

University of Patanjali

Haridwar, Uttarakhand.

**DIPLOMA IN NATUROPATHY &
YOGA THERAPY (DNYT)**

(One year Program)

Curriculum



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1. Introduction of University of Patanjali, Haridwar:

The University of Patanjali is named after the great Indian Sage Patanjali who first compiled the numerous writings on Yoga in the form of aphorisms. It was established under University of Patanjali Act No. 04/2006 of Uttaranchal State Legislature No. 717/2006 published in the State Gazette on 05.04.2006 and published vide Amendment Act 12/XXXVI (3)/2010/17(1)/2009 Dehradun, 06 January, 2010 of Uttarakhand State Legislature Assembly. The University is sponsored by Patanjali Yogpeeth Trust (PYP) and is located on Delhi - Haridwar National Highway at Bahadarabad, Haridwar.

The education system of University of Patanjali is not restricted only to gain information for employment purposes but also emphasizes on personality development for social co-existence.

From self sustaining use of natural resources to self destructive materialism, Revered Yog Rishi Swami Ramdev and Ayurved Shiromani Acharya Balkrishna have given the clarion call of 'Back to Nature' and propounded the path of natural food to health and happiness through Yoga and Ayurveda. With the growing mass following more Indians are eager to go back to ancient roots of wisdom. Asceticism, health care, integral education and entrepreneurship are its major domains of teaching-learning.

2. Diploma in Naturopathy and Yoga Therapy (DNYT) Program:

Diploma in Naturopathy and Yoga Therapy (DNYT) is a one year, regular and full time, practical oriented training program. It was started from the year 2021 in view of the increasing demand for trained paramedical manpower in the Naturopathy Clinics, Naturopathy Hospitals, Wellness Centers, Spas and Resorts.

3. Aim of the Programme:

To produce high quality Naturopathy & Yoga therapists for clinical setups & wellness centers.

4. Objectives of the Programme

- a) To impart knowledge about Naturopathy & Yoga with its concepts.
- b) To educate the disease prevalence and role of Naturopathy & Yoga therapy in preventive and educative aspects.
- c) To Train items in technically in natural treatment modalities & procedures.
- d) To produce high quality caliber therapist to serve society
- e) To bring peace and harmony in the society by introducing natural way of life and also creating job opportunities.

5. Scope:

This program is a one year full time residential program which shall provide adequate means of instruction for the trainees to become a Naturopathy Therapist. After successful completion of the program, the trainee shall be authorized to work under a Naturopathy Physician as a Naturopathy Therapist in the Naturopathy and Yoga Clinics/Naturopathy and Yoga Hospitals/Health and Wellness Centres, Yoga instructor and Wellness trainer etc.

Please note that the trainee is not authorized to work as an independent Naturopathy and Yoga Physician.

The University of Patanjali will make efforts for campus interview of the trainees where the employers can come for selection.



6. Eligibility Criteria:

Minimum qualification for admission in one year DNYT program is 12th pass.. Candidates aged minimum 18 years are eligible to apply for the program. However, maximum age may be 35 years. Age relaxation is applicable to candidates belonging SC/ST/OBC/PH as per the University of Patanjali rules.

7. Application Fee:

Application form along with the prospectus can be downloaded from the website of the University with online payment Rs. 1000/- (Rupees One Thousand only) with applicable charge as per the University norms.

8. Selection Procedure:

The admission notice will be uploaded on the University's website inviting applications from the eligible candidates. If found necessary, an interview of the applicants will be conducted at University of Patanjali, Haridwar. The names of finally selected candidates will be displayed on the notice board at the University and uploaded on the University's Website also.

9. Commencement of the Program:

Date of commencement of the course will be 1st August/University guidelines. It will be informed to the selected candidates and uploaded on the University website.

10. Fees Structure:

Tuition fees	Rs.10000/- (per semester)
Hostel fees	Rs. 2000/- (per month)
Mess fees	Rs. 4000/- (per month)
Sports fees	Rs. 1000/- (one time)
Uniform fees	Rs. 2500/- (yearly)
Lab fees	Rs. 1000/- (yearly)
Exam fees	Rs. 2000/-

11. Attendance:

75% attendance separately in theory and practical is compulsory. Under any unforeseen conditions like health and otherwise permission may be obtained from the program coordinator. However, to fulfill the leave period the trainees has to work for extra days.

12. Internal Assessment:

Internal assessment will be done through daily log books, diary, practical records, general behavior, viva-voice and overall performance of the student. Quarterly report will be prepared and displayed on the student notice board by the coordinator.

13. Identity Card and Aprons:

The students will be provided Identity Card and apron. They are expected to wear aprons and carry identity cards in the premises compulsorily. Decency, decorum and dress code is to be strictly adhered in the premises.

14. Evaluation:

Theory, practical examinations and viva will be conducted in each subject at the end of the program.



15. Program Certificate:

After declaration of the result, the qualified students will be issued the Diploma in Naturopathy and Yoga on production of the 'No Dues Certificate'.

16. General Instructions:

- a) The DNYT trainees should have an aptitude towards Yoga and Naturopathic way of living. They should have a compassionate attitude towards the patients, their care givers, dedication to work and a studious approach to the curriculum. They should have an urge to learn this science of healing and the therapeutic modalities from the faculty members. They should maintain discipline in the premises.
- b) Trainees should maintain not only the hygiene of the premises but also their personal hygiene by wearing clean uniform, regular trimming of nails and hair etc.
- c) This is a practice oriented training program which includes theory and practical both.
- d) All the trainees should attend theory and practical sessions 6 days a week for 8 hours a day.
- e) Trainee should be obedient. If any trainee is found disobedient, he/she will be terminated according to the recommendation of the Competent Authority.
- f) Termination period and continuous un-informed absence exceeding 15 days will be considered for the supplementary examination.
- g) All the trainees should maintain a daily diary and get it checked by the Program Coordinator.
- h) Periodically duty shifting will be done for all the trainees.
- i) Any damage incurred by the student due to negligence will be deducted from the Caution money deposit.
- j) Punctuality should be strictly maintained.
- k) The trainee should be courteous and behave well with compassion to all the people and patients. They must be attentive and render the services with promptness.
- l) The trainee should not do anything which is unbecoming of a prudent. He/She must exhibit decency with good moral values and maintain decorum inside and outside the University during the period of their training.
- m) All the rules and regulations for the university students will be applicable.

17. Terms & Conditions:

In case of breach of any of the aforesaid conditions the trainees will be liable to be terminated.

18. Number of Seats:

The number of seats in DNYT program is 200.

19. Documents to be attached with the application form:

- a) 10th pass Certificate
- b) 12th pass Certificate
- c) Age Proof (10th Certificate)
- d) Photo Identity Proof - Adhar Card
- e) Address Proof - Adhar card
- f) Cast Certificate (Applicable for reserve category students only)
- g) Domicile Certificate (Applicable for residents of Uttarakhand)



20. Submission of the Application Form:

The filled up application form with the enclosures is to be deposited in the University Office within the prescribed date through offline/online mode.

21. Scheme of Teaching and Evaluation:

Semester I											
S.No.	Course Code	Subject	Periods per Week			Hrs	Evaluation Scheme				Course Total
			L	T	P		Seasonal			SEE	
							Credit	CT	TA		
1	DNYT - CT101	Biology	5	1	-	100Hrs	6	20	10	70	100
2	DNYT - CP102	Manipulative Therapies and Acupressure	2	-	4	100Hrs	6	20	10	70	100
3	DNYT - DSE103	Philosophy of Naturopathy	3	1	2	100Hrs	6	20	10	70	100
4	DNYT - CP104	Practice of Yoga	2	-	4	100Hrs	6	20	10	70	100
36 Hrs. per week/06 Hrs. per day						400Hrs	24	Total		400	
Semester II											
1	DNYT - CT201	Human Anatomy and Physiology	5	1	-	100Hrs	6	20	10	70	100
2	DNYT - DSE202	Naturopathy Therapies	2	-	4	100Hrs	6	20	10	70	100
3	DNYT - DSE203	Holistic Therapies	2	2	2	100Hrs	6	20	10	70	100
4	DNYT - CP204	Yoga Therapy	2	-	4	100Hrs	6	20	10	70	100
36 Hrs. per week/06 Hrs. per day						400Hrs	24	Total		400	

CT- Core Theory, CP- Core Practical, AECCT-Ability Enhancement Compulsory Core Theory. AEECT- Ability Enhancement Elective Core Theory, DSE - Discipline Specific Elective, GE- Generic Elective, L - Lecture, T- Tutorial, P- Practical (practice/field), CT- Cumulative Tests, TA- Teachers Assessment, SEE - Semester Examination, PR- Practical Record.



Diploma in Naturopathy and Yoga Therapy (DNYT)

Syllabus

Semester I

Subject Title: Biology

Subject code: DNYT - CT101

GOALS AND OBJECTIVES

Goal:

The goal of introducing biology to DNYT students is to make them understand about living world, process of evolution, classifications of animal and plant kingdoms, bio-diversity & ecosystem.

Course Objectives:

- To know about basic knowledge of life on earth, living world and characters of living.
- To understand about normal cell & its organelles their structure and functions.
- Comprehend histological structures of various tissues and organs and co-relate structure and function in order to understand diseased states.
- Brief knowledge about the organisms and its organ system.
- To impart necessary knowledge of eco system, organisms and population

Course Outcomes (Cos):

- **CO 1** - Locate and identify body structures, organs and their functions.
- **CO 2** - Identify the microbes causing ill health and effected populations.
- **CO 3** - Understand some common features of living organisms and their habituations.

THEORY

1. Cell: structure & functions

- i. Definition of cell, types of cell-prokaryotic and eukaryotic, Structure of cell. Cell components-plasma membrane, cytoplasm, and nucleus.
- ii. Cell organelles (structure and function with diagram) - Endoplasmic reticulum, Golgi complex, Lysosomes, Peroxisomes, Mitochondria, Ribosomes, Centrosomes



2. Tissue

- i. Epithelium
- ii. Connective tissue
- iii. Muscular tissue
- iv. Nervous tissue

3. Vital Organs & its functions

- i. Heart
- ii. Lungs
- iii. Liver
- iv. Kidneys
- v. Spleen
- vi. Testis
- vii. Ovaries

4. Human Health & Disease

- i. Immunity
- ii. Cancer
- iii. Drugs and Alcohol abuse
- iv. Common Disease in Human

TEXT BOOKS:

1. Biology text book for class XI: CBSE Board.
2. Biology text book for class XII: CBSE Board.



Subject Title: Manipulative Therapies

Subject code: DNYT- CP102

GOALS AND OBJECTIVES

Goal

The goal of teaching manipulative therapy to the undergraduate student is to provide them with a comprehensive understanding of science and modes of application of different manipulative modalities like massage, chiropractic, osteopathy, and aromatherapy with preventive, curative and rehabilitative therapy.

Course Objectives:

- Understand the principles and historical highlights of massage and manipulative techniques
- Demonstrate basic understanding of principles and procedures of different types of massage their physiological effects, indications, and contraindications
- Delineate the principles and procedures of various manipulative therapies like chiropractic, osteopathy, reflexology and aromatherapy

Course Outcomes (Cos) :

- **CO 1** - Perform different types of massage and manipulative therapies, such as osteopathy, chiropractic, aromatherapy, Swedish massage, Kellogg's massage, Shiatsu, Geriatric massage, etc.
- **CO 2** - Use therapies such as Acupressure, reflexology and zone therapy in their professional practice for musculoskeletal disorders, etc.

THEORY

1. Massage Therapy:

- i. Definition
- ii. History of Massage
- iii. Types of Massage
- iv. Movements of Massage
- v. Oils and lubricants used in Massage
- vi. Therapeutic Massage
- vii. Effects of Massage
- viii. Indications
- ix. Contra-indications



2. Acupressure:

- i. Definition
- ii. Concepts and basics of Acupressure
- iii. Local points and method of application
- iv. Pressure and time duration
- v. Indications and contra – indications

3. Aromatherapy:

- i. Definition, origin, history
- ii. Essential oils – Types, Extraction (Distillation, cold pressing or expression)
- iii. Storage of essential oils
- iv. How to recognize an essential oil
- v. How to select aroma oils
- vi. How essential oils work
- vii. Carrier oils- Almond oil, Apricot kernel oil, Avocado oil, safflower oil, sesame oil, soybean oil, sunflower oil.
- viii. Different methods of using essential oils- inhalation, diffusers, vaporizers, massage, baths, footbaths.
- ix. Description of different essential oils and their benefits.

4. Special Therapies:

- i. Hot-stone massage
- ii. Dry brush massage
- iii. Deep tissue massage
- iv. Powder massage
- v. Vibratory massage
- vi. Salt Glow Massage

TEXTBOOKS

1. Massage - George Downing
2. Massage therapy - Dr. JH Kellogg
3. Massage - Constant Young
4. Clinical Practice of Acupuncture - AL Agarwal
5. Clinical Acupuncture - Dr. Anton Jayasurya



Subject Title: Philosophy of Naturopathy

Subject code: DNYT - DSE103

GOALS AND OBJECTIVES

Goals:

The goals of introducing philosophy of Naturopathy to the DNYS students is to make them understand philosophical basis of the system of Naturopathy, including concepts of health, causes and pathogenesis of disease and brief introduction to the various therapeutic modalities used in Naturopathy.

Course Objectives:

- Elucidate the history of Naturopathy including major contributors to the field and their work;
- Understand the evolution and composition of the human body according to different schools of medicine such as Naturopathy, Yoga, Ayurveda, Homeopathy, Modern Medicine, etc.
- Firmly establish his/her diagnostic and therapeutic thought processes in the fundamental principles of Naturopathy.

Course Outcomes (Cos) :

- **CO 1** - Demonstrate basic knowledge of the various therapeutic modalities utilized in Naturopathy;
- **CO 2** - Describe the various principles of Naturopathy with respect to the body, health, disease and therapy.

THEORY

1. Fundamental Principles of Naturopathy:

- i. Concepts of Panchamahabhoota and Naturopathy
- ii. Foreign matter and toxin accumulation in the body
- iii. Importance of elimination through different ways and channels.

2. Unity of Disease and Unity of Cure

- i. How Nature Cures – the Natural Healing mechanisms
- ii. Concept of Vitality and Vital Economy

3. Naturopathy importance in maintenance of health prevention and treatment of disease through lifestyle modifications:

- i. Arogya Raksha Panchatantra
- ii. Shareera Dharma – Ahara, Nidra, Bhaya and Maithuna



- iii. Inflammation
- iv. Natural immunity and how to acquire Natural Immunity in diseases.

4. Naturopathic Nutrition and Dietetics.

- i. Eliminative diet
- ii. Smoothing diet
- iii. Constructive diet.

TEXTBOOKS

1. Philosophy of Nature cure -By Henry Lindlahr.
2. Practice of Nature Cure - By Henry Lindlahr.
3. Practical Nature Cure - By Dr .K. Laxmana sarma
4. History and Philosophy of Nature Cure - By S.J. Singh
5. My Nature Cure - By M.K. Gandhi
6. Introduction to Natural Hygiene -Herbert M. Shelton
7. Panchatantra - By Dr. Venkat
8. Toxemia- J.H. Tilden



Subject Title: Practice of Yoga

Subject code: DNYT - CP104

GOALS AND OBJECTIVES

Goals:

The goal of teaching Practice of Yoga students is to familiarize them with basic principles of Yoga Asana, Pranayama with respect to definitions, philosophy and practices of Yoga, with emphasis of Ashtanga Yoga.

Course Objectives:

- Explain the various definitions of Yoga, history of Yoga and branches of Yoga;
- Describe kinds of Yogasana, its importance, methods, rules, regulations and limitations;
- Illustrate the various limbs of Ashtanga Yoga;
- Demonstrate knowledge of Asana, Pranayama, breathing and lifespan.

Course Outcomes (Cos) :

- **CO 1** - Demonstrate various types of Yogasana in their correct method of performance;
- **CO 2** - Demonstrate different Pranayama.
- **CO 3** - Explain about the definitions, origin, branches of Yoga.

THEORY

1. Introduction & definitions:

- i. What is yoga?
- ii. Various definitions of yoga,
- iii. Purpose of yoga,
- iv. Current views regarding yoga.

2. Introduction to yoga asanas :

- i. Meaning and definition of Asana,
- ii. Importance of Asanas,
- iii. Yogasana & Pranayam and the body,
- iv. Mind connection with asana,
- v. Difference between Yoga Asana & Exercises ,
- vi. Classification of yogasana :
 - a. Beginners group,
 - b. Intermediate group,
 - c. Advanced group,
 - d. Dynamic ,
 - e. Static yogasana.



3. Introduction to Pranayama :

- i. Meaning , definition,
- ii. Types of pranayam,
- iii. Concept of Rechak (Exhale), Purak (Inhale), kumbhaka (Retention),
- iv. Types of Prana & sub prana.

4. Yoga Asanas Practice-

- i. Yogic jogging,
- ii. Eight Baithak,
- iii. Twelve Dand,
- iv. Surya Namaskar,
- v. Asanas –

- | | | |
|----------------------------|------------------------|--------------------------|
| 1) Tadasana | 24) Kawachalasanana | 47) Paschimottanasana |
| 2) Tiryakatadasana | 25) Udarakarashanasana | 48) JanuSirshasana |
| 3) Vrkrasana | 26) Gomukasana | 49) MeruWakrasana |
| 4) Trikonasana | 27) Sukhasana | 50) Ardhamatsyendrasana |
| 5) Virabhadrasana | 28) Ardhapadmasana | 51) Setubandhasana |
| 6) Utkatasana | 29) Padmasana | 52) Naukasana |
| 7) Padangusthasana | 30) Siddhasana | 53) ArdhaPawanamuktasana |
| 8) Padahastasana | 31) Siddhayoniasana | 54) Pawanamuktasana |
| 9) Samakonasana | 32) Dhyana veerasana | 55) BaddaPadmasana |
| 10) Dwikonasana | 33) Simhasana | 56) Yogamudrasana |
| 11) Utthitalolasana | 34) Vajrasana | 57) Bhujangasana |
| 12) Doloasana | 35) Anandamadrisona | 58) ArdhaShalabhasana |
| 13) ArdhaChakrasana | 36) Padadhirasana | 59) Shalabhasana |
| 14) Katichakrasana | 37) Bharasana | 60) Dhanurasana |
| 15) Padamool | 38) Veerasana | 61) Chakrasana |
| 16) Garudaasana | 39) MarjariAsana | 62) Vipareethakarni |
| 17) Prarambhiksthiti | 40) Vyagrasana | 63) Sarvangasana |
| 18) RajuKarshanasana | 41) Shashankasana | 64) Matsyaasana |
| 19) Gatyatmakmeruvakrasana | 42) Pranamasana | 65) Makrasana |
| 20) Chakkichalanasana | 43) ArdhaUshitvasana | 66) Shavasana |
| 21) NaukaSanchalanasana | 44) Ustrasana | 67) Halasana |
| 22) KashtaTakshanasana | 45) SuptaVajrasana | |
| 23) Namaskarasana | 46) Parvatasana | |

TEXTBOOKS

1. Daily Yoga Practice Routine – Acharya Balkrishnaji
2. Pranayama Rahasya – P.P. Swami Ramdevji
3. Yog, its Philosophy and Practice – P.P. Swami Ramdevji
4. Yog Vignanam – Acharya Balkrishnaji



Semester II

Subject Title: Human Anatomy and Physiology

Subject code: DNYT - CT201

GOAL AND OBJECTIVES

Goals:

The goal of teaching Anatomy and Physiology to DNYT students is aimed at giving the comprehensive knowledge of the normal functions and structure of the organ systems of the body facilitate comprehension of the physiological basis of health and disease.

Course Objectives:

- Explicate the normal functioning of all the organ systems and their interactions for well-coordinated body functions;
- Understand normal human anatomy clinically important inter-relationship and functional anatomy of bodily structures;
- Illustrate the physiological response and adaptations to environmental stresses.

Course Outcomes (Cos) :

- **CO 1** - Conduct experiments designed to study physiological phenomena;
- **CO 2** - Interpret experimental/investigative data;
- **CO 3** - Locate and identify body structures including topography of living body;
- **CO 4** - Differentiate between normal and abnormal data from results of tests, which he/she has done and observed in the laboratory.

THEORY

1. Anatomy:

- i. Anatomical terms: An introduction to anatomical terms and planes
- ii. Body systems: A brief outline of the body's different systems
- iii. Regional anatomy: The regional anatomy of the head and neck,
- iv. Clinical anatomy: The sites of intramuscular injections, intravascular injections, and lumbar puncture.

2. Physiology:

- i. Digestive system
 - a) Introduction, functional anatomy of digestive system.
 - b) Stomach: Functional anatomy of stomach; Functions of stomach.
 - c) Functions of liver and gall bladder; Composition, function of bile.



- d) Small intestine: function and mechanism of secretions of small intestine
- e) Large intestine: Functional anatomy and functions of large intestine
- ii. Nerve Muscle Physiology
 - a) Neuron: Structure of neuron; Properties of nerve.
 - b) Muscle: Classification of muscles; Skeletal muscle functions; Smooth muscle functions; Cardiac muscle functions.
- iii. Excretory system
 - a) General introduction.
 - b) Skin-structure and functions and temperature regulation.
- iv. Cardiovascular system
 - a) Heart sounds: Description, Clinical significance of heart sounds
 - b) Blood pressure: Definition and factors influencing BP
- v. Respiratory system
 - a) Introduction, functional anatomy of respiratory system
 - b) Mechanism of respiration: Inspiration and expiration; Role of respiratory muscles and thoracic cage.

TEXTBOOKS

1. Textbook of Anatomy(All 3 volume) - BD Chaurasia
2. Practical Anatomy - Cunningham
3. Handbook of General Anatomy - BD Chaurasia
4. Medical physiology - A.K. Jain
5. Essentials of Medical Physiology - K. Sembulingam



Subject Title: Naturopathy Therapies
Subject code: DNYT – DSE202

GOAL AND OBJECTIVES

Goals:

The goal of teaching Naturopathy Therapies to DNYT students is to provide them with comprehensive knowledge of treating diseases using water and mud, and the physiological effects of various kinds of such applications, and utilization of the same for therapeutic purposes

Course Objectives:

- Describe the properties and chemical composition of water and mud used for therapeutic purposes, physiology of the skin, production of heat and body temperature regulation, which are essential as a foundation for hydrotherapy.
- Illustrate physiological effects of hot and cold water upon the different systems of the body and applications to reflex areas;
- Demonstrate use of water in preservation, acute diseases, chronic diseases;
- Show in-depth knowledge of general principles of hydrotherapy, therapeutic applications of water, along with therapeutic actions, indications and contra-indications; and classification of mud, storing of mud, modes of mud treatment.

Course Outcomes (Cos) :

- **CO 1** - Utilize knowledge of hydrotherapy and mud therapy in managing various diseases;
- **CO 2** - Demonstrate usage of therapeutic aspect of hydrotherapy and mud therapy treatments in Promotive, Preventive, Curative and Rehabilitative Therapy.

THEORY

1. Hydrotherapy

- i. Baths: hipbath; spinal bath; steam bath; foot bath; full immersion bath.
- ii. Packs: chest pack; abdominal pack; gastro-hepatic pack; kidney pack; full wet sheet pack.
- iii. Irrigations: enema; colon hydrotherapy; water drinking.
- iv. Compresses, fomentations, Douches.

2. Mud Therapy

- i. Preparation of mud, applications & benefits.
- ii. Types of mud and its therapeutic uses.

3. Fasting, Nutrition & Dietetics

- i. Concept and definition of fasting;
- ii. Food and its classification;



iii. Balanced diet and its importance in the management of different disease conditions.

4. Magneto Therapy

- i. Definition
- ii. Properties
- iii. Effects of magnets
- iv. Types of magnets
- v. Procedure of treatment - general and local applications
- vi. Charging of water and oils and their uses
- vii. Indications and contra - indications for using magnets

5. Chromo Therapy

- i. Definition
- ii. Importance of Chromo Therapy Effects of Colors
- iii. Charging of water and oil
- iv. Chromo Thermoleum ;Green House Thermoleum;Choice and time duration
- v. Sun Bath; Sand Bath
- vi. Indications and contra – indications

TEXTBOOKS

1. My water cure-Father Sebastian Kneipp.
2. Diet and Diet Reforms- By M.K. Gandhi.
3. A Complete Hand book of Nature Cure- By H.K. Bakhru.
4. Text book of Nutrition And Dietetics – By Sri Lakshmi.
5. Rational Hydrotherapy- By Dr. J.H. Kellogg.
6. Healing with Color-Theo Gimbel.



Subject Title: Holistic Therapies
Subject code: DNYT – DSE203

GOAL AND OBJECTIVES

Goals:

The goal at giving knowledge about the basics of Holistic Therapies which are important to identify the cause of disease and guide to follow healthy lifestyle to prevent and treat disease. It also provides a knowledge of Panchakarma, Shringi, Ayurveda, Pranic healing, Yajna and in order to be able to study, understand, comprehend and utilize the knowledge contained in Indian traditional texts in their professional practice, especially in the field of Yoga.

Course Objectives:

- Show in-depth knowledge of general principles exercise therapy & electrotherapy therapeutic applications, indications and contra-indications
- Demonstrate techniques and procedures of various types of Panchakarma therapies and its applications.
- Demonstrate techniques and procedures of Yajna Therapy.

Course Outcomes (Cos) :

- **CO 1** - Utilize knowledge of Holistic therapies in managing various diseases;
- **CO 2** - Demonstrate usage of therapeutic aspect of Leech therapy, Physiotherapy, Ozone therapy, Yajna in Promotive, preventive, curative and rehabilitative therapy.
- **CO 3** - Institute and evaluate remedial measures in Panchakarma for various disease conditions in wellness.

THEORY

1. Yajna Therapy

- i. Introduction to Yajna: Definition and Purpose of Yajna; Historical and Cultural Significance of Yajnas;
- ii. Yajna Rituals for Healing: Types of Yajnas; Components of Yajna.
- iii. Therapeutic Use of Yajna.

2. Panchakarma Therapy

- i. Introduction to Panchakarma Therapy: Definition and Importance of Panchakarma.
- ii. Basic Concepts of Ayurveda: The Doshas, Dhatus and Malas, Agni and Ojas
- iii. Purvakarma (Pre-Treatment) and Paschatkarma (Post-Treatment), Procedures
- iv. Vamana (Therapeutic Emesis)
- v. Virechana (Therapeutic Purgation)



- vi. Basti (Therapeutic Enema)
- vii. Nasya (Nasal Administration of Medicine)
- viii. Raktamokshana (Bloodletting): e.g. Leech therapy.

3. Shringi and Vaatmokshan Therapy

- i. Definition,
- ii. Principles,
- iii. Requisite Material,
- iv. Methods,
- v. Time duration,
- vi. Precautions and Benefits,
- vii. Indications and Contra – Indications.

4. Reiki & Pranic healing

- i. Definition,
- ii. Principles,
- iii. Requisite Material,
- iv. Methods,
- v. Time duration,
- vi. Precautions and Benefits,
- vii. Indications and Contra – Indications.

5. Electro therapy , Exercise therapy and Ozone Therapy

- i. Definition,
- ii. IRR, Transcutaneous Electrical Nerve Stimulation (TENS), Electrical Muscle Stimulation (EMS),
- iii. Principles,
- iv. Precautions and Benefits,
- v. Indications and Contra – Indications.

TEXTBOOKS

1. Vedic Nityakaram Vidhi - Yogrishi Swami Ramdevji Ji
2. Ayurved Siddhanth Rahasya - Acharya Balkrishna Ji
3. Yog ,Yajna Evam Ayurveda - Yogrishi Swami Ramdevji Ji
4. Clayton's Electrotherapy & Dena Gardener - Principle of Exercise.
5. Ayurvediye Panchkarm Vigyan Haridas Shridhara Kasture
6. Dr. Attar Singh - Acupressure & Reflexology
7. Master Choa Kok Sui - Pranic Healing
8. Upachar Paddhati - Yogrishi Swami Ramdevji Ji



Subject Title: Yoga Therapy
Subject code: DNYT – CP204

GOAL AND OBJECTIVES

Goal:

The goal of teaching Yoga Therapy to undergraduate students is to provide them with comprehensive knowledge of Yoga and the physiological effects of various yogic practices and utilisation of the same for therapeutic purposes.

Course Objectives:

- Describe the physiological effects of various yogic practices like kriyas, asana, Pranayama's, mudras, bandhas, Drishti's, Guided relaxation and Meditation;
- Define rules and regulations of Yoga to be followed;
- Understand the therapeutic aspects of Yoga as applied to different disease conditions;
- Understand contraindications and indications of yogic practices in order to efficiently use Yoga as a therapy
- Understand importance of food according to Yoga;

Course Outcomes (Cos) :

- **CO 1** - Utilize knowledge of Yoga therapy in managing various diseases;
- **CO 2** - Demonstrate usage of therapeutic aspect of Yoga in Promotive, preventive, curative and rehabilitative therapy.
- **CO 3** - Institute remedial measures in Yoga for various disease conditions.

Integration:

At the completion of training, the student should be able to integrate knowledge of Yoga and efficiently utilize the same for therapeutic purposes.

THEORY

1. The Shatkarmas

- | | |
|-----------|-----------------|
| i. Dhauti | iv. Nauli |
| ii. Basti | v. Trataka |
| iii. Neti | vi. Kapalbhathi |

2. Bandhas and Mudras

- | | |
|------------------------|---------------------|
| i. Mula Bandha | vii. Vayu Mudra |
| ii. Uddiyana Bandha | viii. Prithvi Mudra |
| iii. Jalandhara Bandha | ix. Surabhi Mudra |
| iv. Gyan Mudra | x. Hakini Mudra |
| v. Prana Mudra | xi. Vajra Mudra |
| vi. Chin Mudra | xii. Bhairavi Mudra |



3. Yoga and relaxation techniques

- i. QRT- Quick Relaxation Technique
- ii. IRT- Instant Relaxation Technique
- iii. DRT- Deep Relaxation Technique

4. Eye exercises

- i. Methods,
- ii. Benefits,
- iii. Precautions.

5. Meditation

- i. Omkar,
- ii. Cyclic,
- iii. Vipassana.

6. Yoga therapy for:

- i. Cardiovascular diseases – Hypertension (High Blood Pressure), Coronary Artery Disease (CAD).
- ii. Musculoskeletal disorders - Osteoarthritis (OA), Rheumatoid Arthritis (RA), Spondylosis, Sciatica.
- iii. Nervous system disorders - Alzheimer's Disease, Parkinson's, Epilepsy, Multiple Sclerosis (MS), Migraine, Insomnia.
- iv. Gastrointestinal disorders - Irritable Bowel Syndrome (IBS), Gastroesophageal Reflux Disease (GERD), Peptic Ulcer Disease (PUD)
- v. Hormonal diseases – PCOD, Infertility.
- vi. Respiratory diseases – Asthma, Chronic Obstructive Pulmonary Disease (COPD), Pneumonia.
- vii. Metabolic diseases - Diabetes Mellitus, Hypothyroidism, Hyperlipidemia.
- viii. OBG disorders

7. Lesson planning and teaching methods in Yoga.

TEXTBOOKS

1. Daily Yoga Practice Routine – Acharya Balkrishnaji
2. Pranayama Rahasya – P.P. Swami Ramdevji
3. Yog, its Philosophy and Practice – P.P. Swami Ramdevji
4. Yog Vignanam – Acharya Balkrishnaji

