

# **Course Title : Yoga & Naturopathy**

## **Semester : First Semester**

### **Paper 1<sup>st</sup>**

#### **Subject: Basic Principals of Yoga (Foundation of Yoga)**

##### **Objectives:**

###### **To understand**

1. About foundation of science and arts.
2. Science of happiness – Basis of Yoga
3. Concept of yoga.
4. Application of yoga to the individual and the society.

##### **Unit-1:**

###### **Basis of life in the context of science**

1. Basis of life, Analysis
2. The core of Science
3. Technology, applied Science
4. Creativity, New Horizon,

###### **The new directions of science**

5. Modern Physics, Life sciences
6. Neuro sciences. The transition
7. A social Metamorphosis
8. Repercussion, the Fermentation,
9. Drug culture
10. Review of World History, India in the scene

##### **Unit-2:**

###### **The basis of Yoga**

1. The Science of Happiness
2. The Basis of Yoga
3. The direction of our life
4. Happiness analysis
5. Story of old lady, Story of Srikanda, Story of Hari
6. Law of diminishing returns
7. Happiness depend on mood of person
8. Happiness is not outside but it is inside state
9. Concentration, appreciation

### **Unit-3: Yoga scriptures**

1. A glimpse into our scriptures
2. *Paicadasi*, Quantify *Ānanda*, *Ānanda Mimansa*
3. Layers of Consciousness (*Lokās*)
4. Happiness – quantitative or qualitative
5. State of complete freedom
6. The abode of creativity and knowledge

### **Unit-4: Concept and definitions about Yoga**

1. *Yoga* – Misconceptions
2. Understanding *Yoga*
3. Definitions of *Yoga*, Patanjali, *Yoga Vasista*
4. *Bhagavad Gēta*, *Kathopaniṣad*, Sri Aurobindo
5. *Yoga* – as a state, the power of creation
6. Why *Yoga*, Development at physical level, mental level, emotional level, intellectual level, spiritual level
7. introduction to four streams of *Yoga*
8. Caution, *Yoga* way of life and society
9. Role of the East: - Expectations of the west
10. Indian Scene – confusing & puzzling
11. Need of the hour

### **Text Book:**

1. Nagendra H.R., *Yoga – Its basis and applications*, SVYP, Bangalore

### **Reference Books:**

1. Sastry ASN, *Let Go*, Yoga Bharati, Bangalore.
2. Lokeswaranand S, *Taittiriya Upanishad*, R.K. Publications, Bangalore

# Paper 2<sup>nd</sup>

## Subject: Human Anatomy and Physiology - I

### Objectives:

1. To know about the structure of the body
2. To know about the necessary functions of the body
3. To give brief idea about the diseases related to each system
4. To throw light on anatomy so that student can experience the involvement of their body parts while practicing various postures of yoga

### Unit-1: Cell

1. Cell structure –Plasma membrane and protoplasm
2. Cell organelles –Mitochondria, Golgi body, Endoplasmic reticulum, Lysosome, Peroxisome, Centrosome
3. Nucleus-Nuclear membrane, chromosome, nucleolus
4. Homeostasis

#### Tissues

1. Structure and function of epithelial -simple and compound
2. Connective -connective tissue proper, skeletal and vascular
3. Muscular -Skeletal, involuntary and cardiac
4. Nervous tissues-Myelinated neuron and Non myelinated neuron

#### Muscular-skeletal system

1. Anatomy of the Skeleton
2. Classification of bones-Axial bones and appendicular bones
3. Types of joint –Synovial joints and Fibrous joint
4. Structure of synovial joints
5. Types of synovial joints
6. Types of Muscle in the body(striated, Smooth muscle, Cardiac muscle)
7. Mechanism of muscle contraction

### Unit-2: Biomolecules

1. Carbohydrates
2. Fats
3. Proteins
4. Minerals
5. Vitamins(fat soluble and water soluble)
6. Dietary fibres
7. Balanced diet

#### Digestive system

1. Digestive system of human-Mouth, buccal cavity ,Pharynx ,oesophagus stomach,large intestine, small intestine ,anus
2. Associated glands-Liver, Pancreas, salivary glands
3. Physiology of digestion and absorption
4. Malnutrition and under nutrition

### **Unit-3: Respiratory system**

1. Respiratory system of human-Nose, nasal cavity ,pharynx ,Trachea ,Larynx, bronchiole, lungs
2. Mechanism of breathing(Expiration and inspiration)
3. Transport of respiratory gases(transport of oxygen and transport of carbon dioxide)
4. Common respiratory disorder

### **Unit-4: Cardiovascular system**

1. Composition and function of blood –Plasma ,RBC,WBC and Platelet
2. Blood groups and their importance
3. Blood clotting
4. Structure and working mechanism of heart
5. Organisation of systemic and pulmonary circulation
6. Cardiac output and cardiac cycle
7. Functional anatomy of blood vessels
8. Blood pressure and regulation of blood pressure

### **Text Books:**

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

### **Reference Books:**

1. Gore M. M. (2003). Anatomy and Physiology of Yogic practices. KanchanPrakashan, Lonavla, India
2. LanPeate and MuralidharanNayar – Fundamental of Anatomy and Physiology for students nurses
3. Evelyn, C. Pearce- Anatomy and Physiology for Nurses

## Paper 3<sup>rd</sup>

### Subject Name: Wellness & Yoga

#### Objectives:

Following the completion of this course, students shall be able to

- Understand the concept of health and disease.
- Have understanding about yogic concepts of health and healing. **Yoga and Holistic Health**
- Yogic principle and practices for healthy living.
- Understand the concept of Ahara its role in healthy living.

#### 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 counselling, Psychological & yogic method Tackling ill effects of conflict and Frustration; Yogic methods Yoga Psychology for Adjustment: Psychological, philosophical and yogic counselling; 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 BOOK**

1. Ghosh, Shyam : The Original Yoga Munshiram Manoharlal, New Delhi, 1999)
2. Jnanananda Bharati : Essence of Yoga Vasishtha 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

# Paper 4<sup>th</sup>

## Subject Name : Yoga therapy – (IAYT -I)

### Objectives:

1. To become familiar with various disorders
2. To have knowledge about the causes of diseases.
3. Line of treatment available in Yoga therapy

### Unit -1: Introduction to common ailments

1. Introduction to stress and stress related disorders
2. Introduction to Yoga therapy – AdhijaVyadhi concept, IAYT
- 3: Cancer
  - a. Causes, types, clinical features,
  - b. Side effects of Chemotherapy, radiotherapy
  - c. Medical and Yogic management

### Unit -2: Respiratory Disorders

1. Introduction to Respiratory disorders
  - a) Brief classification – Obstructive / Restrictive, infectious
2. Bronchial Asthma
  - b) Definition, Etiopathogenesis, Classification, Clinical Features,
  - c) Medical and Yogic Management
3. Allergic Rhinitis & Sinusitis
  - d) Definition, Etiopathogenesis, Classification, Clinical Features,
  - e) Medical and Yogic Management
4. COPD
  - f) Chronic Bronchitis
    - i. Definition, Etiopathogenesis, Classification, Clinical Features,
    - ii. Medical and Yogic Management
  - g) Emphysema
    - iii. Definition, , Classification, Clinical Features,
    - iv. Medical and Yogic Management
5. Infectious Disorders
  - h) Tuberculosis
    - i. Definition, Etiopathogenesis, Classification, Clinical Features,
    - ii. Medical and Yogic Management

### Cardiovascular Disorders

1. Introduction to Cardiovascular disorders
2. Hypertension

- a. Definition, Etiopathogenesis, Classification, Clinical Features
  - b. Medical and Yogic management
- 3. Atherosclerosis / Coronary artery disease
  - a. Definition, Etiopathogenesis, Classification, Clinical Features
  - b. Medical and Yogic management
- 4. Ischemic Heart disease – Angina pectoris / Myocardial Infarction/ Post CABG rehab
  - a. Definition, Etiopathogenesis, Classification, Clinical Features
  - b. Medical and Yogic management
- 5. Cardiac asthma
  - a. Definition, Etiopathogenesis, Classification, Clinical Features
  - a. Medical and Yogic management

### **Unit- 3: Endocrinal and Metabolic Disorder**

- 1. Diabetes Mellitus (I&II)
  - a. Definition, Etiopathogenesis, Classification, Clinical Features
  - b. Medical and Yogic management
- 2. Hypo and Hyper- thyroidism
  - a. Definition, Etiopathogenesis, Classification, Clinical Features
  - b. Medical and Yogic management
- 3. Obesity
  - a. Definition, Etiopathogenesis, Classification, Clinical Features
  - b. Medical and Yogic management

### **Unit -4: Obstetrics and Gynecological Disorders**

- 1. Menstrual disorders: Dysmenorrhoea, Oligomenorrhoea, Menorrhagia
- 2. Definitions, Etiopathogenesis, Classification, Clinical Features
- 3. Medical and Yogic management
- 4. Premenstrual Syndrome
  - a. Definition, Etiopathogenesis, Classification, Clinical Features
  - b. Medical and Yogic management
- 5. Menopause and peri-menopausal syndrome
  - a. Definition, Etiopathogenesis, Classification, Clinical Features
  - b. Medical and Yogic management
- 6. Yoga for Pregnancy and Childbirth
  - a. Introduction to pregnancy, Complicated pregnancies: PIH, Gestational DM
  - b. Ante-natal care
  - c. Post-natal care
- 7. PCOS
  - a. Definition, Etiopathogenesis, Classification, Clinical Features
  - b. Medical and Yogic management

### **Recommended Texts:**

- 1. IAYT series- SVYASA publications
- 2. Yoga for common ailments



## **No.5 Subject : Practical**

### **Asana, Pranayama and Meditation**

#### **Objectives:**

- To introduce the classical hatha yoga basic practices
- Focus on overall development of all sheaths
- To bring out the hidden talents through regular practices.

#### **Unit-1:**

##### **Breathing Practices:**

- A. Hands In and Out Breathing
- B. Hands stretch Breathing
- C. Ankle stretch Breathing
- D. Dog Breathing
- E. Rabbit Breathing
- F. Tiger Breathing
- G. Shashankasana Breathing
- H. Bhujangasana Breathing
- I. Salbhasana Breathing
- J. Alternate Leg Raise Breathing
- K. Straight Leg Raise Breathing

##### **Loosening Exercises (Çithili Karaëa Vyäyama)**

- A. Forward and Backward bending
- B. Side Stretch
- C. Twisting
- D. Jogging & Jumping
- E. Hand Rotation - Single, Both, Clock wise and Anti Clock wise
- F. Shoulder Rotation
- G. Knee Rotation

##### **Surya Namaskāra – 12 rounds of 12 counts**

#### **Unit- 2:**

##### **Yogāsanas:**

##### **Standing:**

- A. Ardhakati Cakrāsana
- B. Ardha Cakrāsana
- C. Padahastāsana
- D. Trikonāsana
- E. Bakāsana
- F. Ardha Candrāsana
- G. Vrikshashana

##### **Sitting:**

- A. Vajrāsana
- B. Shashankāsana
- C. Pascimottānāsana
- D. Ustrāsana
- E. Vagrāsana
- F. Ardha Matsyendrāsana

G. Baddhakonāsana

H. Veerasana

I. Mayurāsana

**Prone:-**

A. Bhujāḡāsana

B. Salabhāsana

C. Dhanurāsana

D. Tiryaḡa Bhujāḡāsana

E. Gupta Padmāsana

**Supine:-**

A. Sarvāḡāsana

B. Halāsana

C. Matsyāsana

D. Urdhva Dhanurāsana

E. Navāsana

**Inverted Posture:-**

A. Sirsāsana

B. Vāscikāsana

C. Ekapada Urdhva Chakrāsana

**Kriyās**

A. Jala Neti, Sutra Neti

B. Vamana Dhouti

C. Laghu Shankha Prakshālana

**Unit- 3:**

**Pranayama**

A. Kapalabhati: (3 rounds 120 struction)

B. Sectional Breathing

C. Nadisudhi

**Unit -4:**

**Relaxation Techniques Om Meditation**

A. Instant Relaxation Technique (IRT)

B. Quick Relaxation Technique (QRT)

C. Deep Relaxation Technique (DRT)

**Text Book**

1 PPH Book – H. R. Nagendra – SVYP Bangalore