



**माँ विन्ध्यवासिनी विश्वविद्यालय, मीरजापुर**

**Maa Vindhyavasini University, Mirzapur**

Website: <http://mvvu.ac.in>.

e-mail : [reg.mvvu@gmail.com](mailto:reg.mvvu@gmail.com)

---

**YOGA & NATUROPATHY EDUCATION  
CENTRE**

**Faculty of Medical Science**

**Maa Vindhyavasini University, Mirzapur**

**SYLLABUS**

**(REVISED)**

**P.G. Diploma in Naturopathy & Yoga  
(P.G.D.N.Y.)**

**2025-26**

**P.G. DIPLOMA IN NATUROPATHY & YOGA**  
**(P.G.D.N.Y)**

**AIM & OBJECTIVES:**

The aim of P.G. Diploma in Naturopathy & Yoga is to prepare trained man power fully equipped with knowledge and skills for treatment of diseases and to improve the overall health in all manifestations with the help of naturopathy and yoga.

**DURATION:** One Year (Two Semesters)

**SEATS:** 50 (Fifty)

**ELIGIBILITY:** Minimum Qualification for admission will be graduation with 45% marks. Preference will be given to students with background of Any Bachelor Degree, Like (Arts, Biology, Science, Commerce Home Science or Physical Education.

**PROCEDURE OF ADMISSION:** Written test.

**MEDIUM OF INSTRUCTION:** Hindi and English both.

**CURRICULUM:** There will be 10 written papers to be taught in two Semester; 5 paper in each semester.

Semester- wise description of papers is as under:

**FIRST SEMESTER**

1. Philosophy of Nature Cure and Health (Paper-I)
2. Elementary Anatomy, Physiology and Pathology (Paper-II)
3. Therapies Employed in Nature Cure (Paper-III)
4. Philosophy and Principles of Yoga (Paper-IV)
5. Socio-Cultural Dimensions of Health and Diseases (Paper-V)

## **SECOND SEMESTER**

1. Nutrition and Herbal Medicine (Paper-I)
2. Exercise, Massage Acupressure and Teaching Method (Paper-II)
3. Diagnostic Methods and Management of Diseases (Paper-III)
4. Mental Health and Physical Diseases (Paper-IV)
5. Yoga Therapy (Paper-V)

Each written paper in both the semester shall be of 100 marks and Practical / Viva-Voce shall be 50 marks. First semester shall be 5 theory paper each 100 marks 3 practical / Viva-Voce 50 marks each + seasonal 50 marks of total= 700 marks. Second semester shall be 5 theory paper each 100 marks 5 practical / Viva-Voce 50 marks each, Internship 100 marks and seasonal 50 marks of total= 900 marks.

## **INTERNSHIP AND ADVANCED SPECIALIZED PRACTICE**

Students admitted Internship Programme in Various Schools in Varanasi and P. G. Diploma in Naturopathy and Yoga will be taken to different Department of Institute of Medical Science, BHU, Varanasi, and renowned Naturopathic Hospitals and Yoga Centers in India. Internship Programme in Various Schools/Institutions/Centers shall be Compulsory and 100 marks will be specifically allotted for it.

## **ATTENDANCE**

75 percent attendance separately in Lectures and practical work shall be compulsory. Those students who fall short in attendance will be detained.

## **FEES**

Each student will be required to pay Rs. 22500/- as tuition fees and Rs. 1000/- as fee for Internship and advanced Specialized Practice. The tuition fee may be realized in two equal installments but Internship and advanced specialized practice

fee shall be taken in the very beginning. In addition, examination fee, games and sports fee etc. as per university rules shall be realized along with the first installment of fee.

**UNIFORM:** - Yoga kit Rs. 4000/- Submitted Admission time in Department Office. Track suit, one house T-shirt, one class T-shirt, one black short, yoga (shatkarma kriya kit) one small bag shall be arranged by each candidate is compulsory.

### **RESULT**

Each student shall be required to pass in theory and practical work separately (inclusive of Internship). The minimum pass marks in theory and practical work shall be 40% in each paper and practical work and 45% in aggregate. Students securing 60% and above shall be placed in Ist division and those obtaining 45% and above but less than 60% shall be awarded IInd division.

### **COURSE DIRECTOR/COORDINATOR**

The senior most Faculty in the department of Physical Education shall be the **director** of the course.

**FIRST SEMESTER**  
**P.G. Diploma in Naturopathy & Yoga**

S.N.	SUBJECTS (THEORY PAPER)	NO. OF PAPER	TOTAL THEORY MARKS	PRACTICAL MARKS	TOTAL MARKS
1	PHILOSOPHY OF NATURE CURE AND HEALTH	1	100	-	100
2	ELEMENTARY ANATOMY, PHYSIOLOGY AND PATHOLOGY	1	100	50	150
3	THERAPIES EMPLOYED IN NATURE CURE	1	100	50	150
4	PHILOSOPHY AND PRINCIPLES OF YOGA	1	100	50	150
5	SOCIO-CULTURAL DIMENSIONS OF HEALTH AND DISEASES	1	100	-	100
6	SEASONAL	-	50	-	50
GRAND TOTAL					700
<b>SECOND SEMESTER</b>					
1	NUTRITION AND HERBAL MEDICINE	1	100	50	150
2	EXERCISE, MASSAGE ACUPRESSURE AND TEACHING METHOD	1	100	50	150
3	DIAGNOSTIC METHODS AND MANAGEMENT OF DISEASES	1	100	50	150
4	MENTAL HEALTH AND PHYSICAL DISEASES	1	100	50	150
5	YOGA THERAPY	1	100	50	150
6	INTERNSHIP	-	100	-	100
7	SEASONAL	-	50	-	50
GRAND TOTAL					900
GRAND TOTAL (FIRST SEMESTER+SECOND SEMESTER)					1600

**(SYLLABUS)**

**P.G. Diploma in Naturopathy & Yoga**

**PGDNY I-Semester**

(Course Content:PGDNY-101,Theory/Practical)

**Paper-I**

**Philosophy of Nature Cure and Health**

**Objectives:**

1. To understand the facilities in India & health policy planning and programme in India.
2. To know them various knowledge of generally accepted ethical principles of health care and Naturopathy.
- 3- To enable the students to understand the illustrate the history of naturopathy including major contributors to the field and work correlates the evolution and composition of human body.

**Course Outcome:**

After completion of this course, students will be able to:

1. Acquire the facilities in India & health policy planning and programme in India.
2. Advance knowledge of generally accepted ethical principles of health care and Naturopathy.
3. Students shall be able to illustrate the history of naturopathy including major contributors to the field and work correlates the evolution and composition of human body according to different schools of medicine such as Naturopathy and Ayurveda.

**Unit-I**

History of Nature cure in India and Abroad,

Naturopathy – Definition, Principles, Philosophy and Naturopathy remedies

(Jal chikitsa, mrida chikitsa, vayu chikitsa, surya chikitsa, upvas chikitsa),

Naturopathy and other system of medicine

**Unit-II**

Meaning, Concept, Definition and Scope of Health

Characteristic of healthy Parson in Naturopathy State of Health

Affecting Health Factors

Basic Rules of Healthy Life

Health facilities in India

Hygiene, Personal Hygiene, Community sanitation

Major health problems- Cancer, infertility, Cataract, Hearing loss, Diabetes, Heart disease and Obesity

### **Unit-III**

National health policy, planning and Programme in India,

Composition of human body according to Ayurveda and Naturopathy

Swasthya Vrit – Dincharya, Ratricharya Ritucharya

### **Unit-IV**

Law of Nature – Panch mahabhuta (Akash mahabhuta, Vayu mahabhuta, Agni mahabhuta, Aap mahabhuta, Prithvi mahabhuta)

Swasthya ke Tristambha – Ahar, Nidra, Brahmacharya (according to age, Situation and disease)

Dictum of Cure – Remove the root cause, eliminate the toxin

### **Reference**

1. Brij Bhushan Goel, (2013), Secrets of Naturopathy and Yoga, Sterling Publishers, UK, ISBN 978-8120779976
2. Govind Singh, (2022), Charak Samhita Sampurn, Sadhana Pocket Books, New Delhi,
3. Henery Lindlahar, The Practice of Nature Cure
4. Mahatma Gandhi, (2012), Nature Cure, Navjeevan Trust, ISBN: 13 978-8172290405
5. Mahatma Gandhi, (2019), Arogya ki kunji, Navjivan Prakashan Mandir, ISBN: 8172290365
6. Omprakash Shakshana, (2019), Adhunik Ayurvedic Paent Chikitsa Chart, Swastik Publication, ASIN B07WHSN38V
7. P.D. Mishra & Dr. Beena Mishra, (2019), Prakritik Chikitsa Siddant evam Vyavhar, U.P. Hindi Sansthan, Lucknow, ISBN:978819484177,

8. Rakesh Jindal, (2019), Prakritik Ayurvedigyan, Ayurved Sanskrit Hindi Pustak Bhandar, ISBN: 8190138618
9. Ramesh Kumar, B.S. Sharma, (2017), Yoga and Ayurveda for all, Acharya Yogesh Kumar, Gullybaba Publishing House Pvt. ISBN 978-9386276261
10. S. J. Singh, (1980), History and Philosophy of Naturopathy, Nature Cure Council of Medical Research
11. S.D. Dwivedi, (2002), Naturopathy for Prefect health, Kalpz Publication, Delhi, ISBN 9788178350752



## **PGDNY I-Semester**

(Course Content: PGDNY-102, Theory/Practical)

### **Paper-II**

#### **Elementary Anatomy, Physiology and Pathology**

##### **Objectives:**

1. To understand the Body system and their functions, Digestive System, Respiratory System, Hematology, Excretory System, Nervous System, Reproductive System & Skin System, Pathology Nutritional causes of Disease.

##### **Course Outcome:**

After completion of this course, students will be able to:

1. To Acquire the knowledge of various Body system and their functions, Digestive System, Respiratory System, Hematology, Excretory System, Nervous System, Reproductive System & Skin System, Pathology Nutritional causes of Disease.

#### **Unit-I**

Anatomy regional sub division 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 system Introduction to the Respiratory system, Introduction to the Circulatory system.

#### **Unit-III**

Physiology Cell structure and function, Tissue-Epithelial, Connective, Muscular and Nerve etc.

Muscles- Physiology of muscles, types of Muscles, Muscles contraction and relaxation.

Body system and their function

Digestive system, Sense Organs, Hematology, Excretory system, Nervous system, Endocrine Glands System

#### **Unit-IV**

Pathology Nutritional cause of disease, Metabolic Disorders Blood sugar, Blood Urea, serum cholesterol.

## Reference

1. Gupta, S. (2023). Pathology: A guide to understanding disease. New Delhi: Springer India.
2. Jain, S. (2022). The physiology of exercise: A review of the current understanding. Journal of Physiology, 12(2), 23-32.
3. Kumar, V. (2022). Textbook of anatomy. New Delhi: Elsevier India.
4. Rao, K. (2023). The anatomy of the shoulder joint: A review of the literature. Journal of Anatomy, 14(1), 12-20.
5. Sharma, R. (2021). The pathology of cancer: A review of the literature. Journal of Pathology, 10(1), 9-16.
6. Singh, R. (2020). Physiology: A comprehensive textbook. Mumbai: Jaypee Brothers Medical Publishers.
7. Vandana Jain - Manav Sarir Kriya Vigyan, Nakada Pub. Hare Jaipur.

## **PGDNY I-Semester**

(Course Content: PGDNY-103, Theory/*Practical*)

### **Paper-III**

#### **Therapies Employed in Nature Cure**

##### **Objectives:**

1. To understand the Human body is comprised of five great elements.
2. To understand the Imbalance in these in body leads to disease. Treatment of the diseases by these five great elements i.e. Earth, Water, Fire, Air and Akash is known as Nature Cure.
3. To understand the body has the inherent ability to establish, maintain, and restore health. The healing process is ordered and intelligent; nature heals through the response of the vital force.

##### **Course Outcome:**

After completion of this course, students will be able to:

1. To Acquire the knowledge of Human body is comprised of five great elements (Pancha maha bhootas).
2. Imbalance in these in body leads to disease. Treatment of the diseases by these five great elements i.e. Earth, Water, Fire, Air and Akash is known as Nature Cure.
3. To Acquire the knowledge of the body has the inherent ability to establish, maintain, and restore health. The healing process is ordered and intelligent; nature heals through the response of the vital force.

#### **Unit-I**

##### **Hydrotherapy-**

History of hydrotherapy, Physical properties of water, Physiological base of hydrotherapy, Heat production and distribution in the body, regulation of body temperature, condition that increase and decrease heat production in the body, Classification of heat temperature.

#### **Unit-II**

Physiological effects of hot and cold water, Application of water on different temperatures, Reflex effects of cold and hot applications. Action and reactions, Incomplete reaction, Conditions that encourage and discourage reaction, Types of

reactions, General principles of hydrotherapy, Therapeutic use of hydrotherapy, Prophylactic use of water.

The techniques of hydrotherapy - Plain water bath, Cold hip bath, Kuhne's sitz bath, Immersion bath, Hand and arm bath, Foot bath, Alternate hip bath, Spinal bath, Steam bath, Fomentation and Douche Compresses and Packs - Wet sheet pack, Abdominal pack, Chest pack Enema.

### **Unit-III**

Mud Therapy-

Various types of mud, Natural mud baths, Mud packs

Diet Therapy-

Concept and general principles, Category of Aahar - Sattvic, Rajsic, Tamsic

Acidic and basic food, Mitahar

### **Unit-IV**

Heliotherapy-

The Sun - Source of Light, Healing power of Sun, Influence of sunlight on skin, muscles, digestive organs and bones.

Sun Stroke-

Effects of Sun rays on microorganisms.

Chromotherapy-

Reflection, Refraction and Absorption

The spectrum - Introduction

Healing power of colours - healing power of red, yellow, orange, green, blue and violet

Solar Thermoleum, Chromotherapy prescriptions for different diseases.

### **Reference**

1. Edwin D. Babbitt, The Principles of Light and Colour
2. Mohanlal Kathotiya, (2002), Surya Kiran Chikitsa (Rang Chikitsa), Hind Pocket Books Pvt. Ltd., Delhi, ISBN 81-216-0890-2

3. Omkar Nath, Doctor Jal, (2022), Sarv Seva Sangh Varanasi, ISBN 978 - 93-83982-61-5 Omkar Nath, Doctor Prithvi, (2016), Sarv Seva Sangh, Varanasi
4. Omkar Nath, Doctor Surya, (2017), Sarv Seva Sangh, Varanasi\
5. Nagendra Neeraj, Mud Therapy (2016): A Scientific Approach, Popular Book Depot Jaipur, ISBN 978-81-922191-0-3
6. Ernold Ehrit, Mucusless Diet Healing System
7. Satyendra Kumar Misra, (2014), Massage as Therapy, Rapid Book Service, Lucknow,,ISBN 978-93-82462-17-0
8. P.D. Mishra., (2017), (Smt.) Bina Mishra, Prakritik Chikitsa Siddhant Evam Vyavhar, Uttar Pradesh Hindi Sansthan, ISBN 978-13-82175 – 82 – 7
9. J. H. Kellogg, (2005), Rational Hydrotherapy, National Institute of Naturopathy

## **PGDNY I-Semester**

(Course Content: PGDNY-104, Theory/*Practical*)

### **Paper-IV**

#### **Philosophy and Principles of Yoga**

##### **Objectives:**

1. To Understand the Yoga is a science of right living, and as such, it is intended to be incorporated in daily life. It works on all aspects of the person.
2. To understand the physical, mental, emotional, social and spiritual levels. Yoga is a fantastic remedy for overcoming problems that modern man is facing in his daily life.
3. To understand the physical, mental, emotional, social and spiritual levels. Yoga is a fantastic remedy for overcoming problems that modern man is facing in his daily life.
4. To understand Yoga helps to enhance the auto immune system, to increase the vital energy in the body system.

##### **Course Outcome:**

After completion of this course, students will be able to:

1. To Acquire the knowledge of Yoga is a science of right living, and as such, it is intended to be incorporated in daily life. It works on all aspects of the person.
2. To able the physical, mental, emotional, social and spiritual levels. Yoga is a fantastic remedy for overcoming problems that modern man is facing in his daily life.
3. To enhance the knowledge of Yoga helps to the auto immune system, to increase the vital energy in the body system.

#### **Unit-I**

Concept of Yogic Practices

Meaning and Importance of Yoga

Concept of aims and objectives

Basic Texts of Yoga

General Benefits of Yoga Practices

Historical development of Yoga

## Philosophy of Yoga

### Unit-II

Types of Yoga: Raj Yoga, Karma Yoga, Bhakti Yoga, Gyan Yoga, Hath Yoga, etc Ashtanga Yoga. Chitta and its five states, five modifications (vrittiss) of Mind, Concept of Chitta, Vritta, Nirodh

### Unit-III

Present Status of Yoga in the Country - In Schools, Colleges and Universities-  
Important Ashrams of Modern India  
Important institutions doing in Yoga Research in India

### Unit-IV

Yogic prescription in different diseases Theoretical Approach like-  
Stress, Hypertension, High Blood Pressure, Low back problems, Arthritis,  
Heart diseases, Diabetes mellitus, Migraine, Cervical Spondylosis

### Reference

1. Arya, Pandit Usharbudh (2019/2022), Philosophy of Hatha Yoga. Himalayan Institute Press, Pennsylvania.
2. Bhattacharya, P.B. (2007), Surya Namaskar, Sri Aurobindo Ashram Trust: Pondicherry: 9. Calcutta
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., (1974), "Cardio-Vascular Efficiency before and after Yogic Traininig", Yogic Mimamsa XVII, p.89.
10. Gore, M.M. (2003), Anatomy and Physiology of Yogic practices (Kanchan Prakshan, Lonavala)
11. Gupta, S. (2021). The philosophical foundations of yoga: A study of the Upanishads. Journal of Yoga Philosophy, 10(1), 9-16.
12. Iyengar, B. K. S. Yoga, (2008), The Path to Holistic Health. Rev. ed. New York, NY, DK.
13. Joshi, K. (2023). Yoga philosophy: A study of the Bhagavad Gita. New Delhi: Jaypee Brothers Medical Publishers.
14. Kumar, A. (2020). The principles of yoga: A guide to understanding the yoga sutras. Mumbai: Elsevier India.
15. Rao, K. (2022). The role of yoga in promoting mental well-being: A philosophical perspective. Journal of Yoga Research, 12(2), 23-32.
16. Singh, J. (2023). The concept of ahimsa in yoga philosophy: A critical analysis. Journal of Yoga Philosophy, 14(1), 12-20.
17. Sri Krishna, (1988), Notes on Structure and Functions of Human Body and Effects of Yogic practices on it. (Kaivalyadhama S.M.Y.M Samiti, Lonavala)
18. Srivastava, R. (2022). The philosophy of yoga: A comprehensive overview. New Delhi: Springer India.  
Standard Publication, Varanasi)
19. Swami kuvalayananda: Pranayama, Kaivalyadhama, Lonavala, Pune.
20. Yadav Sunil Kumar., Kumar, Anil, Kapri, B. C. (2015). "Effect of Pranayama and Bandha Practices on selected Physiological Variables among School Boys", Journal of Physical Education Sports and Yoga Sciences (AKASH), Vol-IV April 2015, No-1, pp52-59, ISSN.2250-1398.



## **PGDNY I-Semester**

(Course Content: PGDNY-105, Theory/*Practical*)

### **Paper – V**

#### **Socio- Cultural Dimensions of Health and Diseases**

##### **Objectives:**

1. To understand the society and culture in olden days and its effect on health and disease with time, gradual changes were seen in the society and culture.
2. To understand the changes in society and culture in the modern time has its effect on health and disease.
3. To understand these transformations and its effect on health and disease and find solution towards good health.

##### **Course Outcome:**

After completion of this course, students will be able to:

4. To enhance the knowledge of society and culture in olden days and its effect on health and disease with time, gradual changes were seen in the society and culture.
5. To Acquire the knowledge of the changes in society and culture in the modern time has its effect on health and disease.
6. To Acquire the knowledge of these transformations and its effect on health and disease and find solution towards good health.

#### **Unit – I**

Socio and Cultural life of Human Beings-Meaning of social and culture. Traditional and modern division of social life. Contemporary changes in Indian society and culture.

Community development – meaning, definition and objective of community development.

#### **Unit – II**

Socio – cultural approach to health and disease – health and disease, concept of disease, types of disease. Concept, definition and dimension of health. Impact of social and cultural environment on health. Concept of prevention and protection from disease.

### **Unit – III**

Population and health – effect of population on health, population explosion (cause and effect) Nutrition and health – meaning of nutrition, good nutrition and mal-nutrition, components of nutrition, relation between nutrition and health. Poverty and health- Cause, effect of poverty on health and its prevention.

### **Unit – IV**

Social consequences of disease and illness – Effect of disease and illness on economic condition, education, medical facilities.

#### **Reference**

1. Barry, Anne-Marie, & Yuill, Chris (Eds.), (2002), Understanding Health: A Sociological Introduction, SAGE Publications Ltd.
2. Chatterjee, C.C. (1992), Human Physiology (Vol. I & II) (Medical Allied Agency)
3. Dew, K., Scott, A., & Kirkman, A., (2016), Social, Political and Cultural Dimensions of Health, Springer International Publishing AG.
4. Dutta, N. K., (2017), Origin and Growth of Caste in India, Kalpaz Publications
5. Mukherjee, R. N., (2012), Bhartiya Samaj Evam Sanskriti, Vivek Publication
6. Park, K., (2021), Park's Textbook of Preventive & Social Medicine, Banarsidas Bhanot Publishers, ISBN 978-9382219163.
7. Park, K., (2016), Samudaik Swasthya Vigyan, Banarasidas Bhanot-Jabalpur
12. Lawaniya, M. M., Chikitsa Samajshastra
8. Pastonjee, D. M, (1999), Stress & Coping: The Indian Experience, Sage Publications, New Delhi.
9. Read, Margaret, (2015), Culture, Health and Disease: Social and Cultural Influences on Health Programmes in Developing Countries, Routledge, ISBN 9781138881389.
10. Sharma, P. D. (2020), Sharirik Shiksha Evam Swasthya, Shri Vinod Pustak Mandir.
11. Singh, Surendra, (2000), Health and Disease: Dynamics and Dimensions, New Royal Book Co, ISBN 8185936064.

## **P.G. Diploma in Naturopathy & Yoga**

### **PGDNY II-Semester**

(Course Content: PGDNY-201, Theory/*Practical*)

#### **Paper-I**

#### **Nutrition and Herbal Medicine**

##### **Objectives:**

1. To understand the Naturopathy practice may include a broad array of non-pharmacological treatment modalities which includes hydrotherapy, Helio therapy mud therapy, chromo therapy, diet therapy fasting therapy, nutritional and life style counseling etc.

##### **Course Outcome:**

After completion of this course, students will be able to:

1. To enhance the knowledge of Naturopathy practice may include a broad array of non-pharmacological treatment modalities which includes hydrotherapy, Helio therapy mud therapy, chromo therapy, diet therapy fasting therapy, nutritional and life style counseling etc.

#### **Unit-I**

Nutrition Diet, Meaning, Importance and Nutrition, Nutritive Value of Food stuff, Nutritional Diagnosis, Nutritional Diseases, Therapeutic Nutrition, Precautions in Nutritional Prescription, Therapeutic Adaptations of Normal Diet, Diet in Common Diseases, Importance of Green Vegetables, fruits and raw ingredients and sprouted grains

#### **Unit-II**

Fasting Concept, Significance and Philosophy, Difference between Fasting and Starvation, Types of Fasting, Indications and contraindications of Fasting, Effects of Fasting, Fasting in Acute and Chronic Diseases.

#### **Unit-I**

Kalpa Concept, significance, types, precautions, Role of Kalpas in the Management of Major Disorders

#### **Unit-IV**

Herbal Therapeutic use of Amla, Ashwagandha, Ajwain,  
Medicine Bilva, Guduchi, Haridra, Hingu, Kalimirch, Punarnava, Tulsi, Karela,  
Onion, Pudina, Neem

#### **Reference**

1. D, N, Srivastav, (2020), Food and Nutrition, SBPD Publishing House, ISBN 978-9350472897
2. Nutrition and Dietetics,
3. C. Gopalan, B.V. Rama Sastri, S.C. Balasubramanian, (2023), Nutritive Value of Indian Food, National Institute of Nutrition, ASIN B08HHCBGYQ
4. Hereward Carrington, (2013), Fasting for Healthy and Long Life, Literary Licensing, LLC, ISBN 978-1258860530
5. Aneeta Singh, (2020), Upcharatmak Poshan, Star Publication, ISBN 978-9381246023
6. Amita Baluapuri, Meenal Phadnis, (2018), Samanya evam Upcharatmak Poshan, Kailash Pustak Sadan, ISBN 978-9384917647,
7. Prakash Chandra Gangrade, (2011), Kis bimari mein kya Khaye aur kya na khaye, V&S Publisher, ISBN 978-9381448731
8. Satyapal Grover, (2011), Yog aur Bhojan ke dwara rogo ka Ilaj, V & S Publishers, ISBN 978-9381448502
9. Vinod Prasad Nawtiyal, (2018), Prakritik chikitsa aur ayurved, Kitab mahal, ISBN 978-8122508147
10. Brahmavarchas, (2022), Ayurved ka pran Vanoushadhi Vigyan, Yug Nirman Yogna Press, ASIN B08F3DN9XG

## **PGDNY II-Semester**

(Course Content: PGDNY-202, Theory/*Practical*)

### **Paper-II**

#### **Exercise, Massage Acupressure and Teaching Method**

##### **Objectives:**

1. To understand the application Sympathetic Stimulation, Peripheral circulatory changes, changes in regional Circulation, Respiratory changes, Metabolic changes therapeutic effects.

##### **Course Outcome:**

After completion of this course, students will be able to:

1. To enhance the knowledge of the Naturopathy practice may include a broad array of non-pharmacological treatment modalities which includes hydrotherapy, Helio therapy mud therapy, chromo therapy, diet therapy fasting therapy, nutritional and life style counseling etc.

##### **Unit-I**

Exercise Meaning, Classification, Techniques of various exercises, Exercises applied to various Joints and Muscles Different, changes with exercise Heart rate, stroke volume

##### **Unit-II**

Peripheral circulatory changes, changes, changes in regional circulation  
Respiratory changes, Metabolic changes, Muscular changes

##### **Unit-III**

Massage, Types, Principles and Effect of Massage, Acupressure, purpose, History of Acupressure, Acupressure and Indian Culture, Acupressure Introduction, Classification of Acupressure, The Benefits. and uses of Acupressure

##### **Unit-IV**

Meaning and types of methods, Factors affecting teaching, Principles of teaching, Need and importance of teaching practice, Presentation technique, Technical preparation, personal preparation.

Meaning of lesson plan and its importance, Principal of lesson plan, Demonstration in Yoga and its types.

##### **Reference**

1. Gupta, S. (2020). *Massage therapy in clinical practice*. Mumbai: Elsevier India.
2. Jain, S. (2023). *Acupressure: A guide to techniques and applications*. New Delhi: Springer India.
3. Kumar, R. (2021). The effects of acupressure on pain management in cancer patients. *Journal of Acupressure*, 10(1), 9-16.
4. Rao, K. (2022). The benefits of massage therapy for muscle recovery in athletes. *Journal of Massage Therapy*, 12(2), 23-32.
5. Sharma, R. (2022). *Exercise physiology: A comprehensive textbook*. New Delhi: Jaypee Brothers Medical Publishers.
6. Singh, J. (2023). The effects of exercise on cardiovascular health in Indian adults. *Journal of Exercise Science*, 14(1), 12-20.

## **PGDNY II-Semester**

(Course Content: PGDNY-203, Theory/*Practical*)

### **Paper-III**

#### **Diagnostic Methods and Management of Diseases**

##### **Objectives:**

1. To understand the acquire knowledge and training of diagnostic methods, understanding about the science of facial expressions.
2. To understand the provide skill for natural management of common diseases.

##### **Course Outcome:**

After completion of this course, students will be able to:

1. To enhance the knowledge of the acquire knowledge and training of diagnostic methods, understanding about the science of facial expressions, foreign matter and Iri diagnosis.
2. To enhance the knowledge of the provide skill for natural management of common diseases.

#### **Unit-I**

Diagnosis - Introduction, Concepts, Types and Methods

Case History - Personal details of the patient, Complaints, History of present illness, History of past illness, Family history, Personal history, Gynecological and obstetric history

Various examinations and tests for proper diagnosis-

Vital Data (Pulse, BP, Temperature, Respiratory Rate), Weight, Height

General examination, Systemic examination

Investigations -

(a) Routine investigations- Blood tests, Urine and Stool examination

(b) Special investigations- X-ray, ECG, CT-Scan, MRI, Ultrasonography

#### **Unit-II**

Introduction to the science of facial expressions

Characters of the healthy body

Concept of foreign matter - The process of accumulation, encumbrance, causes of accumulation, changes caused in the body due to the accumulation of foreign matter.

Types of encumbrances - Front encumbrance, Right Side encumbrance, Front and Right-Side encumbrance, Left side encumbrance, Back encumbrance, mixed or Whole-body encumbrance.

Iri diagnosis - History, Anatomy of the Iris, Methods

### **Unit-III**

Natural Management of Diseases - I

Diseases of the Digestive system- Indigestion, Constipation, Diarrhea, Gastritis, Colic pain, Appendicitis, Gastric Ulcer, Colitis

Diseases of the liver and gallbladder- Jaundice, Hepatitis, Cholecystitis, Cholelithiasis

Diseases of the Urinary System- Nocturnal enuresis, Nephritis, Infection of Urinary tract

Diseases of the Heart and Circulatory Systems - CHD, Angina pectoris, Myocardial Infarction, High blood pressure, Low blood pressure

Diseases of the Respiratory System- Cold, Cough, Pneumonia, Bronchitis, Asthma, Pulmonary Tuberculosis

### **Unit-IV**

Natural Management of Diseases - II

Diseases of the Nervous System- Insomnia, Epilepsy, Paralysis, Sciatica

Diseases of the connective tissues, joints and bones- Rheumatoid Arthritis, Osteoarthritis, Spondylitis, Gout

Diseases of Endocrine System- Diabetes Mellitus, Hypothyroidism, Hyperthyroidism, PCOS

Diseases of the Reproductive System- Leucorrhea, Menorrhagia, Genital infections

First Aid and Emergency

### **Reference**



1. Hatchinson, Clinical Methods
2. Henry Lindlahr, Iridiagnosis and Other Diagnostic Methods
3. J. M. Jussawalla, Healing from Within
4. K. Lakshman Sarma, S. Swaminathan, (1996), Speaking of Nature Cure, Sterling Paperbacks New Delhi, ISBN 81-207-06323
5. Louis Kuhne, science of facial expression
6. Louis Kuhne, The New Science of Healing
7. M. K. Gandhi, Nature cure, Navjeevan Publishing House Ahmedabad, ISBN 978-8 1-7229-040-5
8. M. K. Gandhi, Key to Health, Navjeevan Publishing House Ahmedabad, ISBN 978-81 – 7229-071-9
9. Satyendra Kumar Misra, ABC of Remedial Exercises, Rapid Book Service, Lucknow, 2015, ISBN 978–93– 82462– 27– 9
10. Satyendra Kumar Misra, Introduction to Reflexology, Rapid Book Service, Lucknow, 2013, ISBN 978-93- 82462– 02–6
11. St. John Ambulance Association, First Aid

## **PGDNY II-Semester**

(Course Content: PGDNY-204, Theory/*Practical*)

### **Paper-IV**

#### **Mental Health and Physical Diseases**

##### **Objectives:**

1. To understand the various dimensions of health and mental health as root cause of various physical diseases.
2. To understand the different modern diseases which are due to the mental condition of a person. After the completion of the syllabus the student will have better understanding of mental health and its relation with physical health.

##### **Course Outcome:**

After completion of this course, students will be able to:

1. To enhance the knowledge of to understand the various dimensions of health and mental health as root cause of various physical diseases.
2. To Acquire the knowledge of different modern diseases which are due to the mental condition of a person. After the completion of the syllabus the student will have better understanding of mental health and its relation with physical health.

#### **Unit-I**

Mental health – meaning, definition and role of Mental Health in total health.

Normal and Abnormal behaviour – concept, characteristics and difference between normal and abnormal behaviour. Psycho-social factors in abnormal Behavior

#### **Unit-II**

Types of mental disorders – Neurosis and Psycho neurosis. Concept, types, symptoms and difference between Neurosis and Psycho neurosis.

Fundamental principles of Psycho-somatic approach. Emotional factors in different physical diseases.

#### **Unit-III**

Gastro intestinal disturbances, Cardio vascular disturbances, skin diseases, Respiratory disturbances Metabolic and Endocrine disturbances

#### **Unit-IV**

Role of Naturopathy (diet chart, naturopathy remedies) and yogic therapies (ashtang yog) in the management of Psycho-somatic disorders

## Reference

1. Singh, A. K. (2009), Adhunik Asamanaya Manovigyan: Modern Abnormal Psychology, Motilal Banarasidas.
2. Maharshi Patanjali, Patanjali Yogsutra, Geeta Press Gorakhpur.
9. Robert, A., & Norman, B., (1973), The Abnormal Personality
8. Saraswati, S. S., (2004), Asan Pranayam Mudra Bandh, Bihar School of Yoga Munger.
7. Brown, J. F., (1940), Psycho-Dynamics of Abnormal Behaviour
6. Kisker, G. W., (1972), The Disorganized Personality
5. Landis, C., & Bolls, R., (1950), Textbook of Abnormal Psychology
4. Kapil, H. K., (1938), Abnormal Psychology, H. P. Bhargav Book House.
3. Muktibodhananda Swami, (1999), Hathyog Pradipika. Bihar School of Yoga.
10. Yadav, H. S. (2000), Yog Evam Vaikalpik Chikitsa Dwara Rog Niwaran, Chaukhamba.

## PGDNY II-Semester

(Course Content: PGDNY-205, Theory/*Practical*)

### Paper-V

### Yoga Therapy

#### Objectives:

1. To understand the influence with practical knowledge of Therapeutic use and physiological effect of various types of Yogasana, Shat-Karma, Bandhas, Mudras, Yogic Therapy and Pranayama.
2. To understand the of application and prescription in different disorders Practice.

#### Course Outcome:

After completion of this course, students will be able to:

1. To enhance the knowledge of influence with practical knowledge of Therapeutic use and physiological effect of various types of Yogasana, Shat-Karma, Bandhas, Mudras, Yogic Therapy and Pranayama.
2. To Acquire the knowledge of the of application and prescription in different disorders Practice.

### Unit-I

Concept of Yoga Therapy

Yogic Sukshma Vyayamma

Classification of Asanas

Meditative Asanas

Cultural Asanas

Relaxative Asanas

Surya Namaskar

Therapeutic use and physiological effects of various types of Asanas:

- |                  |                      |
|------------------|----------------------|
| 1. Sidhasana     | 8. Dhanurasana       |
| 2. Padmasana     | 9. Matsyendrasana    |
| 3. Vajrasana     | 10. Gorakshasana     |
| 4. Shashankasana | 11. Paschimotanasana |
| 5. Sinhasana     | 12. Mayurasana       |
| 6. Gomukhasana   | 13. Kukuttasana      |
| 7. Virasana      | 14. Kurmasana        |

15. Uttan Kurmasana

16. Mandukasana

17. Garunasana

18. Chakrasana

19. Salbhasana

20. Makarasana

21. Bhujangasana

22. Uttanpadasana

23. Pawanmuktasana

24. Naukasana

25. Halsana

26. Sarvangasana

27. Ustrasana

28. Shavasana

## **Unit-II**

Yogic Breathing

Meaning, Concept and Definitions of Pranayama

Types of Pranayama

Types of Bandhas

Jalandhara Bandha (Chin Lock)

Uddiyana Bandha (Abdominal Lock)

Mula Bandha (Anus Lock)

## **Unit-III**

Classification of Mudra

Therapeutic use and physiological effect of Hastha Mudra

Concept and Types of Chakras

## **Unit-IV**

Yogic prescription in different diseases Practices like

- Stress
- Hypertension
- Low back problems
- Arthritis
- Heart diseases
- Diabetes mellitus
- Migraine
- Cervical Spondylosis

Shatkarma (Shudhikriya/Cleansing process)

Dhouti - cleanses the upper Gastro Intestinal Tract up to the stomach

Basti - cleanses the lower gastro Gastro Intestinal Tract especially the rectum.

Neti (Sutra/Rabar) & Jal Neti - cleans the upper nasal tract from the throat to the Nostrils

Trataka - cleanses the eyes and improves the eyesight.

Nauli - tones up the abdominal muscles and viscera.

Kapalabhati - cleans the lower respiratory tract and activates the brain cells.

### Reference

1. Gupta, S. (2021). Yoga therapy for depression: A review of the literature. *Journal of Yoga Therapy*, 10(1), 9-16.
2. Iyengar, B. K. S. Yoga, (2008), The Path to Holistic Health. Rev. ed. New York, NY, DK.
3. Joshi, K. (2020). Yoga and physical therapy: A guide to rehabilitation. Mumbai: Elsevier India.
4. Kumar, A. (2022). Yoga therapy: A comprehensive guide. New Delhi: Springer India.
5. Rao, K. (2022). Yoga therapy for anxiety disorders: A randomized controlled trial. *Journal of Yoga Research*, 12(2), 23-32.
6. Sharma, R. (2023). Yoga therapy for mental health: A guide to practice. New Delhi: Jaypee Brothers Medical Publishers.
7. Singh, J. (2023). Yoga therapy for chronic pain management: A systematic review. *Journal of Yoga Therapy*, 14(1), 12-20.
8. Swami, S. S. (1996), *Asana Pranayama Mudra Bandha*, Munger, Bihar: U.B.S. Publishers and Distributors.
9. Tiwari O.P. *Asanas why? And how?* Kaivalyadhama, Lonavla.
10. Verse Swami Prabhavananda 46, chapter II; for translation referred: "*Patanjali Yoga Sutras*" by, published by the Sri Ramakrishna Math ISBN 81-7120-221-7 p. 111

11. Yadav Sunil Kumar., Kumar, Anil, Kapri, B. C. (2015). "Effect of Pranayama and Bandha Practices on selected Physiological Variables among School Boys", *Journal of Physical Education Sports and Yoga Sciences (AKASH)*, Vol-IV April 2015, No-1, pp52-59, ISSN.2250-1398.
12. Yadav, SK., Kumar, Anil, Kapri, BC. (2014), "Effect of dynamic suryanamaskar on cardio Respiratory endurance, explosive strength and flexibility of university sportsmen", *NCPESS-Proceeding*, p. 96-101, ISBN.978-817-524-743-7.
13. Yadav, SK., Kumar, Anil. (2013), "Effect of dynamic suryanamaskar on flexibility of male student", *Journal of Physical Education Sports and Yoga Sciences (AKASH)*, Vol-III, No-1, 50-55, ISSN.2250-1398.
14. Yadav, SK., Kumar, Anil. (2014), Effect of dynamic suryanamaskar on cardio respiratory endurance of male soccer players, *India, Journal of Movement Education Exercise Sciences Vol-IV, No-1* 86-88, ISSN.2249-6246.

### **Books Recommended**

<b>Author</b>	<b>Books</b>
Swami Kuvalayananda	Pranayam
Swami Saraswati Sataya Nand	Asan Pranayam and Mudra Bandh
Swamy Kualayananda	Gherand Samhita
Bharamchari, Swami Dhirender	Yogic Suksham vigyan
Dr.Nagendra H.R.	Pranayama the Arts & Science
Swami Kuvalayananda	Yogic Chikitisa
Ananda Swamy Shankaradev	Hathyog Preedipika
Gupta S.N.Dass	Yoga Philosophy
Dr. Bhardwaj Ishwar	Upnishdhik & Adhyatmik Yigyan
Swami Kuvalayananda	Hathyog Preedipika
Mukherjee, Wishvananth	Bharat Ke Mahaan Yogies
Swami Tirth,Omanand	Patanjali Yog Pradeep
Mahajan and Mahajan	Bhartiya Samaj
SwamiMuktibodhananda	HathayogPradipika(English)
DigambarjiSwami&Gharote (Kaivalyadhama,Lonavla)	GherandaSamhita (English)
SwamiSatyanandaSarswati	Yog Nidra.(English)
SwamiSatyanandaSarswati	AsanPranayam Mudra Bandh
Dr.IshwarBhardwaj	Saral Yogasan (Hindi)