



## **BNYS Syllabus**

(Bachelor in Naturopathy & Yoga Science)

Subject	Total Marks	Theory	Practical
Human Anatomy	200	100	100
Human Physiology	200	100	100
Human Pathology	200	100	100
Philosophy of Yoga	200	100	100
Philosophy of Nature Cure	200	100	100
Yoga Culture	200	100	100
Biochemistry	200	100	100
Human Microbiology	200	100	100
Community Medicine	200	100	100
Hydro-Therapy	200	100	100
Fundamentals of Ayurveda	200	100	100
Fasting Nutrition Dietetics	200	100	100
Physiotherapy	200	100	100
Yoga Therapy	200	100	100
Acupressure	200	100	100
Acupuncture	200	100	100
Magneto-Therapy	200	100	100
Obstetrics & Gynecology	200	100	100
Pediatrics	200	100	100
Physical Exercise & Fitness	200	100	100
Diagnostic Methods of Yoga	200	100	100
Management of Disease through Yoga	200	100	100
Management of Disease through Naturopathy	200	100	100
Modern Diagnostic Methods	200	100	100
Forensic Medicine & Toxicology	200	100	100
Chroma Therapy & Manipulative Therapy	200	100	100
	5200	2600	2600

# HUMAN ANATOMY

## 1) Introduction of Bones of the Human Body of :

- Upper Limb : clavicle, scapula, humerus, radius, ulna, carpus, metacarpus & phalanges
- Lower Limb : hipbone, femur, tibia, fibula, tarsus, metatarsus & phalanges
- Skull : name the bone of skull and sutures between them
- Thorax : ribs and their articulations
- Vertebral Column : Cervical, thoracic, lumbar, sacral and coccyx vertebrae

## 2) Nine regions of the abdomen

## 3) Introduction of different Vital Organs :

### A) Respiratory Organs : (Brief description)

- Nasopharynx
- Oropharynx
- Larynx
- Trachea
- Bronchi
- Lungs (and their lobular segments)
- Thoracic cavity
- Pleura and Pleural cavity

### B) Circulatory Organs : (Brief description)

- Anatomical position of the heart
- Pericardium of the heart
- Chambers of the heart
- Great vessels of the heart
- Valves of the heart

### C) Digestive Organs : (Brief description)

- Tongue
- Teeth
- Oral cavity
- Pharynx
- Oesophagus
- Stomach
- Small intestine
- Large intestine and its colons

## PRACTICAL :

Labeled Diagrams of different organs and bones

Viva

# HUMAN PHYSIOLOGY

## Brief Description of various organs systems:

### 1. Cell :

- Definition
- Structure and functions the cytoplasmic Organelles
- Reproduction : Meiosis, Mitosis

### 2. The important physic-chemical laws applied to physiology

- Diffusion
- Osmosis
- Bonding
- Filtration
- Dialysis
- Surface Tension
- Adsorption
- Colloid

### 3. Fundamentals of different Organ Systems in brief.

- Cardiovascular System
- Respiratory System
- Digestive System
- Excretory System
- Reproduction System
- Endocrine System
- Lymphatic System
- Practical
- Viva and diagrams of different Vital Organs

### Practical :

Viva and diagrams of different Vital Organs

# HUMAN PATHOLOGY

## 1) The Cell in health and disease

- Introduction of pathology
- Cellular structure and metabolism
- Inflammation – Acute and Chronic
- Derangement of Body Fluids and Electrolytes
- Types of shocks
- Ischaemia
- Infection
- Neoplasia – Etiology and Pathogenesis

## 2) Introduction of hematology

- Formation of Blood
- Erythropoiesis
- Leucopoiesis
- Thrombopoiesis
- Collection of Blood
- Anticoagulants
- Red cell count – Haemocytometer, Methods and Calculation
- WBC Count -- Methods
- Differential Leucocytes Count (DLC)--
- Morphology of White Cells, Normal Values
- Romanowsky Stains : Staining procedures
- Counting Methods, Principle of staining
- j. Hb estimation – Method
- Colorimetric Method
- Chemical Method
- Gasometric Method
- S.G. Method
- Clinical Importance

## I. Hematology :

- ESR
- Methods
- Factors – Affecting ESR
- Normal Values
- Importance
- RBC – Indices
- · WBC
- Platelets

## II. Body Fluids :

### (a) Urine :

- Method of Collection
- Normal Constituents
- Physical Examination
- Chemical Examination

### (b) Stool Examination :

- Method of Collection
- Normal Constituents and appearance
- Abnormal Constituents (Ova, Cyst)

### (c) C.S.F. Examination

- Physical Examination
- Chemical Examination

- Microscopy
- Cell 1 Count
- Staining

#### **(d) Semen Analysis**

- Collection
- Examination
- Special Tests

#### **Practical :**

Urinek, Stool, Semen and C.S.F. – Collection, Handling, Examinations

(a) Absolute Eosinophil Count, PCV, RBC indices, ESR Estimation, Platelet Count

- Collection of Sample
- Hb estimation
- TLC and DLC
- RBC Count
- Peripheral blood film – staining and study of Malarial Parasite

II. Laboratory management – Sample Collection, Labeling, Transport, Screening, Reporting and Dispatch of Reports.

## **PHILOSOPHY OF YOGA**

1. General Introduction to Yoga .
2. What is Yoga
3. Components of Yoga.
4. The Six Purification process.
5. Yoga Philospphy.
6. Preksha Mediation
7. Yoga & Health
8. Therautipic Basis of Yoga.
9. Nutrients & Yogic Diet
10. Four internal Dhoutis Bahiskrita Dhouti Danta Dhouti, Danta Mula Dhouti, Jihva shodhana Dhouti, hrid Dhouti, Vastra Dhouti, Vamana Dhouti, Mulashodhana.
11. Neti Yog & Trataka
12. Kaphalabhati- Vamakrama, VyutKrama & Sitkarma
13. The seven exercises.
14. Asanas as prescribed in the original text.
15. Mudras and its benefits as prescribed in the original text.
16. Pranayama
17. Dhyana Yoga
18. Smadhi Yoga

### **PRACTICALS:**

1. Practice of the Asanas, Pranayama, and Shat-kriyas
2. Visit to the yoga Ward in Hospital

### **Reference Books:**

1. Yoga for Health – by Avadhutika Anandamitra
2. Yoga Therapy – by Dr. V. K. Ahluvalia & K.K. Suman
3. Yogasana & Sadhana – by Dr. Satyapal Grover
4. Preksha Yoga – by Dr. J.P.N. Mishra
5. Gherend Sanhita – by Acharya Sri Niwas Sharma

## **PHILOSOPHY OF NATURE CURE**

1. Principles & Practices of Nature Care .
2. Curative Power of Earth
3. Composition of Human body according to Ayurveda, Naturopathy, Yoga.
4. History & Fundamental Principle of Naturopathy
5. Laws of Nature – Pancha Maha Bhutas, Shareera Dharmas – Ahara. Nidra, Bhaya, Maithunani,
6. Definition of Prakarti and its types
7. Importance of the physical and mental hygiene
8. Introduction to Hydrotherapy – Properties and various forms in which water is used for therapy, Effect of different temperature on body and Treatments
  - a. Hip bath, Arm bath, Spinal bath, Steam bath, Foot bath, Immersion bath, Enema.
9. Introduction to Mud therapy – Collection to composition of mud, Preparation of pack, Types of application and Effects of Mud on the body
10. Magnets Therapy
11. Introduction to Manipulative therapy
12. Fasting therapy
13. Old age problems and their management
14. Introduction to Nutrition
15. Natural diet – Raw diet and its benefits, Sprouts and its benefits, Advantage and disadvantages of cooked and uncooked food and diet for different disease and ages
16. Natural contraceptive methods

### **PRACTICALS**

Identification of Naturopathic equipment, diets

Reference books

- Philosophy of Nature Cure – by Hentry Lindlahr
- Human culture & cure – by Dr. E.D. Babbit
- Nature Cure Treatment – by I.N.Y.S. Publications, Bangalore

# YOGA CULTURE

## 1. Rules and Regulations for the practice of Yoga techniques

- Difference between Yogic and non-yogic physical practices
- Physiological effects of various asanas on different system of the body such as Skeletal, Respiratory, Muscular, Cardio-vascular, etc (in general)
- Research on physiological aspects of yogasanas, Pranayama, Meditation, Concentration, Relaxation techniques, Kriyas, etc.
- Surya namaskar and its importance in health and diseased conditions
- Mudras & Bandhas – their neuro muscular & glandular effects on the body.

## 2. THEORY OF PRANAYAMAS: Types of Prana & their function.

- NADI: Ida, Pingala, Sushumna, and upanadis, Preparatory Breathing Exercises Anuloma – Viloma and Nadi Shudhi,
- Types of Pranayamas: Suryabhedha, Ujjayi, Sheetkari, Sitali, Bhastrika, Bhramari, Moorcha and plavani theory and practice.
- Physiological & Psychological effects of Pranayamas
- Physiological and spiritual importance of shatkriya practice
- Physiological effects of shanka Prakshalana
- Importance of Pratyaharas
- Techniques of Dharana.

## 3. Psycho – physiological effects of following meditation.

- Religious methods, Zen Meditation, Gurujapa, Transcendental meditation, Preksha meditation, Om meditation, Brahma meditation and Vipassana meditation
- The basic of yoga science and kundalini
- Different Chakras, its seat, its qualities and methods to awaken different charkas
- Physiology and psychology of kundalini Yoga
- Misunderstanding about kundalini and sex
- Symptoms of kundalini
- Kundalini charkas – innage Lifestyle
- Governors of specific personality patterns
- Symptoms & signs of kundalini awakening Phenomenon

## 4. Yoga for personality development

- Yoga and Education Misconceptions
- Yoga for woman, Emphasis on Yogic practices during pregnancy.
- Yoga for the elderly person Role of Yoga.
- Yoga teaching methods.
- Yogic training, teaching and physical fitness
- Psychology of Yoga in comparison to modern psychology

## 5. Yoga Philosophy and sandhana

- Yoga and stress Management
- Yoga and Consciousness
- Yoga and science
- Yoga and Religion

## Practical's

- Practice of Surya Namaskar
- Practice of Mudra & Bandhas

## REFERENCE BOOKS

- An autobiography of Yogi – by Paramahansa Yogananda
- Yoga as Philosophy & Religion – by S.N. Dasgupta
- New perspectives in stress management
- Light on Pranayama by B.K.S, Iyengar



## BIO – CHEMISTRY

1. **Hydrogen ion concentration, Acids, Bases, Buffers, Henderson-Hasselbalch equation, amino acids – Classification, Structure properties & side chains.**
2. **Peptides-Biological importance of peptides structure of insulin. Proteins-Definition, biological importance, classification & properties structure of proteins, coagulation & denaturation of proteins.**
3. **Elementary aspects of the structure of collagen, Myoglobin & Haemoglobin, enzymes definition, classification, specificity, co-enzymes, co-factors & activators diagnostic importance of enzymes & isoenzymes.**
4. **Carbohydrates- Definition, classification & Biological importance & function. Lipids – Definition, classification & biological importance.** Composition of triglycerol, waxes. Function of phospholipids, Sphingolipids & Glycolipids. Functions of Fatty acids- Properties of saturated & unsaturated fatty acids.
5. **Nucleic Acids – Definition classification, composition & biological importance of Nucleic acids, Purines & pyrimidine bases** Vitamins – Definition & Classification, Minerals- calcium, Phosphorus, Iron, Copper, Zinc, Magnesium, Manganese, Lead, Mercury, Arsenic, Metal Toxicity, Fluorine & Iodine.

### 1. Digestion & absorption of carbohydrates, lipids & proteins carbohydrate metabolism-

- Glycogenesis, glycogenolysis & Krebs' Cycle glycolysis, Pyruvate Oxidation Citric Acid Cycle,
- Gluconeogenesis, Metabolism of Fructose & Galactose, Regulation of Metabolic Pathway,
- Disorders of Carbohydrate Metabolism, Regulation of Blood Sugar, Glucose Tolerance Test,
- Diabetes Mellitus

### 2. Biological Oxidation

- Lipid Metabolism, Lipogenesis, Synthesis of Fatty Acids, Desaturation,
- Phospholipids, Biosynthesis
- Oxidation of Fatty Acids & their Breakdown, Oxidation of fatty Acids, formation & utilization of Ketone
- Ketosis, Synthesis & breakdown of Cholesterol, disorders of lipid metabolism. Fatty liver &
- Lipotropic factors

### 3. Metabolism of proteins and amino acids – Breakdown of tissue proteins, amino acid pool, general metabolism of amino acids, disposal of ammonia, urea cycle, formation of glutamate and glutamine, disorders of amino acid metabolism.

Purine and pyrimidine metabolism – outline of synthesis and breakdown of purine and pyrimidine,

Disorders of metabolism of purine and pyrimidine.

### 4. Biochemistry of blood – synthesis and degradation of haeme,

**Function of Haemoglobin, abnormal haemoglobin, Jaundice importance, functions and separation of plasma proteins, Function and separation of plasma proteins Function of immunoglobulin, regulation of PH of blood, role of kidney and lungs in maintaining PH of blood, Acidosis and Alkalosis.**

### 5. Kidney Function Tests – Composition of Urine, Urea clearance and creatinin clearance,

**Electrolytes and water metabolism**

## PRACTICALS

**Determination of – Blood sugar, Blood Urea, Total serum protein, Total serum**

**calcium Total serum cholesterol, Total serum bilirubin, SCOT and SGPT**

Demonstration of principles of Colorimetry and colorimeter, Paper chromatography, Electrophoresis, Glucose tolerance test (GTT) and Flame Photometry.

## RECOMMENDED TEXT BOOKS:

- Text of biochemistry – Harper
- Biochemistry for medical studies – Divyajyoti das laboratory
- Manual of biochemistry – pittabhikaman & acharya
- Laboratory manual in biochemistry – Rajgopal & Ramakrishnan

## HUMAN MICROBIOLOGY

### 1. General Bacteriology:-

- Historical introduction and Morphology and Physiology of Bacteria
- Sterilization and Disinfection
- Cultivation of Bacteria (culture media & methods)
- Identification of Bacteria and Bacterial Growth and Multiplications
- Basic Principles of Bacterial Genetics

### Immunology:-

- Infection and immunity, Antigens & immunoglobulin
- Structure & function of immune systems & immune Response
- Immune System and Antigen-Antibody response.
- Compliment systems and other Serological Tests.
- Hypersensitivity
- Basic Principles Auto-immunity.
- Immune-deficiency diseases.

### 2. Systemic Bacteriology:-

- Streptococcus, Staphylococcus and Pneumococcal,
- Gonococcus Meningococcal, Carynaebacterium,
- Clostridium, Haemophilus, Bardetaila, Mycobacterium,
- Spirochete, Yesinia, Chalarrydia, Enterobactriaceae,
- Nonsporing amoeba, vibrio.

### 3. Parasitology:-

- Protozoology – Entamoeba and Plasmodium
- Helminthology – Ankylostoma, Ascariasis, Taenia, Wucheria

### Virology:-

- General properties of virus and their diagnosis.
- Herpes, Adenovirus, Picorna, Hepatitis Virus, Rubella and Poxvirus, Rabies virus, Polio virus,
- HIV.
- Bacteriophage.

### 4. Mycology:-

General characters and methods used for study and diagnosis of fungi infections.  
Superficial Mycoses, Systemic Mycoses, Candidiasis, Aspergillois Mycetoma, rhinosperidiosis.

### 5. Applied Microbiology:

Diagnostic methods in common diseases

Meningitis, UTI, PUO, Gastroenteritis, Respiratory infection Urogenital infection,  
Phogenic infections, nosocomia infection, infections of Ear, Eye and Oral Cavity.

## PRACTICAL:

Slides of important bacteria, virus & fungi

Disinfection of water & hospital instrument / Equipment sterilization

Identification of different type of culture media

## REFERENCE BOOKS:

- Text book of the microbiology – by R. Anantha Narayan & C.K. Jaya Ram
- Panikar
- Parasitology – By Jaya Ram Panikar
- Text book of microbiology – by Chakravarthy

## COMMUNITY MEDICINE

1.
  - Ancient Medicine, Scientific Medicine, Modern Medicine, Medical Evolution
  - Concepts in Community Health, Concepts of Development. Concepts of Disease. Concepts of Prevention, Disease control & Eradication, Public Health, Social Medicine, Community medicine, Health Services, Planning and management, Development of Health services
  - Genetics
  - Screening of Diseases, criteria for screening, sensitivity and specificity and specificity.
2.
  - Epidemiology of communicable Diseases-
  - Respiratory infection – small Pox, Vericella, Measles, Rubella, Mumps, influenza, Diphtheria, pertusis, tuberculosis
  - Intestinal infections – Polio, viral hepatitis, cholera, acute diarrheal Diseases,
  - Typhoid, Food poisoning, Ancylioslomiasis, Taoniasis
  - Yellow fever, Japanese Encephalitis, Malaria, Filarial
  - Rabies Tranchoma, Tetanus, Leprosy, STD, AIDS
3.
  - Epidemiology of non-communicable diseases
  - Hypertension, Cancer, Cardio-vascular Diseases, Diabetes, Obesity, Blindness, Rheumatic heart diseases and Accidents.
  - Demography & family planning –
  - Demographic cycle, Population trends, Fertility related statistics, Health aspects of Family Planning, Contraceptive Methods and delivery system, National family welfare Programme.
  - Preventive Medicine in obstetrics, Pediatrics & Geriatrics – Antenatal, intranatal, Postnatal care, Low birth weight, infant feeding, growth and development, growth chart, national health services, behavioral Problems, geriatrics.
4.
  - Environment & Health - & occupational health
  - Purification of water & water Quality Standards, Air, Ventilation, Lighting, Noise, Radiation,
  - Air temperature & Humidity, Housing, Solid wastes disposal & control, excreta disposal,
  - Water carriage system, sewage treatment, Entomology - Mosquito, housefly, lice, ichite , Cyclopes, Rat Flea, Rodents, Insecticides hazards, diseases, Preplacement examination,
  - measures for general health, Protection of workers, Prevention of Occupational diseases, Legislation.
  - Basic medical statistics censuses, vital events, legislation, SRS, notification of diseases,
  - measures of dispersion & centering, sampling. Tests of significance, Correlation & Regression.
5.
  - Health education and communication.
  - Health planning – management – international health organization planning cycle.
  - Management methods & techniques, National health policy. Health planning in India, five year plan, health systems in India – at centre, state and district levels, Panchayat Raj.
  - Rural development schemes.
  - Health care of community – health systems and national health programmes. Levels of

- health care. Health for all primary health service and system, Voluntary health agencies,
- national health programmes.

#### PRACTICAL

- Insecticides
- Universe immunization programme
- Communicable diseases
- Insect borne diseases
- Microscope slides
- Environment and sanitation
- Field visits
- Water filtration plant

#### TEXT BOOKS:-

- Text Book of Preventive and Social Medicine – By J.E. Park & K.Park
- Text Book of Preventive and Social Medicine – By B.K. Mahajan & M.C. Gupta.

## HYDROTHERAPY

### 1.

- Introduction and history of Hydrotherapy
- Physical properties and chemical composition of water
- Importance of water to human body
- Effect of the application of hot and cold over reflex areas, Action and reaction, incomplete reaction, Condition thermic reaction, modified thermic reaction
- Hydrotherapy in preservation and promotion of health
- Hydrotherapy in emergency conditions
- Function of magnesium sulphate – use in Hydrotherapy
- General Principles of Hydrotherapy
- Therapeutic significance of reaction
- Adaptation of individual cases
- Exaggeration of symptoms under treatment the untoward effects and how to avoid them
- General indication and contra-indication of Hydrotherapy

### 2.

- Therapeutic action and use of Hydrotherapy
- Classification of Hydrothermic effect, General Principles excitation and Depression
- Primary excitation effects – when to apply and when not to apply
- Local Haemostatic effects
- Cardiac effects – Hydratic heart tonics
- Visceral excitations, Emanogogic effects
- Vesical excitation
- Intestinal excitation, peristaltic effects
- Secondary excitant effects
- Restorative effects
- Tonic effects of cold water, Physiological effects of cold water, cold water vs medical tonic, application in the following
- **Anemia, Neurasthenia, Hypochondria, Cerebral congestion, Rheumatism,**
- **Diabetes mellitus, ovarian heart diseases**

### 3.

- Calorific and Diaphoretic effects of Hydrotherapy
- Importance of attention to the skin in Chronic diseases – alternative & Qualitative effect –
- Hot baths in Bright's diseases, Sweating baths in dropsy and obesity, Depurative or eliminative effects, Toxemia in Rheumatism
- Expectorant effects of Hydrotherapy

- Diuretic effects Hydrotherapy – Bright’s diseases Uraemia – eclampsia, atonic Dyspepsia,
- Hyperacidity
- The techniques of Hydrotherapy :- Cold hip bath – Kelog’s & Kunhe’s sitz bath, Shallow bath for males, females hand and arm bath ,
- Graduated bath footbath, hot and cold alternative Natural Bath, Leg bath, Non
- revulsive bath, Immersion bath, cold plunge bath, Whirl pool bath, Aeration bath,
- Viechy spray massage, Rapid bath, Brand bath, fever bath, river bathing, sea bathing.
- Various baths abd air baths, Russian bath, Turkish bath, steam bath , local steam bath,
- steam inhalation , Hot air bath, local hot air bath, super hot air bath, cold air bath, indoor
- and out-door baths
- Douches and their uses

#### 4.

- Fermentation, compresses and packs:- The hot water bag, the siphon hot water bag, the thermopore, the mustar fermentation, clay and glycerine poullice , charcoal poullice cotton poullice.
- The wet sheet pack, cooling pack, cold shower pack, sweating pack, dry pack, “half pack,
- hot blanket pack, evaporating pack, very cold compress, proximal compress, neutral
- compress, alternate compress, revulsive compress of ten days for injuries and eruptions,
- alternative ten applications to be head and spine, local packs, wet girdle pack, dry
- abdominal bandage.

a. Abdominal heating compress, Head pack, Spinal pack.

b. Hot and cold heart compress, Hot and cold lung compress

c. Hot and cold gastro hepatic compress

d. Hot and cold renal compress

e. Hot and cold intestinal compress

f. Hot and cold pelvic compress, Hot and cold abdominal pack

g. Hot and cold spinal pack

h. Hot an cold heart pancreatic pack

#### 5.

- **SPECIAL FORMS OF COMPRESS** :- Cephalic compress, chest pack, triangular chest pack, Half chest compress, joint compress, Pelvic pack, Foot pack, cold spinal compress, Towel chest pack.

Pericardial or cardiac compress, Hip pack, Leg pack, Perineal compress prone packs, Lumbar compress.

- **Internal use of water:-**

a. Irrigations and enema (Colon flushing)

b. Cold water drinking, Hot water drinking

c. Water emetic, irrigation of ear, Nasal irrigation, Vaginal irrigation, intra-uterine irrigation, rectal irrigation.

d. Enema :- Hot, Warm, Cold, graduated enema

- · Procedures that increase oxidation
- · Measures that encourage general and local metabolic activity
- · Procedures that increase general blood movement and local blood supply
- · Measures that increase heat production
- · Measures that increase the elimination of heat
- · Measures that combat bacterial development in blood
- · Measures that increases/ lessen heat elimination
- · Hydriatic in-compatibility
- · Adaption of hydriatic prescription of individual diseases
- · Hydrotherapy as a means of rehabilitation and health promotion measures
- · Emergency treatment in Hydrotherapy.

#### · Mud Therapy

- · Introduction of Mud Therapy
- · Classification of mud for therapeutic use

- Precautions for storing mud
- Methods of treatment of mud-applications, packing, hot poultices, effect of body
- Natural mud bath, full and partial mud packs, mud plaster, thermal bath dry pack and sand pack and sand baths
- Cosmetic uses of mud.

#### **PRACTICALS:-**

- Demonstration of various therapeutic Procedure and treatment in Hydrotherapy during clinical classes at the hospital, At the end of final B.Y.N.S. Course candidate should be in a position to give treatments independently-

#### **REFERENCE BOOKS:-**

- Hand Book of Hydrotherapy – By show, Joel
- Hydrotherapy in Practice – By Davis, B.C. & Harrison, R.A
- Baths – By S.J.Singh
- Rational Hydrotherapy – By Dr. J.H. Kellogg

## **FUNDAMENTALS OF AYURVEDA**

### **1.**

- **Brief history and introduction of Ayurveda.**
- **Astangas of Ayurveda: -**
- The concept of panch Mahabhootas :- Prithvi – Aap – Vayu – Tejas – Akash.
- Manovigyan.
- **Shareera Vigyan :-**
- Sapta Dhatus: - Rasa – Rakta – Mansa – Meda – Asthi – Majja – Sukra.
- Tridosha Vigyan: - Vata – Pitta – kapha.
- Mala Vigyan: - Mala – Mootra – Sweda.
- Ojas (Vital Force), Vyadhi Kshamatwa.
- Different kinds of Agnis: - Jatharaagni – Bhootaagni – Dhatwaagnis.
- Concept of Atma.
- Marma Vigyan: - Strotas – Kostas.
- **Prakriti Vigyan.**

### **2.**

- **Swastha Vritta, Dinacharya, Ratricharya, Ritucharya, Vegadharanam and Sadvata.**
- **Importance of Ahara, Nidra, Brahmacharya.**
- **Bhaishajya Kalpana, Panch vidha kahsya kalpana.**
- **Roga Vigyanan -**
- Vyadhi and classification.
- Nidana pachaka – Nidana – Poorva Roopam – Upasayam and Samprapti
- Asta Vidh Pareeksha.
- Concept of Dosh Kriyakal – Sanchaya – Prakopa – Prasara – Sthaana – Samasraya –Vyakti and Bheda.

### **3.**

- **Concept of Arogya and Roga.**
- **Chikitsa Siddanta: -**
- Chikitsa Purusha and Chikitsa Paadas.
- Samanya Chikitsa Siddanthas.
- **Dvidividhopa Karma.**
- Santarapana and Apatarpana.
- **Shodhana Karma (Panch Karma), Poorva, pradhana, Paschyaat Sansarjana Karma.**

- Importance of pathya Apathya Vichara in Ayurveda.
- Concept of Ras, Guna, Veerya, Vapika and Prabhawa in Ayurveda.

#### HERBOLGY

4.

- The following herbs are to be studied with respect to their source and therapeutic uses.
- S. No. Botanical Name S. No.

#### Botanical Name

1. Emblica Offcinalis 11. Cassia Fistula

2. Ficus Glomerata 12. Vetiveria

Zizanodias

3. Cinnamomum Camphora 13. Monsardica

Charantia

4. Tribulus Terrestris 14. Myristica Charantia

5. Cuminum Cyminum 15. Sesamum

Indicum

6. Ocimum Sanctum 16. Punica Grantum

7. Coriandrum Sativum 17. Azadirachta Indica

8. Allium Cepa 18. Piper Longum

9. Psoralea Corylofolia 19. Taxus Baccata

10. Aegle Marmelos 20. Semecarpus

Anacardium

5.

The following herbs are to be studied with respect to their therapeutic uses.

1. Phyllanthus Niruri

2. Trigonella Foenum – Graecum

3. Allium Sativum

4. Acorus Calamus

5. Rauwolfia Serpentina

6. Terminalia Chebula

7. Syzygium Aramaticulum

8. Ginger Officinalis

9. Piper Nigrum

10. Santalum Album

11. Mimosa Pudica

12. Asparagus Racemosus

13. Curcuma Longa

14. Ferula Nartex

15. Terminalia Belerica

#### PRACTICALS

- Collection of minimum 25 herbs with record
- Visit to the Panch-Karma Ward in the Hospital

#### BOOKS

- N.K. Udapa – Fundamentals of Ayurveda.
- R.H. Singh – Swatha Vritta Vigyana
- Charaka Samhita
- Dr. Rakesh Verma & Hari Bhardwaj – Ayurveda Prakash.

# FASTING NUTRITION & DIETETICS

## 1. Introduction

- Theory of fasting in animals.
- Fasting of Ancient India. History of fasting in India and foreign country.
- Science and Fasting.

## 2. The Philosophy of Fasting

- The philosophy of sane fasting and philosophy of Therapeutic Fasting
- Life its existence in connection with health and diseases.
- Theory and physiological fact of fasting-
- Objections commonly raised in fasting therapy.
- Pros and cons of fasting.

## 3. Physiology of fasting and starvation

- General Physiology
- Effect on metabolism of carbohydrates, fats and proteins during fasting
- Difference between fasting and starvation
- Difference between hunger and appetite

## 4. Rules & Regulations of Sane Fasting and Therapeutic fasting

## 5. Definition and classification of fasting in different aspects

- General Physiology
- Methods and types of therapeutic fasting (Dry, Water, Juice, Saline, Monodiet (Kalpa), Fruit, Intermittent, Preventive weekly etc.)

## 6. Hygienic Auxiliaries of Fasting

- Air and Breathing, Enema, Bathing, Clothing, Water Drinking, Exercise, Fasting and Menial influence.

## 7. Study of Patients during and after Fasting

- Crises during fasting and their management.
- Physiological effects of fasting.
- Study of the tongue, the breath, the temperature and pulse etc
- The loss and the gain of weight.
- How and when to break the fast
- Diet after the fast.

## 8. Indication and contraindication of Fasting

## 9. Therapeutic aspects of fasting

- Fasting in acute diseases.
- Fasting in chronic-diseases.
- Role of fasting in various diseases.
- Obesity and fasting.
- Fasting for preservation of health and prevention of diseases.

## PRACTICALS

- Visits to the Fasting, Nutrition, dietetic department of the hospital.
- Demonstration of sprouts.
- Preparation of low cost balanced diet for different population groups using natural foods.
- Canteen duties at Nature cure hospital
- Knowledge of Sathvic food preparation at Nature cure hospital.
- Field visit – nutrition survey and diet surveys.

## Reference Books:

1. Fasting for healthy and long life by Hereward Carrington.
2. The fasting cure and vital economy by Lakshamana Sharma.
3. The effects of fasting by dornals Upton.
4. Fasting for Regeneration by seaton, Julia.



# Nutrition

## 1. Introduction of Nutrition

- The nutritional basis of life
- History of Nutrition
- Life in connection with food.
- Food, Nutrition & Health introduction
- Composition of body in relation to nutrition.

## 2. Components of the food and their classification Carbohydrates, Proteins, Lipids, Vitamins, Minerals and trace elements and water and Electrolytes

- Metabolism and energy needs of the body
- Energy balance and the regulation of the body weight
- Enzymes

## 3. Food Groups

- Cereals, Millets and coarse grains, Pulses, Green leafy vegetables, Other vegetables, Roots and tubers, Fruits , Milk and Milk product, Sugar and Jaggery, Honey, Fats and oils, Spices and condiments, nuts and oils seeds and Fats and oils
- Nutritive value of food ingredients commonly used in India

## 4. Food and Toxins

- Infective agents and toxin in food
- Adulteration of food and food additives
- Health hazards of added chemicals in food.
- Nutrition and infection

## 5. Nutritional Diagnosis and public health and nutrition

- Nutrition and six types of Rasas in Ayurveda.
- Nutritional programme
- Nutrition survey and methodology,
- Balanced diets and changes.
- Nutrition assessment, social aspects of the nutrition,
- Fortification and enrichment

## 6. Nutrition in Health

- Human nutritional requirements.
- Nutrition in pregnancy , Lactation, infancy, childhood and adolescence
- Nutrition and Immunity.

## 7. Nutrition deficiency diseases, preventive & curative approach.

### PRACTICALS-

- Visit to the nutrition department of the hospital.
- Canteen duties at nature cure hospital.
- Knowledge of satvic food preparation at nature cure hospital.

### REFERENCE BOOKS:

1. A complete guide of vitamins-Edited by J.I. Rodac & staff
2. The complete Book of food & nutrition by J. RODALA
3. Indian journal of nutrition & dietetics
4. Nutrition survey of India.

# DIETETICS

1. Concept of health in naturopathy.
2. Dietetic principles in naturopathy.
3. Concept of wholesome diet.
4. Medicinal value of foods.
5. Natural Qualities/ Properties/ Character of food in naturopathy/ Ayurveda/ Modern nutrition.
6. Natural food & health.
  - Importance of green vegetable, other vegetables, fruits & the ingredients.
  - Chemical composition of different raw juices & their effects & uses.
  - Wheat grass, beetroot cabbage, carrot, cucumber, lettuce, garlic, onion, tomato, pomegranate, grapes, apple, bittergourd, ashgourd, pumpkins etc.
  - Sprouts their nutritive values & methods of sprouting
  - Food values in raw states, Germination form & cooked form
  - Comparison with raw & cooked food.
7. Food combination & health.
8. Health & herbs.
9. Naturopathic hospital dietetics & their classification.
10. Disease management with diet.
  - Diabetes, Renal diseases, Anaemia, PEM, Peptic ulcer, Constipation, Malabsorption, Syndrome, Liver diseases like jaundice fatty liver etc. high B.P low B.P, Atherosclerosis, gall bladder disease, cancer, tuberculosis, and arthritis.
11. Food allergy & dietary management.
12. Diet & obesity.
13. Dietary modification for specific condition.
14. Dietary requirement for a different population groups with special reference to pregnancy, lactation, infancy.
15. Seasonal changes in the dietary pattern in Ayurveda/Naturopathy & modern nutrition.
16. Food hygiene & health.
17. Methods of cooking & preservation.
18. Naturopathic approach towards vegetarian & non-vegetarian food.
19. Harmful effects of the food colours preservatives, pesticides, artificial manures.
20. Dietary fibre and its therapeutic effects (eg-Constipation, Ano-rectal disorders, Colonic disorders, GIT disorders, DM etc)
21. Geriatric nutrition and diet
22. Diet and exercise, sports, games, athletics.
23. Pediatric Nutrition
24. Nutrition and life span
25. Green vegetables and fruits.
26. Non- vegetarian diet: its positive and negative aspects in Naturopathy.
27. Customs and manners of eating different views and effects of emotional state on food utilization.
28. Kalpa therapy in naturopathy: grapes, mango, milk etc.

## PRACTICALS:-

Visit to dietetics department of the hospital

## REFERENCE BOOK:-

1. Clinical diabetes and nutrition by F.P Antia
2. Normal and therapeutic nutrition by Connane H. Robinson.
3. Nutrition diabetes by suohangine
4. Medical science of your food by aman

# PHYSIOTHERAPY

## 1. Introduction of Exercise Therapy

Starting Positions- Fundamental Starting Positions, Derived Positions, Muscle work for all the fundamental starting positions

- Manual Muscle Testing
- Goniometry

## 2. Classification of movements on details-

- Voluntary Movements
- Involuntary Movements
- Active & Passive movements

## 3. Techniques of relaxation, Principles of obtaining relaxation in various positions Types, factor responsible for good posture, factor responsible for poor development of good posture, Principles & Techniques of re-education, walking aids Analysis of normal Gait with muscles work, various Pathological gaits

Crutch Gait- Introduction, Crutch Measurement, Various types of Crutch gait (in Delhi)

## 4. Exercise: -

- Mobilization Exercise
- Strengthening Exercise
- Stretching Exercise

## 5. Electrotherapy

1.

- Shortwave Diathermy
- Microwave Diathermy
- Ultrasonic Therapy
- Interferential Therapy Infrared Radiation Therapy
- Ultraviolet Radiation Therapy
- Basic Principles of transcutaneous nerve stimulation & interferential therapy

## PRACTICAL:

- Demonstration of all electrotherapy instruments
- Practice of exercise with minimum 100 of case with record

## TEXT BOOKS-

- **Massage Books – By George Downing**
- **Massage – By Constant Young**
- **Massage Therapy – By Dr. J.H. Koloa**
- **The complete book of Massage – By Clare Maxwell Hudson**
- **Panchakarma Treatment of Ayurveda**

# YOGA THERAPY

1.
  - What is Yoga Therapy?
  - Basic Principles of Yoga Therapy
  - Role of Shatkriyas in health management.
2.
  - Yogic therapy for Cardio-vascular diseases, Psychic diseases, Mental retardation, Neuron muscular diseases, Digestive disorders, Hormonal disorders, Respiratory diseases, metabolic disorders, Obstetrics & Gynecological disorders Meditation & its applications on psychosomatic disorders
  - Therapeutic effects of yoga relaxation techniques:
    - Quick relaxation technique
    - Instant relaxation technique
    - Deep relaxation technique
  - Yoga Nidra
3.
  - Correction of displaced nabhi
  - Therapeutic benefits of Yogic sukshma vyayam, sthula vyayam, shaktibandha series, pavana-muktaana series & sttdarshana kriya
  - Advanced techniques of Yoga Therapy
  - Pranic Healing & Reiki therapy (Basics only)
  - Yoga and mental health – total integration of Personality, correct mental behaviour and attitude, hormonal relationship of body and mind, self content
  - Yoga & Diet
4.
  - Personality : Nature, development & integration, stress – its causes, effects and control, Historical perspective, identifying psychological disorders like Anxiety disorders, Dissociative Disorders, Personality Disorders, Schizophrenia, Therapy for psychological disorders like Psychotherapy – Nature and Forms, yoga as a form of Psychotherapy, Therapy of interpersonal relations and Behavior therapy and methods of administering questionnaires & their scoring. Pain analogue scale, Personality questionnaire, etc.

## 5. Hasya Yoga

- Why Hasya Yoga ?
- Principles of hasya Yoga
- Hasya Yoga Meditation
- Hasya Yoga – A Natural Cosmetic
- Hasya Yoga for Corporate, Students, Ladies, Senior Citizens
- Scientific Rationale of Hasya yoga
- Hasya Yoga Exercise – Key to health

## PRACTICAL:

- 50 Demonstration Classes of Yoga Techniques.
- Demonstration of Hasya Yoga

## REFERENCE BOOKS:

- Yogic Therapy – by Dr. Vinekar, Govt, of India Publication
- Yogic Therapy – by Dr. Giarde
- Psychology – by Robert A. Baron
- Hand Book of Behaviour Modification & Therapy – by Plenum Press
- Stress and Mental Disorders – by Adams J.E., Raven Press, New York
- Counseling and Guidance – by Adams J.T., Mac Million co
- Yogic Sukshma Vyayama – by Swami Dhirender Brahmachari
- Hasya Yoga Vigyan – by Jiten Kofli, Dr. Ram Avtar, Dr. R.K. Verma

# ACUPRESSURE

## 1.

- **History of Acupressure**
- **Principle of Acupressure**
- **Procedure of Acupressure**

### Disease of Eye-

- Glaucoma
- Night blindness, Day blindness, Color blindness
- Diplopia
- Cataract

### Disease of Ear

- Otitismedia
- Tinnitus

## 2.

### Disease of Mouth, Throat & Nose.

- Tonsillitis
- Adenitis
- Sore Throat
- Tooth Ache
- Gingivitis
- Sinusitis
- Epistaxis
- Cervical Pain, Shoulder pain, Lumber pain, Sciatica pain
- Disease of Heart
- Hypertension & Hypotension
- Angina Pectoris

## 3.

### RESPIRATORY DISORDERS-

- Asthma
- Bronchitis
- Cough

### DISORDER OF DIGESTION-

- Disease of Liver
- Jaundice
- Gall stone

### DISEASE OF KIDNEY & URINARY STONE-

- Kidney stone
- Stone in Urinary Bladder
- Enlarged Prostate Gland
- Bed wetting
- **DIABETES MELLITUS**

## 4.

### DISORDERS OF JOINTS, BONES, & MUSCLES

- Arthritis
- Rheumatic fever
- Gout
- Ankylosing spondylitis
- Pain in knee joints

### SEVERN HEADACHE

- Migraine

### SPECIAL PROBLEMS OF WOMEN

- Leucorrhoea
- Menopause
- Sterility
- Sexual abnormality
- Miscarriage – spontaneous abortion

## 5.

### SPECIAL PROBLEMS OF MEN

- Impotence
- Premature ejaculation
- Loss of sexual desire
- Enlarged prostate gland

#### **DISORDERS OF BRAIN & NERVOUS SYSTEM**

- Facial paralysis
- Bell's palsy
- Epilepsy
- Polio

#### **MENTAL PROBLEM**

- Depression
- Anxiety
- Hysteria
- Mental tension

#### **PRACTICAL:**

- Demonstration of Acupressure instruments & Techniques
- Study of 100 cases with Record
- Visit to Acupressure ward in the Hospital

#### **REFERENCE BOOKS:**

- Acupressure Prakriti Rog Upchar – by Dr. Attar Singh

# ACUPUNCTURE

1.
  - Definition of Acupuncture.
  - History of Acupuncture
2.
  - The traditional Chinese Diagnosis Method.
  - Contraindication and complication of Acupuncture

### 3. The concept of meridians-

- Lung meridians (Lu meridians)
  - Large intestine (L I meridians)
  - Stomach meridians (St meridians)
  - Spleen meridians (Sp meridians)
  - Heart meridians (H meridians)
  - Small intestine (S I meridians)
  - Urinary bladder (U B meridians)
  - Kidney meridians (K meridians)
  - Pericardium meridians (P meridians)
  - Sanziao meridians (Sj meridians)
  - Gallbladder meridians
  - Liver meridians (Liv meridians)
  - Du meridians
  - Ren meridians
4.
    - Auricular Therapy.
    - Scalp Acupuncture

### 5. Treatment of following diseases:

Head ache, Facial paralysis, Hemiplegic, Paraplegia, Asthma. Hypertension, Nausea & vomiting, Leucorrhoea, Frozen shoulder, Psoriasis, Night blindness, Hysteria, Sexual impotence, Low back ache, Pain in knee joint, Warts, Sciatica pain, Alopecia Areata, Cervical spondylosis, Sprain & Strain, Toothache, Deafness & Tinnitus, Rhinitis & Sinusitis, Amenorrhoea, Retention of Urine. Anxiety, Epilepsy, Splenomegaly, Toothache, Stomatitis, Whooping cough.

### PRACTICAL:

- Demonstration of needling Techniques & Electric-stimulation Mexibustion
- Study of 100 cases with Record
- Visit to Acupuncture ward in the Hospital

### REFERENCE BOOKS:

- Clinical Acupuncture – by Anton Jayasurya
- Principles & practice of Acupuncture – by Dr. J.K.Patel
- Shiatsu – by Ohashi

# MANGNETOTHERAPY

## 1.

- **Introduction** – Definition of Magneto-therapy, Historical highlights and Use of magnets/upheld by Naturopathy.

- **Magnetism in the universe** – Earth a huge natural magnet, Nature of Earth Magnetism and Earth Magnetic effects on human beings.

## 2.

- **Effects of Magnetism on living organism**

- Bio-magnets – Biological experiments with magnets
- Disease & Their Cure
- Headache, Ailments of the eye, Ailments of the ear, Ailments of the mouth & Throat, Nasal Ailments, Ailments of the Abdomen, women Ailments, Ailments of the Heart
- Problem of the sex organs in man, Blood pressure, Diabetes
- Sleep Disorder, Disorder of the head & Scalp
- Medical influence of magnetic field Rheumatoid arthritis, hemiplegias arthralgia, Neuralgias
- Stimulation of nervous system, endocrine glands etc. magneto therapy symptomatic relief

## 3.

- **Magnets and their composition** – Natural magnets and artificial magnets and Permanent – classification of magnets material.

- **Power of magnets** – various qualities of magnet – low, medium and high power magnets and magnetic belt etc.

- **Electro magnets** – electro magnetic field on human physiology behaviors, Electro magnets – for medical purpose – Electro magnetic treatment bed and hand magnetic treatment bed and hand magnetizer, food magnetizer, vibro electro massager and electro magnetic chair etc. Non pulsating – Nachketha – clinical electro magnet, Nuclear Magnetic Resonance – theory, Uses, merits & de- merits.

## 4.

- **Technique of application of magnets** – north and south pole, local treatment and general treatment, techniques of application of magnets in the treatment of various common diseases.

- **Magnetized water, magnetized milk, and magnetized oils** – magnetized water in nature influence of magnetic field on the properties of water, methods of preparation of magnetized water, dosage and therapeutic effect of magnetized water – method of preparation of magnetized oils and their application and therapeutic effects

## Advantage of Magneto-therapy

## 5.

- Magneto therapy is a natural treatment
  - Use of Magnets as a preventive device.
  - Research review from Indian and Foreign Magneto therapists
  - Magneto therapy and Acupressure – Acupuncture points – certain clinical case reports – utilization of Acupuncture points in magneto therapy
- Harmful effects of excessive exposure to a strong electro magnetic field [Acute & chronic]

## PRACTICAL:

- Students should have 45 demonstration classes in various types of magnets, equipment and their clinical application
- Case studies (25) with record
- 10 cases with bio-chemical reports.

## TEXT BOOKS

- Magneto therapy – Dr. H.I. Bansal
- Magnetic cure for common diseases – Dr. R.S. Bansal, Dr.H.L.Bansal
- The text book on Magneto therapy – Dr. Nanubhai painter
- Magneto therapy and Acupuncture – Dr. A.K. Mehta
- The healing power of Chromatography – Hari Om Gupta



# OBSTETRICS AND GYNECOLOGY

## 1.

- Anatomy of female generative organs and pelvis, Maturation and of Fertilization of ovum
- Diagnosis of pregnancy, Differential diagnosis of pregnancy, Foetus in normal pregnancy and Ante-natal care
- Physiology and stages of labour and mechanism of labour
- Phenomena of normal puerperium, Care of Puerperium and care of new-born child

## 2.

- Hyperemesis gravidarum, anaemia in pregnancy, Diseases of urinary system, Diabetes in pregnancy, Diseases and abnormalities of fetal membrane and placenta. Abortion, Ectopic pregnancy, Ante-partum haemorrhage, Placenta previa and P.E.T (Pre-eclampsic toxæmia)

## 3.

- Occipito – posterior position, Breech presentation, Prolapse of the cord, compound Presentation multiple pregnancy, Contracted Pelvis, management of labour in contracted pelvis and complications of 3<sup>rd</sup> stage of labour
- Asphyxia neonatorum, Pre-term baby and Congenital malformations.
- Obstetrical Operations like Forceps, Caesarean section and induction of abortion and labour.

## 4.

- Puerperal Infections
- Ultra sonogram in obstetrics and contraception – types procedures Gynecological diagnosis
- Diseases of vulva
- Diseases of vagina
- Sexually transmitted diseases in female

## 5.

- Diseases of urinary system
- Trophoblastic diseases
- Disorders of menstruation
- Prolapsed of uterus
- New growths of uterus
- Diseases of ovary
- Pelvic inflammatory diseases

### PRACTICAL:

- History taking of anti-natal and gynecological cases
- Demonstration of physical examination of anti-natal and Gynecological cases
- Demonstration of conduction labour, normal delivery and use of minor instrument during delivery
- Demonstration of various equipments used in obstetrics and Gynecology.

### RECOMMENDED TEXT BOOKS:

- Clinical Obstetrics – By Modular and Menon
- Text Book of Obstetrics – by C.S. Dawn
- Shaw's text Book of Gynecology
- Text Book of Gynecology – C.S. Dawn
- Text Book of obstetrics – By Dutta

# PEDIATRICS

## 1.

### **Growth & Development**

- Factors affecting growth
- Growth Table & Growth Chart

### **Disorders of Growth & Development**

- Cause of short stature
- Learning Disabilities

## 2.

### · **Nutrition**

- · Nutritional Disorders
- · Under Nutrition
- · Vitamin Deficiencies

### · **New Born Infants**

- · Normal Full Term New Born Infants
- · Prevention of prenatal Hazards
- · Physiological Jaundice of the New Born
- · Respiratory Distress in the new Born
- · Neonatal Seizures
- · Congenital Malformations
- · Anemia
- · Bleeding Disorders

### · **Immunity & Infections**

#### · **Immuno-deficiencies:**

- · Prophylactic immunisation
- · Program on immunisation of following diseases:
- · T.B.
- · Diphtheria Pertusis
- · Polio
- · Hepatitis B
- · Measles Mumps Rhinosis (MMR)
- · Typhoid Fever

### · **Fluid & Electrolyte Disturbances**

- · Principles in Management of Dehydration
- · Regulation of Body Water Electrolytes Acid Base

## 3.

### · **Gastrointestinal System**

- · Vomiting
- · Constipation
- · Abdominal Pain
- · Acute Chronic Diarrhea
- · Hepatomegaly
- · Jaundice

### · **Disorders of Cardiovascular System**

- · Congestive Heart Failure
- · Rheumatic Fever
- · Hypertension in Children

· **Respiratory System**

- · Cold & Cough
- · Nasal Discharge
- · Sore Throat
- · Epistaxis
- · Pneumonia & Bronchitis
- · Bronchial Asthma
- · Foreign Body Aspiration

**4.**

· **Disorders of Kidney & Urinary Tract**

- · Renal Function in Neonatal & infants
- · Hematuria
- · Urinary Tract Infection
- · Renal Failure

· **Central Nervous System**

- · Bacterial & Tubercular Meningitis
- · Coma
- · Convulsion & Epilepsy
- · Mental Retardation

· **Disorders of Muscles & joints**

- · Muscular Dystrophies
- · Rheumatoid Arthritis

**5.**

· **Endocrine & Metabolic Disorders**

- · Diabetes Mellitus
- · Obesity
- · Goiter
- · Delayed Puberty
- · Cerebral Palsy.

· **Disorders of the skin**

- · Diaper Rash
- · Urticaria
- · Eczema
- · Dandruff

**PRACTICALS**

- Case studies (25) with record
- Essential Pediatrics by O.P.Ghai

# PHYSICAL EXERCISE & FITNESS

1. Exercise and its uses.
2. What is prohibited for exercise
3. Curing diseases with exercise
4. Different kind of exercises:
  - Exercise of neck and chest
  - Exercise of chest & arms
  - Exercise of heart, stomach and liver
  - Exercise of the back
  - Exercise of the hip region
  - Exercise of the women
  - Walking
  - Swimming
  - Push-ups
  - Mugdar
  - Wrestling
  - Horse riding
  - Running
  - Games
  - Gardening
  - Dancing
  - Singing
5. Introduction to Physical fitness
6. Definition of Physical fitness
7. Components of Physical fitness
8. Benefits of Physical fitness
9. Development of Physical fitness
  - a. Endurance
  - b. Strength
  - c. Speed
  - d. Flexibility
10. Agility
11. Measuring your Heart rate
12. Weight control
13. Factors influencing Physical fitness
14. Clothing
15. When to Exercise & which Exercise should be done

## PRACTICAL:-

- Visit to the Physical exercise department of hospital.
- 100 Demonstration classes of Physical Techniques

## REFERENCE BOOK:-

- Science of Nature life by Dr. Rakesh
- Physical Education by Dr. Ajmer Singh
- Prakartik Chikitsa by Dr. Om Parkash Saxena

# DIAGNOSTIC METHODS OF YOGA & NATUROPATHY

1.

- **Introduction to the science of facial expression**
- **Characters of Healthy Body – Normal Functions and Normal figure.**
- **Foreign Matter theory:**-Definition of foreign matter, the process of accumulation of foreign matter in the body, , encumbrance and changes caused in the body due to the accumulation of foreign matter and general pathology of foreign matter.

2.

- **The nature: origin and cure of diseases of children for their unity and developments.**
- **Bad habits support the accumulation of foreign matter in the body like tobacco, alcoholic drinks, coffee and tea-opium.**
- · Drug addictions – Pethedine heroin, injection etc., suppression of diseases v/s elimination of morbid and diseased germs from the system.

3.

- **Types of Encumbrance – Front Encumbrance, right side Encumbrance, Front & right side Encumbrance, left side Encumbrance, mixed or whole Encumbrance, their descriptions, general characters & possible diseases in the concerned incumbrance & their treatment.**

4. **Diagnosis of the diseases of the following internal organs:**

- Pneumonia
- Pleurisy
- Bronchitis
- Asthma
- Angina Pectoris
- Heart Attack
- Acute Myocardial infection

## **MANAGEMENT OF DISEASE THROUGH YOGA**

Cause, Symptoms & Treatment of following diseases:

1. Headache 36. Influenza
2. Hernia & Hydrocele 37. Cholera
3. Hypertension 38. Kidney Stone
4. Heart Diseases 39. Leucoderma
5. Hepatitis 40. Lumbago
6. Hysteria & Fainting 41. Leprosy
7. Acidity 42. Menstrual Disorders
8. Allergy 43. Menopause
9. Asthma 44. Mental Health
10. Anemia 45. Malaria
11. Arthritis 46. Nervous Debility
12. Appendicitis 47. Obesity
13. Anxiety 48. Old Age Problem
14. Black Water Fever 49. Piles
15. Beriberi 50. Polio
16. Constipation 51. Psoriasis
17. Cervical Spondylitis 52. Premature Graying Hair
18. Cough & Cold 53. Pleurisy
19. Coronary Heart Disease 54. Pneumonia
20. Carbuncle 55. Pyorrhoea
21. Colitis 56. Sciatica
22. Diarrhoea 57. Stress
23. Diabetes 58. Sterility
24. Duodenal & Gastric Ulcer 59. Spleen Disorders
25. Dyspepsia 60. Tonsillitis
26. Displacement of the Uterus 61. Thinness
27. Eczema 62. Varicose Veins
28. Fever 63. Typhoid
29. Gas Trouble 64. Tooth Trouble
30. Goiter 65. Tuberculosis
31. Gall Stone 66. Tumour
32. Gonorrhoea
33. Insomnia
34. Itches
35. Impotency

### **PRACTICES:**

- Study of 100 cases with record
- Visit to the yoga Ward in hospital

### **REFERENCE BOOKS:**

- Preksha Yoga by Dr. J.P. Mishra
- Yoga Therapy by Dr. V.K. Ahluwalia
- Yoga se Rog Nivaran by Swami Shivananda, Saeaswati

# **MANAGEMENT OF DISEASE THROUGH NATUROPATHY**

Cause, Symptoms & Treatment of the following Diseases:

1. Acne
2. Alcoholism
3. Allergies
4. Amnesia
5. Anaemia
6. Anal Fissure
7. Anorexia Nervosa
8. Appendicitis
9. Arteriosclerosis
10. Arthritis
11. Asthma
12. Backache
13. Boils
14. Bronchitis
15. Cancer
16. Cataract
17. Cervical Spondylosis
18. Chicken Pox
19. Cholera
20. Cirrhosis of the Liver
21. Colitis
22. Common Cold
23. Common Fever
24. Conjunctivitis
25. Constipation
26. Corns
27. Cough
28. Dandruff
29. Defective Vision
30. Dental Caries
31. Depression
32. Dermatitis
33. Diabetes
34. Diarrhoea
35. Diphtheria
36. Dropsy
37. Dysentery
38. Eczema
39. Epilepsy
40. Falling of Hair
41. Fatigue
42. Gastritis
43. Gastro-Enteritis
44. Glaucoma
45. Goitre
46. Gout
47. Headache & Migraine
48. Heart Diseases
49. Hiatus-Hernia
50. High Blood Cholesterol
51. High Blood Pressure
52. Hydrocele
53. hypoglycemia
54. Impetigo

55. Indigestion  
56. Influenza  
57. Insomnia  
58. Intestinal Worms  
59. Jaundice  
60. Kidney stone  
61. Leucoderma  
62. Low Blood Pressure  
63. Malaria  
64. Measles  
65. Meningitis  
66. Mumps  
67. Muscle Cramps  
68. Neurasthenia  
69. Neuritis  
70. Nephritis  
71. Obesity  
72. Osteoporosis  
73. Parkinson's Disease  
74. Peptic Ulcer  
75. Piles  
76. Pleurisy  
77. Pneumonia  
78. Premature Graying of Hair  
79. Prostrate Disorders  
80. Psoriasis  
81. Pyorrhea  
82. Rheumatism  
83. Rickets  
84. Ringworm  
85. Scabies  
86. Sciatica  
87. Scurvy  
88. Sexual impotence  
89. Sinusitis  
90. Sore throat  
91. Stomatitis  
92. Stress  
93. Stroke  
94. Styes  
95. Thinness  
96. Thyroid Fever  
97. Thyroid Diseases  
98. Tonsillitis  
99. Tuberculosis  
100. Urticaria  
101. Varicose Veins  
102. Venereal Diseases  
103. Warts  
104. Whooping Cough

#### **PRACTICES**

- Study of 150 cases with record
- Visit to the Naturopathy ward in hospital



## REFERENCE BOOKS

- Nature cure by Dr. H.K. Bakhru
- Naturopathy by Dr. Om Prakash Sexena

## MODERN DIAGNOSTIC METHODS

### 1.

- Examination of the Patient.
- Approach to a Patient.
- History taking and case sheet writing
- Symptomatology
- Examination of Vital Data
- Importance of height, weight, abdominal girth

### 2.

- General physical examination
- Examination of breasts, back, spine and genitals
- Systemic examination of the patient like Abdomen (Digestive system ), Cardiovascular System, Respiratory System, Renal System (Urinary system), Central nervous system, Locomotor system, Examination of ear, nose and throat and Gynecological examination for female only
- Provisional Diagnosis

### 3.

- Routine and Special Laboratory investigation for urine, stools
- Blood examination like Peripheral smear, Total WBC count, differential WBC count E.S.R. Hb%, Blood Sugar, Blood urea, serum uric acid, serum lipid profile, Serum Creatinine liver function last
- Radiological investigation and Contrast Radiography
- ECG – Electrocardiography, Echo-cardiography, Coronary angiography and – Electro-encephalography (EEG)

### 4.

- Diagnostic Thoracocentesis
- Thyroid T3, T4, TSH estimation.

### 5.

- Ultra – sonography
- Computerized tomography scan (CT scan)

## PRACTICAL:

- History Taking & Physical Examination of cases
- Case Sheet writing in different general cases

## REFERENCE BOOKS

- Hutchison's Clinical Methods
- Manual of Clinical Methods – by S.P.Shanker
- Clinical Diagnosis – by Jal Vakil

# FORENSIC MEDICINE & TOXICOLOGY

1.
  - Definition of Forensic Medicine and its scope
  - Procedure of giving medical evidence with reference to Indian evidence act.
  - Methods of identification of living and dead body – Race, Age ,Sex etc
  - Death – Medico legal aspects, certification of death, sudden death, Medico legal importance, signs of death, changes due to death and calculating time of death.
2.
  - Medico- legal autopsy
  - Medico-legal wounds, their classification and study and medico-legal aspects
  - Examination of blood stains, hair and seminal stains
  - Miscellaneous cause of death form heat, cold, electricity, starvation etc
  - Violent asphyxia death-hanging, strangulation, suffocation and drowning
3.
  - Sexual offences:- Impotency and sterility, virginity, Legitimacy, Unnatural offences, medico legal aspect
  - Infanticide.
  - Medico-legal aspects of insanity.
4.
  - **Toxicology**
    - · General consideration of poisoning and classification
    - · Action of poison, factors, modifying their action
    - · Diagnosis of poisoning
    - · Treatment of poisoning in general.
  - **Poisons:-**
    - · Corrosives, Non-metallic, Metallic, Organic Irritant, Somniferous Inebrait, Deliriant, Spinal, Cardiac poisons, insecticides and weed killers, Food poisoning, Asphyxiants and Drug Dependence
    - · Legal responsibilities: Medical ethics.
5.
  - Responsibilities and duties of the Medical practitioners to the state Professional secrecy and privileged communication.
  - · Un-professional conduct, Mal-practice.
  - · The right and privileges and duties of Medical practitioners.

## PRACTICALS:-

- Age estimation
- Skeleton remains
- Spotters
- Examination of injured Alocoholic
- Psychiatric and Toxicology

## REFERENCE BOOKS:-

- Medical jurisprudence By Modi
- A text Book of forensic Medicine By Narayana Reddy
- A text Book of Forensic Medicine By M.R.K.Krishna
- The essential of forensic medicine by Dr. C.J.Poison D.J. Gee and B.Knight
- Forensic medicine by Corden and Shapire
- Principles and practice of medical jurisprudence by Taylor's

# CHROMO THERAPY & MANIPULATIVE

**1. History of chromo therapy.**

**2. Physiological chemical properties of sunlight.**

**3. Effects of sunlight on vegetable & micro-organisms.**

**4. Sun Bath:-**

- a. Dr. Reiki's methods of sun bath
- b. Dr. Kunhe's methods of sun bath
- c. Sun bath through of wet pack
- d. Sun bath of children & aged persons
- e. Sun bath with leaves
- f. Oil Sun bath

**5. Practice of exercise in sunlight.**

**6. Chromo diagnosis & Chromo hygiene.**

**7. Chromo philosophy.**

Refraction

- b. Reflection
- c. Absorption

**8. The source of light- The sun forming resources- The solar atmosphere- Sun power- color effects- influence of sunlight on skin, muscles, digestive organs and bones.**

**9. Chromo therapy prescriptions for different diseases:-**

- a. Headache
- b. Ailments of the eyes
- c. Ailments of the ears
- d. Ailments of the mouth & throat
- e. Ailments of the abdomen
- f. Nasal ailments
- g. Constipation & piles
- h. Problems of sex organs in men
- i. Backache
- j. Severe pain in the knee
- k. Pimples
- l. Acne
- m. Eczema
- n. Baldness
- o. Paralysis
- p. Epilepsy
- q. Rheumatism
- r. Bed wetting at night
- s. Leucorrhoea
- t. Miscarriage
- u. No menstruation
- v. High fever
- w. Pneumonia
- x. Hypertension & hypotension
- y. Diabetes
- z. Heart attack

**PRACTICALS:-**

- Case studies 50 with records.
- Visit to chromo therapy ward in the hospital.

**REFERENCE BOOK:-**

- The principles of light and color Dr. E.D. Babbit
- Colour therapy by R.S.Amber
- The healing powers of chromo therapy by Hari om gupta

# MANIPULATIVE THERPY

1.

- **Introduction and History of Massage.**

- · Rules, Regulations and characteristics of Massage
- · Structure especially concerned in massage and part of the body to be specially studied for the purpose are as follows:
- · Skin, Muscular system, Heart and Circulations, Nervous system and skeletal system including joints

2.

- **Effects of the pressure of hand and iubicants on the following systems:-**

- · Skin
- · Muscular system – Nutrition and Development , Excitation of ‘m’, contraction of ‘M’ and muscular electro-excitability, removal of the fatigue from muscle
- · On the ligaments and skeletal
- · On the circulatory system
- · On the nervous system
- · On respiration – increase of respiratory activity and increase of tissue respiration
- · On GIT – Improvement in appetite, improvement in secretion of digestive fluid, absorption and improvement in peristalsis.
- · Excretory system
- · Powdered Massage – Merits and demerits.

3.

**Massage (side effects and benefits)**

- · Basic therapeutic massage techniques, indication and contraindications of massage while applying to the patients.
- · Massage and its effects – Nutrition, Haematogenesis, Phagocytosis, increase in the number of blood corpuscles and Absorption of increased inflammatory exudates, change in the weight of the person, obese or emaciated
- · Different Massage manipulations, classification and their detail explanation, uses and contra-indication, ii) Manipulative treatments in stress management,
- · Shiastu in manipulative therapy (Acupressure)
- · Manipulation and life extension
- · Dry Brush massage.

4. Movement of Joints:-

- **Flexion, Extension, Abduction, Adduction, Supination, Circumduction and Deviations – Medical and Lateral**
- **Massaging in local areas under special circumstances:-**
- **Massage of Abdomen**
- **Massage to liver**
- **Massage to stomach**
- **Massage to heart**
- **Massage to head**
- **Massage to spine**
- **Special type of massage in different diseases.**

5.

- **Massage to women, infants and children and elderly person.**
- · Massage for prevention of diseases and maintenances of natural beauty.
- · Ayurvedic massage – terminology, Methods and Manipulations

**PRACTICALS:-**

- **35 demonstration classes**

- 10 demonstration in panchkarma
- Each students should do 35 massages
- Coronary artery blockage
- Jaundice
- Gall stone
- Hepatitis
- Cirrhosis of liver
- Splenomegaly
- Diabetes
- Kidney stone
- Renal failure
- Urinary tract infection
- Prostate enlargement
- Encephalitis
- Meningitis
- Cervical spondylitis
- Migraine
- Epilepsy

6.

- **Process of elimination of foreign matter.**
- · Importance of Nature care treatments and the digestive process natural dietetics.
- **The importance of Nabhi Pareeksha, the methods of Nabhi Pareeksha & the techniques of correction.**

- **Introduction to Iridology**
- · Definition of Iridology
- **Instructions in methods of application:-**
- · Technique in Iris reading – The normal and abnormal Iris, colour of the Iris
- · Study of density of the iris
- **Case histories according to Iridology.**

**PRACTICALS:**

- **Clinical classes and Demonstration in the Nature cure Hospital**
- **Case studies 50 with Record, Demonstration of Equipments.**

**RECOMMENDED TEXT BOOKS:**

- **Science of Facial Expression – By Louis Kuhne**
- **The New science healing – By Louis kuhne**
- **The Science and Practice of Iridology- By Bemard Jensen**
- **Iridiagnosis and Other Diagnostic Methods- By Henry Lindlahr**