

Syllabus for Therapeutic Yoga Consultant (ThYC)

1. **Name of the Certification:** Therapeutic Yoga Consultant (ThYC)
2. **Requirement/ Eligibility:**
 - a. Medical Professional or Masters in Yoga. (For Yoga professional medical knowledge is required and vice versa)
3. **Brief Role Description:** Can practice Yoga for treatment of diseases in medical setups or independently. He should be a registered medical practitioner in any stream with Yoga Therapy.
4. **Minimum age:** No age limit
5. **Personal Attributes:** The job requires individual to have good communication skills, time management and ability to understand the body language of the trainees. Self discipline confidence, maturity, patience, compassion, active listening, empathetic, and proficiency in language.
6. **Credit points for certificate:** 92 credits
7. **Duration of course:** Not less than 1600 hours (Contact program for 100 hrs. to be conducted on Anatomy, Physiology)
8. **Mark Distribution:**
Total Marks: 200 (Theory: 140+Practical: 60)

Theory

Unit No.	Unit Name	Marks
1.	Therapeutic Approach of Yoga Therapy in Classical Yogic Texts	35
2.	Principals of Yoga Therapy	35
3.	Anatomy, Physiology and Psychology Foundations	35
4.	Yogic Concept for Management of Diseases	35
	Total	140

Practical

Unit No.	Practical Work	Marks
1.	Demonstration Skills	10
2.	Teaching Skills	10
3.	Evaluation Skills	15
4.	Application of knowledge	15
5.	Field Experience	10
	Total	60

Theory Syllabus

UNIT 1 Therapeutic Approach of Yoga Therapy in Classical Yogic Texts**1.1 BhagavadGita as a Therapy**

- 1.1.1 Definitions of Yoga in Bhagavadgita and their relevance in Yoga therapy.
- 1.1.2 Concept of Samkhya Yoga in Bhagavadgita, Significance of Bhagavadgita as a synthesis of Yoga, Concept of SthitaPrajna, stages and characteristic of it.
- 1.1.3 Concept of Atman (Purusha) and Jivatman in Bhagavadgita. Concept of Paramatman (Parmeshwar or Purushottam) as described in Bhagavadgita
- 1.1.4 Concept of world (Jagat, Samsar) as described in Bhagavadgita.
- 1.1.5 Concept of Bhagavadgita in various mental disorders like depression, anxiety etc
- 1.1.6 Significance of Yogasadhana- Karma Yoga, jnana Yoga, Dhyana Yoga and Bhakti Yoga in Bhagavadgita.
- 1.1.7 Concept and classification of Ahara and its role in AdhyatmaSadhana as described in Bhagavadgita.
- 1.1.8 Concept of Triguna in the context of Bhagavadgita, Importance of Bhagavadgita in day to day life.

1.2 Ashtang Yoga as a Therapy

- 1.2.1 Personal and Social Discipline through five Yamas (don'ts) and five Niyama (do's).
- 1.2.2 Significance of Yogasana & Pranayama ; Mastery over mind through pratyahara; Concentration, creative skills and clear thinking; Creativity; through Pratyahara, Dharana, ChittaVrittiNirodha, Chittaprasadanam; mastery over emotions to prevent, anger, fear, through IshwaraPranidhana (Surrenderance to the supreme).
- 1.2.3 Kriya-Yoga and its benefits; classification of klesha and methods to control kleshas, karmasaya; Concept of Heyaswarupa, Heyahetu, Drsyas and Drasta. Sama Yoga-Nature & cause, Hanaswarupa, Hanopaya. Vivekakhyathi.
- 1.2.4 Applications and Understanding of Patanjali Yoga & Personality Development. Yoga - Meaning, Definition, Aim, Objects, Concepts, Misconceptions. The nature of seer in pure state, Vrttis – Nature, classification, definition, method to control of cittavrttis; Ishwarapranidhana– a means to attain Samadhi, Definition & quality of Ishwara, Chittavikshepa, Chittaprasadana and its associates.
- 1.2.5 Samyama on – Maitri, Surya, Chandra, Nabhichakra, Kanthakupa, Kaurmanadi, Murdhajyothi, Pratibha, Hrdaya, Swartha, Udana, Samana, and their benefits.
- 1.2.6 Spiritual Level: Kriya-yoga and its benefits; classification of klesha and methods to control kleshas, karmasaya.

1.3 Hatha Yoga as a Therapy

- 1.3.1 Therapeutic approaches of Hatha Yoga Practices given in different Hatha Yoga Texts (Hathapradipika, Gheranda Samhita, Shiva Samhita and Vasistha Samhita): – their relevance for achieving positive Health and implementation in various common disorders; Application and importance of shatkarma, Asana, Pranayama, Mudra and Bandha and Nadanusandhana.

1.3.2 Greatness of Hathayoga, Hathayogiparampara, Importance of Hatha and its secrecy. Place of Hathayoga practice, Destructives (BadhakTattva) and constructive (SadhakTattva) of Hathyoga, Yama and Niyama.

1.3.3 Asana- techniques, benefits and precautions. Mitahara, Pathya and Apathya, Pranayama (Kumbhalas) – Techniques, Benefits and Precautions of Pranayama, Nadishuddhi, Duration and time for Pranayama practice, gradation of Pranayama.

1.3.4 Satkriyas, Gajakarani, Hathayogasiddhilakshanam, Kundalini as base for all Yoga. Results of Kundalini Prabodhana, Synonyms for Sushumna,

1.3.5 Mudras and Bandhas-Techniques, benefits and precautions of Practices. Kandaswarupa. Methods of Samadhi Practice, Synonyms for Samadhi, Rajayoga, Relationship between Hatha Pradipika and Rajayoga, Shambhavimudra, Unmani, Manonmani Nada and Nadanusandhana, Four stages of Nadanusandhan.

1.4 Yoga Vashishtha

1.4.1 Concept of Yoga: Introduction and Highlights of Yoga Vasishtha, Definitions of Yoga and their relevance in Yoga Vasishtha.

1.4.2 Concept of Mind: World is the projection of Mind; Manah Prashamanahupayah Yoga: Mind control through abhyasa (practice) and vairagya (detachment).

1.4.3 Concept of Jnana: Jnana Saptabhumika, importance of knowledge and types of knowledge, Management of Mind and emotions-enhancing the power of discrimination (Viveka).

1.4.4 Prana and Pranayama: Control of breathing; the story of Kakabhushanda, Understanding of the Concept of Adhi and Vyadhi; concept of Prana & Pranayama.

1.4.5 Concept of Samadhi and Moksha: Good Association; Self Enquiry; Development of Satvaguna (Good virtues), Eight Limbs of Meditation.

UNIT 2 Principles of Yoga Therapy

2.1 Concept of Health in Indian Systems of Medicine i.e. Ayurveda, Naturopathy and Siddha Systems of Medicine, Utility and Limitations of these systems in health concept of Yoga;

2.2 Yogic Concept of Health: Meaning and definitions, Concept of Adhi and Vyadhi, role of Yoga in preventive health care – Heyamdukhamanagatam Tapatrayas and Kleshas, Anatriyas.

2.3 Concepts of Trigunas, Pancha-mahabhutas, Pancha-prana, Pancha Koshas.

2.4 Role of Yogic Positive Attitudes (Maitri, Karuna, Mudita and Upeksha) for Healthy Living, Concept of Bhavas and Bhavanas with its relevance in Health and well-being

2.5 Concept of Aahara, Vihara, Aachara and Vichara

2.6 Role of Shuddhi Prakriyas in preventive -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. Anatomy, Physiology and Psychology Foundations

3.1. MusculoSkeletal system :- Classification and function of bone and joints, types of muscles, structural organization of different type of muscles, knowledge of Neuro-muscular junction, Nerve –Muscle physiology, Mechanism of action potential, Electromyogram and muscle endurance, concept of haemostasis,

Mechanisms to maintain milieu environment. Positive and Negative Feedback mechanism.

- 3.2 Digestive system:- Anatomy and Physiology of digestive tract , Functions of each part of digestive tract, Functions of gastric juice secretion, glands and hormones involved in digestive tract. Mechanism of absorption of different Biomolecules in digestive tract.
- 3.3 Respiratory and Cardiovascular system :- Anatomy and Physiology of respiratory and cardiovascular system, Mechanism of breathing process; Exchange and transport of respiratory gases (oxygen and carbon dioxide). Lung function test, Ventilation, Regulation of respiration. Mechanism of cardiac cycle, Electrocardiography. Vector, Arrhythmia, Electrolyte concentration change in heart.
- 3.4 Nervous system and Special Senses:- Classification of Nervous System, Anatomy and Physiology of central nervous system; Peripheral nervous system: Autonomic nervous system-Sympathetic and Para sympathetic nervous system, Somatic nervous system; Special senses- Structure and function of eye, ear, nose, tongue and skin.
- 3.5 Excretory and Reproductive system:- Anatomical Structure and Physiology of Kidney, Functions of different organs of excretory system, Urine formation, Concentration of Urine, Acidification of Urine, Micturition, Role of other organs on excretion in humans. Acid-base balance, Structure and function of male and female reproductive organs, Menstrual cycle. Ovulation, Menopause, Gametogenesis, Fertilization, Pregnancy, Infertility.
- 3.6 Human Psychology:- Definition of psychology, mental health, mood, cognition, behaviour, and personality, knowledge of commonly occurring mental health conditions, role of psychological counselling in various mental health related problems. Concept of conflict and frustration. General effects of Yogic practices for mental health.

UNIT 4 Yogic Concept for Management of Diseases

- 4.1 Musculo-Skeletal Disorders:- Back Pain (Lumbago, sciatica, disc herniation; Intervertebral disc prolapse (IVDP), Arthistis, Lumbo sacral strain), Neck pain (Cervical Spondylosis);

Yoga practice module for Musculo skeletal disorders: Precautions and Contra-indications of Yogic practices.

- 4.2 Respiratory Disorders:- -Bronchial Asthma, Bronchitis, Emphysema, Allergic Rhinitis, Sleep apnea, Sinusitis

Yoga practice module for Respiratory disorders, Precautions and Contra-indications of Yogic practices

- 4.3 Cardiovascular Disorders:- Hypertension, Atherosclerosis / Coronary artery disease, Ischemic Heart disease – Angina pectoris / Myocardial Infarction.

Yoga practice module for Cardiovascular disorders, Precautions and Contra-indications of Yogic practices.

- 4.4 Gastro intestinal and Excretory Disorders :- Dyspepsia, Hyperacidity, Peptic Ulcers, Constipation, Irritable Bowel Syndrome (IBS), Renal stones and haemorrhoids.

- 4.5 Yoga practice module for Gastro intestinal and Excretory system; Precautions and Contra-indications of Yogic practices.

- 4.6 Neurological Disorders:- Migraine, Headaches, Cerebro vascular accidents, Epilepsy, Parkinson's disease.
Yoga practice module for Neurological Disorders; Precautions and Contra-indications of Yogic practices.
- 4.7 Endocrine & Metabolic Disorders: -Diabetes Mellitus, Thyroid Disorders, Obesity and Metabolic Syndrome.Yoga practice module for Endocrine &Metabolic disorders; Precautions and Contra-indications of Yogic practices.
- 4.8 Obstetric & Gynaecological Disorders: Menstrual Disorder (menstrual cramp, dysmenorrhea, pre-menstrual syndrome), Polycystic Ovarian Syndrome (PCOS/PCOD), Pre-eclampsia or pregnancy induced hypertension (PIH), Menopausal discomfort (anxiety, irritability, insomnia, hot flashes.)
Yoga practice module for Obstetric & Gynaecological disorders; Precautions and Contra-indications of Yogic practices.
- 4.9 Psychological and Psychiatric Disorder:-Obsessive Compulsive Disorder, Stress, insomnia, Depression, Anxiety, Mental retardation, Schizophrenia, Autism, Attention Deficit Hyperactivity Disorder and Substance abuse.
Yoga practice module for Obstetric & Gynaecological disorders; Precautions and Contra-indications of Yogic practices.

Practical Syllabus

UNIT 1 Demonstration Skills

- 5.1. Introduction to Hymns and Mantras:-
 - 5.1.1 Concept and Brief introduction to Pranav and hymns
 - 5.1.2 Recitation of Pranav and Soham japa
 - 5.1.3 Recitation of Pratah-smaran, Dhyana mantra, Pranayama Mantra, Asana Mantra, Shanti Mantras.
 - 5.1.4 Recitation of Selected Slokas of Hathayoga Texts
 - 5.1.5 Recitation of Selected Sutras of Patanjala Yoga Sutra
 - 5.1.6 Recitation of Selected Slokas of Bhagwadgita
- 5.2 Shatkarma, Bandha and Mudra
 - 5.2.1 Demonstrating ability of performing shatkarma(Cleansing Process) Vamandhauti, Neti (Sutra and Jala), Kapalbhathi, Agnisara,
 - 5.2.2 Jalandhara bandha, Uddiyana bandha Mulbandha and Mahabandha
 - 5.2.3 Mahamudra, Bhairavi mudra, Yoni mudra, Shambhavi mudra and shandmukhi mudra.
 - 5.2.4 Demonstrating ability of performing shatkarma(Cleansing Process)Laghoo and Poornasankhaprakshalana, Vastradhauti, Dandadhauti, Nauli.
- 5.3 Sukshmavyayama, Sthulavyayama and SuryaNamaskar
 - 5.3.1 Ucharan-sthal-tathtavishudhichakrashudhi
 - 5.3.2 Budhitathadritishaktivikasaka
 - 5.3.3 Medhashaktivikasaka
 - 5.3.4 Kapolshaktivikasaka
 - 5.3.5 Grivashakti vikasak
 - 5.3.6 Vakshasthalshaktivikasaka (i and ii)
 - 5.3.7 Katishaktivikasaka (i,ii,iv,v)
 - 5.3.8 Janghaskativikasaka (i,ii)
 - 5.3.9 Pindalishkativikasaka

- 5. 3.10 Hridgati and sarvangpushti
- 5. 3.11 Yogic Surya Namaskar of BSY, Swami Dharendra Brahmachari and its Variations
- 5. 4 Yogasana
 - 5.4.1 Knowledge of the five spinal movements – inverted, forward, backward, lateral twist and lateral bend and neutral positions of the spine.
 - 5.4.2 Veerbhadrasana and its variations, Garudasana, Natrajasana, Parivrittatrikonasana, Parshakonasana, Tittibhasana
 - 5.4.3 Paschimottanasana, Suptavajrasana, Vakrasana, Akarnadhanurasana, Gomukhasna. Suptavajrasana, Marichyasana, Ardhamatsyendrasana,
 - 5.4.4 Makarasana, Bhujangasana, Salabhasana, Dhanurasana Poornadhanurasana, Urdhvamukhosvanasana Uttanapadasana, Halasana, Chakrasana, Matsyasana, Shavasana, Setubandhasana, Sarvangasana, Chakrasana
 - 5.4.5 Ekpadaandrasana, Trivikramasana, Sirshasana and its variation.
- 5.5 Pranayama
 - 5.5.1 Knowledge and Demonstrated ability to perform Breath awareness Pratyahar, Dharana and dhyana
 - 5.5.1 Sectional breathing,
 - 5.5.2 Anuloma Viloma pranayama
 - 5.5.3 Nadishodhana Pranayama.
 - 5.5.4 SuryaBhedhi and Chandrabhedhi Pranayama
 - 5.5.5 Ujjayi pranayama and Bhastrika pranayama
 - 5.5.6 Seetali Pranayama and Sitali Pranayama
- 5.6 Practices leading to Meditation:- Knowledge and Demonstrated ability to perform following practices:-
 - 5. 6.1 Antarmaun
 - 5.6.2 Ajapa japa
 - 5.6.3 Yoga Nidra
 - 5.6.4 Dharna
 - 5.6.5 Vipasana and prekshadhyana
 - 5.6.6 Allied practices like Japa Mala, Yoga Nidra and Om meditation.

UNIT 6 Assessment Skills

- 6.1 Clinical Assessment
 - 6.1.1 Measurement of Weight, stature, height, Body Mass Index, Body Surface Area
 - 6.1.2 Shoulder height, elbow height, circumference measurement for neck, mid upper arm circumference, chest circumference, waist circumference, hip circumference, waist hip ratio.
 - 6.1.3 Heart rate, blood pressure, Respiratory rate, Measurement of strength and flexibility of muscle
- 6.2 Biomechanics
 - 6.2.1 Analysis of COG, LOG, BOS in Asana (in Sitting, standing, lying, balancing Posture)
 - 6.2.2 Analysis of Biomechanics of Postural alignment.