

# **Diploma in Yoga and Naturopathy**

## **Second Semester**

### **1. Subject: Anatomy and Physiology- 2**

#### **Unit- 1: Excretory System**

1. Excretory system of human-kidney, ureter, urinary bladder, urethra
2. Mechanism of urine formation-Ultrafiltration, selective reabsorption, tubular secretion
3. Role of kidney in osmoregulation

#### **Unit- 2: Nervous system and special senses**

1. Structure and function of human brain-Fore brain, mid brain, hind brain
2. Structure and function of spinal cord
3. Cranial nerve and spinal nerve
4. Autonomic nervous system-Sympathetic and para sympathetic nervous system
5. Reflex action
6. Mechanism of nerve conduction
7. Synapse and synaptic transmission
8. Structure and function of eye, ear, nose, tongue and skin

#### **Unit- 3: Endocrine system**

1. Structure and function of important of endocrine gland (Pituitary, Adrenal Thyroid, Parathyroid, Pancreas, gonads)
2. Function of GI tract hormones
3. Mechanism of hormone action

#### **Lymphatic System and immune system**

1. Lymphoid organ-Bone marrow, Thymus, spleen, Lymph node
2. Composition and function of lymph
3. Immunity
4. Types of immunity-Innate immunity and acquired immunity
5. Antigen and antibody
6. Hypersensitivity
7. Autoimmunity

#### **Unit- 4: Reproductive System**

1. Male reproductive system of human-Testis, penis, epididymis, prostate gland
2. Female reproductive system of human-ovary, uterus, vagina, cervix, fallopian tube
3. Menstrual cycle
4. Gametogenesis-Spermatogenesis and oogenesis
5. Fertilization
6. Implantation and embryonic development
7. Pregnancy

#### **Text Books:**

1. Tortora and Bryan- Anatomy and Physiology
2. Teles and Nagendra- Glimpse of Human body

#### **Reference Books:**

1. Gore M.M. (2003). Anatomy and Physiology of Yogic practices, Kanchan Prakashan, Lonavla, India
2. Lan Peate and Muralidharan Nayar- Fundamental of Anatomy and Physiology for students nurses
3. Evelyn, C. Pearce- Anatomy and Physiology for Nurses

## **2. Subject Name: Yoga and Health**

### **Unit- 1: Concept of Body, Health and Disease**

Definition & Importance of Health According to WHO; Dimension of Health: Physical, Mental, Social and Spiritual; Concept of Body, Health and disease in Yoga & Yogic Concept of Body From Taittiriya Upanishad, Yogic Concept of Health and Disease: Meaning and Definitions, Concept of Adhi and Vyadhi according Yoga Vasistha and Remedial Measures; Holistic, Care Through Yoga. Concepts of Trigunas, Pancha-Mahabhutas, Pancha-Prana and Their Role in Health and Healing; Concept of Pancha-Koshas & Shat-Chakra and their role in Health and Healing.

### **Unit- 2: Causes of Ill Health & Remedial Measures as per Patanjali**

Potential causes of Ill-health: Mental and Emotional Ill Health: Styana, Samshaya, Pramada, Avirati, Duhkha, Daurmanasya, Bhranti-darsana, Alabdha-bhumikatva and Anavasthitatva; Shuddhi Prakriyas in Yoga: Role of Shuddhi Prakriyas in preventive and curative Health, karma shuddhi (Yama, Niyama), Ghata Shuddhi (Shat-karma), Snayu Shuddhi (Asana), Prana Shuddhi (Pranayama), Indriya and Mano Shuddhi (Pratyahara), Mana, Buddhi, Ahamkar and Chitta Shuddhi (Dharana, Dhyana and Samadhi).

### **Unit- 3: Yogic Principles & Practices of Healthy Living- I**

Dietary regulation according to Hatha yoga and Bhagavadgitha; shatkriyas and tatva shuddhi; Asana for mind body and spirit; Practice for pranamaya kosha-pranayama; Definition of Mental Health & Mental Hygiene & Total Health; Indian approach to personality and personality integration Psycho-Social Implications of yoga; Adjustment personal and interpersonal adjustment through yogic methods Niyamas & Yamas.

### **Unit- 4: Yogic Principles & Practices of Healthy Living- II**

Attitude change towards yoga through individualized counseling Psychological & yogic method Tackling ill effects of conflict and Frustration; Yogic methods Yoga Psychology for Adjustment; Psychological, philosophical and yogic counseling; the remedial measures; Action in relaxation-the secret of Karma Yoga; Unattached action, not to the fruits of action, equanimity in success and failure.

#### **Text Books:**

1. Ghosh, Shyam: The Original Yoga Munshiram manoharlal, New Delhi, 1999
2. Jnanananda Bharati: Essence of Yoga Vasistha Pub: Sanata Books, Chennai
3. Hatha Ratnavali: Tirumala Tirupathi Devasthanam, Andhra Pradesh.

#### **Reference Books:**

1. Gheranda Samhita: Shri Sadguru Publication, New Delhi.
2. Dr. R Nagarathna and Dr. H.R. Nagendra: Yoga and Health, Swami Vivekananda Yoga Prakashana, 2002.
3. Dr. R Nagarathna and Dr. H.R. Nagendra: Yoga for Promotion of Positive Health Published.

### **3. Subject: Yogic Textile**

#### **Unit- 1: SAMADHI PADA**

1. What is Yoga?
2. Culmination of Yoga?
3. Vritti and its classification 5-11
4. Necessity of Abhyasa & Vairagya 12
5. Foundation of Abhyasa 13-14
6. Lower & Higher form of Vairagya 15-16
7. Definition of Samprajna & Asamprajna Samadhi 17-20
8. Definition & attribute of Ishwara 24-25
9. Pranava & Sadhana for Ishwara 27-28
10. Result of Sadhana 29
11. Obstacles in the path of Yoga 30-31
12. Removal of all obstacles- one pointedness, cultivating opposite virtues, by controlling Prana, Observing sense experience, by inner illumination, by detachment from matter, by knowledge of dream & sleep, by meditation as desired 32-39
13. Oneness of Chitta with object 40
14. Savitarka, Nirvitarka & other forms of samdhi 42-51

#### **Unit- 2: SADHANA PADA**

1. Discipline for Sadhana 1-2
2. Kleshas- Avidya, Asmita, Raga, Dvesha & Abhinivesha 3-9
3. Modification of the Kleshas- meditation 10-11
4. Karmashaya & its fruits 12-14
5. Pleasure and Pains are both painful 15-17
6. Four stages of Gunas 19
7. Purusha & Prakriti 20-24
8. Definition of Hana 25-26
9. Stages of enlightenment 27
10. Necessity of Yoga Practice 28
11. Bahiranga Yoga 29-55

#### **Unit- 3: VIBHUTI PADA**

1. Antaranga Yoga 1-3
2. Samyama & its results, applications 5-6
3. Parinama 9-13
4. Siddhis 16-49
5. Attainment of Kaivalya 56

#### **Unit- 4: KAIVALYA PADA**

1. Sources of Siddhis 1
2. Influence of Karma 7
3. Manifestation & Source of Vasanas, Disappearance of Vasanas 8-11
4. Theory of perception 15
5. Mind and its manifestation 16-23
6. Heading to Kaivalya 27-34

#### **4. Subject: Introduction of Naturopathy**

##### **Unit- 1: INTRODUCTION TO NATUROPATHY**

General introduction to Naturopathy; naturopathy- its definition, meaning, scope and limitations; History of Naturopathy- Indian and Western; Comparative study of the Naturopathy with other systems of Medicine; Catechism of Nature cure.

##### **Unit- 2: PRINCIPLES AND CONCEPTS OF NATUROPATHY**

Composition of the human body according to Naturopathy, Laws of Nature; Pancha-Mahabhootas, Shareera Dharmas- Ahara, Nidra, Bhaya, Maithuna; Fundamental principles of Naturopathy; Natural rejuvenation and vitality, how to acquire natural immunity; importance of Physical & Mental Hygiene and prevention of diseases.

##### **Unit- 3: NATUROPATHY**

Hydrotherapy: Introduction, definition, scope, history, principles; role of hydrotherapy in prevention of diseases; Upavasa (Fasting): Introduction, definition, scope, history, principles and types; its role in disease prevention, health promotion; concept of de-toxification.

##### **Unit- 4: DIET & MASSAGE**

Diet: Introduction, definition, scope, types and its principles; role of Naturopathy diet in disease prevention and, health promotion; Massage: Introduction, definition, scope, history, its principles and manipulative techniques; Different types of Massages and their role in disease prevention, and health promotion.

#### **TEXT BOOKS**

1. S.D. Dwivedi: Naturopathy for perfect health, Kalpaz Publication Delhi, 2002
2. Pravesh Handa: Naturopathy and Yoga, Kalpaz Publication Delhi, 2006
3. S.J. Singh: My Nature Cure or Practical Naturopathy
4. M.K. Gandhi: The story of my experiment with truth
5. प्राकृतिक आयुर्विज्ञान— आरोग्य सेवा प्रकाशन मोदीनगर उत्तरप्रदेश

#### **REFEREMCE BOOKS**

1. R.K. Garde: Ayurvedic for Health and Long life Harry Benjamin: Everybody's Guide to Nature Cure.
2. M.K. Gandhi: My Nature Cure.

#### **PRACTICAL**