Ltd. new Delhi |
| 6. Text-Book of Human Nutrition
1996 | - Bamji M.S. Oxford & IBH, Publishing new Delhi |
| 7. Fundamentals of Food & Nutrition | - Sumati Mudanbi 1990. |
| 8. Educational Planning Group Food & Nutrition | - Arya Publishing House New Delhi |
| 9. Kaya Khave Kiti Khave
2000. | - Jayashree Pendharkar, Jayashree Prakashan, Nagpur |
| 10. Striya aani Mulancha Aahar
2001. | - Jayashree Pendharkar, Jayashree Prakashan, Nagpur |
| 11. Dietetics | - Smt. Laxmi |

SECOND - SEMESTERS
PAPER – III
DIAGNOTIC METHODS AND MANAGEMENT OF DISEASES

Paper Code –DNY-203

(T+P=100 Marks)

Unit- I

- 1) Diagnosis Concept, types and methods
- 2) Facial Expression: Concept of foreign Matter, Encumbrance, Back encumbrance, the whole body encumbrance, Mixed back and partial accumulation, causes of accumulation of Foreign Matters, various places of Accumulation.
- 3) Iris Diagnosis: Concept, Methods and Application of Iris Diagnosis, Nabhi Chakra and Swara Vigyan Case History and Various Examinations and tests for Proper Diagnosis.

Unit- II

- 1) Management Natural Management of Diseases of the Digestive System- Indigestion, Constipation, Diarrhoea, Gastritis, Colic pain, Appendicitis, peptic ulcer, colitis; diseases of the liver and gall bladder. Jaundice, Hepatitis, Cirrhosis of liver;

Unit- III

Diseases of urinary system : Enuresis, Nephritis, Infection of urinary tract Diseases of Heart and circulatory disorders : Angina pectoris, High and low blood pressure

Unit- IV

Diseases of Respiratory system-cough, Pneumonia, Pleurisy, Bronchitis, Asthma, Pulmonary Tuberculosis Diseases of the Nervous System-Epilepsy, Migraine, Paralysis, Sciatica, Diseases of connective tissues, joints and bones- Rheumatoid arthritis, Osteoarthritis, spondylitis, Gout
Diseases of Endocrine System-Diabetes, Hypothyroidism Diseases of the Genital Disorder- Syphilis, Gonorrhoea, AIDS, Impotency, Frigidity First Aid and Emergency

Suggested Books and References:

1. K.S. Josi: Speaking of Yoga & Nature- Cure Therapy, Sterling Publishers Private Limited, 1991.
2. M.M. Bhamgara: The Human Body: Nature's Amazing Creation, Bipin Parkekh Mumbai, 2004.
3. Prakrutik Ayurvijnana- Dr. Jindal- Republication of Kalyana Anka Arogya Seva Prakasham odinagar.
4. History and Philosophy of Nature cure- By S.J. Singh.
5. Prachina Vangamaya Me Prakrutika Chikitsa- Swami Ananta Bharati, CCRYN, New

SECOND - SEMESTERS
PAPER – IV
MENTAL HEALTH AND PHYSICAL DISEASES

Paper Code –DNY-204

(T+P=100 Marks)

Unit- I

Role of Mental Health in total health, Normal and Abnormal behaviour
Psycho-social factors in abnormal behaviour

Unit- II

Types of mental disorders
Fundamental principles of Psycho-somatic approach

Unit- III

Emotional factors in different physical diseases, Gastro intestinal disturbances,
Cardio vascular disturbances, skin diseases, Respiratory disturbances
Metabolic and Endocrine disturbances

Unit- IV

Role of Naturopathy and yoga in the management

Reference Books :-

- | | |
|--|------------------------------|
| 1. क्रिया योग साधना | –देवधर शास्त्री |
| 2. वैज्ञानिक योगासन एवं स्वास्थ्य | – सत्यपाल |
| 3. Human Care and Nature | - Dr. E.O. Babaiat |
| 4. History and Philosophy of nature Cure | - S.O. Singh |
| 5. My nature Cure | - M.K. Gandhi |
| 6. PRactical nature Cure | - Dr. k. Laxman Sharma |
| 7. New Science of Healing | - Louis Khune |
| 8. Naturopathy | - V.M. Kulkarni |
| 9. प्राकृतिक चिकित्सा की देन | – युगलकिशोर चौधरी |
| 10. प्राकृतिक आयुर्विज्ञान | – डॉ. राकेश जिन्दल, दिल्ली.0 |

SECOND - SEMESTERS
PAPER – V
PRACTICE OF PRANAYAMA & PRACTICE

Paper Code –DNY-205

(T+P=100 Marks)

Unit I

Introduction to Astanga Yoga

1. Yama
2. Niyama
3. Asana Practical

Unit II

1. Pranayam

Definition, Explanation and types of pranayam

Suitable Period, Diet for Pranayama

Pranayama Siddhi - its signs (Heena, Madhyam, Uttama) nadi shuddhi, Therapeutic use of pranayama.

2. Pratyahara - Explanation.

Unit III

Dharana - Definition and Explanation.

Dhyana - Various method of Meditation (Dhyana)

Samadhi - Sabij, Nirbij

PRACTICAL

PRANAYAM

1 नाडी शोधन प्राणायाम 2. भस्त्रिका 3. सुर्यभेद प्राणायाम 4. भ्रामरी प्राणायाम 5. मूर्छा प्राणायाम 6 शीतली प्राणायाम 7 सीत्कारी प्राणायाम 8 उज्जाई प्राणायाम 9 कपाल प्राणायाम 10. शक्ति चालिनी
ध्यान :- प्रेक्षा, साक्षी, विपश्यना

MUDRA : 1. महावेध मुद्रा 2. कल्की 3. शांभवी मुद्रा या भ्रूमध्य दृष्टी 4. ताडन मुद्रा 5. आकाशी मुद्रा 6 खेचरी मुद्रा 7 भुजंगिनी मुद्रा 8 अश्विनी मुद्रा 9 तडागी मुद्रा 10. महा मुद्रा 11. योनि मुद्रा या षन्मुखी मुद्रा 12. पाशिनी मुद्रा 13. भूचरी मुद्रा 14. मांडुकी मुद्रा 15. अगोचरी मुद्रा 16. वज्रोली मुद्रा

BANDH : मुल बंध, जालन्धर बंध, उड्डियान बंध

KRIYAS : नेती, धौती, बस्ति, कपालभाति, त्राटक, नौली

Reference Books :-

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|-----------------------------------|--|
| 1. क्रिया योग साधना | —देवधर शास्त्री |
| 2. वैज्ञानिक योगासन एवं स्वास्थ्य | — सत्यपाल |
| 3. Stress Management by Yoga | - K. N. Udupa \ |
| 4. A study of Yoga | - J Ghosh |
| 5. Yogashiksha | - Acharya Devavrata |
| 6. योगदिपिका
पूणे. | — बी.के. एस. अय्यंगार, अय्यंगार योगा इस्टिटयुट |