Notification

No : 24/2022 **Dated :- 10/03/2022**

Subject :- Syllabi for One Year Diploma in ñPost Graduate Diploma in Naturopathy And Yogic Scienceò (Semester Pattern)

Whereas the University has started Post Graduate Diploma in ñNaturopathy and Yogic Scienceò under Teaching Department Lifelong Learning & Extension of the University from Academic Session ï 2021-22, as per the decision of the University authorities;

AND

Whereas, in view of the above, the Direction **No** 18/2022 **Dated** 03/03/2022 has been issued by the University, in which as per para-11, the syllabi for the course is to be notified,

Therefore, it is notified for general information of all concerned that the syllabi for above mentioned course is published herewith as Appendix óAô

Sd/-
(Dr. T. R. Deshmukh)
Registrar
Sant Gadge Baba Amravati Univesity

Sant Gadge Baba Amravati University

Department of Lifelong Learning & Extension

Post Graduate Diploma Course

(One Year -Two Semister)

Syllabus For

POST GRADUATE DIPLOMA IN NATUROPATHY AND YOGIC SCIENCE

Semester I

Paper – I Marks - 80

Anatomy and Physiology Time – 3 Hrs.

Unit :-I

A) General Anatomy introduction to Anatomy terms and terminology regions of body. Cavities and systems, structure and Types of cell tissue.

B) Musculoskeletal system – structure of bone and classification, joints, structure, various Types and Movements, spine and thorax, structure of Vertebral Column and Thoracic cage. Muscles – Types, structure, Tone, Fatigue, Movements and applied Anatomy.

Unit II :-

A) Excretory System: Structure of excretory organ urinary system and their disorder.

B) Nervous System: Classification, structure of brain and spinal cord and their disorders.

Unit III:-

A) Respiratory system – structure of organs of respiratory tract, Mechanism and Control of respiration and its complication

B) Normal Yogic Breathing –Role of pranayama in Respiration

Unit IV-

A) Circulatory System: Structure and Function of heart, arteries and veins of body applied anatomy

B) Endocrine System: Types of endocrine glands, Function and important in therapies.

Unit V-

A) Digestive System: Structure of organs of digestive system and its mechanism of digestion

B) Effects of yogic practices in various digestive disorder

Text Books:-

1) Sharir Rachana & Kriya Vidnyan :- Dr. Vivek Sathe.

2) Anatomy & Physiology of Yogic Exercises :- Dr. M.M. Gore

3) Sharir our KriyaVidnyan :- Manju Latha Maheshchandra Gupta.

Reference Books :-

1) Anatomy and Physiology for Nurses :- Shri Nandan Bansal

2) Manav Sharir Rachana Yevam Kriya Vidnyan – Prof. Dr. Anant Prakash Gupta

3) Human Anatomy and Physiology:- B.D. Choursiya.

4) Sharir Rachana & Kriya Vidnyan :- Dr. Vivek Sathe.

Semester I
Practical – I
Practical of Anatomy and Physiology.

Total Marks : 100

A) Introduction of Body parts cavities and regions. **Marks- 40**

B) **System of Examination and distribution of Mark**

1) Any one as told by examiner choice :- Marks -20

2) Any one of candidate choice :- Marks - 20

C) Introduction of Digestive ,Respiratory and endocrine System
Organs of body various joints and their Movements. **Marks – 30**

System of Examination and distribution of Mark

1) Any one as told by examiner choice. Marks – 15

2) Any one of Candidate's Choice. Marks – 15

D)

- Introduction of the skeleton
- Use of stethoscope and sphygmomanometer
- Use of pyrometer to measure Lung capacity

System of Examination and distribution of Mark

1) Any one of candidate choice**.** **Marks – 10**

D) Viva-Voice **Marks – 10**

E) Practical record **Marks – 10**

Semester I
Paper II
Science of Naturelife and Principles of Yoga.

Mark – 80
Time – 3 Hrs.

Unit I –

A) Naturopathy:
i) Definition of Naturopathy.
ii) Principals of Naturopathy.
iii) Contribution of Indian philosopher to naturopathy.
iv) Introduction panchatatva and laws and nature.

B) Health :
i) Definition of health.
ii) General health by Natural diet, fasting, hunger, Regular habits
iii) Exercise Rest and Relaxation.

Unit II-

A) Fasting :-
i) Definition, types and methods of fasting
ii) Difference between fasting and starvation
iii) Concept of diet according to naturopathy.

B) Cromotherapy
i) Primary and secondary colors.
ii) Limitation of cromotherapy
iii) Physiology Uses of different colors in cromotherapy
iv)Changing air water, oil, glycerin Vaseline, raw sugar, milk and rose

Unit III –

A) Yoga :
i) Meaning, definitions, concept, aim and objectives of Yoga.
ii) Historical background of yoga.

B) Introduction of hathapradipika, Gherandsamhita and Bhagvatgita.

Unit IV-

A)
i) School's of Yoga Bhavna Yoga and Prasanyam Yoga
ii) Concept of Dhanyyoga, Bhaktiyoga, Karmayoga.

B)
i) Introduction of Indian Philosophy,
ii) Concept Of Sankhya yog.

Unit V-

A) Patanjali Yog Sutra : i) Introduction of different padas (Samadhi , sadhan , vibhuti,kaivalya),
ii) Concepts of Chitta, Chitta Vritti, Kriyayog, panchklesh, Chittvikshep, Chittprasadana, sahabuhas.

B) Astang Yog :
i) Bahirang Yoga- Yama,Naiyama, Asana, Pranayama, pratyahara.
ii) Antarang Yoga- Dharana, Dhyana, Samadhi.

Reference BooKs :-

1) Patanjal Yoga Sutra - Dr. P.V. Karambelkar
2) Yoga Dipika - B.K.S. Ayangar
3) Hathapradipika - Dr. M.L. Gharote
4) Gheranda Samhita - Swami Digambarji
5) Asana - Swami Digambarji
6) Pranyanna - Swami Digambarji
7) Asthamga Yog Darpan - Dr. Shambhunath Kadu
8) Yoga Darshan - Dr. S.V. Karandikar
9) Science of Naturelife - Dr. Rakesh Jindal (N.D.)
10) Prakrutik Chiktsa – Ek Rashtra Bhav- Dr. Krantikumar R. Mahajan
11) Dawas, Nature Guide, Dr. R.S. Dawas
12) Yoga Mahavidyan, Dr. Kamakhaya Kumar

Semester I
Practical – II

Practical of Science of Naturelife and Principals of Yoga.

A] i) Sharir Sanchalan Kriya (Body Warm-up) **Total Marks -100**
ii) Asana's

Standing	**:-**	Tadasana, Vrukshasan, Trikonasan, Garudasan.
Sitting Asana	**:-**	Vakrasana, Mandukasan, Ushtrasan, Padmasana, Sidhasan, Vajarasan, Gaumukhasan.
Prone Position	**:-**	Makrasana, Bhujangasana, Shalbhasana.
Supine Position	**:-**	Pavanmuktasana, Sarvangasan, Shavasana, Setubandhasana.
Balancing	**:-**	Virasana, Vatayanasana, Utkatasana.

System of examination and distribution of Marks **Marks – 40**

i) any two asanas/ kriyas told by examiners choice :- Marks – 20
ii) Any two of candidate choice asans / kriyas :- Marks – 20

B] Kriya :- shankhaprakshalana, Yognidra Omkar Chanting Dhyana (Meditation).
Pranayana (Without Kumbhaka):-
1) Suryabhedi / Chandrabhedi.
2) Nadishodhana Pranayama
3) Yogic Breathing
4) Shitali / Shitkari

Shatkarma :-
1) Neti – Jalneti and Sutraneti
2) Kapalbhati :- shitkaram, Vyutkram, Vatkram.

System of examination and distribution of Marks **Marks -30**

i) any two as told by examiners choice :- Marks – 15
ii) Any two told by candidate choice :- Marks –15

C] Cromotherapy :-
1) Types of Colors – Primary and Secondary
2) charging by Cromotherapy

System of examination and distribution of Marks **Marks –10**

i) any one by candidate choice. :- Marks – 10

D] Viva-Voice **:-** **Marks - 10**

E] Practical Record **:-** **Marks – 10**

Semester II
Paper I
Applied Yoga and Naturopathy

Unit I : (a) Hydrotherapy
i) Properties, Precaution and effects of water application and
ii) Irrigation: Nose, stomach, colon, Rectum
iii) Packes : - Chest Pack, Trunkpack, T-packs, Legpack, full wet sheet pack.
iv) Bath :- Hip bath, spinal bath, sitz bath, footbath vapor Bath, Steam bath.

(b) Mud therapy
i) Properties, Precaution and effect of mud application
ii) Types of Mud
iii) Collection and preparation of Mud
iv) Mud Poultice: General and Local Mud applications.

Unit II : (a) Massage
i) Definition, of massage end characteristics, of massages.
ii) Therapeutic use of different types of oils.

(b)
i) Laws of massage techniques in different diseases High blood pressure. Obesity, beautification of face, skin problem.
ii) Types of Massage : Hacking, stroking, Precussion, Patrissage, friction, Tempotment, vibration and shaking.
iii) Effect of massage on heart and circulatory system digestive system, Respiratory system.

Unit III: (a) Hathayogic texts :-
i) Hathpradipika- Chaturang Yoga, Yogakruti, Mitahara, Nada
ii) Gherandsamhita- Sptangyoga, Sadhak Badhak tatva, Pathya-Apathya.

(b)
i) Importance of shodhan kriyas in health and diseases.
ii) Concepts of Shatchakra and Kundalini.

Unit IV : (a)
i) Effect and benefits of Asanas on different parts of human of body.
ii) Stress management through various yogic methods.
iii) Effects of Bandha & Mudra's.

Unit V :
(a) Characteristics of yoga teacher and Naturopathy Consultant.
(b) Importance and need of yoga in education.

Book Reference:

1) Sampurna yog vidya : Rajeev Jain, Mangal Publication House Pvt.Ltd Bhopal.
2) Halthapradippika :- Dr. M.L. Gharote, Yoga institute Lonavala.
3) Rog Aur Yog : Swami Satyanand Saroawah Yog Publication Trust Munger (Bihar).
4) Yog Swasth ki Kunji : Dr. Arun Khodaskar, H.V.P.M. Amravati.
5) Asan Pranayama Bandhamudra-Swami Satyanand, Bihar Yog School, Mungher.

Semester II
Practical I
Applied Yoga & Naturopathy.

Max Marks -100

A) • Hydrotherapy : Types of Packs and Bath
• **Mudtherapy :** Types of mud and different mud applications

System of examination & Distribution of Marks **Marks 40**

i) Any one as told by examiner choice. :- Marks 20
ii) Any one of candidate's choice :- Marks 20

B) • Bandha-Mudra: Jalandhar Bandha, Uddiyana Bandha, Mool Bandha, Mahabandha, Yoga Mudra, Vajroli Mudra, Brahma Mudra, Simhamudra, Viparitkarni, Kaki Mudra, Bramha Mudra, Drona Mudra, Dhyanmudra.

• **ShatKarma** : i) Dhauti - Dandadauti, Vostra Dhauli, Vomanadhauti

ii) Trataka - Samip, Sadur
iii) Nauli - Vama nauti, Dakshin nauli, Madhya nauli, Nauli chalana

System of examination and distribution of marks **Marks-30**

i) Any two as told by examiner choice. :- Marks 15
ii) Any two of candidate's choice :- Marks 15

C) • Pranayama : - i) Bhramri Pranayama, Bhasrika Pranayama, Ujjai Pranayama (without Kumbhaka)

• **Suryanasmskra** : with Bhijmantra (12 count)

System of examination and distribution of marks **Marks-10**

i) Any one by candidate choice. :- Marks 10

D] Viva-Voice **:- Marks - 10**

E] Practical Record **:- Marks – 10**

Semester -II

Paper – II

Panchkarma and its Applications.

Marks – 100

Time – 3 Hrs.

Unit I - Introduction to Panchkarma, Panchakarma, its importance for promotion of Health Prevention and treatment of diseases.

Unit II- Trividha Karma – Purva, Pradhana and Pashchat Karma in relation to Snodhana and their importance.

Unit III- General Precautions for Panchkarma specifications of Panchkarma treatment and necessary equipments for Panchkarma.

Unit IV- Shehan – Types According to Charak & Susnrut doses and Methods of Administration and Precautions.

Unit V – Swedan – Type various dravyas used in Swedan Methods of Administration and Precaustions introduction of Vamana Karma : Vaman Karma- Preparation of Patients Past Vaman Management.

Text Books –

1) Panchkarma Vigyan – Dr. Haridas Shreedhar Kasture

2) Auyrvediya Panchkarma Jijahan – Vaidya Haridas Kasture

3) Clinical Panchakarma (English) – Dr. P. Yadaiah.

4)Prayogika Panchkarma (Hindi)- Dr. P.Yadaiah.

Reference Books –

1) Ayurvediya Panchkarma Chikitsa – Dr. Mukundilal Dwivali

2) Vivida Vyadhiyare Panchkarma (Hindi) – Dr. P.Yadaiah.

3) The Panchkarma Treatment of Ayurveda with Kerala Specialtic – Dr. Devarad.

4) Principles and Practice of Basti – Dr. L. Mahadevan.

5) Panchkarma Sangraha – Dr. Manoj Shamkuwar

6) Essential of Panchkarma Therapy – Dr. Pulak Kant Kaur

7) Principles and Practice of Panchkarma – Vaidya Vasant Patil

Semester II

Practical-II

Practical of Panchkarma and Its Applications.

Max. Marks -100

A) Introduction of Trividha Karma, Purva, Pradhana and Paschyat Karma etc.. **Marks -40**

System of examination & Distribution of Marks.

1) Any one as told by examiner choice. :- Marks 20

2) Any one of candidate's choice. :- Marks 20

B) Introduction of General Precautions of Panchkarma. Specifications of Panchkarma, Treatment and necessary equipment for Panchkarma. **Marks 20**

System of examination.

Any one as told by examiner choice. :- Marks 20

C) Explain the Swedan, Method of Administration and Precautions, Panchkarma Treatment. **Marks 20**

System of examination & Distribution of Marks.

1) Any one as told by examiner choice. :- Marks 10

2) Any one of candidate's choice. :- Marks 10

D) Viva-Voice **Marks 10**

E) Practical Record **Marks 10**

Appendix - A

Scheme of Teaching Examination

Post Graduate Diploma in Naturopathy and Yogic Science (One year) Semester I									
Sr. No.	Subject	TEACHING SHCMES (HOURS / WEEK)		Examination Scheme					Total Marks
	Paper Titles	Theory Period	Total Week / Hr.	Duration	Max Mark	Min Mark	Max Mark	Min Mark	
1)	Anatomy and Physiology ï I	4	4	3 Hr	80	32	20	08	100
2)	General Study of Pathology ï II	4	4	3 Hr	80	32	20	08	100
3)	Practical -I	4	4	3 Hr	100	40			100
4)	Practical- II	4	4	3 Hr	100	40			100

Post Graduate Diploma in Naturopathy and Yogic Science (One year) Semester II									
Sr. No.	Subject	TEACHING SHCMES (HOURS / WEEK)		Examination Scheme					Total Marks
	Paper Titles	Theory Period	Total Week / Hr.	Duration	Max Mark	Min Mark	Max Mark	Min Mark	
1)	Science of Naturelifeand Principales of Yoga III	4	4	3 Hr	80	32	20	08	100
2)	Panchkarma and its Application -IV	4	4	3 Hr	80	32	20	08	100
3)	Practical ï III	4	4	3 Hr	100	40			100
4)	Practical ï IV	4	4	3 Hr	100	40			100

SCHEME OF INTERNAL MARKS FOR THEORY PAPERS OF SEM I & I

Distribution of Marks

Total Marks – 20

i) Students Attendance - 05 Marks

ii) Assignment - 10 Marks

(Two assignment of 5 marks each)

iii) Practical Performance - 05 Marks

Total Marks - 20 Marks