



U.G. DIPLOMA IN YOGA AND NATUROPATHIC (U.G.D.N.Y)

1st Semester

PAPERS CODE	PAPERS NAME	INTERNAL	EXTERNAL	TOTAL
UGDYN101	Nature Cure, Health and Social Work	40	60	100
UGDYN102	Elementary Anatomy, Physiology and Pathology	40	60	100
UGDYN103	Foundation of Naturopathy & Therapies Employed in Nature Cure	40	60	100
UGDYN104	Philosophy and Principles of Yogic Science and Patanjali Yoga Sutras	40	60	100
UGDYN105	Socio-Cultural Dimensions of Health and Disease	40	60	100
Practical				
UGDYN106	Practical (Theory & Practice)	60	40	100
Total		260	340	600

2nd Semester

PAPERS CODE	PAPERS NAME	INTERNAL	EXTERNAL	TOTAL
UGDYN201	Nutrition and Herbal Medicine	40	60	100
UGDYN202	Exercise, Massage and Reflexo-Therapy	40	60	100
UGDYN203	Diagnostic Methods and Management of Diseases	40	60	100
UGDYN204	Mental Health and Physical Diseases	40	60	100
UGDYN205	Yoga Therapy	40	60	100
Practical				

UGDYN106	Practical Training (Theory & Practice)	60	40	100
Total		260	340	600

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FIRST SEMESTER

Paper-I

Nature Cure, Health and Social Work

History of Nature Cure in India and abroad

Naturopathy- Definition, Principles, Philosophy and Treatment Approaches.

Naturopathy and other system of medicine

Concept of Health

Health facilities in India

Community sanitation and hygiene, Control of communicable diseases, Personal hygiene

Major Health Problems

National Health Policy, Planning and Programmes in India.

Social Work-Definition, philosophy, principles, skills and methods

Application of Social Work in maintenance of health and Prevention and Treatment of Diseases.

Paper-II

Elementary Anatomy, Physiology and Pathology

Anatomy Regional subdivision of human body, Parts, Bones and Joints of upper limb; Parts, Bones and Joints of lower limb; Parts of Head and Neck

Body systems

Introduction to the Respiratory system, Introduction to Gastro-Intestinal System, Introduction to Circulatory System, Introduction to Urinary System, Introduction to Genital System

Physiology Cell-Structure and functions, Tissue-Epithelial, connective, Muscular, Nerves, etc., Muscles-Physiology of muscles, types of muscles, Muscle contraction and Relaxation.

Body systems and their functions

Digestive system, Respiratory system, Haematology

Excretory system, Nervous system, Reproductive system, Skin system

Pathology Nutritional Causes of Diseases, Metabolic Disorders, Haemolytic Disorders, Diseases of Male Reproductive System, Blood Sugar, blood urea, and serum cholesterol, Diseases of Female Reproductive System
Body Defence Mechanism and Ageing Process, Parasites

Paper III

Foundation of Naturopathy & Therapies Employed in Nature Cure

Foundation of Naturopathy

Objectives: This course is designed to provide an understanding of the naturopathy and Nutrition among the students . After studying this course students will be able to:

1. Understand the fundamental principles and history of naturopathy
2. Develop the concept of treatment and it's mechanism
3. Understand the basic components of Nutrition and it's importance

UNIT 1: Naturopathy: Origin and Evolution

- Definition and concepts
- History
- Comparative study with other treatment systems viz as Therapeutic Yoga, Ayurveda etc.
- Thoughts of naturopaths

UNIT 2: Principle of Naturopathy

- Pancha-Mahabhūta
- Sharīr Dharma: Āhar, Nidrā, Bhaya Maithuna
- Natural Rejuvenations
- Violation of Law of Nature and diseases.
- Unity of disease, unity of cure and way of treatment, how nature cures?

UNIT 3: Mechanism and Treatment Methods

- Remove the root cause, Eliminate the toxin, Supplement of Vital Nutrients
Conservation of Vital Energy.

- Properties of Water, Mud, Air and Sunlight
- Hydrotherapy
- Chromotherapy
- Massage Therapy

UNIT 4: Basic components of Nutrition

- Definition, classification and biological importance of carbohydrates.
- Definition and Biological importance of protein.
- Definition, classification and biological importance of lipids, properties of saturated and unsaturated fatty acids.

□ Vitamin's classification of vitamins, source, biological function, deficiency diseases

Assignments/Practicals:

Reference Books:

1. Bharti Anant Swami Pramhansh CCRYN Naturopathy in Vedic Vangmay : Part-I and II
2. Gandhi Mahatma , Arogya Ki Punji
3. Lindahar Henry,Philosophy and practice of Nature Cure, , CCRYN, New Delhi.
4. Mishra P.D. & Mishra Beena Prakitik Chikitsa Siddarth Evam Vyavhar, U.P. Hindi Sansthan
5. Nahar Ganga Prasad Gaud Prakitik Ayurvigyan,.
6. Singh Ajmer and Gill, Kalyani Essentials of Physical Education Publication.

Hydrotherapy History of hydrotherapy, Physical properties of water, physiological base of hydrotherapy, Heat production and heat distribution in the body, Regulation of body temperature, conditions that increase and decrease heat production and the body, Heat temperature classification, Physiological effects of hot and cold water, Application of water on different temperature, Reflex effects of cold and hot applications.

Action and reactions, Incomplete reaction, conditions that encourage and discourage reaction, Types of reactions, General principles of hydrotherapy, Therapeutic use of hydrotherapy, classification of hydriatic effects Prophylactic use of water.

The techniques of hydrotherapy-Plain water, bath, vapour bath and air bath.

Fomentation and Douche, compress and packs, Internal use of water, irrigation and enemas, Hydriatic prescriptions.

Mud therapy Types of Mud and chemical composition, Various types of Mud, Natural Mud baths, Mud packs, Dry bath, Sand bath.

Chromotherapy and Heliotherapy

Composition of sun rays, Difference between morning, mid day and evening sun rays Physiological effects of sun light on : metabolism, blood formation, blood circulation, fermentation, nervous system, skin, etc. a, Effects of sun rays on micro organism, Therapeutic uses of various colours, Techniques of application of sun rays.

Diet-therapy Concept and general principles, Various components of food.

Paper-IV
Philosophy and Principles of Yogic Science and
Patanjali Yoga Sutras

Yoga Concept, aims and objectives, Historical development of Yoga, Philosophy of Yoga, Different Schools : Raj yoga, Karma yoga, Bhakti yoga, Gyan Yoga, Hath yoga, etc., Prakriti and Purus, Chitta and its five states, Five afflictions (Kleshas) and their different States, Five modifications (vrittis) of Mind, Concept of Chitta, Vritti, Nirodh, Nadi and Chakras, Yogic Purification System, Pranayama, Mudras, Bandhas, Eight Great Perfection (Asta Maha Siddhis) and Liberation (Kaivalya), Different ways to attain perfection, Asanas : Types, Preventive, Promotive and curative aspect of yoga techniques.

Paper-V
Socio-Cultural Dimensions of Health and Diseases

Socio and Cultural life of human beings, Social perspective of health and health care, Socio-cultural approach to health and disease
Poverty and Health
Population and Health
Nutrition and Health
Social Anatomy, Social Physiology and Social Pathology
Social consequences of disease and illness.

SECOND SEMESTER

Paper -I

Nutrition and Herbal Medicine

Nutrition Diet, Meaning, Importance and Nutrition, Nutritive Value of Food stuff, Nutritional Diagnosis, Nutritional Diseases, Therapeutic Nutrition, Precautions in Nutritional Prescription, Therapeutic Adaptations of Normal Diet, Diet in Common Diseases, Importance of Green Vegetables, fruits and raw ingredients and sprouted grains

Fasting Concept, Significance and Philosophy, Difference between Fasting and Starvation, Types of Fasting, Indications and contraindications of Fasting, Effects of Fasting, Fasting in Acute and Chronic Diseases.

Kalpa Concept, significance, types, precautions, Role of Kalpas in the Management of Major Disorders

Herbal Therapeutic use of Amla, Ashwagandha, Ajwain,

Medicine Bilva, Guduchi, Haridra, Hingu, Kalimirch, Punarnava, Tulsi, Karela, Onion, Pudina, Neem

Paper - II

Exercise, Massage and Reflexo-Therapy

Exercise Meaning, Classification, Techniques of various exercises. Exercises applied to various Joints and Muscles Different, changes with exercise : Heart rate, stroke volume, Sympathetic stimulaton, Peripheral circulatory changes, changes in regional circulation, Respiratory changes, Metabolic changes, Massage, Types, Principles and Effect of Massage.

Reflexotherapy Meaning, Methods and therapeutic effects.

Paper - III

Diagnostic Methods and Management of Diseases

Diagnosis Concept, types and methods

Facial Expression Concept of foreign Matter, Encumbrance, Back encumbrance, the whole body encumbrance, Mixed back nad partial accumulation, causes of accumulation of Foreign Matters, various places of Accumulation

Iris Diagnosis Concept, Methods and Application of Iris Diagnosis, Nabhi Chakra and Swara Vigyan Case History and Various Examinations and tests for Proper Diagnosis.

Management Natural Management of Diseases of the Digestive System- Indigestion, Constipation, Diarrhoea, Gastritis, Colic pain, Appendicitis, peptic ulcer, colitis; diseases of the liver and gall bladder. Jaundice, Hepatitis, Cirrhosis of liver; Diseases of urinary system : Enuresis, Nephritis, Infection of urinary tract
Diseases of Heart and circulatory disorders : Angina pectoris, High and low blood pressure
Diseases of Respiratory system-cough, Pneumonia, Pleurisy, Bronchitis, Asthma, Pulmonary Tuberculosis
Diseases of the Nervous System-Epilepsy, Migraine, Paralysis, Sciatica,
Diseases of connective tissues, joints and bones- Rheumatoid arthritis, Osteoarthritis, spondylitis, Gout
Diseases of Endocrine System-Diabetes, Hypothyroidism
Diseases of the Genital Disorder-Syphilis, Gonorrhoea, AIDS, Impotency, Frigidity
First Aid and Emergency

Paper-IV

Mental Health and Physical Diseases

Role of Mental Health in total health, Normal and Abnormal behaviour
Psycho-social factors in abnormal behaviour
Types of mental disorders
Fundamental principles of Psycho-somatic approach
Emotional factors in different physical diseases, Gastro intestinal disturbances, Cardio vascular disturbances, skin diseases, Respiratory disturbances
Metabolic and Endocrine disturbances
Role of Naturopathy and yoga in the management of Psycho-somatic disorders

Paper- V

Yoga Therapy

Therapeutic use and physiological effects of various types of Asanas : Sidhasana, Padmasana, Vajrasana, Shashankasana, Sinhasana, Gomukhsana, Virasana, Dhanurasana, Matsyendrasana, Gorakshasana, Paschimottasana, Mayurasana,

Kukuttasana, Kurmasana, Uttan Kurmasana, Mandukasana, Garunasana, Chakrasana, Shavasana, Salbhasana, Makarasana, Bhujangasana, Uttanpadasana, pawanmuktasana, Naukasana, Sarvangasana, Halsana, etc.

Therapeutic use and physiological effect of various types of Yogic Breathing and Pranayama

Yogic Sukshma Vigyana, Shatakarma, Surya Namaskar

Therapeutic use and physiological effect of Mudras, Bandhas, Chakras

Therapeutic use and physiological effect of Dharna and Dhyan

Yogic prescription in different disorders .

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