



**DIVINE COLLEGE OF
NATUROPATHY & YOGIC SCIENCE
SHYAMPUR, KANGRI
HARIDWAR, (UTTARAKHAND)**

B.N.Y.S.

Degree Course

**BACHELOR OF NATUROPATHY
& YOGIC SCIENCE**

(4 $\frac{1}{2}$ +1 Year Internship = 5 $\frac{1}{2}$ Years)

**ORDINANCE
SYLLABUS & CURRICULUM**

SCHEME OF PRACTICAL EXAMINATION

FIRST YEAR

1. Anatomy

Breakup of practical Marks	
Record	- 10 Marks
Practical - I	- 25 Marks
Practical - II	- 25 Marks
	<u>Total 60 Marks</u>

2. Physiology

Breakup of practical marks	
Record	- 10 Marks
Human Physiology	
Practical - I	- 30 Marks
(Major Experiment)	
Practical - II	- 20 Marks
(Short experiment)	
	<u>Total 60 Marks</u>

3. Bio-Chemistry

Breakup of Practical	
Record	- 10 Marks
Practical -1	
Qualitative	
Analysis- 1 hour	- 20 Marks
Practical - II	
Qualitative	
Estimation Test - 1 hour	- 20 Marks
Spotters	- 10 Marks
	<u>Total 60 Marks</u>

4. Philosophy of Nature Cure

Breakup of practical marks	
Record	- 10 Marks
Practical -I	
Naturopathy Treatments	- 25 Marks
Practical - II	
Natural Diet	- 25 Marks
	<u>Total 60 Marks</u>

5. Yoga Practices

Breakup of practical marks	
Record	- 10 Marks
Practical	- 10 Marks
	<u>Total 20 Marks</u>

SECOND YEAR

Pathology

Breakup of practical Marks		
Specimens (2)	-	10 Marks
Spotters	-	15 Marks
Urine	-	10 Marks
Differential Count	-	10 Marks
Record	-	10 Marks
Haemoglobin/Total Count	-	05 Marks
<u>Total</u>		<u>60 Marks</u>

2. Microbiology

Breakup of Practical marks		
Record	-	10 Marks
Gram's stain	-	10 Marks
Special stain	-	15 Marks
i) Albert's or Z-N stain		
Spotters	-	15 Marks
Stool Examination	-	10 Marks
<u>Total</u>		<u>60 Marks</u>

3. Community Medicine (Health)

Breakup pf practical Marks		
Record	-	10 Marks
Spotters	-	10 Marks
Nutrition, epidemiology		
Statistics Problems (any-2)	-	20 Marks
Clinico - socialcase study	-	20 Marks
<u>Total</u>		<u>60 Marks</u>

Yoga Philosophy

Breakup of Practical Marks		
Record	-	10 Marks
Practical -I (Asanas) Major	-	15 Marks
Practical.. II		
(Bandhas, Mudras, Dhrustis, Pranayamas)	-	15 Marks
Practical - III		
(Kriyas)	-	20 Marks
<u>Total</u>		<u>60 Marks</u>

5.

Magnetotherapy & Chromotherapy

Breakup of practical Marks		
Record	-	10 Marks
Practical-I	-	25 Marks
(Case Study-Chromo Diagnosis of the disease and prescription of the Magnetotherapy & Chromotherapy Treatment		
Practical -II	-	25 Marks
(Identification, application, benefits and therapeuti uses of various magnets and magnetic equipment and colours & Chromotherapyequipment		
<u>Total</u>		<u>60 Marks</u>

THIRD YEAR

1. Manipulative Therapeutics

Breakup of practicalmarks	
Record	- 10 Marks
Practical - I	20 Marks
(Case study- Diagnosis of disease and prescription of the various manipulations)	
Practical - II	- 20 Marks
(Practical Massage)	
Practical - III	
(Identification of Various Reflex and Acupressure zones)	- 10 Marks
Total	60 Marks

2. Acupuncture

Breakup of Practical Marks	- 10 Marks
Practical Record	
Practical-I	- 25 Marks
Prescription & Application of Acupuncture	
Practical - II	- 25 Marks
Identification & Application of Instruments	
Total	60 Marks

3. Yoga Applications

Breakup of Practical Marks	
Record	- 10 Marks
Practical-I	
Asanas Major	- 15 Marks
Practical-II	
Kriyas & Pranayam	- 20 Marks
Practical - III	- 15 Marks
Physical Culture-Demonstration	
Total	60 Marks

4. Fasting Therapy

Breakup of practical marks	
Record	- 10 Marks
Practical	
(Case study - Diagnosis of the disease and prescription of the fasting)	- 30 Marks
Total	40 Marks

5. Naturopathy Diagnosis

Breakup of practical marks	
Record	- 10 Marks
Practical-I	
(Case Study- Diagnosis of the Disease by examining the Iris)	- 25 Marks
Practical - II	- 25 Marks
(Case Study - Diagnosis of the Encumbrance by examining the patient)	
Total	60 Marks

6. Modern Diagnosis & First Aid

Breakup of Practical Marks	
Record	- 10 Marks
Practical	25 Marks
Examining the patient	
Practical-II	- 25 Marks
First Aid	
Total	60 Marks

FOURTH YEAR

1. Nutrition, Dietetics & Herbs

Breakup of Practical Marks

Record	-	10 Marks
Practical-I (Case Study-Diagnosis of the disease nutritional disorders and prescription of specific diet)	-	10 Marks
Practical-II (Identification of food ingredients its values and therapeutic uses)	-	20 Marks
Practical-III (Herbs Identification & Uses)	-	20 Marks
Total		60 Marks

2. Obstetrics & Gynaecology

Breakup of Practical Marks

Record	-	10 Marks
Practical- I (Long case)	-	20 Marks
Practical - II (Short case)	-	15 Marks
Practical - III (Identification of instruments and equipment)	-	15 Marks
Total		60 Marks

3. Yoga Therapy

Breakup of practical marks

Record	-	10 Marks
Practical - I (Case Study - Prescription of the specific Yogic practices)	-	15 Marks
Practical - II (Teaching Practice)	-	20 Marks
Practical - II (Demonstration of major Yogic practices)	-	15 Marks
Total		60 Marks

4. Hydrotherapy

Breakup of Practical Marks

Record	-	10Marks
Practical -I (Case Study - Diagnosis of the patients and prescription of the Hydro-therapeutic & Mud treatments)	-	25 Marks
Practical - II (Identification, application benefits and therapeutic uses of the various Hydrotherapy Equipment and treatments)	-	25 Marks
Total		60 Marks

5. Physiotherapy

Breakup of Practical Marks

Record	-	10Marks
Practical - I	-	25 Marks
(Case study) - Diagnosis of the disease and Prescription of the physiotherapy treatments)		
Practical - II	-	25 Marks
(Identification , application benefits and therapeutic uses of various physiotherapy equipment)		
Total		60 Marks

6. Holistic Practice of Naturopathy & Yoga (Including Surgical diseases)

Breakup of practical marks

Record	-	10Marks
Practical	-	50 Marks
Total		60 Marks

7.

Hospital Management & Research Methodology

Breakup of practical marks

Record	-	10 Marks
Practical	-	50 Marks
Total		60 Marks

8. Psychology & BasicPsychiatry

Breakup of practical marks

Record	-	10 Marks
Practical	-	10 Marks
Total		20 Marks

SYLLABUS & CURRICULUM
For
BACHELOR OF NATUROPATHY AND YOGIC SCIENCES
(I Year)

Duration One year

1. Anatomy
2. Physiology
3. Bio-chemistry
4. Philosophy of Nature Cure
5. Yoga Practices

ANATOMY

THEORY

1. General anatomy in brief:
 - Basic tissues of body.
 - Terminology and nomenclature
2. Elements of Anatomy in brief:
 - Osteology
 - Arthrology
 - Myology
 - Neurology
3. Regional Anatomy:
 - Upper Limb, Lower Limb
 - Thorax - including diaphragm
 - Abdomen & Pelvis
 - Head, Neck
 - Brain and Spinal cord in brief
4. Embryology (Gen.embryology) in brief:
 - Development of individual organs and systems
5. Histology:
 - General Histology, Micro-anatomy of individual organs and system.
6. Applied Anatomy.

PAPER - I

COURSE CONTENT

(Related Regional Anatomy, Histology, Embryology , Myology, Arthrology & Osteology of Upper Limb, Head, Neck & Brain and Microanatomy)

- I. GENERAL ANATOMY:
Introduction of Anatomy, Anatomical Terms, different branches of anatomy, Introduction of bones, its classification, functions, applied anatomy; Joints-types, actions, applied anatomy; cartilage-types, action, applied anatomy, basics of all the tissues and systems of the human body.
- II. OSTEOLOGY : (Bones of Skull & Upper limb)
Names of the bones and their positions; general features, Skull - all normal and interior of skull & mandible.
- III. MUSCULAR SYSTEM : (Head & Neck and Upper Limb)
Origin, Insertion, Nerve Supply and Action of the muscles with the applied anatomy and Clinical testing.
- IV. ARTHROLOGY: (Head & Neck, Upper Limb)
General features of different types of joints. Brief study of the following joints of the body with Movements. Shoulder, Elbow, Wrist and other smaller joints of Head & Neck, Upper Limb.
- V. HEAD, NECK AND BRAIN

Head and neck- introduction, scalp, face and lacrimal apparatus, sides of the neck, sub occipital triangle, contents of vertebral canal (brief), meningeal layer, cavernous sinuses and other sinuses in brief, hypophysis cerebri, trigeminal ganglion, middle meningeal artery, contents of the orbit, triangles of the neck, ansa cervicalis, parotid gland, otic ganglion, submandibular gland, sublingual gland, thyroid gland, parathyroid gland, thymus, blood supply of deep structure, cervical ganglion, cervical plexus, styloid apparatus, oral cavity, palate, pharynx, auditory tube, nasal septum, paranasal sinuses, cartilage of larynx.

Parts of nervous system, meninges, ventricles , motor and sensory pathways, cranial nerve, motor and sensory cortex and their blood supply with cross sectional studies in brief morphology of spinal cord. section of medulla - pyramidal decussation, sensory decussation, upper part of medulla, pons -mid level, midbrain-mid superior colliculus, inferior colliculus, cerebellum-horizontal- mid sagittal section, horizontal section at interventricular formation, coronal section at anterior commissure, coronal section at mammillary body. sensory organs (regionwise)-gross anatomy of eyeball, ear, nose and tongue in brief, blood brain barrier.

VI. UPPER LIMB

An introduction, breast, clavipectoral fascia, axilla, lumbar triangle, triangle of auscultation, bursa of upper limb, musculotendinous cuff, intermuscular spaces, cubital fossa, synovial sheath, retinaculum of hand, palmar aponeurosis, spaces of hand, anatomical snuffbox.

VII. MICRO ANATOMY - 12 General topics, 15 systemic topics (Separate list attached)

1. Study of microscopes and artifacts.
2. General Histology, study of the basic tissues of the body, functional correlation of the structural components of the organs.
3. Systemic histology of concerned organs.

PAPER - II

COURSE CONTENT

(Related Regional Anatomy, Histology, Embryology , Myology, Arthrology & Osteology of Throat, Abdomen and Pelvis, Lower Limb and embryology)

I. THORAX

General Introduction

Pericardium, Thorax Wall, Position And Parts Of The Heart, Conducting System, Blood Supply And Nerve Supply Of The Heart, Names Of The Blood Vessels And Their Distribution In The Body, Lungs & Pleura-General Features, Surface Markings, Broncho Pulmonary Segments , Applied Anatomy , Mediastinum , Diaphragm, Oesophagus, Thoracic Duct.

II. ABDOMEN AND PELVIS

Peritoneum- General disposition - horizontal and vertical , parts relation, blood supply, Nerve supply of abdominal organs. PELVIC ORGANS-Parts position, relation, blood supply, nerve supply.

III. LOWER LIMB

Deep fascia-modifications, saphenous veins, lymph nodes, adductor canal muscles-nerve supply, blood Supply, action, joints, arches of foot , joints of lower limb.

IV. EMBRYOLOGY IN BRIEF:

Definition of embryology , brief account of male and female, ovary; definition of gamete; sperm, ovum, gametogenesis, migration of primordial germ cells into gonadal ridge; structure of sperms growth of ovarian follicles, ovarian and uterine cycles.

Principle of family planning (contraception), In-vitro fertilization (for integrated teaching).

Systemic Embryology(Brief): Development of the individual organ of digestive system, genital system, urinary system, respiratory system, cardiovascular system, nervous system, special sensory organs (in brief) endocrine glands and mammary gland.

Development abnormalities in Brief.

PRACTICALS

Total time: 32-34 weeks.

GROSS ANATOMY: (Dissection / Demonstration of following parts of body)

Upper Limb:	Dissection: Pectoral, scapular, shoulder, arm, forearm (5 wks) Prosected Parts: Joints, Palm and dorsum of hand.
Thorax:	Dissection: chest wall, Mediastinum, Lungs and heart.
Abdomen:	Dissection: anterior abdominal wall and inguinal region, viscera and posterior abdominal wall.
Pelvis:	Dissection: Pelvic viscera and blood vessels and nerve sagittal section (M & F) (2 Wks) Prosected Parts: Sole of the foot and joints.
Head and Neck:	Dissection: scalp, superficial and dissection of face and neck (8 wks to 10 wks). Prosected Parts: Orbit, eyeball, submandibular region, Temporal and infra Temporal fossa, cranial cavity, naso and oropharyngeal regions, Ear, larynx and pharynx. Cross sections at C-4, C-6 levels. sagittal section of Head and Neck.
Nervous system:	Section of brain and prosected specimens and major functional areas, Gross structure of brain and spinal cord and study of gross sections as mentioned earlier (in brief).

DEMONSTRATIONS:

- Bones-as described in osteology section
- Brain and Spinal cord.

SPECIFIC SKILLS: Students should learn the following skills

1. To localize important pulsations and the structure against which pressure can be applied in case of bleeding & Trauma of particular artery.
 2. To elicit superficial and deep reflexes.
 3. To demonstrate muscle testing and movements at joints.
 4. To locate for: Lumbar puncture , sternal puncture , pericardial tapping , and liver biopsy.
 5. To locate veins for venous puncture.
 6. To locate the site for emergency such as tracheotomy.
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HISTOLOGY

General Histology

1. Microscope
2. Cell
3. Epithelial Tissue I
4. Epithelial Tissue II
5. Connective Tissue-Bones and Cartilages
6. Muscular tissues
7. Nerve tissues (TS & LS of peripheral nerve, sensory & sympathetic ganglion, optic nerve)
8. Epithelial glands (serous, mucous and mixed salivary gland)
9. Circulatory system (large artery, medium sized artery, larger vein)
10. Lymphatic system (Lymph nodes, Thymus, Tonsils, spleen)
11. Skin & Appendages.
12. Placenta & Umbilical cord.

Systemic Histology

1. Respiratory System.
2. Oesophagus & Stomach.
3. Liver, Gall bladder, Pancreas.
4. Urinary System I (Kidney)
5. Urinary system II (Ureter, Bladder, Urethra).
6. Small & large Intestine
7. Reproductive system-Female
8. Reproductive System-Male
9. Upper GIT (Lip, tongue)
10. Hypophysis cerebri, Thyroid and suprarenal glands.
11. Eye - Cornea and Retina.

TEXT BOOKS

- | | |
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| 1. Text book of anatomy (Vol-I, II, III) | - by B.D. Chaurasia |
| 2. Text book of anatomy | - by Hamilton |
| 3. Practical Anatomy | - by Cunningham |
| 4. Human Embryology | - by Inderbir Singh |
| 5. Cunningham's Text book of Anatomy | - by Cunningham |
| 6. Balley's text book of Histology | - by Balley |
| 7. Medical Embryology | - by Langman |

REFERENCE BOOKS

- | | |
|-----------------------------------|--------------------------|
| 1. Text book of Anatomy | - by Gray |
| 2. Atlas of Histology | - by Diforie |
| 3. Atlas of Histology | - by Poddar |
| 4. Text book of Human Histology | - by Dr. Veena Bharihoke |
| 5. A Color Atlas of Human Anatomy | - by McMinn |
| 6. Grant's Method of Anatomy | - by Grant |
| 7. Regional & Applied Anatomy | - by R.J. Last |

PHYSIOLOGY

Theory

I. GENERAL PHYSIOLOGY

1. Cell structure
2. Sub-cellular units
3. Cell membranes and their properties
4. Transport mechanisms
5. Bioelectrical potentials
6. Body fluids and homeostasis

II. BLOOD – Physical properties, composition and functions of blood.

1. Plasma proteins
 - a) Normal values
 - b) Origin and methods of separation
 - c) Functions and variations in health and disease.
2. Bone marrow
 - a) Formed elements
 - b) Composition and functions
3. Erythrocytes
 - a) Morphology and variations in health and diseases
 - b) Development of erythrocytes
 - c) Site and stages in development
 - d) Necessary factors
 - e) Regulation of development of erythrocytes
 - f) Life-span and fate of erythrocytes
 - g) Erythrocytes sedimentation rate (ESR)
4. Haemoglobin
 - a) Structure, synthesis, function and metabolism
 - b) Types of hemoglobin
5. Anaemia – Definition and classification
6. Jaundice – Definition and classification
 - a) Role and function of spleen
7. Leucocytes
 - a) Classification, morphology, development and functions
 - b) Variation in health and disease
8. Thrombocytes
 - a) Origin, morphology and functions
 - b) Variation in health and disease
9. Haemostasis
 - a) Mechanism of haemostasis, coagulation of blood
 - b) Fate of clot and disorders of clotting

10. Anticoagulants
 - a) Mechanism of action and clinical applications
11. Blood groups
 - a) Classification
 - b) ABO and RH system
 - c) Blood transfusion, indication and hazards
12. Lymph and tissue fluids
 - a) Lymph and reticular system
 - b) Fluid compartments and Water Balance
 - c) Principles of immune system
 - d) Cellular and humoral immunity

III.- CARDIO-VASCULAR SYSTEM

Historical perspective and organization of cardiovascular system

1. Heart –
 - a) Structure and properties of cardiac muscle
 - b) Cardiac metabolism
 - c) Enervation of heart, junction tissue of heart
 - d) Regeneration and spread of cardiac impulse
2. Electrocardiography
 - a) Enthovan's Law
 - b) Various ECG leads, normal ECG and its interpretation
 - c) Cardiac arrhythmias and heart block
 - d) Cardiac vector
3. Cardiac cycle
 - a) Pressure and volume change (mechanical events)
 - b) Heart sound and stethoscopy
 - c) Principle of echo-cardiography
 - d) Measurement and regulation of cardiac output
4. Heart sounds
 - a) Description, causation and relation to other events in cardiac cycle
 - b) Clinical significance of heart sounds
5. Blood pressure
 - a) Definition, regulation and factors influencing B.P.
 - b) Measurement of blood pressure
 - c) Physiology of haemorrhage and shock
6. Circulation
 - a) Blood vessels
 - b) Physical principle of blood flow, regulation of blood flow
 - c) Jugular venous pulse tracing, radial pulse tracing
 - d) Coronary, cerebral, renal and pulmonary circulation
 - e) Splanchnic, cutaneous and capillary circulation

IV. RESPIRATORY SYSTEM

Introduction, internal and external respiration, physiological anatomy of respiratory system.

1. Mechanics of respiration
 - a) Inspiration and expiration
 - b) Role of respiratory muscles and thoracic cage
 - c) Pressure and volume change during respiration
 - d) Work of breathing, lung compliance and its significance in health and diseases.
2. Lung volumes and capacities
 - a) Lung volumes and capacities and their measurements
 - b) Respiratory minute volume and maximum voluntary ventilation
3. Alveolar ventilation Composition of atmospheric, inspired, alveolar and expired air
4. Pulmonary circulation
 - a) Pulmonary circulation, ventilation-perfusion relationship
 - b) Diffusion of gases across pulmonary membrane
 - c) Oxygen uptake, transport and delivery
 - d) Carbon-dioxide uptake, transport and delivery
5. Organization of the respiratory centers
 - a) Nervous and chemical regulation of respiration
 - b) Classification and characteristics of hypoxia, cyanosis, asphyxia, hypercapnea, hypocapnea, dyspnoea, apnoea and orthopnea and periodic breathing.
 - c) Respiratory aspects of high altitude
 - d) Physiology of acclimatisation and hyperbarrism
 - e) Respiratory / pulmonary function tests
 - f) Non-respiratory functions of lungs
 - g) Artificial respiration

V. DIGESTIVE SYSTEM

1. Introduction, organization and plan of digestive system
2. Saliva
 - a) Composition, functions, regulation of secretion
 - b) Methods of study of above aspects of saliva
3. Stomach
 - a) Functions of stomach
 - b) Composition and functions of gastric juice
 - c) Regulation of secretion and mechanism of HCL secretion
 - d) Gastric emptying time and its regulation
 - e) Methods of study of gastric function and its applied aspect.
4. Pancreas
 - a) Composition and functions of pancreatic juice
 - b) Regulation of pancreatic secretion
 - c) Methods of study of pancreatic secretion
5. Liver
 - a) Function, formation, storage and emptying of bile
 - b) Composition, function and regulation of release of bile
 - c) Entero-hepatic circulation
 - d) Tests for liver functions
6. Small intestine
 - a) Succus entericus
 - b) Composition, function and mechanism of secretions

7. Large intestine
 - a) Functions
8. Gastro-intestinal Hormones
 - a) Release and functions
9. Gastro-intestinal movements
 - a) Mastication, deglutition and vomiting
 - b) Movements of stomach and small intestines
 - c) Movements of large intestine and defecation
 - d) Regulation of movements and methods of study
10. Digestion and adsorption of carbohydrates, fats, proteins and vitamins, minerals and water

VI. EXCRETORY SYSTEM

1. General introduction organs of excretion with special emphasis on evolution of excretory mechanisms
2. Renal system-functional anatomy and renal circulation
3. Nephron
 - a) Mechanism of urine formation, glomerular filtration, tubular function
 - b) Concentration and acidification of urine
 - c) Composition of normal urine, and abnormal constituents of urine
 - d) Renal function tests
4. Non-excretory functions of kidney
 - a) Physiology of micturition and its abnormalities
5. Skin-Structure and functions

VII. ENDOCRINAL SYSTEM

1. Introduction-hormones, evolutionary back-ground and organization of endocrine control systems
2. Methods of study
 - a) Classification of hormones and mechanism of hormonal action
 - b) Regulation of hormone secretion and feed-back system
3. Hypothalamo- hypophyseal system
 - Releasing hormones
4. Active principles
 - a) Chemical nature, biosynthesis, role of action
 - b) Control of secretion , excretion and its aspect.
 - c) Clinical study of their hypo-and hyper function
 - d) Laboratory diagnosis of pituitary (anterior and posterior) gland, thyroid, parathyroid, adrenal cortex and medulla and islets of langerhans.

VIII. REPRODUCTIVE SYSTEM

1. Physiology of reproduction
 - a) Introduction to physiology of reproduction
 - b) Sex determination and sex differentiation and chromosomal study
2. Male reproductive system
 - a) Growth, development and structure of testes
 - b) Gonadotropins and gonadal hormones
 - c) Functions of testes and spermatogenesis
 - d) Composition of semen
3. Female reproductive system
 - a) Ovary, gonadotropins
 - b) Structure of ovary and corpus luteum
 - c) Function of ovary, ovarian hormones
 - d) Physiology of menstruation cycle and physiology of pregnancy
 - e) Physiology of placenta, gestation and parturition
 - f) Physiological basic of tests for ovulation and pregnancy
4. Physiology of lactation

IX NERVE MUSCLE PHYSIOLOGY

1. Neurons
 - a) Morphology and measures of excitability
 - b) Classification and properties of nerve fibers
2. Muscle
 - a) Types of muscles and their properties and morphology
 - b) Neuro-muscular junction, excitation-contraction coupling
 - c) Myasthenia gravis
 - d) Starlings law and its applications

X. CENTRAL NERVOUS SYSTEM

1. Structural and functional organization of central nervous system
2. Neuron
 - a) Neuroglia, functional types of neurons
3. Cerebro-spinal fluid
 - a) Formation, circulation, functions of CSF
 - b) Methods of collection and clinical significance of CSF
4. Synapse
 - a) Types of synapses and their structure
 - b) Sympathetic transmission
 - c) General properties of neuro-transmitters
5. Sensory Physiology
 - a) Classification and general properties of receptors
 - b) Sensory modalities and stereognosis
6. Reflexes
 - a) Reflex and general properties of reflexes (with examples)
7. Ascending tracts
 - a) Origin, course, termination and functions
 - b) Specific reference to pain pathway and physiology of pain
8. Organisation of motor systems
 - a) Pyramidal and extra-pyramidal system
 - b) Upper and lower motor neurones and their lesions
 - c) Brown-sequard syndrome
 - d) Syringomyelia
- 9 Cerebellum
 - a) Functional anatomy, connections and functions
 - b) Effects of lesions and tests for cerebellar function
10. Basal ganglion
 - a) Functional anatomy, connections and functions
 - b) Diseases of basal ganglion and its clinical evaluation
11. Vestibular apparatus
 - a) Functions anatomy, connections and functions
 - b) Effects of lesions and their assessment
 - c) Physiology of maintenance and regulation of muscle tone, posture and equilibrium
 - d) Decerebrated rigidity and righting reflexes
12. Thalamus
 - a) Functional anatomy, connections and functions
 - b) Effects of lesions of thalamus
13. Hypothalamus
 - a) Functional anatomy, connections and functions
 - b) Effects of lesions of hypothalamus
14. Body temperature regulation
 - a) Normal body temperature, pyrexia and hypothermia

15. Cerebral cortex
 - a) Functional anatomy
 - b) Methods of study of cortical functions
16. Limbic system
 - a) Functional anatomy, connections and functions
 - b) EEG, Physiology of sleep and wakefulness
17. Higher functions
 - a) Learning, speech, memory, behaviour and emotions

XI. AUTONOMIC NERVOUS SYSTEM

1. Sympathetic nervous system
2. Parasympathetic nervous system

XII. SPECIAL SENSE

1. Smell
 - a) Physiology of olfaction and olfactory discrimination
 - b) Olfactory pathway and defects of olfaction
2. Receptors, primary taste sensation and taste pathway
3. Vision
 - a) Functional anatomy of eye, extra and intra-ocular muscles
 - b) Errors of refraction and their correction, visual acuity
 - c) Physiology of aqueous humour
 - d) Cornea, lens, intraocular pressure, accommodation
 - e) Retina, rhodopsin cycle, dark and light adaptation
 - f) Visual pathway and effects of lesions in visual pathways
 - g) Field of vision, perimetry, binocular vision
 - h) Iris and papillary reflexes
 - i) Colour vision, colour blindness and tests for colour blindness
 - j) Formation and circulation of tears, lacrimal glands
4. Hearing
 - a) Functional anatomy of ear, function of external ear
 - b) Physiological functions of middle ear
 - c) Impedance matching and tympanic reflex
 - d) Functional anatomy of internal ear, cochlea, organ of corti
 - e) Auditory pathway and auditory cortex
 - f) Frequency analysis, sound localization, defects of hearing
 - g) Audiometry, tests for conduction defects, Aphasia

Note : For the purpose of written Theory examination, the syllabus is divided as follows :-

Theory Paper-I

Section-A : Consisting of chapters on General physiology, Blood, Cardio-vascular system, Respiratory system and Digestive system.

Theory Paper- II

Section-B : Consisting of chapters on Excretory system, Endocrine system, Reproductive system (male and female), Nerve muscle physiology, Central nervous system, Autonomic nervous system and Special senses.

PRACTICALS

SECTION C

I. HAEMATOLOGY EXPERIMENTS

1. Collection of blood, study of fresh drop of blood, effects of isotonic, hyper tonic and hypo tonic saline on RBCs
2. Enumeration of RBCs (RBC count)
3. Estimation of haemoglobin
4. Packed cell volume (PCV) and blood indices
5. Determination of Erythrocyte sedimentation rate (ESR)
6. Enumeration of WBC (Total count)
7. Differential WBC count (Differential count)
8. Determination of clotting time and bleeding time
9. Enumeration of platelets (Platelet count)

II. HUMAN PHYSIOLOGY EXPERIMENTS

1. Recording of blood pressure in human beings and study the effects of exercise on blood pressure
2. Electrocardiography (Demonstrations)
3. Clinical examination of CVS and radial pulse
4. Determination of tidal volume, inspiratory reserve volume, expiratory reserve volume, inspiratory capacity, expiratory volume
(All experiments are to be arranged for demonstration)
5. Stethoscopy, normal body temperature and its physiological variation
6. Pulse, respiration and temperature chart with correlation
7. Clinical examination of respiratory system
8. Plethysmography (Demonstration)
9. Clinical examination of CNS
 - a) Motor functions
 - b) Sensory functions
 - c) Cranial nerves
 - d) Reflexes superficial and deep
10. Determination of vital capacity and maximum ventilator volume with spirometry (Demonstration)

Note - The above 10 human physiology experiments are to be conducted with demonstration as a joint venture by physiologists and the clinical faculty, if necessary.

Recommended text books for physiology

1. Text book of Medical physiology by A.C. Guyton
2. Review of Medical physiology by W.F. Ganong
3. Concise text book of Medical physiology - S.K. Choudhary
4. Understanding Medical physiology - by Bijlani
5. Essentials of Medical Physiology - by Sembulingam

Reference books

1. Best and Taylor's physiology basis of Medical practice
2. Practical physiology by Ghai
3. Practical physiology by Ranade

BIOCHEMISTRY

THEORY

1. Introduction and Prospects.
2. Hydrogen ion concentration, acids, bases, buffers, Henderson - Haselbasch Equation.
3. Principles of calorimetry, Paper chromatography and Electrophoresis.
4. Amino Acids - Classification, structure, properties and side chains of amino acids.
5. Peptides - Biological importance of peptides structure of Insulin.
6. Proteins - Definition, Biological importance, classification and properties, structure of proteins, coagulation and denaturation of proteins,
7. Elementary aspects of the structure of collagen, Myoglobin and Hemoglobin.
8. Enzymes - Definition, classification, specificity, coenzymes, co-factors and activators diagnostic importance of enzymes and iso-enzymes.
9. Carbohydrates - Definition, classification and biological importance of Monosaccharides-classification, properties and stereoisomerism, oligosaccharides-importance of Disaccharides.
10. Polysaccharides - Functions.
11. Lipids - Definition, classification and biological importance.
 1. Simple lipids: Composition of triglycerol, Waxes.
 2. Compound lipids: Functions of fatty acids - Properties of saturated and unsaturated fatty acids.
12. Nucleic acids - Definition, classification, composition and biological importance of nucleic acids, purines and pyrimidine bases. Structure of DNA
Structure, function and types of RNA. .
13. Vitamins -Definition and classification.
Brief account of source, biochemical function deficiency diseases.
Vitamin antagonist
Hypervitaminosis
14. Minerals - Calcium, Phosphorous, iron, copper, zinc, magnesium, manganese, lead, mercury
arsenic and metal toxicity fluorine and iodine.
15. Cell and subcellular structures :
Cell membrane, its composition, function of subcellular structures, transport across cell membrane,
Active and facilitated diffusion.
16. Metabolism - Digestion and absorption of carbohydrates, lipids, proteins and nucleic acids.
17. Carbohydrate Metabolism - Glycogenesis, glycogenolysis and kreb's cycle, glycolysis, pyruvate oxidation citric acid cycle, Gluconeogenesis, Metabolism of Fructose and Galactose, regulation of metabolic pathways, disorders of carbohydrate metabolism, regulation of blood sugar, glucose tolerance test, diabetes mellitus.
18. Biological oxidation - Oxidative phosphorylation.
19. Lipid Metabolism -Lipogenesis, synthesis of fatty acids, de-saturation, Phospholipids, Bio-synthesis of lecithine, Cephalin and utilisation of Ketone bodies, Ketosis, synthesis and utilisation of ketone bodies, Ketosis,synthesis and breakdown of cholesterol, disorders of lipid metabolism, outlines and formation and functions of prostaglandins and leucotrienes, fatty liver and lipotropic factors.

20. Metabolism of proteins and amino acids - Breakdown of tissue proteins, amino acids pool, general metabolism of amino acids, disposal of ammonia, urea cycle formation of glutamate and glutamine, disorders of amino acid metabolism.
21. Purine and Pyrimidine metabolism-Outline of synthesis and breakdown of purine and pyrimidine, Disorders of metabolism of purine and pyrimidine.
22. Biochemical genetics and protein synthesis - Replication, transcription, reverse transcription viruses, oncogenes, post transcription modification.
23. Biochemistry of blood - Outline of synthesis and degradation of heme, Function of Haemoglobin, abnormal haemoglobin, Jaundice , importance , functions and separation of plasma proteins, Functions of immunoglobulins , regulation of PH of blood, role of kidney and lungs in maintaining PH of blood, acidosis and Alkalosis.
24. Liver function - Liver Function tests, Detoxification mechanisms.
25. Kidney Function Tests - Composition of Urine, Urea clearance and creatinine clearance.
26. Energy metabolism (BMR) - Basal metabolic rate and its importance, calorific values of food, unbalanced diet, protein energy malnutrition (PEM) , Essential fatty acids , dietary habits and diseases, biochemistry of starvation.
27. Electrolytes and water metabolism.

Practicals

SECTION - I

1. Indicators
2. Reactions of monosaccharides . Glucose and fructose
3. Reactions of disaccharides - Lactose, Maltose and Sucrose
4. Reactions of polysaccharides . Starch and dextrin
5. Reactions of Proteins - albumin, casein, gelatin
6. Coagulation and Precipitation and reactions of Proteins.
7. Reactions of Non Protein Nitrogen (NPN) - Urea, Uric acid and creatinine.
8. Analysis of Milk
9. Normal Constituents of urine
10. Analysis of abnormal urine.

SECTION -II

1. Determination of
 - a. Blood Sugar
 - b. Blood urea
 - c. Total serum protein
 - d. Total serum calcium
 - e. Total serum cholesterol
 - f. Total serum bilirubin
2. Determination of
 - a. Sugar in CSF
 - b. Proteins in CSF
 - c. Chlorides in CSF
3. Determination of albumin and urea in urine
4. Determination of SGOT and SGPT
5. Demonstration of principles of
 - a. Calorimetry and calorimeter
 - b. Paper chromatography
 - c. Electrophoresis
 - d. Glucose Tolerance Test (GTT)
 - e. Flame photometry

Note:

1. Section - I of practicals shall be conducted by students in biochemistry laboratory.
2. Section - II of practicals shall be conducted by teaching staff as a part of demonstration / seminar in the laboratory.

Recommended Text books For Biochemistry

1. Textbook of Biochemistry-By Ramkrishna, Prasanna and Rajan
2. Biochemistry for medical students - By Debajyothi Das.
3. Text book of Biochemistry-By Rama Rao.
4. Text Book of Biochemistry-By Sathyanarayan.

Reference Book -

1. Harper's review of physiological chemistry - By Harper
 2. Text Book of Biochemistry - By Lubert Stryer
 3. Biochemistry - By Albert Lehninger.
 4. Text book of Biochemistry - By West & Todd
 5. Laboratory manual of Biochemistry - By Pattabhiraman & Acharya
 6. Laboratory manual of Biochemistry - By Rajgopal & Ramkrishanan
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PHILOSOPHY OF NATURE CURE

Theory PAPER - I

1. The evolution of the human body.
2. Philosophy of the body , mind , soul , life , spirit and spiritual body.
3. (a) Composition of the human body, according to Ayurveda, Naturopathy, Yoga, Modern Medicine & Homeopathy.
(b) History and Fundamental (Basic) principles of Naturopathy.
4. Comparative study of the Naturopathy with other systems of Medicine.
5. Ayurvedic Approach Towards Naturopathy.
6. Philosophy of Indian Naturopaths
 - a. Vegiraj Krishnamraju
 - b. Vinoba Bhave.
 - c. Mahatma Gandhi.
 - d. Dr. S. J. Singh
 - e. Dr. J. M. Jussawala
 - f. Dr. Vittal Das Modi
 - g. Dr. B. Venkat Rao
 - h. Dr. Dinsha K. Mehta
 - i. Dr. Kulranjan Mukherjee
 - j. Dr. Bhojraj Chhabaria
 - k. Sant Hirdaram Sahibji
 - l. Dr. Laxmi Narayan Choudhary
 - m. Dr. Hira Lal
 - n. Dr. K. Laxman Sharma
 - o. Dr. Janaki Sharan Verma
 - p. Dr. Ganga Prasad Goud 'Nahar'
 - q. Dr. Sharan Prasad
 - r. Dr. Khushiram Dilkash
 - s. Seth Dharamchand Saravagi
 - t. Sukhbir Singh 'Ravat'
 - u. Krishna Swaroop 'Shrotriya'
 - v. Sohanlal Nishkam Karmyogi
 - w. Dr. Keki R. Sidhwa
 - x. Dr. M. M. Bhamgara
 - y. Jai Narayan Jaiswal
 - z. Dr. Moolraj Anand
7. Philosophy of Foreign Naturopaths.
 - a. Aesculapius
 - b. Hippocrates
 - c. The School of Salerno.
 - d. Paracelsus
 - e. Vincent Priessnitz.
 - f. Sebastian Kneipp.
 - g. Arnold Rickli.
 - h. Louis Kuhne.
 - i. Adolf Just.
 - j. John H. Tilden.
 - k. Sigmund Freud.
 - l. Henry Lindlahr.
 - m. Bernarr Macfadden
 - n. Bernard Jenson
 - o. Arnold Ehret
 - p. Edwin Babbitt
 - q. Herbert M. Shelton
 - r. J. H. Kellogg M.D.
 - s. Benedict Lust
 - t. Dr. Dean Ornish
 - u. Dr. Paavo Airola
 - v. Dr. Paul C. Bragg
 - w. Dr. Hereward Carrington
 - x. Aterhov
 - y. John Wesley
 - z. Sylvester Graham
 - aa. Dr. Max Gerson M.D.
 - ab. Dr. Harry Benjamin
 - ac. Edward Hook Dewey
 - ad. Issac Jennings M.D.
 - ae. Dr. Stanley Lief
 - af. Silas Weir Mitchell
 - ag. Dr. R. T. Trall M.D.
8. Laws of Nature:
 - a. Pancha Maha Bhutas.
 - b. Shareera Dharmas - Ahara, Nidra, Bhaya, Maithuna.
 - c. Inflammation and its different stages.
 - d. Natural rejuvenations.
 - e. Violations of Laws of Nature resulting in diseases
 - f. Dictum of Cure i) Remove the root cause ii) Eliminate the toxin iii) Supplement of the vital Nutrients iv) Conservation of the vital energy or nerve energy.

9. Catechism of Nature Cure
10. Swasthya Vritam :-
 - a. Dinacharya. b. Ratricharya.
 - c. Ritucharya. d. Vegadharanam
11. Unity of disease, unity of cure and way of treatment.
12. How Nature Cures ?
13. Foreign matter and Toxins accumulation in the body and its importance in elimination through different ways of channels. (Toxemia / Foreign Matter Theory).
14. How to acquire Natural immunity in diseases.
15. Difference between functional and organic diseases.
16. Materia Hygienica-
 - a) Importance of Physical & Mental Hygiene
 - b) Revolution & Evolution of Hygiene
 - c) Hygiene not a cure
 - d) Hygienic care of the sick
 - e) Applications of Hygiene
 - f) Medicine & the Hygiene contrasted
 - g) Women & Hygiene
 - h) Hygienists
 - i) Future of Hygiene
17. The Philosophy of Life:-
 - a) The Primordial Requisites of Life (Basic Needs of Living)
 - b) The Laws of life.
 - c) Mystery of life
 - d) Life's Engineering
 - e) Safeguards of life.
 - f) How long can we live (Increase of average length of life), Are You Shortening Your Life?
Why Live Long?
18. The Philosophy of Health
 - a) Health Standards
 - b) Health & its Conditions
 - c) Ancient Man Was Healthier Than We Are.
 - d) Positive Habits
 - e) Vital Economy
 - f) Divine science of Health.
 - g) Nine Doctors at your Command.
 - h) Health Destroyer (Tea, Coffee, Salt, Sugar, Tobacco Chewing, Smoking, Alcohol, Non-Veg(Animal Food), Excess Fat & Oil, Negative Thinking & attitude etc.)
 - i) The Secret of Health - Storing Energy & Enzymes
 - j) Internal Symbiosis
 - K) Your Body: Do- it Yourself Repair Shop

19. Body's Protective Mechanism
- a) Digestion: First Line of Defense Against Disease.
 - b) The Liver: Second Line of Defense Against Disease.
 - c) The Endocrine Glands: Third Line of Defense Against Disease.
- 20.
- a) Super Nutrition from Sprouts.
 - b) Food is The Magic Healer.
 - c) Let Food Be Your Medicine - Body As A Self Healer
- 21.
- a) Wheat Grass Miracles
 - b) The Hippocrates Diet
 - c) Salt Eating
 - d) Stimulant Delusion
22. Preventive Medicine:-
- a) Prevention of Disease
 - b) Prevention of Epidemics
23. Natural Ways of Care:-
- a) Keeping Your Body Clean:- (Colon, Liver, Lungs, Kidneys & Skin).
 - b) Care of the Colon, Teeth, Eyes, Ears, Hairs, Feet & Skin.
 - c) Care of the Glands & Emotional Control
 - d) Care of the Orifices of the Body.
24. The Philosophy of Disease in Nature Cure:-
- a) The Essential Nature of Disease
 - b) The Occasions for Disease
 - c) The Suppression of Disease
 - d) Is Disease Friend or Foe?
 - e) The Rationale of Fever
 - f) Disease has Many Faces
 - g) You under the Doctor's Eye
 - h) Fallacy of Diagnosis
 - i) Iatrogenic Diseases
 - J) Physiological Compensation.
25. The Cure Core In Nature Cure:-
- a) Living Matter Cures Itself.
 - b) Reform Vs. Cure
 - c) The Delusion of Cure
 - d) To Cure The Incurable.
 - e) Rest Cure

26. The Hidden Truth about Drugs:-
- a) Biodynamics Vs. Pharmacodynamics
 - b) Evils of Drug Medication
 - c) Drug Indulgences
 - d) Fallacy of Pharmacology
 - e) Fallacy of Cure
 - f) Drug cannot Heal You.
 - g) Suppression Vs. Elimination
 - h) Druglessness.
27. The Science of Recovery:-
- a) Convalescence- Gradual Recovery of Vigor
 - b) Conditions of Recovery & Time factor in Recovery.
 - c) The Tragedy of Irreversibility.
28. The New Human Redemption.
29. Toxic Acid Crystals Cement your Body.
30. Philosophy of Death:-
- a) Life & Death
 - b) Why Death, The Biological Way
 - c) How to Prolong Life & Postpone death
 - d) The Causes of Death
 - e) The Signs Of Old Age
 - f) Phenomena of Death
 - g) The Fear of Death
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PAPER - II

1. Properties of Water, Mud, Air and Sunlight.
2. Health is positive and disease is Negative.
3. Basic concepts in Nutrition and balanced diet.
4. Role of diet in nature cure and yoga(Satvic, Tamsic, Rajsic)
5. Outlines on a) Regular Habits for health b) Rest and Relaxation c) Live Food- Natural Raw diet d) Fasting e) Exercises.
6. Fundamentals of Ayurveda
7. Fundamental of Siddha
8. Fundamentals of Homeopathy
9. Fundamentals of Unani
10. Fundamentals of Allopathy
11. The Diagnostic Procedures in Naturopathy & their Diagnostic Values :-
 - A) Facial Diagnosis- The Science Of Facial Expression
 - B) Iridiagnosis
 - C) Chromo-Diagnosis
 - D) Spinal Analysis
12. Arogya-Rakshaka Panchatantras and Their Importance In Restoration , Maintenance Of Health And Prevention Of Diseases.
13. Treatment Modalities in Nature Cure (in brief) :-
 - A) Enema - Colon Flushing
 - B) Colon Hydrotherapy
 - C) Hydrotherapy:-
 - i) Hip Bath
 - ii) Spinal Bath
 - iii) Spinal Spray
 - iv) Foot Bath
 - v) Arm Bath
 - vi) Contrast Arm & Foot Bath
 - vii) Steam Bath
 - viii) Sauna Bath
 - ix) Packs
 - x) Full Wet Sheet Pack
 - xi) Jacuzzi
 - xii) Sitz Bath
 - xiii) Full Immersion Bath
 - xiv) Under Water Massage
 - xv) Douches
 - xvi) Cold Circular Jet Bath
 - xvii) Whirlpool Bath
 - xviii) Gastro Hepatic Pack
 - xix) Kidney Pack
 - xx) Oxygen Bath
 - D) Mud Therapy:-
 - i) Mud Packs
 - ii) Mud Bath
 - E) Chromotherapy:- Colour Treatment
 - i) Heat, Light, Ultra-violet and Infra red rays
 - ii) Chromothermolium
 - F) Heliotherapy-
 - i) Sun Bath
 - ii) Athapa-Snana(Banana Leaf Bath)
 - G) Air-therapy
 - i) Air Bath
 - ii) Ozone Bath
 - H) Magnetotherapy
 - I) Massage Therapy
 - J) Aroma Therapy
 - K) Chiropractice
 - L) Osteopathy
 - M) Physiotherapy
 - N) Nutrition & Dietetics.
14. Crises and their Management.
15. Sleep - Repose.

16. 16. Toxins and anti-toxins, their generation & mitigation in nature cure way.
17. 17. Vaccinations and inoculation, their ill effects on the human mind and body.
18. 18. Old age problems and natural rejuvenation.
19. 19. Family planning by Natural therapeutics.

PRACTICALS

- i. Students should be introduced to various treatment procedures used in Naturopathy.
- ii. Students should have knowledge of giving various treatments.
- iii. Demonstration of :-
 - a) Natural Diet (Live food).
 - b) Satvic boiled diet.
 - c) Way of serving & various special diets.
- vi. Practicals with record.
- v. Visiting to various nature cure clinics/ hospitals.

Text Books—

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|---|----------------------------|
| 1. Philosophy of Nature Cure | - By Henry Lindlahr. |
| 2. Practice of Nature Cure | - By Henry Lindlahr |
| 3. Human culture and Cure | - By Dr. E.D. Babbitt. |
| 4. Practical Nature Cure | - By Dr. K. Laxman Sharma. |
| 5. History and Philosophy of Nature Cure | - By S.J. Singh |
| 6. My Nature Cure | - By M.K. Gandhi |
| 7. Natural health care - A to Z | - By Belinda Gran |
| 8. Introduction to Natural Hygiene | - By Herbert M. Shelton |
| 9. A Complete Hand book of Nature Cure | - By H.K. Bakhru |
| 10. Nature Cure - a way of life | - By S.R. Jindal |
| 11. The cure of advance cancer by Diet Therapy | - Dr. Max Gerson M.D. |
| 12. Toxemia | - J.H. Tilden |
| 13. (i) Dainandin rogo ki Prakartik Chikitsa | - Dr. Kulranjan Mukherjee |
| (ii) Purane rogo ki Grah Chikitsa | - Dr. Kulranjan Mukherjee |
| (iii) Stri rogo ki Grah Chikitsa | - Dr. Kulranjan Mukherjee |
| (iv) Shishu rogo ki Grah Chikitsa | - Dr. Kulranjan Mukherjee |
| (v) Abhinav Prakartik Chikitsa | - Dr. Kulranjan Mukherjee |
| (vi) Khadya ki nayi Vidhi | - Dr. Kulranjan Mukherjee |
| 14. (i) Swasthya ke liye Bhojan | - Dr. Bhojraj Chhabaria |
| (ii) Bina dava Tandurusti | - Dr. Bhojraj Chhabaria |
| (iii) Swasthya avam Sudaulata | - Dr. Bhojraj Chhabaria |
| 15. How to get well | - Dr. Paavo Airola |
| 16. The Encyclopedia of health & Physical Culture | - Dr. Bernarr Macfadden |
| 17. My water cure | - Father Sebastian Kneipp |
| 18. The New Science of Healing | - Louis Kuhne |
| 19. Return to Nature | - Adolf Just |
| 20. Diet Reform Simplified | - Dr. Stanley Lief |

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| 21. Rational Fasting | - Dr. Arnold Ehret |
| 22. The Human Culture and Cure | - Edwin Babbitt |
| 23. Rogo ki Achook Chikitsa | - Dr. Janaki Sharan Verma |
| 24. The Greatest Health Discovery | - American Natural Hygiene Society |
| 25. The History of Natural Hygiene
& Principles of Natural Hygiene | - Hereward Carrington &
Herbert M. Shelton |
| 26. Health For All | - H.M. Shelton |
| 27. Integrated Healing Arts | - Dr. J.M. Jussawala |
| 28. Prakratik Chikitsa Sagar | - Dr. Gaurishankar Mishra |
| 29. Speaking of Nature Cure | - K. Laxmana Sharma & S. Swaminathan |
| 30. Human Life-its Philosophy & Laws | - Herbert M. Shelton |
| 31. How to Get Rid of The Poisons in Your Body | - Gary Null & Steven Null |
| 32. Let's Get Well | - Adelle Davis |
| 33. Be your Own Doctor | - Ann Wigmore |

Reference Books

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|--|------------------------------------|
| 1. My Nature Cure or Practical Naturopathy | - By S.J. Singh |
| 2. The Science of facial expression | - By Louis Kuhne |
| 3. The Story of my experiment with truth | - BY M.K. Gandhi |
| 4. Ayurveda for health and long life | - By Dr. R.K. Garde |
| 5. Everybody's guide to Nature Cure | - BY Harry Benjamin |
| 6. Prayer | - By M.K. Gandhi |
| 7. Diet and Diet Reforms | - By M.K. Gandhi |
| 8. Panchatantra | - By Venkat Rao |
| 9. A. Nature Cure B. Healing from within | - By J.M. Jussawala |
| 10. Miracle of fasting | - By Dr. Paavo Airola |
| 11. Raw eating | - By Aterhov & By Hira Lal |
| 12. Vitality fasting & Nutrition | - By Hereward Carrington |
| 13. Death Deferred | - By Hereward Carrington |
| 14. Natural Nutrition of Man | - By Hereward Carrington |
| 15. Mucousless diet healing System | - By Arnold Ehret |
| 16. Natural Hygiene - Pristine way of life | - By Herbert M. Shelton |
| 17. Better Sight without glasses | - By Harry Benjamin |
| 18. Swasthavritta vijyana | - By R.H. Singh |
| 19. Fundamentals of Ayurveda | - By K.N. Udupa |
| 20. Arogya Prakasha | - By Ramnarayana Vaidya |
| 21. Chikitsa Tatva Dipika | - By Vaidya Mahaveer Prasad Pandey |
| 22. Padarth Vijnanam | - By Ram Prakash Pathak |
| 23. Gem of Siddha Medicine | - By Dr. Ram Murthy |
| 24. Living life to Live it Longer | - By Herbert M. Shelton |
| 25. Eating for Health with Emphasis on Economy | - By L. Ramachandran |
| 26. Hand Book of Naturopathy | - By Sukhbir Singh |
| 27. Healing Through Natural Foods | - By H. K. Bakhru |
| 28. The Human Body: Nature's Amazing Creation | - By Dr. M.M. Bhamgara |

YOGA PRACTICES

Theory

1. Different definition of yoga, its philosophy & origin.
2. Fundamental outlines of Astanga Yoga.
 - a) Yama b) Niyama
 - c) Asanas : Shirshasana, Vajrasana, Supta Vajrasana
Paschimottanasana, Baddha Padmasana, Trikonasana , Ardhakati and Kati Chakrasana,
Padahastanasana, shavasana,
 - d) Pranayama-Suryabhedana, Ujjayi, Bhastrika, Sheetkari, Sheetal, Bhramari, Murcha, Plavini.
 - e) Prathyahara f) Dharana g) Dhyana h) Samadhi
3. Kriyas
 - i) Neti Jal
Sutra
Ghrita
 - ii) Dhouti Vamana
Vastra
Danda
 - iii) Nauli Madhya
Dakshina & Vama
 - iv) Trataka Bindu
Jyoti
 - v) Kapalabhati
4. Rules & regulations to be followed for practising asanas, difference between exercise and asanas.
5. The life sketches, philosophy of Socrates, Plato, Aristotle, Adisankaracharya, Ramanujan, Maharshi Dayananda Saraswati, Ramakrishna Paramahansa, Swami Vivekananda, Swami Kuvalyanada, Ramana Maharshi, A.C. Bhakti vedanta Prabhupada, Jiddu Krishna Murthy, Shirdi Saibaba, Buddha, Mahavir, Shri Aurabindo, Sant Hirdaram Sahibji, Swami Lilashah, Sant Kanwarram

Practicals

1. Asanas
2. Kriyas
3. pranayama
4. Dharana
5. Dhyana-Meditation
6. Practical with records.

Reference Books-

1. Sukshma Vyayama- Swami Dharendra Brahmachari
2. Basis and definitions of Yoga-Vivekananda Kendra
3. RajaYoga-Swami Vivekananda.
4. Asanas-Swami Kuvalyananda.
5. Glimpses of Divine Light- S.K. Das.
6. The Gospel of Buddha-Parul Caruso
7. The Gospel of Sri Ramakrishna-Mahendranatha Gupta
8. Complete works of sri Aurobindo-Sri Aurobindo
9. Asanas, Pranayama, Mudras & Bandhas - Swami Satyananda Saraswati,
10. Yoga in Daily life - Dr. A.U. Rahman
11. Yoga- The science of Holistic living-VKS yoga
12. Pranayama
13. Yogasana Vigyan-Swami Dharendra Brahmachari

ASANA

A. Standing Postures

1. Tadasana
2. Ardhakati Chakrasana
3. Padahastasana
4. Ardha Chakrasana
5. Kati Chakrasana
6. Trikonsana

B. Supine Postures

1. Shavasana
2. Matsyasana
3. Sarvangasana
4. Halasana
5. Chakrasana
6. Pavanmuktasana.

C. Prone Postures

1. Makarasana
2. Bhujangasana
3. Ardha Shalabhasana
4. Shalabhasana
5. Dhanurasana

D. Sitting Postures

1. Vakrasana
2. Ardhamatsyendrasana
3. Paschimottanasana
4. Ustrasana
5. Vajrasana
6. Padmasana
7. Baddha Padmasana
8. Supta Vajrasana

Pranayama

1. Kapalbhati
2. Bhastrika
3. Sheetakari
4. Sheetali
5. Anuloma Viloma
6. Ujjayi
7. Bhramari
8. Plavani

Kriyas

- | | | |
|---------------|---|----------|
| 1. Neti | - | Jala |
| | - | Sutra |
| 2. Dhouti | - | Vaman |
| 3. Nauli | - | Dakshina |
| | - | Madhya |
| 4. Trataka | - | Jyoti |
| 5. Kapalbhati | | |

SYLLABUS & CURRICULUM
For
BACHELOR OF NATUROPATHY AND YOGIC SCIENCES
(II YEAR)

Duration One year

1. Pathology
2. Microbiology
3. Community Medicine (Health)
4. Yoga Philosophy
5. Magneto Therapy and Chromotherapy

PATHOLOGY

Theory

General Pathology

1. **History and Scope of Pathology-**
 - a) Definition and various branches in Pathology.
 - b) Scientific study of disease and methodology.
2. **The cell and the reaction of cell, tissue and organ to injury.**
 - a) Structure of cell and its function.
 - b) Causes and nature of cell injury.
3. **Reaction of cell to Injuriousagents.**
 - a) Lethal injury- Necrosis and gangrene.
 - b) Cloudy swelling.
 - i) Fatty changes in Liver, heart and kidney.
 - ii) Glycogen infiltration and hyaline degeneration.
 - iv) Lipoid degeneration.
 - v) Mucoid degeneration.
 - d) Pathological Calcification-
4. **Inflammation and Repair :-**
 - a) Definition, Classification and nomenclature.
 - b) Acute Inflammation.

Vascular and cellular phenomenon, cell of exudate chemical mediators and tissue changes in acute inflammation Cardinal signs of acute inflammation, Fat, types and systemic effects of acute Inflammation.
5. **Chronic Inflammation :-**
 - a) Difference between acute and chronic inflammation.
 - b) Definition of Granuloma.
6. **Wound healing :-**
 - a) Regeneration and Repair.
 - b) Repair of epithelial and mesenchymal tissue.
 - c) Primary union and secondary union.
 - d) Mechanism involved and factors modifying repair process.
7. **Gangrene - Causes, Dry Gangrene, Moist gangrene, Gas gangrene.**
8. **Granulomas :-**
 - a) Classification of granulomas.
 - b) Tuberculosis- Genesis and fate of tubercle, primary and secondary tuberculosis.
 - c) Definition, Classification and Pathology of Leprosy.
 - d) Acquired, Primary, Secondary and Tertiary stages of syphilis.
 - e) C.N.S.syphilis, C.V.S.syphilis and Gumma, congenital syphilis.
 - f) Actinomycosis, maduramycosis and rhinosporidiosis.
9. **Fluid and Hemodynamic Changes (circulatory disturbances):-**
 - a) Hyperemia, congestion and hemorrhage.
 - b) Thrombosis, embolism, DIC.
 - e) Ischemia, infarction and shock.
 - d).Edema.

10. Immunopathology:-

- a) Basic Pathological mechanism in autoimmune disorders.
- b) Concept of immunodeficiency disorders.
- c) Pathology of AIDS.

11. Growth and its disorders :-

- a) Definition of agenesis, aplasia, atrophy, hyperplasia, hypertrophy, hypoplasia, metaplasia.
- b) Concept of dysplasia, anaplasia and carcinoma-in-situ.

12. Neoplasia :-

- a) Definition, Classification and Nomenclature.
- b) Characteristic features of benign and malignant tumours.
- c) Route of spread of malignant tumors.
- d) Grading and staging of cancers and pre-cancerous conditions.
- e) Carcinogenesis and carcinogens.
- f) Laboratory diagnosis of cancer-Biopsy, exfoliative cytology and prognostic prediction in cancer.
- g) Description of common tumours like-Fibroma, Lymphoma, Angioma, Leiomyoma and Fibrosarcoma, Lymphosarcoma, Angiosarcoma and Leiomyosarcoma. .
- h) Tumours of infancy and childhood.

13. Mineral and pigment metabolism :-

- a) Pathology of melanin pigment
- b) Pathology of hemoglobin and its derivatives
- c) Hemosiderosis and hemochromatosis

14. Genetic disorders :-

Klinefelter's syndrome, Turner's syndrome, Down's syndrome.

SYSTEMIC PATHOLOGY

1. Disorders of RBC-

- a) Definition, morphologic and etio-pathologic classification of anemias.
Iron deficiency anemia-B12 and folate deficiency anemia, sideroblastic anemia, post-hemorrhagic anemia.
- b) Concept and classification of hemolytic anemias.
- c) Laboratory investigations in anemia.

2. Disorders of WBC-

- a) Leukopenia & Leukocytosis.
- b) Agranulocytosis and Tropical Eosinophilia.

3. Coagulation and bleeding disorders-

- a) Structure, function and pathology of platelets.
- b) Definition and classification of blood dyscrasias.
- c) Laboratory investigations in bleeding disorders.

4. Diseases of Cardiovascular System-

- a) Arteriosclerosis and Atherosclerosis.
- b) Aneurysm.
- c) Rheumatic heart disease, Endocarditis, Myocardial Infarction.
- d) Congenital heart diseases.
- e) Congestive cardiac failure.

5. Diseases of Respiratory System-

- a) Lobar Pneumonia, bronchopneumonia, pulmonary Tuberculosis.
- b) Bronchiectasis and Pneumoconiosis.
- c) Tumors of lung.

6. Diseases of Gastro-intestinal system-

- a) Pleomorphic adenoma of salivary gland.
- b) Barrett's Oesophagus.
- c) Gastritis and peptic ulcer and tumors of stomach.
- d) Inflammatory bowel diseases- Crohn's disease, ulcerative colitis, typhoid ulcer.
- e) Megacolon and Tumors of colon.
- f) Malabsorption syndrome, tropical sprue and Coeliac disease.
- g) Amoebiasis, bacillary dysentery and intestinal tuberculosis.

7. **Diseases of liver, biliary tract and pancreas:-**
 - a) Liver function tests and hepatic failure, viral hepatitis.
 - b) Cirrhosis of liver. tumors of liver.
 - c) Alcoholic liverdiseases.
 - d) Indian childhood cirrhosis.
 - E)cholecystitis and Gallstones.
 - f) Pancreatitis and Diabetes Mellitus.
8. **Diseases of Kidney:-**
 - a) Renal function tests, Renal failure, Polycystic kidney.
 - b) Acuteglomerulonephritis, Cresentricglomerulonephritis, Membranousglomerulonephritis, Nephrotic syndrome.
 - c) Chronic glomerulonephritis , acute tubular necrosis.
 - d) Pyelonephritis, Kidney inhypertension.
 - e) Tumors ofKidney.
9. **Diseases of Male Genital system-**
 - a) Orchitis and testicular tumors.
 - b) Nodular hyperplasia of prostate, carcinoma of prostate.
 - c) Carcinoma of penis.
10. **Diseases of Female Reproductive Systems-**
 - a) Endometrial hyperplasia, adenomyosis and endometriosis.
 - b) Carcinoma of cervix, tumors of ovary.
 - c) Carcinoma and other diseases of vulva and uterus.
11. **Diseases of Breast-**
 - a) Fibrocystic disease and tumors of breast.
 - b) Gynaecomastia,
12. **Endocrine Pathology-**
 - a) Endocrinal lesions in brief mainly stressing on thyroid and Pheochromocytoma.
13. **Musculo-skeletal Pathology-**
 - a) Osteomyelitis and Osteoporosis.
 - b) Rickets and Osteoporosis.
 - c) Tumors of Bone.
 - d) Rheumatoid Arthritis, Gout.
 - e) Myasthenia gravis and Progressive muscular dystrophy.
14. **Diseases of Nervous System-**
 - a) Meningitis, tumors of CNS.
 - b) Tumors of Peripheral Nerves.
 - c) Encephalitis.
15. **Diseases of Lymph nodes and Spleen-**
 - a) Lymphadenopathy.
 - b) Malignant Lymphoma, basal cell cracinoma.
16. **Pathology of Skin-**
 - a) Squamous cell carcinoma, Basal cellcarcinoma.
 - b) Malignant melanoma.
 - c) Warts, Molluscumcontagiosum.
 - d) Fungal diseases.
17. **Pathology of Eye.**
18. **Pathology of ENT.**

19. Clinical Pathology Including Clinical Hematology & Clinical Bio-Chemistry.

1. Sample Collections for various hematological and clinical pathological investigations and anticoagulants used.
2. Theoretical aspects of HB estimation; hematocrit, blood indices, ESR and normal values in Hematology.
3. Blood grouping concept of blood groups.
 - a) Selection of donor, major and minor-cross-matching.
 - b) Blood transfusion, diseases transmitted by transfusions.
 - c) Coombs's test.
4. CSF Analysis.
5. Semen Analysis.
6. Urine analysis and microscopy.
7. Liver Function tests.
8. Renal function tests.
9. Glucose tolerance test.
10. Exfoliative cytology.

PRACTICALS

I. Hematology:-

1. Blood groups (A.B.O. System)
2. Estimation of hemoglobin.
3. Enumeration of RBCs (R.B.C. Count)
4. Total leucocyte count (total count)
5. Differential leucocyte count (D.L.C.)
6. Peripheral Smear staining and reporting
7. Absolute eosinophil count.
8. Demonstration of -
 - a) Hemograms in anemia
 - i) Iron deficiency anemia
 - ii) Macrocytic anemia
 - b) Hemograms in Leukaemias-
 - i) Acute types
 - ii) Chronic types
9. Slide study of:-
 - a) Acute myeloid leukaemia
 - b) Chronic myeloid leukaemia
 - c) Chronic lymphatic leukaemia

II. SPOTTERS:

A. HAEMATOLOGY SLIDES

1. Microcytic Hypochromic Anaemia.
2. Macrocytic Anaemia.
3. Dimorphic Anaemia.
4. Acute Leukemia.
5. Chronic Myeloid and Chronic Lymphatic Leukemia.
6. Eosinophilia.

B. HISTO- PATHOLOGY SLIDES FOR DISCUSSION

1. Acute Appendicitis.
2. Lobar Pneumonia.
3. T.B. Lymphadenitis.
4. Lipoma, Fibroma, Squamous Papilloma.
5. Squamous Cell Carcinoma.
6. Adenocarcinoma,
7. Osteosarcoma, Osteoclastoma.
8. Pleomorphic Adenoma.
9. Teratoma, Seminoma of Dysgerminoma.
10. Cystoglandular Hyperplasia.
11. Proliferative Hyperplasia.
12. Secretory Endometrium.

C. INSTRUMENTS FOR SPOTTING

1. Wintrobe's Tube.
2. Westergreen.
3. RBC pipette.
4. WBC Pipette.
5. Lumbar Puncture Needle.
6. Liver biopsy Needle.

III. MORBID ANATOMY

1. Acute Appendicitis.
2. Lobar Pneumonia.
3. TB Lung.
4. Gastric Ulcer.
5. Carcinoma Stomach.
6. Carcinoma Breast
7. Atherosclerosis.
8. Dermoid Cyst of Ovary
9. Seminoma Testis.
10. Chronic Pyelonephritis.

IV. CLINICAL PATHOLOGY

1. Examination of urine for :
A) Sugar, Ketone Bodies.
B) Protein and Blood.
2. Semen Analysis
3. Pregnancy Tests.
4. Liver Functions Test.
5. Fractional Test meal.
6. Glucose tolerance Test.

Recommended Text books for Pathology-

- | | |
|----------------------------------|--------------------------------|
| 1. Pathological Basis of Disease | - By Robbins, Cotran and Kumar |
| 2. TextBookofPathology | - By N.C. Dey |
| 3. TextBookofPathology | - By Harsh Mohan |

Reference Books -

- | | |
|--|----------------------|
| 1. TextBookofPathology | - ByAnderson |
| 2. Systemic Pathology | - By Symmers |
| 3. Medical Laboratory Technology | - By RamnikSood |
| 4. Pathology | - By Boyd |
| 5. Oxford TextBook of Pathology | |
| 6. The science and fine art of
Disease Process (Orthopathy) | - Herbert M. Shelton |

MICROBIOLOGY

Theory

1. General Bacteriology :-

- a) Historical Introduction
- b) Morphology and Physiology of Bacteria.
- c) Sterilisation and Disinfection
- d) Cultivation of Bacteria
- e) Bacterial Growth and Multiplication
- f) Basic Principles of Bacterial Genetics

2. Immunology-

- a) Infection and Immunity
- b) Immunoglobulins and Immune Response
- c) Immune System and Antigen-Antibody Response
- d) Complement and other Serological Tests
- e) Hypersensitivity
- f) Basic Principles of Auto-Immunity.

3. Systemic Bacteriology-

Streptococcus, Staphylococcus and Pneumococcus, Gonococcus, Meningococcus, Corynebacterium, Clostridium, Hemophilus, Bordetella, Mycobacterium, Spirochaetes, Yersinia, Chlamydia.

4. Parasitology-

- a) Protozoology
Entamoeba and Plasmodium
- b) Helminthology-.
Ankylostoma. Ascariasis, Taenia, Wucheraria.

5. Virology-

- a) General properties- of Virus and their diagnosis.
- b) Herpes, Adenovirus, Picorna, Hepatitis Virus
- c) Poxvirus, Rabies Virus, Poliovirus, HIV, Bacteriophage

6. Mycology-

- a) General Characters and methods used of study and diagnosis of fungal infections.
- b) Superficial mycoses, systemic mycoses, Candidiasis, Aspergillosis, Mycetoma, Rhinosporidiosis.

7. Applied Microbiology

- a) Normal bacterial flora of human body.
- b) Diagnostic methods in common diseases-
 - i) Meningitis, UTI, PID. Gastroenteritis, Respiratory Infection.
 - ii) Urogenital Infections, Pyogenic Infections, Nosocomial Infections, Infections of Ear, Eye and Oral Cavity.
- c) Bacteriology of Water

PRACTICALS

- 1. Microscopes & Microscopy
- 2. Sterilization & Disinfection
- 3. Morphology of Bacteria
- 4. Culture media
- 5. Culture methods
- 6. Staining of Bacteria
 - a) Grams staining
 - b) Alberts staining
 - c) Z-N staining
- 7. Stools Examination
- 8. Identification of Bacteria
- 9. Demonstration of V.D.R.L. test
- 10. Demonstration of Widal test

Text Books

- 1. Text Book of Microbiology - By R. Anantha Narayana & C.K. Jayaram Paniker
- 2. Parasitology - By Jayaram Paniker
- 3. Bacteriology - By Dey
- 4. Text Book of Microbiology - By Chakravarty

Reference Books

- | | |
|---|-------------------------|
| 1. Parasitology | - By Chattarjee |
| 2. Practical Microbiology | - By R. Cruick Shank |
| 3. Clinical Microbiology | - By Bailey & Scott |
| 4. Medical Laboratory Manual
For Tropical Countries
Vol. I & II | - By Monica Cheesbrough |

COMMUNITY MEDICINE (HEALTH)

Theory

1. Evolution of Medicine Ancient Medicine, Scientific Medicine, Modern Medicine, Medical Evolution.
2. Concepts in Community Health

Concepts of Health, Health & Development, Indicators of Health, Concepts of Disease, Concepts of Prevention, Disease Control & Eradication, Public Health, Social Medicine, Community Medicine, Health Services, Planning & Management, Risk Approach, Evaluation of Health Services.
3. General Epidemiology -

Introduction, Measurement of Mortality & Morbidity, Epidemiologic Methods Descriptive Studies, Analytical Studies, Intervention studies, Association & Causation, Uses of Epidemiology, Infection Diseases Epidemiology, Disease Transmission, Immunity, Immunizing Agents, Disease Preventions & Control, Disinfection, Investigation of an Epidemic.
4. Genetics.
5. Screening of Diseases -
Concepts, uses, criteria for screening, sensitivity & specificity
6. Epidemiology of communicable Diseases -
 - a. Respiratory infections- small pox, varicella, measles, rubella, Mumps, influenza, Diphtheria, Pertusis, Tuberculosis
 - b. Intestinal Infections - Polio, Viral hepatitis, Cholera, Acute Diarrhoeal Diseases, Typhoid, Food Poisoning, Ameobiasis, Ascariasis, Ancylostomiasis, Taeneasis
 - c. Arthropod - borne infections -
Yellow fever, Japanese Encephalitis, Malaria, Filaria.
 - d. Surface Infections- Rabies, Trachoma, Tetanus, Leprosy, STD, AIDS.
7. Epidemiology of non-communicable diseases -

Cancer, Cardio-Vascular Diseases, Diabetes, Obesity, Blindness, Accidents, Hypertension, Stroke, Rheumatic Heart Disease.
8. Demography & Family Planning -

Demographic cycle, Population trends, Fertility related Statistics, Health aspects of Family planning, Contraceptive methods and Delivery System, National Family Welfare Programme.

9. Preventive Medicine in Obstetrics, Paediatrics & Geriatrics -

Antenatal, Intranatal, Postnatal Care, Low Birth Weight, Infant Feeding, Growth & Development, Growth Chart, Under fives clinic, National Health Policy, Indicators of MCH care, School Health Services, Behavioral Problems, Geriatrics.

10. Environment & Health and 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, Modern Sewage Treatment, Entomology Mosquito, Housefly, Lice, Itch mite, Cyclopes, Rat Flea, Rodents, Insecticides - Hazards, Diseases, Pre-placement Examination, Measures for General Health, Protection of Workers, Prevention of Occupational Diseases, Legislation.

11. Basic Medical Statistics -

Censes, Vital Events, Legislation, SRS, Notification of Diseases, Measures of Dispersion & Centring, Sampling, Tests of Significance, Correlation & Regression.

12. Health Educations and Communication -

Objectives, Principles, Aids, Practice of Health Education, Planning and Evaluation.

13. Health Planning - Management - International Health Organizations.

Planning Cycle, Management Methods & Techniques, National Health Policy, Health Planning in India, Five Year Plans, Health Systems in India-at Centre, State and District Levels, Panchayat Raj, Rural Development Schemes.

14. Health care of Community - Health Systems and National Health Programmes.

Levels of Health care, Health for All, Primary Health Care, Health Care Delivery, Health Problems, Health Care Services and Systems, Voluntary Agencies, National Health Programmes.

PRACTICALS

- | | | |
|-------------------------------------|---|--------------|
| 1. Insecticides | - | 10 + Models. |
| 2. Universal Immunization Programme | - | 10 + Models. |
| 3. Communicable Diseases | - | 10 + Models. |
| 4. Insect Borne Diseases | - | 10 + Models. |
| 5. Microscope Slides | - | 10 + Models. |
| 6. Environment and Sanitation | - | 10 + Models. |

7. Statistical Charts
8. Field Visits
 - a) Rural Health Centres.
 - b) Sewage Disposal Plant.
 - c) Water Filtration Plant.
 - d) Nature Cure Hospitals.
 - e) Yoga Institutes etc.

TEXT BOOKS:-

1. Text Book of preventive and Social Medicine-By J.E. Park & K. Park
2. Text Book of preventive and Social Medicine-By B.K. Mahajan & M.C. Gupta

REFERENCE BOOKS :-

1. Preventive Medicine by Dr. Ghosh.
2. Preventive Medicine by Dr. Yashpal Bedi.

REFERENCE PAPERS:-

- ® World Health Organization Programmes papers.
- ® National Health Programmes papers.
- ® Voluntary Health Programmes Papers.
- ® Red Cross Programmes Papers.
- ® UNICEF Programmes papers.

YOGA PHILOSOPHY

Theory

1. Yoga, its definition, its basis, purpose, its relation to philosophy and its application.
2. Historical highlights of Yoga- Practices and literature from the ancient to modern times with special reference to nature of yoga upanishads, smritis & puranas.
3. The philosophical Nature of Man and his essence, destiny in concept of Yoga.
4. The theory of Body, Mind, Life and Nature of soul, and evidence for the existence of soul.
5. The existential situation of man as reflected in European and Indian thought.
6. Basic concepts of Indian Psychology-definition a brief history of psychology, contemporary psychology according to Freud, Mr. Woodsworth and various psychologists, yogic science in relation to Psychology.
7. Astanga Yoga (8-Limbs of Yoga-patanjali)
8. Streams of Yoga-Jnana Yoga, Karma Yoga, Raja Yoga and Bhakti yoga.
9. Asanas - their importance, methods, rules, regulations and limitations.
10. Spiritual values of pranyama & kriyas, their methods, importance, rules and regulations, difference between breathing exercises & Pranayama.

PRACTICALS

Loosening exercises (Shitikarana Vyayama) & Breathing exercises- all exercises from "Asanas" pranayama Kriya.-Vivekananda Kendra Publication.

i) Yogasanas

- | | |
|--------------------------|---------------------------|
| 1. Siddhasana. | 13. Ustrasana |
| 2. Padmasana. | 14. Uttitapadasana |
| 3. Bhadrasana. | 15. Shalabhasana. |
| 4. Samasana. | 16. Pavanmuktasana. |
| 5. Swastikasana. | 17. Viparitakarani Asana. |
| 6. Vajrasana | 18. Sarvangasana |
| 7. Simhasana | 19. Dhanurasana. |
| 8. Gomukhasana . | 20. Halasana |
| 9. Virasana | 21. Matsyasana |
| 10. Ardha Matsyendrasana | 22. Kurmasana |
| 11. Vakrasana | 23. Kukkutasana |
| 12. Paschimottasana | 24. Mayurasana |
| | 25. Sirsasana |

26. Trikonasana
27. Ardha Katichakrasana
28. Parshava Konasana
29. Konasana
30. Katichakrasana
31. Padhastasana
32. Savasana
33. Makarasana
34. Baddhapadmasana
35. Naukasana
36. Chakrasana
37. Garudasana
38. Akarna Dhanurasana
39. Janusirshasana
40. Suptavajrasana
41. Padangusthasana
42. Karnapidasana
43. Tolangulasana
44. Garbhasana
45. Yoganidhrasana

ii) Pranayama

1. Anuloma Viloma
2. Nadi Suddhi
3. Ujjayi
4. Sheetal
5. Shitakari
6. Bhastrika
7. Bhramari
8. Suryabhedana
9. Chandrabhedana
10. Sadanta

iii) Kriyas

1. Neti -Jal and Sultra.
2. Dhouti- Vamana and danda
3. Trataka - Jyoti and Bindu
4. Kapalabhati

IV) Meditation (Dhyana)

1. Cyclic Meditation
2. Omkara Meditation

Books Recommended

1. The History of Yoga-Vivian Worthinton
2. The psychology of yoga -Taimini
3. The Science of Yoga- Taimni
4. Yoga & Indian Philosophy-Karel Werner
5. The Basis and application of Yoga Dr.Nagendra (Vivekananda Kendra Publication)
6. Jnana Yoga, Bhakti Yoga, Karma yoga, Rajaj Yoga By Swami Vivekananda (Vivekananda Kendra Publication)
7. Narada Bhakti Sutras.
8. Asanas
9. Pranyama (Kaivalyadhama Lonavala Publications)
10. Asana, Pranayama, Kriyas
11. Pranayama- Vivekananda Kendra Publication
12. Yoga philosophy in relation to other system of philosophy - S.N. Das Gupta
13. Yoga Deepika -B.K.S.Iyengar.
14. Psychology-Florance C. Kerip
15. Asana why and how - O.P. Tiwari (Kaivalyadham)
16. Yogank - Kalyan - Gita Press, Gorakhpur
17. Light on The Yoga Sutras of Patanjali - B.K.S. Iyenger
18. Light on Yoga - B.K.S. Iyenger
19. Light on Pranayama - B.K.S. Iyenger
20. Hatha Yoga Pradipika - Swami Muktibodhananda
21. Asana , Pranayama, Mudra , Bandha - Swami Satyananda Saraswati Bihar School of Yoga

MAGNETOTHERAPY AND CHROMOTHERAPY

MAGNETOTHERAPY

Theory

1. Introduction -
 - a) Definition of Magnetotherapy
 - b) Historical highlights
 - c) Use of magnets upheld by Naturopathy
2. Magnetism in the Universe-
 - a) Earth a huge natural magnet
 - b) Nature of Earth Magnetism.
 - c) Earth magnetic effects on the human beings.
3. Effects of Magnetism on living organisms.
4. Bio-magnets- Biological experiments with magnets
5. Medical influence of magnetic field
Rheumatoid arthritis, hemiplegias, arthralgia, Neuralgias, Stimulation of nervous system, endocrine glands etc.
Magnetotherapy, symptomatic relief, Combined treatments i.e. Magnetotherapy, Hydrotherapy, Massage, Diet & Yoga and the result of these combined treatments.
6. Magnets and their composition-
 - a) Natural magnets and artificial magnets.
 - b) Permanent magnets - classification of magnetic materials, Power of magnets- various qualities of magnets- low, medium and high power magnets and magnetic belts etc.
 - c) Electro magnets - electro magnetic field on human behaviour,
Electro magnets- for medical purpose -Electro magnetic treatment, bed and hand Magnetiser, foot magnetiser, vibroelectro massager, electro-magnetic chair etc. Non Pulsating clinical Electro magnet.
7. Technique of application of magnets - North and South pole, local & general treatment and the Technique of application of Magnets in treatment of various common diseases.
8. Magnetised water and Magnetised oils-
Magnetised water in Nature, influence of magnetic field on the properties of water, method and preparation of magnetised water, dosage and therapeutic effect of magnetised Water. Method of preparation of magnetised oils and their application and therapeutic effects.
9. Advantages of Magneto Therapy, Magnetotherapy is a natural treatment - Use of Magnets as a preventive device.
10. Clinical Reports from Indian and Foreign Magneto Therapists.
11. Magneto therapy and Acupressure- Acupuncture Points- Certain clinical case reports
Utilisation of Acupuncture points in Magneto therapy
12. Terminology - Technical terms related to Magnetotherapy.
13. Recent developments in Magnetotherapy.

PRACTICALS

Students should have demonstration classes in various types of Magnets, equipment and their clinical application.

1. Case Studies with record
2. Cases with bio-chemical reports

Text Books -

1. Magneto therapy - Dr. H.L. Bansal
2. Magnetic cure for common diseases - Dr. R.S. Bansal, Dr. H.L. Bansal
3. The text book on Magneto therapy - by Dr. Nanubhai Painter
4. Magneto therapy and Acupuncture - Dr. A.K. Mehta

Reference Books—

1. Electromagnetic treatment - Dr. H.L. Bansal
2. Magnetic fields or healing by magnets - Dr. A.R. Davis and Dr. A.K. Bhattacharya of Naihati of West Bengal.

CHROMOTHERAPY

Theory

1. Introduction -
 - a) Historical Highlights
 - b) Harmonic laws of the universe
 - c) Solar Family
2. Theory of light and force -
3. Chromophilosophy-Reflection, Refraction,Absorption
4. The Source of light- the sun forming sources, the solar atmosphere- sun power- how the colour effects are produced - influence of sun light on skin, muscles, digestive organs, Bones.
5. Chromo-chemistry - character of spectrum analysis, materials discovered by the spectroscope , the spectrum - spectrum of grey and natural colour elements- spectra of elements of positive colours, chromatic repulsion and attraction.
6. Chromo-diagnosis and chromo-hygiene.
7. Chromo - therapeutics - the healing power of colour, healing power of red, yellow, orange, blue, Green and Violet, non-spectral colours, sun stroke action of sun light on micro-Organisms.
8. Practical Instruments for Colour healing- Blue, Green and Violet, Red, Pink, Yellow, Orange glasses- the solar thermoleum- the electro thermoleum, chromodisc, the chromolens- chromo light radiator.
9. Directions to be followed during treatment with light.
10. Healing by means of substances charged with different coloured light-method of solarization of water, oils and food substances etc.
11. Chromo therapy prescriptions for different diseases.
12. Chromo - Mentalism.
13. Bordeaux medicine.

Practicals

Students should, have demonstration classes in various chromotherapeutic devices and their clinical application.

1. Case studies with record
2. Cases with bio-chemicalreports
3. Demonstration of colour glasses & bottles.
4. Demonstration of instruments and equipments.

Text Books-

- | | |
|---|----------------------|
| 1. The principles of light and colour | - By Dr. E.D. Babbit |
| 2. Human Culture and Cure in five parts | - By Dr. E.D. Babbit |
| 3. Colour therapy . | - By R.S. Amber |
| 4. Healing through Colour | - By Thea-Gimbel |

REFERENCE BOOKS-

- | | |
|----------------------------------|--------------------------------------|
| 1. The power of the rays | - By S.G.J. Oseley |
| 2. Colour Meditations | - By S.G.J. Oseley |
| 3. Colour andhealing | - By GladyaMayer |
| 4. Colour healing(Chromotherapy) | - By Health Reserch Foundation (USA) |
| 5. Practical colour Magic | - By Raymond Buckland |

AIR THERAPY

1. Composition of Air -Night and Day composition.
2. Ozone in the atmosphere.
3. Air Pollutants, their acceptable values
4. Physiology of Respiratory system.
5. Air baths (Cold and Hot)
6. Theory of Panchapranas and Nadis.

SUN THERAPY

(HelioTherapy)

1. History
2. Physiological and Chemical properties of Sunlight.
3. Effect of sunlight on vegetation and Micro-organism.
4. Rejuvenation during diseases.
5. General Sun Bath.
6. Dr. Rikli's method of SunBath.
7. Dr. Kuhne's method of Sun Bath.
8. Sun Bath through wet pack.
9. Sun bath of children and aged persons.
10. Sunbath with leaves-Atapasnana.
11. Oil sun bath (Abhyanga snana)
12. Sun Stroke.
13. Practice of Exercise in Sunlight.

Reference Books:-

- | | |
|---|---|
| 1. All You Wanted to Know About Sun Therapy | - Vijaya Kumar |
| 2. Colour Therapy-Miracle of Sunrays | - Rashmi Sharma and
Maharaj Krishan Sharma |
| 3. Science of Natural Life | - Rakesh Jindal |
| 4. Prakratik Chikitsa Sagar | - Dr.Gaurishankar Mishra |
| 5. Dhanwantari-prakrtik Chikitsank | - Ganga Prasad Gaud "Nahar" |

SYLLABUS & CURRICULUM
For
BACHELOR OF NATUROPATHY AND YOGIC SCIENCES
(III Year)

Duration One year

1. Manipulative Therapeutics
2. Acupuncture
3. Yoga Applications
4. Fasting Therapy
5. Naturopathy Diagnosis
(Facial and Iris Diagnosis)
6. Modern Diagnosis and First Aid

MANIPULATIVE THERAPEUTICS

Theory

1. Introduction and History of Massage.
2. Rules, Regulations and Characteristics of Masseur
3. Structures especially concerned in massage and parts of the body to be specially studied for the purpose is as follows:
 - a) Skin
 - b) Muscular System
 - c) Heart and Circulation
 - d) Nervous System
 - e) Skeletal System Including joints
4. Effects of the pressure of hand and lubricants on the following systems :-
 - a) Skin
 - b) Muscular System
Nutrition and Development Excitation of "M" & contraction of "M", Increase of muscular electro-excitability, removal of the fatigue from muscle.
 - c) On the ligaments and skeletal system
 - d) On the Circulatory system
 - f) On Respiration - Increase of respiratory activity and increase of tissue respiration.
 - g) On GIT - Improvement in appetite, improvement in secretion of digestive fluids, absorption and improvement in peristalsis.
 - h) Excretory System
 - i) Powder Massage - merits and demerits.
5. Getting crisis through massage (Side effects and benefits)
6. Basic therapeutic massage techniques, indications and contraindications of massage while applying to the patients.
7. Massage and its effects :-
 - a) Nutrition
 - b) Haematogenesis
 - c) Phagocytosis
 - d) Increase in the number of blood corpuscles.
 - e) Absorption of increased inflammatory exudate, change in the weight of the person, obese or emaciated.
8.
 - i) Different Massage manipulations, classification and their detailed explanation, uses and contra- indications.
 - ii) Manipulative treatments in stress management
 - iii) Shiatsu in manipulative therapy (Acupressure)
 - iv) Manipulations and life extension.
 - v) Dry brush Massage
9. Movements of Joints:-
 - i) Flexion ii) Extension
 - iii) Abduction iv) Adduction
 - v) Supination & Pronation vi) Circumduction
 - vii) Deviations - Medial and Lateral
 - viii) Opposition

10. Massaging in local areas under special circumstances -
 - a) Massage to Abdomen
 - i) Massage to liver
 - ii) Massage to Stomach
 - b) Massage to heart
 - c) Massage to head
 - d) Massage to spine
 - e) Special types of Massage in different diseases
11. Massage to women
12. Massage to infants and children
13. Massage for prevention of diseases and maintenance of natural beauty
14. Ayurvedic Massage-Terminology, Methods and Manipulations
15. **Chiropractic:-**
Origin & aims of Chiropractic.
X-Ray Technique and Chiropractic.
Importance of spine in Chiropractic.
Physiological effects of Chiropractic.
Spinal Manipulative Therapy
Chiropractic Examination.
Chiropractic treatments in various Diseases
16. **Osteopathy :-**
Definition & the Basic principles of osteopathy, Relation of osteopathy to Musculo-skeletal system.
17. **Aromatherapy :-**
 - A. Definitions, Origin and History of Aroma therapy.
 - B. Essential Oils and Its types, extraction of essential oils, distillation, cold pressing or expression, sloven extraction, storage, recognition, selection and mechanism of essential oils.
 - C. Carrier oils - Almond, Apricot, Avocado, carrot, corn, primrose, grapeseed hazelnut, Jojoba, Olive, Peanut, safflower, sesame, Soyabean & sunflower oil.
 - D. Different methods of using essential oils- inhalation, diffusers, vaporizers, massage, baths, foot bath, pot pourri, compresses, oral intake, beauty treatment, room sprays, insect repellents etc.
 - E. Description of different essential oils & their benefits.
 - F. The best essential oils - The five fragrance categories - green, floral, citrus, Woody & Spicy and mixing of Aroma Oils & Equipment required for Mixing Oils.
 - G. Aroma Oils for common problems and their therapeutic properties.
 - H. Precautions, ill effects and careful handling of essential oils
 - I. Contraindications- Oils to be avoided in particular problems

Practicals

1. 35 demonstration classes
2. 10 demonstrations in Panchakarma
3. Each student should do 35 massages

Text Books :-

1. Massage Books - By George Downing
2. Massage - By Constant Young
3. Massage Therapy - By Dr. J.H. Kellog
4. The Complete Book of Massage - By Clare Maxwell Hudson
5. Step by Step Massage - By Carole Me. Gilvery and Gini Reed
6. The Book of Massage - By Luinda Lidell with Sarathomas, Carola
Berb Ford Cooke and Anthony Porta
7. The Complete step-by-step guide to eastern and western
Massage to Common Ailments - By Penny Rich
8. Baby Massage - The Magic of Loving Touch - By Auckett, Anelia D
9. Natural Healing from Head to Toe - By Aihara, comellia - Aihara, Herman
10. Massage Works - By D. Baloti Lawrence and Lewis Harrison
11. Manual of osteopathy Practice - By Alan Stoddard
12. Alternative Chiropractic Practice - By Susan Moore
13. Massage (Ayurvedic) - By Achanta Laxmipathy

Reference Books :-

- | | |
|--|---|
| 1. The Panchakarma Treatment of Ayurveda | - By T.L. Devraj |
| 2. Chiropractic : A Text of Joint Movements | - By Hesse P.De. |
| 3. Massage Therapy: the Holistic Way
to Physical and Mental Health | - By Jackson Richard |
| 4. Book of Massage and Aromatherapy
(Achieving complete relaxation &
well being with massage and essential oils) | - By Facroix Nity and
seager, Shoron |
| 5. Brain Massage, Revitalize mind body | - By Howell, Kelly. |
| 6. All you wanted to know about Aromatherapy | - By Lalita Sharma |
| 7. Aromatherapy | - By Julie Sadler |
| 8. Health and Beauty through Aromatherapy | - By Blossom Kochhar |
| 9. Ayurveda & Aromatherapy | - By Dr. Light Miller &
Dr. Bryan Miller |

ACUPUNCTURE

Theory

1. Definition, concepts of Acupuncture.
2. Traditional and modern theories of Acupuncture.
3. Materials and Methods of Acupuncture.
4. Principles of Acupuncture.
5. Rules for selection of Acupuncture points.
6. Contraindications and complications of Acupuncture.
7. The concept of Meridians :-
 - a) Lung Meridian (Lu)
 - b) Large intestine Meridian (LI)
 - c) Spleen Meridian (SP)
 - d) Stomach Meridian (ST)
 - e) Heart Meridian (H)
 - f) Small intestine Meridian (SI)
 - g) Urinary bladder Meridian (UB)
 - h) Kidney Meridian (K)
 - i) Triple warmer Meridian (TW)
 - j) Gall bladder Meridian (GB)
 - k) Liver Meridian (Liv)
 - l) Governing vessel Meridian (GV)
 - m) Conceptional vessel Meridian (C.V)
 - n) Eight extra Meridians
8. The extra-ordinary points.
9. Diagnostic methods (both- Acupuncture and Modern)
10. Auriculo Therapy
11. Moxibustion
12. Stimulation in Acupuncture.
13. Acupuncture Therapeutics
14. Acupuncture Anaesthesia
15. **Reflexology & Zone Therapy:-**
What is Reflexology, history and development.
How does reflexology work
Body & its reflex zones.
Applications, indications and contra-indications
Preventive effects of reflexology
16. **Acupressure :-**
What is Acupressure
Its origin & development
Physiological effects of Acupressure
Therapeutic uses of Acupressure
17. Acupuncture/pressure in Acute disorders and emergency
18. **Pranic Healing.**
19. **Reiki**

Practicals

1. Demonstration of Needling techniques and Electro-stimulation, Moxibustion.
2. Each Student should give treatments to atleast 20 patients during the practicals.

REFERENCE BOOKS-

- | | |
|---|--------------------------|
| 1. Clinical Practice of Acupuncture | - By A.L. Agrawal |
| 2. Clinical Acupuncture | - By Dr. Anton Jayasurya |
| 3. Principles and practice of Acupuncture | - By Dr. J.K. Patel |
| 4. Health in your hands | - By Devendra Vora |
| 5. Shiatsu | - By Ohashi |

YOGA APPLICATIONS

Theory

1. Patanjali yoga sutras - 1st two chapters.
(ie., Samadhi Pada & Sadhana Pada, brief summary of Vibhutipada & Kaivalyapada)
2. Hatha Yoga Pradipika- full text with necessary reference to Gheranda Samhita & Siva Samhita.
3. Introduction to other streams of Yoga-Kundlini and TantraYoga.
4. Yoga Nidra-Methods, application, effects and benefits.
5. Meditation-Types of Meditation-Omkar, Cyclic, Vipassana etc. Methods of application. benefits, precaution, its influence on health and disease.
6. Different relaxation techniques.
a) Instant relaxation, b) Quick relaxation,
c) Deep relaxation techniques-their methods, effects & benefits.
7. Yoga-in relation to personality and education.
8. Yoga-in relation to sports and games, social and political life.
9. Eye exercises- Benefits, methods, precautions.
10. Physiological aspects of Asanas.
11. Physiological, Neuro-Physiological aspects of pranayama. ‘
12. Shat Kriyas- Comparative study of Shat Kriyas with other system of Medicine.
13. Physiological aspects of exercises
14. Physical exercises for health & fitness (a) Introduction (b) Who should stretch (c) When to stretch (d) Why to stretch (e) How to stretch (f) Relaxing stretches for i. Back, legs, feet and ankles. ii. Hips, hamstring, low back (g) Stretching exercises for elderly (h) Stretching exercises for Abdominal muscles, Arms, Chest, Ankles, Legs, knee, thigh, fore arm etc.(i) Techniques of walking, running, Cycling etc. (j) Caring back.
15. Swara - Yoga

Practicals

I. Asanas

1. Including all asanas of I year adding some advanced postures from YogaDeepika.
2. All loosening (Shitilikarana Vyayama) and breathing exercises.

II. Pranayama (as 1st B.N.Y.S.)

III. Kriyas- (including Portion of 1st B.N.Y.S.)

- 1) Dhouti- Vastra
- 2) Gajakara ni - (Varisara Dhouti)
- 3) Nauli- (all three types).
- 4) Shankha Prakshalana- 1. Laghu. 2. Maha
- 5) Basti

IV. Meditation -

- 1) Omkara
- 2) Cyclic
- 3) Vipassana

V. Techniques Like : -

- 1) Self Management of Excessive Tension (SMET).
- 2) Pranic Energisation Technique (PET).
- 3) Mind Sound Resonance Technique (MSRT).
- 4) Yoga Nidra (Short and long session).

Books Recommended :-

1. The Science of Yoga - By Taimini (commentary on patanjali Yoga Sutras).
2. Hatha Pradipika - By (Kaivalyadhama Publication- Lonavla).
3. YogaNidra - By (Bihar School of yoga, Munger publications).
4. Kundalini Yoga.
5. Tantra Yoga.
6. Asana.
7. Pranayams - By Vivekananda Kendra Publications.
8. Psychology - By Horensce C. Kenipp.
9. Religiousness in Yogatheory & Practice - By TKV Desikachar.
10. Researchpapers - ByKaivalyadhama.
(Publication inYoga Mimamsa- all papers relating to physiological effects of Yoga.)
11. YogainEducation -By Dr.Nagendra (Vivekananda kendra Publication)
12. Vipassana-By S.Goenka.
13. Anatomy & Physiology of Yoga -By Dr.M.M. Gore.
14. An over view on research papers. - By SVYASA, Bangalore
15. Patanjali yoga sutra - By Dr P.V. Karmavelkar (Kaivalyadham)
16. Patanjali yog pradeep -By Swami Omanand Teerth (Gita - press, Gorakhpur)
17. Hatha Yoga Pradipika - By Swami Muktibodhananda (Bihar School of Yoga)
18. Lighton Yoga - By B.K.S. Iyenger
19. Light on Pranayama - By B.K.S. Iyenger
20. Light on The Yoga Sutras of Patanjali - By B.K.S. Iyenger

FASTING THERAPY

I. Introduction :-

Theory

1. Theory of Fasting
 - a) Fasting in Animals
 - b) Miracles of Fasting
 - c) Your Tongue Never Lies
2. History of Fasting
 - a) Fasting in Ancient India
 - b) History of Fasting in India
 - c) History of Fasting in Foreign Countries
 - d) Historical Highlights of Fasting
3. Science of Fasting

II. The Philosophy of Fasting

1. The Philosophy of Sane Fasting
2. Philosophy of Therapeutic Fasting
 - A) Life & its existence in connection with health and diseases
 - B) Nature of disease
 - C) The No-Breakfast Plan
 - D) Objections commonly raised in Fasting Therapy
 - E) Pros and cons of Fasting
 - F) Difference between Fasting and Starvation
 - G) Difference between Hunger and Appetite

III. Physiology of Fasting:-

- 1) General Physiology.
- 2) Source and Metabolism of Carbohydrates, Fats and Proteins During Fasting & Starvation.
- 3) Chemical and Organic changes during Fasting.
- 4) Repair of Organs and Tissues During Fasting.
- 5) Changes in the Fundamental Functions While Fasting.
- 6) The Mind & Special Senses During a Fast.
- 7) Secretions and Excretions.
- 8) Bowel Action During a Fast.
- 9) The Influence of Fasting on Growth and Regeneration.
- 10) Gain and Loss of strength While Fasting.
- 11) Gain and Loss of weight During Fasting.
- 12) Autolysis
- 13) Fasting and Sex.
- 14) Rejuvenescence Through Fasting.

IV. Facts Explained About Fasting:-

- 1) Fasting Does Not Induce Deficiency "Disease".
- 2) Death In The Fast.
- 3) Objections To The Fast.
- 4) The Quantity of Food Necessary to Sustain Life.

V. Practice of Fasting:-

- 1) Does Fasting Cure Disease?
- 2) The Rationale of Fasting.
- 3) The Length of The Fast.
- 4) Contraindications of Fasting.
- 5) Fasting in Special Periods and Conditions of Life.
- 6) Symptomatology of The Fast.
- 7) Progress & Hygiene of The Fast.
- 8) Breaking The Fast.
- 9) Gaining Weight After The Fast.
- 10) Living After The Fast

VI. Rules and regulations of Sane Fasting and Therapeutic Fasting.

VII. Definition and Classification of fasting

- 1) Definition of fasting in different aspects.
- 2) General classification of fasting (Religious, Political and Therapeutic.)
- 3) Methods and types of therapeutic fasting (Dry, whey, Juice, Salad, Monodiet (Kalpa), Fruits Intermittent, Preventive, Weekly etc.)

VIII. Hygienic Auxiliaries of Fasting-

- 1) Air and Breathing
- 2) Enema
- 3) Bathing
- 4) Clothing
- 5) Water Drinking
- 6) Exercise
- 7) Mental Influence

IX. Study of Patients During and After Fasting -

1. Crises during fasting and their management.
2. Physiological effects of fasting.
3. Biochemical aspects.
4. Study of the tongue, the breath, the temperature and pulse etc.
5. The loss and the gain of weight.
6. How and when to break the fast.
7. Diet after the fast.

X. Indications and Contraindications of fasting.

XI. Therapeutic aspects of Fasting

1. Fasting in acutediseases.
2. Fasting in chronicdiseases.
3. Role of fasting in various diseases.
4. Obesity and fasting.
 - a. Definition and assessment of obesity.
 - b. Epidemiology.
 - c. Aetiology.
 - d. Clinical Features
 - e. Treatment.
5. Fasting for preservation of health and prevention of diseases.
6. Fasting in DrugAddiction.
7. Fasting Versus EliminatingDiets.

XII. Results of Fasting.

Practicals

Study of 50 fasting cases
Case Study of 25 with record

Text Books -

- | | |
|--|------------------------------|
| 1. Fasting for Healthy and Long Life | - By Hereward Carrington |
| 2. The Fasting Cure and Vital Economy | - By Lakshamana Sharma. |
| 3. Fasting can save your life | - By Herbert M. Shelton |
| 4. The Effects of Fasting | - By Donald Upton |
| 5. Fasting as a way of life | - By Allan coli M.D. |
| 6: Fasting can Renew your life | - By Herbert M. Shelton |
| 7. Scientific Fasting | - By Hazzard, Linda Burfield |
| 8. Fasting for Rejuvenation | - By Seaton, Julia |
| 9. The Science & Fine Art of Natural Hygiene | - By Herbert M. Shelton |
| 10. The Science & Fine Art of Food & Nutrition | - By Herbert M. Shelton |
| 11. The Hippocrates Diet and Health Programme | - By Ann Wigmore |
| 12. The Juicing Book | - By Stephen Blauer |
| 13. Live Food Juices | - By H.E. Kirschner |

Reference Books-

- | | |
|---|--------------------------------|
| 1. The Philosophy of Fasting | - By Edward Eaul Purinton |
| 2. Vitality, Fasting and Nutrition | - By Hereward Carrington |
| 3. The Fasting Cure | - By Upton Sinclair |
| 4. The Fast - Way of Health | - By Harold R. Brown |
| 5. Fasting - the Master Remedy | |
| 6. Fast for Health | - By John Joseph Picker |
| 7. The Biology of Human Starvation | - By Keys, Ancel |
| 8. Fasting Story NO.1 - | - By Health Research |
| 9. Fasting Story NO.2 | - By Health Research |
| 10. Rational Fasting | - By Prof. Arnold Ehret |
| 11. Explaining Fasting | - By Forster, Roger |
| 12. Hints on Fasting Well | - By Carrington, Hereward etc. |
| 13. The Science and Fine Art of Fasting | - By Herbert M. Shelton |
| 14. Miracles of Fasting | - By Dr. Paavo Airola |
| 15. No Breakfast Plan | - By Edward Hook Dewey |
| 16. Thus Speaketh the Stomach | - By Prof. Arnold Ehret |
| 17. The Physiologically Correct Fast | - By Dr. Are Waerland |

NATUROPATHY DIAGNOSIS

THEORY

FACIAL DIAGNOSIS

1. Introduction to the science of facial expression.
 - a) Historical highlights.
 - b) Definition and scope of the science of facial expression.
2. Characters of the Healthy Body.
 - a) Normal functions.
 - b) Normal Figure.
3. Foreign matter theory:-
 - a) Definition of foreignmatter.
 - b) The process of accumulation of foreign matter in the body.
 - c) Encumbrance.
 - d) Changes caused in the body due to the accumulation of foreign matter.
 - e) General pathology of foreign matter.
4. The nature: origin and cure of diseases of children and their unity.
5. Bad habits supports the accumulation of foreign matter in the body-tobacco, alcholic drinks, coffee, tea, opium etc. Drug addictions -Pethedine, Heroin, Injection etc., Suppression of diseases viz elimination of morbid and diseased germs from the system.
6. Types of encumbrance - Front encumbrance, - back encumbrance front and right side Encumbrance, left side encumbrance and mixed or whole encumbrance, their description, general characters and possible diseases in the concerned encumbrance and their treatment.
7. Diseases of the internal organs and their treatment.
8. Process of elimination of foreign matter.
 - a) Importance of Nature Cure treatments.
 - b) The digestive process-natural dietetics.
 - c) Artificial outlets of elimination
9. Methods to be followed to increase the vitality of the body.
10. The importance of Nabhi Pareeksha, the methods of Nabhi Pareeksha & the techniques of correction.

IRIDIAGNOSIS:-

1. Introduction of iridology:
 - a) Definition of Iridology-;
 - b) Historical highlights.
 - c) Comparison of other systems - Allopathy , Homeopathy , Ayurveda, Unani etc. Diagnostic methods.
 - d) Anatomy of the Iris.
 - e) Theory in application.
 - f) The theory of healing crisis.
 - g) A unit form division and classification of diseases.
 - h) Philosophical phase.
 - i) Theoretical phase
2. I. Instructions in Methods of Application :-
 - a) Technique in Iris reading.
 - b) The normal and abnormal Iris, colour of the Iris.
 - c) The Vibratory theory.II. Study of density of the Iris.
III. Key to Iridiology.
 - a) Iris charts brought up to date.
 - b) Zone areas.
 - c) Sectoral Division.
3. Comparison of fermentation viz inflammation.
4. Interpretations of Iris manifestations.
 - I. a) Types of inflammation
 - b) Inherent (Lesions and weakness)
 - c) Acidity and Catarrh

- d. Toxic settlements
- e. Nerve Rings
- f. The Lymphatic rosary
- g. Injuries and operations
- h. Itch or Psora spots in the iris - the surf rim
- i. The radii-solaris
- j. Tumours
- k. The sodium ring
- l. Anaemia in the extremities and in the brain
- m. Drugs and chemicals appearance on the Iris and their poisonous effects in the body
Arsenic, Bismuth, Bromides, Coal tar products, Ergot, Glycerin, Iodine, Iron, Lead, Mercury, Opium, Phosphorous, Quinine, Salicylic acid, Sodium, Strychnine, Sulphur, Turpentine, Vaccines etc.

II. The iris reveals the cause of disease.

- 5. Case histories according to Iridology.
- 6. Advance research in Iridology.
 - a) Reflex areas and remote symptoms.
 - b) Stomach and intestinal disorders, the principle causes, the principle disorders & remedial Measures.

Practicals

Clinical classes and Demonstrations in the Nature Cure Hospital, Case Studies 25 with Record.
Demonstration of Equipments.

Recommended Text Books:-

- | | |
|---|---------------------|
| 1. Science of Facial Expression | - By Louis Kuhne |
| 2. The New Science of Healing | - By Louis Kuhne |
| 3. The Science and Practice of Iridology | - By Bernard Jensen |
| 4. Iridiagnosis and other Diagnostic Methods. | - By Henry Lindlahr |

REFERENCE BOOKS :-

- 1. Iridology : A Guide to Iris Analysis and Preventive Health Care - By Adam J. Jackson
- 2. Iridology: How to Discover Your Own Pattern of Health and well being Through the Eye-
By Dorothy Hall
- 3. Iridology : A Complete Guide to Diagnosing Through the Iris and all related forms of treatment -By Davis and Farida.
- 4. Iridology : Alternative Health Series - By Adam J. Jackson
- 5. Vision of Health: Understanding Iridology- By Jensen, Bernard and Booden, Donald.
- 6. Eyes Talk: Through Iridology Better Health- By Vriend Joha.

MODERN DIAGNOSIS AND FIRST AID

THEORY

Section A-Clinical Diagnosis

I. Examination of Patients :-

1. Approach to a patient
2. History taking and case sheet writing
3. Symptomatology
4. Examination of Vital Data
5. Importance of height, weight, abdominal girth
6. General physical examination
7. Examination of breasts, back, spine and genitals
8. Systemic examination of the patient
 - a) Abdomen (Digestive system)
 - b) Cardiovascular System
 - c) Respiratory System
 - d) Renal system
 - e) Central Nervous system
 - f) Locomotor system
 - g) Examination of ear, nose and throat
 - h) Gynaecological examination
9. Provisional Diagnosis

II. Routine and special Investigations :-

1. Laboratory Investigation
 - a) Urine analysis
 - b) Stool examination
 - c) Blood examination
 - i) Peripheral smear, Total WBC Count, Differential WBC Count
 - ii) Erythrocyte sedimentation rate (E.S.R), Hb Estimation
 - iii) Blood Sugar, Blood Urea, Serum uric acid, Serum cholesterol, Serum lipid profile, Serum creatinine.
2. Radiological Investigation :-
 - a) Plain chest X-Ray
 - b) K.U.B.
 - c) Lumbar and cervical spine
 - d) Skull and paranasal sinuses
 - e) Joints
3. Contrast Radiography:-
 - a) Cholecystography
 - b) Pyelography
 - c) Angiography
 - d) Bronchogram
4. Electrocardiography
5. Echo- Cardiography

6. Coronary angiography
7. Electro- Encephalography
8. Bio-chemical investigations-
 - a) Liver function tests
 - b) Creatinine clearance test
 - c) Vanillo-mandellic acid (VMA) excretion test in urine
 - d) SGOT and SGPT
 - e) LDH
 - f) CPK
9. Diagnostic Paracentesis
10. Diagnostic Thoracocentesis
11. Lumbar Puncture and CSF analysis
12. Radio-active Iodine up-take studies
13. Thyroid T3, T4 estimation
14. Diagnostic skin tests
15. Endoscopic procedures
16. Ultra-sonography
17. Computerised tomographic scan (CT Scan)
18. Magnetic Resonance technique (MRI)
19. Positron Emission Tomography (PET)
20. Doppler Study

III. Final Diagnosis

Section B- FIRST AID

1. General principles of First Aid
2. Wounds Control of hemorrhage, Epistaxis
3. Shock- Classification and treatment
4. Dog bite, Snake bite, Scorpion sting
5. Burns and Scalds
6. Heat exhaustion, heat stroke and fainting, frost bite
7. Fractures, dislocations, sprains and strains
8. Poisoning
9. Epileptic fits, convulsions in children
10. Aspiration of foreign body
11. Artificial respiration
12. Bandages of different types
13. Unconsciousness and general principles of treatment

Section C- Recognition, Evaluation of Clinical Emergencies.

I. Cardio Vasular System :-

1. Acute myocardial infarction
2. Cardiogenic Shock
3. Cardiac arrhythmias
4. Cardiac arrest

II. Respiratroy System-

1. Hemoptysis
2. Status asthmaticus
3. Spontaneous pneumothorax
4. Acute respiratory failure

III. Gastro Intestinal System:-

1. Acute Vomiting
2. Perforation of Peptic Ulcer
3. Hemetemesi
4. Hepatic Precoma and coma

IV. Central Nervous System :-

1. Unconscious patient
2. Cerebrovascular catastrophes
3. Convulsions
4. Status epilepticus

V. Renal System :-

1. Acute renal failure
2. Renal colic
3. Hematuria

VI. Endocrine and Metabolism :-

1. Thyroid crisis
2. Adrenal Crisis
3. Diabetic Keto acidosis and coma
4. Hypoglycemia

VII. Miscellaneous Emergencies-

1. Syncope
2. Acute peripheral circulatory failure
3. Acute reaction
4. Hypothermia

RECOMMENDED TEXT BOOKS :-

- | | |
|--|--------------------------------------|
| 1. Hutchinson's Clinical Methods | - By Chamberlin |
| 2. Clinical Methods | - By P.S.Shanker |
| 3. Manual of Clinical Methods | - By Jai Vakil |
| 4. Clinical Diagnosis | - By P.J. Mehta |
| 5. Modern Diagnosis | - By Red Cross Society |
| 6. Oxford's hand book of Clinical Medicine | - By St. John Ambulance Association. |
| 7. First Aid | - By L.C. Gupta and others |

Practicals

1. History taking and physical examination of cases.
2. Case sheet writing in different general cases (25)
3. Demonstration of equipments and instruments used for investigation in modern diagnostics
4. Demonstration tour of an ultra modern super-speciality Hospital to see the latest techniques of modern investigations.

SYLLABUS & CURRICULUM

For

BACHELOR OF NATUROPATHY AND YOGIC SCIENCES

(IV Year)

Duration - 1½ year

1. Nutrition, Dietetics and Herbs
2. Obstetrics and Gynaecology
3. Yogic Therapy
4. Hydrotherapy
5. Physiotherapy
6. Holistic Practice of Naturopathy & Yoga
(including Surgical diseases)
7. Hospital Management & Research Methodology:-
 - i) Medical Jurisprudence, Forensic Medicine and Toxicology.
 - ii) Psychological aspects of patient management.
 - iii) Hospital Administration (Naturopathy & Yoga).
 - iv) Research Methodology.
8. Psychology & Basic Psychiatry

NUTRITION, DIETETICS & HERBS

NUTRITION

Theory

I. Introduction of Nutrition:-

- 1) History of Nutrition
- 2) Progress in Food Science
- 3) Basic Principles of Nutrition
- 4) Food , Nutrition & Health
- 5) Need of Complete Nutrition
- 6) Nutritional Basis of Life and Life in Connection with Food
- 7) Composition of Body in Relation to Nutrition

II. Components of Food and their Classification:-

- 1) Carbohydrates
- 2) Proteins
- 3) Lipids
- 4) Vitamins
- 5) Minerals and Trace Elements
- 6) Water and Electrolytes
- 7) Metabolism and Energy Needs of the body
- 8) Energy Balance and the regulation of the body weight
- 9) Enzymes

III. A. Food Groups:-

- 1) Cereals
- 2) Millets and Coarse grains
- 3) Pulses
- 4) Green leafy Vegetables
- 5) Other Vegetables
- 6) Roots & Tubers
- 7) Fruits
- 8) Milk & Milk Products
- 9) Sugar & Jaggery
- 10) Honey
- 11) Nuts & Oil-seeds
- 12) Spices & Condiments

B. Nutritive Values of Food ingredients Commonly used in India

IV. The Science & Fine Art of Food & Nutrition:-

- 1) Philosophy of Nutrition
- 2) Calories: Measuring what we eat.
- 3) Law of the Minimum
- 4) Organic foods & Organic acids
- 5) Organic Vs. Inorganic Foods
- 6) Salt Eating, Salt Stimulation Vs. Good Diet
- 7) Fruitarianism and Vegetarianism
- 8) Nature's Food Refinery
- 9) The Digestibility of Foods
- 10) Mental Influences in Nutrition
- 11) Enjoying our Food
- 12) Absorption of Food
- 13) Uses of Food
- 14) How much shall we eat?
- 15) How to Eat?
- 16) Correct Food Combining - Food Combining Charts
- 17) Effects Of Cooking
- 18) Uncooked Foods (Raw Eating)
- 19) Salads
- 20) Conservative Cooking
- 21) Effects of Denatured Foods
- 22) Under Nutrition

- 23) Hypo-Alkalinity
- 24) Diet Reform Vs. Supplemental Feeding
- 25) Beginning the Reform Diet
- 26) Building the teeth
- 27) The Eliminating Diet
- 28) Feeding In Disease
- 29) The Three Year Nursing Period
- 30) Cow's Milk
- 31) Pasteurization
- 32) Mother's Milk
- 33) Should Baby Be weaned?
- 34) No Starch for Infants
- 35) Three Feeding a Day
- 36) Feeding of Infants
- 37) Feeding Children From Two to Six Years
- 38) Man Shall Not Diet With Food Alone
- 39) Our Denatured Soil

V. Food as Medicine - Known Facts

- 1) Proteins are Body Builders
- 2) Proteins can be Body Killers
- 3) Fats -Concentrated Body Fuels
- 4) How Foods May Poison?
- 5) Vegetables as Do It- Yourself Therapy
- 6) Solid Foods : When, What Kind, How Much?
- 7) Vitamins and Supplements for all ages
- 8) The Vitamins: Proof of natural food instincts
- 9) Facts about common foods
- 10) The Stimulant Delusion

VI. Food & Toxins

- 1) Infective agents & Toxins in food
- 2) Food Adulteration and Consumer Protection.
- 3) Food additives
- 4) Health hazards of added chemicals in foods
- 5) Nutrition & Infection
- 6) Study about adverse effect of Alcohol & Tobacco

VII. Nutritional Diagnosis

VIII. Public Health and Nutrition-

- 1) Education in Nutrition
- 2) Nutritional Program
- 3) Nutrition Survey and Methodology
- 4) Balanced Diets
- 5) Nutritional assessments, Social aspects of the Nutrition
- 6) Fortification and Enrichment
- 7) Exercise in Balanced Diet
- 8) Nutrition in relation to disaster management
- 9) Nutritional requirements of special groups

IX. Nutrition in Health-

- 1) Human Nutritional requirements
- 2) Nutrition in Pregnancy , Lactation , Infancy, Childhood, Adolescence and OldAge
- 3) Nutrition and Immunity

X. Nutritional deficiency diseases, Preventive and Curative approach

XI. The Optimum Nutrition Program for Correcting Disease & Restoring , Building and Maintaining Health

DIETETICS

Theory

1. Concept of Health in Naturopathy
2. Dietetic principles in Naturopathy
3. Concept of wholesome diet
4. Medicinal values of Foods
5. Natural qualities/ properties / character foods in Naturopathy / Ayurveda/ Modern Nutrition
6. Natural food and health-
 - a) Importance of Green Vegetables, other vegetables, fruits and the ingredients
 - b) Chemical Composition of different raw juices , their effects and uses- Ginger, Raddish, Bottlegourd, Wheat grass, Beetroot, Cabbage, Carrot, Cucumber, Lettuce, Garlic, Onion, Lemon, Papaya,Knol-kol, Pineapple, Mango, Tomato, Pomegranate, Grapes, Apple, Bittergourd, Ashgourd, Bael fruit , Spinach, Pumpkins, Watermelon, Indian Gooseberry , Orange , Sweet Lime, whey water& Neera etc.
 - c) Sprouts, their Nutritive Values and Methods of Sprouting
 - d) Food Values in Raw states, germinated form and Cooked form
 - e) Comparison with raw and cooked foods
7. Diet for Physical Labor & Mental work
8. Arguments from comparative Anatomy , Physiology, Chemistry & Hygiene
9. Naturopathic Hospital dietetics and their classification
10. Disease management with diet
Diabetes, Renal diseases, Anaemia, PEM, Peptic Ulcer, Constipation, Malabsorption syndrome, Liverdiseaseslike Jaundice,Fatty liveretc.HBP,LBP,Atherosclerosis, GallBladder disease, Cancer and arthritis
11. Food allergy and dietary management
12. Diet for Weight Reduction & Weight Gaining
13. Dietary modification for specific condition
14. Dietary reaction for a different population groups with special reference to pregnancy, lactation, Infancy
15. Seasonal changes in the dietary pattern in Ayurveda/Naturopathy and Modern nutrition
16. Food ,Sanitation, hygiene and health
17. Naturopathic approach towards vegetarian and non-vegetarian food
18. Harmfuleffects of the food colours, preservatives, pesticides, artificial manures
19. Dietary fibre and its therapeutic effects (e.g. constipation, ano-rectal disorders, colonic disorders, GIT disorders, D.M. etc.)
20. Geriatric nutrition and diet
21. Diet in exercise, sports, games and athletics
22. Paediatric Nutrition
23. Nutrition and life Span: How to Prolong Life & Postpone Death?
24. Diet,FastingandDisease .
25. Vegetarianism: Its Positive and Negative aspects in Naturopathy
26. Customs and manners of eating:Different views, Effect of emotional state on food utilisation
27. Kalpa therapy in Naturopathy: Grapes, Mango, Matha, Milk Etc.
28. Ideal Diet, China study & Genuine Health Care
29. Food , Eating , Self-Healing , Recovery of vigor
30. Drugs Increase Nutritional Requirements
31. Toxicless Diet, Body Purification & Healing System
32. How Vitamin-C keeps you Young, Natural Anti-oxidants
33. Question of Quality & Quantity of Food
34. Hygienic Food & Hygienic Cookery

35. Physio-Pharmacology of Foods :-

- A) Anti- Bacterial / Anti-Septic Foods
- B) Anti- Coagulant Foods
- C) Anti- Depressant Foods
- D) Anti- Diabetic Foods
- E) Anti- Diarroheal Foods
- F) Anti-Inflammatory Foods
- G) Anti-Oxidant Foods
- H) Anti-Viral Foods
- I) Anti- Hypertensive Foods
- J) Calming & Sedative Foods
- K) Anti-Cancerous Foods
- L) Carminative Foods
- M) Cholesterol Lowering Foods
- N) Diuretic Foods
- O) Immunity Enhancing Foods
- P) Life Prolonging Foods
- Q) Memory Enhancing Foods
- R) Expectorant Foods
- S) Oestrogenic Foods
- T) Analgesic Foods
- U) Aphrodisiac Foods
- V) Anti-Ulcer Foods
- W) Anti-Pyretic Foods
- X) Anti-Spasmodic Foods
- Y) Spoliative & Sudorific / Diaphoretic Foods
- Z) Eliminative Foods
- Aa) Cooling & Heating Foods
- Ab) Anti- Emetic Foods
- Ac) Purgative & Laxative Foods

Practicals

1. Visits to the dietetic department of the hospital
2. Menu planning using natural foods and raw foods in general patients
3. Demonstration of sprouts
4. Preparation of low cost balanced diet for different population groups using natural foods
5. Modification of normal diet in consistency-liquid full soft
6. Canteen duties at nature cure hospital
7. Knowledge of Sathvic food preparation at nature cure hospital
8. Visit to different nutrition centres like NIN - Hyderabad, CFTRI (Mysore)

Recommended Text Books-

1. Davidson and Passmore Human Nutrition and dietetics-By Passmore, Eastwood.
2. Clinical Dietetics and Nutrition- By F.P. Antia
3. Normal and Therapeutics nutrition” - By Corinne H. Robinson Marilyn R. Lawler.
4. Essentials of Food and Nutrition-By Swaminathan
5. Foundations of Normal and Therapeutic Nutrition-By Randall Teltal.
6. Nutrition and dietetics-By Subhangini Joshi.
7. Sprouts-By J.D. Vaish, Yoga Samsthan
8. Medical Secrets of Your Food-By Aman.
9. Mucusless Diet healing System- By Prof. Arnold Ehret
10. Raw Eating - By Aterhov
11. The Science and Fine Art of Food & Nutrition. - By Herbert M. Shelton.
12. Nutritive value of Indian foods - By NIN B.S. Narsinga Rao.
13. Text book of Nutrition And Dietetics - By Sri Lakshmi
14. All publications of NIN, Hyderabad

Reference Book-

1. Food and Nutrition -By Gupta
2. Modern Nutrition in Health and Disease-By Shills
3. Human Nutrition-By Maxine E.Mc. Divit and Sumati Rajgopal
4. Superior Nutrition-By Herbert M. Shelton
5. All publications on Nutrition-By National institute of Nutrition, Hyderabad.
6. Periodicals of Indian Journal of Medical Research.
7. Indian Journal of Nutrition and Dietetics
8. Nutrition survey of India
9. A Complete Guide to Vitamins-Edited By J.I. Rodele and Staff.
10. Nutrition - By Chaney and Ross.
11. The Complete Book of Food and Nutrition - By J.I. Rodele and staff.
12. Food Remedies - By S.J. Singh.
13. The Sprouting Book - By Ann Wigmore
14. Dictionary of Natural Foods - By William L.Esser
15. Healing through Natural Foods - By H.K. Bakhru
16. Food Combining Made Easy - By Herbert M. Shelton
17. Encyclopedia of Fruits, Vegetables, Nuts & Seeds for Healthful Living
- By Joseph M. Cadans
18. Nutritive Value of Indian Food Stuffs - By S.J. Singh

- | | |
|---|------------------------------------|
| 19. Diet & Nutrition | - By Rudolph Ballentine |
| 20. Nature's Healing Grasses | - By H.E. Kirschner |
| 21. Diet to Dissolve Kidney Stones | - By Dr. S.J. Singh |
| 22. The Vitamin & Health Encyclopedia | - By Jack Ritchason |
| 23. Food is Your Best Medicine | - By Henry G. Bieler |
| 24. Natural Dietetics | - By Dr. J.M. Jussawala |
| 25. The Grape Cure | - By Johanna Brandt |
| 26. Aahar hi Aushadhi hai | - By Dr. Hiralal |
| 27. The Hippocrates Diet and Health Program | - By Ann Wigmore |
| 28. The Natural Food of Man | - By Hereward Carrington |
| 29. Sugar - The Curse of Civilization | - By J.J.Rodale |
| 30. Foods That Heal | - By H.K. Bakhru |
| 31. Anubhav aur Sar | - By Dr. Sohanlal Nishkam Karmyogi |
| 32. Protective Foods in Health & Disease | - By Kulranjan Mukherjee |
| 33. Miracle of Garlic | - By Dr. Paavo Airola |
| 34. Old age, its causes & prevention | - By Sanford Bennett |
| 35. The Encyclopedia of Health and Physical Culture (Vol 2) | - By Bernarr Macfadden |

HERBOLOGY

Theory

1. Introduction to Herbology.
2. The following herbs are to be studied with respect to their source and therapeutic uses. Botanical details shall be avoided.

Botanical Name :-

1. Emblica Officinalis.
2. Cassia Fistia.
3. Ficus Glomerata.
4. Veliverta Zizanodies
5. Cinnamomum Camphora
6. Monardica Charantia
7. Tribulus Terrestris
8. Myristiba Fragrans
9. Cuminim Cyminum
10. Sesamum Indicum
11. Ocimum sanctum
12. Punica Granatum.
13. Coriandrum Sativum.
14. Azadirachta Indica.
15. Allium Cepa.
16. Piper Longum
17. Psoralea Corylifolia
18. Taxus Baccata .
19. AegleMarrnelos
20. Semecarpus Anacardium
21. Phyllanthus Niruri
22. Piper Nigrum
23. Santhalum Album
24. Santhalum Album
25. Allium Sativam
26. Mimosa Pudica
27. Acorus Calamus
28. Asparagus Racemosus
29. Rauwoffia Serpentina
30. Curcuma Longa
31. Terminalia Chebula
32. Ferula Narthex
33. Syzygium Aramaticum
34. Terminalia Belerica
35. Gingiber Officinalis

BOOKS

- | | |
|--|-------------------------|
| 1) Fundamentals of Ayurveda | - By K.N. Udupa |
| 2) Fundamentals of Ayurveda (ISM, Bangalore Publication) | - By Mahadev Shastri M. |
| 3) Swastha Vriptta Vignana | - By R.H. SINGH |
| 4) Arogya Prakash | - By Ramnarayana Vaidya |
| 5) Astaanga Hirudaya | - By Vagbhatta |
| 6) Charak Samhita | - By Charak |
| 7) Sushrut Samhita | - By Sushrut |
| 8) Herbs that Heal | - By H.K. Bakhru |

OBSTETRICS AND GYNAECOLOGY

THEORY

Section-A

1. **Basic Anatomy & Physiology -;**
 - a) Anatomy and Physiology of female genital organs and pelvis.
 - b) Maturation and fertilization of ovum.
 - c) Development of placenta.
 - d) Embryology of uterus.
2. **Physiology of Pregnancy :-**
 - a) Maternal changes due to pregnancy
 - b) Diagnosis of pregnancy
 - c) Differential diagnosis of pregnancy
 - d) Foetus in normal pregnancy
 - e) Ante-natal care.
3. **Physiology of Labour :-**
 - a) Causation and stages of labour
 - b) Mechanisms of labour
 - c) Conduct of Delivery - the Natural means.
4. **Physiology of Puerperium**
 - a) Phenomena of normal puerperium
 - b) Care of Puerperium
 - c) Care of new-born child
5. **Pathology of Pregnancy**
 - a) Hyperemesis gravidarum
 - b) Anaemia in pregnancy
 - c) Diseases of urinary system
 - d) Diabetes in pregnancy
 - e) Abortion
 - f) Ectopic pregnancy
 - g) Ante-partum haemorrhage
 - h) Placenta previa
6. **Pathology of Labour**
 - a) Occipito - posterior position
 - b) Breech presentation
 - c) Multiple pregnancy
 - d) Contracted pelvis
 - e) Management of labour in contracted pelvis
 - g) Complications of 3rd stage of labour
7. **Affection of New -Born**
 - a) Asphyxia neonatorum
 - b) Preterm baby
8. **Obstetrical Operations**
 - a) Forceps
 - b) Caesarean section
 - c) Induction of abortion and labour
9. **Pathology of Puerperium**

Puerperal infections
10. **Miscellaneous**
 - a) Perinatal mortality and Maternal mortality
 - b) Post-dated pregnancy
 - c) Placenta insufficiency .
 - d) Control of contraception
 - e) Medical Termination of Pregnancy.
 - f) Pre-term labour.

11. **Naturopathic Application:**
 - a) Hydrotherapy in Pregnancy
 - b) Importance of Naturopathic Diet in Pregnancy & Puerperium
 - c) Underwater delivery
12. **Yogic application:**
 - a) Exercises in -
 - Ist Trimester
 - IInd Trimester
 - IIIrd Trimester
 - Puerperium
 - b) Pelvic Floor Exercises
13. Natural Childbirth
14. Birth Control: Natural and Unnatural
15. Holistic Approach to menstrual Problems
16. Vaginitis: A Natural Approach
17. Breast Cancer Can Be Prevented
18. Varicose Veins: Prevention and Treatment
19. Understanding the Pregnancy: The Miracle of Creation
20. What Smoking Does to Women?
21. Depression : A New Epidemic
22. What Woman Should Know About Anaemia?
23. Overweight: Must It Be A Lifetime Struggle?
24. Menopause: Dreadful Affliction or Glorious Experience?
25. Uterine Tumors can Be Prevented

Section-n B

1. Gynaecological diagnosis
2. Malformation of Female genital organs
3. Diseases of vulva
4. Diseases of vagina
5. Sexually transmitted diseases in female
6. Diseases of urinary system
7. Trophoblastic diseases
8. Disorders of menstruation
9. Prolapse of uterus
10. New Growths of uterus
11. Endometriosis and adenomyosis
12. Diseases of ovary
13. Pelvic inflammatory diseases

Practicals

1. History taking of ante-natal and gynaecological cases
2. Demonstration of physical examination of ante-natal and gynaecological cases
3. Demonstration of conductive labour, normal delivery and use of minor instruments during Delivery
4. Demonstration of various equipments used in obstetrics and gynaecology
5. Case -history writing of ante-natal and gynaecological cases (25)

Recommended Text Books -

- | | |
|---|------------------------------|
| 1. Clinical Obstetrics | - By Mudaliar and Menon |
| 2. Text Book of Obstetrics | - By C.S. Dawn |
| 3. Shaw's Text Book of Gynaecology | - By Shaw |
| 4. Text Book of Gynaecology | - By Dr. Dutta |
| 5. Text Book of Obstetrics | - By Dr. Dutta |
| 6. Text Book of Gynaecology | - By Nina & Michael Shandler |
| 7. Yoga for Pregnancy & Natural child Birth | |
| 8. Women Disease & Easy Child Birth. | - By J.H. Tilden |
| 9. Every women's book. | - By Dr. Paavo Airola |

Reference Books-

Illustrated Book of Obstetrics & Gynaecology - By Dr. Gevan

YOGIC THERAPY

1. Introduction to Yogic Therapy / Basis of Yogic Therapy
2. Role of Asanas in curing various diseases
3. Specific importance of Pranayama in curing various diseases
4. Vital role of Bandhas, Mudras, Drishtis, in curing various diseases
5. Role of Shat-kriyas in curing various diseases particularly digestive disorders
6. Role of general exercises
7. The effects of various Yogic practices on different systems
Viz : Skeletal system, Endocrine System, Nervous system, Digestive System, Respiratory system, Excretory system, Cardio-vascular system, Muscular system, Reproductive system
8. Research methods in yogic therapy, statistical analysis etc.
9. Yogic therapy for:
 - a. Cardio-Vascular diseases
 - b. Psychiatric diseases
 - c. Mental retarded diseases
 - d. Neuro-Muscular diseases
 - e. Gastro-intestinal diseases
 - f. Hormonal diseases
 - g. Respiratory disorders
 - h. Metabolic disorders
 - i. Ophthalmologic disorders
 - j. Paediatric disorders
 - k. E.N.T. Disorders
 - l. Obstetrics & Gynecology disorder
10. Meditation and its applications on psycho-somatic disorders
11. Yoga & Relaxation Techniques
 - a. QRT-Quick Relaxation Technique
 - b. IRT - Instant Relaxation technique
 - c. DRT-Deep Relaxation technique
12. Teaching methods of Yoga to Public, Students and patients. Model lesson planning and adoption of Yoga in education system, limitations, vidhi and Nisheda (right and wrong)
13. Workshop on Yogic therapy
14. Dessertations
15. Advanced techniques of Yoga therapy
16. Pranic Healing & Reiki Therapy
17. Yoga and Mental health-Totalintegration of personality, correct mental behaviour and attitude, harmonial relationship of body and mind, self content tranquilising effect, psychology of spiritual growth and spiritual value, toning judgement, pure consciousness, mode of living and disciplined life.

18. Applied psychology :-

- a. Stress -Its causes, effects and control
- b. Historical perspective, Identifying psychological disorders
 - I. Anxiety Disorders
 - ii. Dissociative Disorders
 - iii. Somato form Disorders
 - iv. Sexual Disorders
 - v. Mood Disorders
 - vi. Personality Disorders
 - vii. Schizophrenia
- c. Therapy for psychological disorders
psychotherapy, therapy of Interpersonal relations, behavioral therapy

REFERENCE BOOKS :-

- | | |
|---|--|
| 1. Yogic therapy | - By Dr. Vinekar, Govt. of India. Publication. |
| 2. Yogic therapy | - By Dr. Giarde |
| 3. Treatment of common Diseases through yoga | - By Swami Satyananda Saraswati. |
| 4. Seminars on Yoga, Science & Man | - By CCRYN, Delhi Publication. |
| 5. Yoga Nidra | - By Swami Satyananda Saraswati.
Bihar School of Yoga |
| 6. The Ancient Science and Art of Pranic Healing. | - By Choa Kok Sui. |
| 7. Pranic Psychotherapy | - By Choa Kok Sui. |
| 8. Psychology | - By Robert A Baron. |
| 9. Garifeld Special Psychotherapy | - By John Wiley & Sons. |
| 10. Hand Bood of Behavior Modification& therapy | - By Plenum press. |
| 11. Stress & Mental Disorders. | - By Crarrett J.E. Raven Press, Newyork. |
| 12. Counseling and evidences | - By Adams J.T. moe. Million co. |
| 13. Stress Management Research papers. | - By V.K. Yoga Bangalore. |

HYDROTHERAPY

Theory

PAPER-I

1. Introduction and History
2. Physical properties and chemical composition of water
3. Physiological basis of Hydrotherapy:- The Skin and its anatomical construction, functions of the body
4. Production of heat and its distribution in the body, regulation of the body temperature, conditions that increase and decrease heat production in the body, body heat and body temperature
5. Importance of water to human body.
6. Physiological effects of water on different systems of the body
 - i) General and Physiological effects of heat upon:-
 - a. Skin
 - b. Respiration
 - c. Circulation
 - d. Nervous System
 - e. Heat and its production, dissipation etc.
 - f. Tactile and temperature sense
 - ii) General and physiological effects of cold upon skin, respiration, circulation, nervous system, G.I.T., Body temperature and its maintenance.
7. Reflect areas of the body, results of the application of hot and cold over reflex areas
8. Action and reaction, incomplete reaction, Conditions that encourage and discourage reaction, internal reaction, thermic reaction, modified thermic reaction
9. Place of water in preservation
10. Place of water in Acute diseases
11. Place of water in Chronic diseases
12. Magnesium sulphate - use in Hydrotherapy

PAPER - II

1. General Principles of Hydrotherapy
 - a) General rules of hydrotherapy
 - b) Therapeutic significance of reaction
 - c) Adaptation of individual cases
 - d) Exaggeration of symptoms under treatment, the untoward effects and how to avoid them
 - e) General indications and contra- Indications
2. Therapeutic actions and use of Hydrotherapy:
 - a) Classification of Hydriatic effects, General principles excitation and Depression
 - b) Primary excitant effects when to apply and when not to apply
 1. Local haemostatic effects
 2. Cardiac effects Hydratic heart tonics
 3. Uterine excitations, emanogogic effects
 4. Vesical excitations
 5. Intestinal excitations, peristaltic effects

c) Secondary excitant effects:-

1. Restorative effects.
2. Tonic effects of cold water, physiological effects of cold water, Cold water Vs. Medical tonics, application diseases.
3. Anaemia, Neurasthenia, Hypochondria Cerebral congestion, Rheumatism, Diabetes mellitus, Valvular heart diseases.
4. Calorific effects.
5. Diaphoretic effects.
Importance of attention to the skin in Chronic diseases - alternative & qualitative effect - Hot baths in brights diseases, Sweating baths in dropsy and obesity, Depurative or eliminative effects, Toxemia in Rheumatism.
6. Expectorant effects.
7. Diuretic effects - Brights disease, Uremia - eclampsia.
8. Atonic Dyspepsia, Hyperacidity
9. Revulsive and derivative effects, flexion, revulsive methods for Combating superficial anaemia and for relief of deep congestion method adopted to anaemia of deep seated organs revulsion on analgesic measure.

d) Resolvent effects ,sedative effects- general sedatives - local sedatives.

i) Sedatives of the circulatory system- antiphlogestic effects, inflammation, pneumonia, pleurisy and other acute disorders.

ii) Nerve sedatives, hypnotic, calmative analgesic, anesthetic, antispasmodic, insomnia, chorea, spastic paralysis, exophthalmic goiter, mania, epilepsy and various painful conditions.

iii) Anti- thermic and antipyretic effects, relation of heat production and heat elimination to antipyretic methods, principles that govern the application of hydiatic measures for the reduction of temperature in fevers , methods that may be efficiently employed in various morbid conditions and effects, indications and contra- indications.

iv) Secretory and sedative effects - prophylactic uses.

- a. Cold bathing in infancy and early childhood.
- b. The cold bathing for Adults.
- c. The cold baths for women.
- d. The cold bath in old age- precautions.

3. The techniques of Hydrotherapy:-

Plain water bath :-

- | | |
|--|-----------------------------------|
| Cold hip bath | - Kellog's & Kuhne's sitz bath |
| Shallow bath | - for males, females hand and arm |
| Graduated bath | bath, foot bath, hot and cold |
| Natural bath | alternative leg bath |
| Non revulsive bath | |
| Immersion bath | |
| Cold plunge bath | |
| Whirl pool bath | |
| Aeration bath | |
| Vichy spray massage | |
| Rapid bath, Brand -bath, Fever bathing, Sea bathing. | |

4. Various baths and air baths, Russian bath, Turkish bath, Steam inhalation, Hot air bath, Local hot air bath, Super hot air bath, Cold air bath, Indoor and out-door baths.

5. Pool Therapy:-

- a) Introduction
- b) Principles of treatment Part I and Part II.
- c) Physiological and Therapeutic effects of exercise in warm water.
- d) Indications and contra - indications.
- e) Dangers and precautions.

6. Douches :-

Cold Douche
Hot Douche
Neutral Douche
Alternative Douche
Under water Douche
Contrast Douche
Horizontal Jet
Cephalic Douche
Lumbar Douche
Fan Douche
Rain Douche or Shower Douche
Heptic Douche
Circular Douche and Semi Circular Douche
Cerebrospinal Douche
Plantar Douche
Percussion Douche
Scotch Douche
Revulsive Douche
Ascending Douche
Calliper Douche
Filiform Douche
Fog Douche
Massage Douche
Shoulder Douche
Thoracic Douche
Abdominal Douche
Anal Douche
Perineal Douche
Pulmonary Douche
Cardiac Douche
Gastric Douche
Enteric Douche
Renal Douche
Articular Douche
Vapour Douche

7. Fomentation and Stupes:-

The hot water bag, the siphon hot water bag, the thermopore, the mustard Fomentation, clay and glycerin poultice, charcoal poultice, cotton poultice.

8. Compresses and Packs :-

The wet sheet pack, cooling pack, cold shower pack, sweating pack, very cold compress, proximal compress, neutral compress, alternate compress, repulsive compress, compress of ten days for injuries and eruptions, alternative ten applications to the head and spine, local packs, wet girdle pack, dry abdominal bandage.

Abdominal heating compress, Head pack, Spinal pack
Hot and cold heat compress, Hot and cold lung compress
Hot and cold gastro-hepatic compress
Hot and cold renal compress
Hot and cold intestinal compress
Hot and cold pelvic compress
Hot and cold abdominal pack
Hot and cold spinal pack
Hot and cold pancreatic pack

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, Perineal compress, Prone Packs , Lumbar compress.

9. Internal Use of Water:-

Irrigations and enema (Colon Flushing)
Cold water drinking, Hot water drinking.
Water emetic, irrigation of ear, Nasal Irrigation,
Vaginal irrigation, Intra-uterine irrigation, rectal irrigation.

Enema :- Hot, warm, Cold, graduated enema.
Coloclyster, Retentive enema, Tonic Enema.

Hydriatic Prescription Making:-

- a. The natural defense of the organism.
- b. Procedures for increasing vital resistance.
- c. Procedures which excite the central ganglia.
- d. Procedures that increase oxidation.
- e. Measures that encourage general and local metabolic activity.
- f. Procedures that increase general blood movement and local blood supply.
- g. Measures that increase heat production.
- h. Measures that increase the elimination of heat.
- i. Measures that combat bacterial development of blood.
- j. Measures that increases/ lessen heat elimination.
- k. Hydriatics incompatibility.
- l. Hydrotheapy as a means of rehabilitation and health promotion.
- m. Emergency treatments in Hydrotherapy.

10. Mud Therapy:-

- a) Introduction to Mud Therapy.
- b) Classification of mud for therapeutic use.
- c) Precautions for storing mud.
- d) Methods of treatment of mud - applications, packings hot poultices, effect of mud on different system of body.
- e) Natural mud bath, full and partial mud packs, mud plaster, thermal bath, dry pack, sand pack and sand baths.
- f) Cosmetic uses of mud.

PRACTICALS

Demonstration of various therapeutic Procedure and treatments in Hydrotherapy during clinical classes at the hospital.

At the end of final B.N.Y.S. Course, candidate should be in a position to give treatments independently.

TEXTBOOKS:-

- | | |
|--------------------------|-------------------------|
| 1. Baths | - By S.J.Singh. |
| 2. My Water Cure | - By Sebastian Keneipp. |
| 3. Rational Hydrotherapy | - By Dr. J.H. Kellogg. |
| 4. The Healing Clay | - By Michel Adserra. |
| 5. Our Earth and Cure | - By Raymond Dextroit. |

REFERENCE BOOKS

- | | |
|------------------------------|----------------------------------|
| 1. Hand Book of Hydrotherapy | - By Shew, Joel. |
| 2. Hydrotherapy in Practice | - By Davis, B.C.& Harrison, R.A. |
| 3. Medical Hydrology | - By Sideny Licht. |

PHYSIOTHERAPY

THEORY

I. Basic Physics in exercise therapy:-

1. Mechanics : Force, Gravity, Line of gravity, center of gravity in human body, base, Equilibrium. And planes.

Mechanical Principles :- Lever, Order of Lever, examples in human body, Pendulum, Spring.

2. Introduction to Exercise Therapy:-

3. Starting Position :- Fundamental Starting positions, derived position, Muscle work for all the fundamental starting positions.

4. Classification of movements in detail :-

- a) Voluntary movements.
- b) Involuntary movements

5. Active movements

6. Passive movements

7. Muscle strength :-

Anatomy and physiology of muscle tissue, causes of muscle weakness/paralysis, preventing of muscles weakness/ paralysis, types of muscle work and contractions, range of muscle work, muscle assessment.

Principles of muscle strengthening / re-education, early re-education of Paralyzed muscles

8. Joint movement :-

Classification of Joint movements, causes for restriction of joint movement, prevention of restriction of joints range of movements , Principles of mobilizations of joint in increasing the range of motion. Technique of mobilization of stiff joint.

9. Relaxation :-

Techniques of relaxation, Principles of obtaining relaxation in various positions.

10. Posture :-Types, factor responsible for good posture, factor for poor development of good posture.

11. Co-ordination exercises Definition of co-ordinated movements, in-coordinated movements.

Principles of co-ordinated movements, technique of co-ordination exercise.

12. Gait- Analysis of normal gait with muscles work, various pathological gaits.

13. Crutch Gait :- Introduction, crutch measurement, various types of crutch gait (in details)

14. Neuro- muscular facilitation techniques, functional re-education.

15. Suspension Therapy :- Principles of suspension, types of suspension therapy, effects and uses of suspension therapy , their application either to mobilize a joint or to increase joint range of motion to increase muscle power, explaining the full details of the components used for suspension Therapy.

ELECTROTHERAPY

Theory

1. Electrical fundamentals, physical principles, structure and properties of matter, molecular atom, proton, neutron, electron, ion, etc., Electrical energy: Nature of electricity current, static electricity current, Electric potentials generated by cell, ohm's law, joule's law, Magnetic Energy: Nature and property of a magnet, magnetic induction, Show rule, maxwell's cork-screw rule.
Electro magnetic induction, principle and working of choke, coil, transformer, rectification of A.C. to D.C., Metal oxide Rectifier, semiconductor, Diode and triode, valves, principles of working in a capacitor, details of charging and discharging etc. Transistors, measurement of current intensity, EMS and power, moving coil milometer and voltmeter.
2. **Low Frequency Currents:-**
Nature and principle of production of muscles stimulating currents, types of low frequency currents used for treatment, Therapeutic electric stimulation, Intophoresis.
3. Preparation for electro therapy, preparation of apparatus, patient treatment technique. Stimulating the muscles of extremity, back and face through the motor points.
4. **Faradic and galvanic currents.**
5. **High frequency current treatments :-**
Physics of high frequency currents, production of high frequency currents, principles, Bio Physics of heat, Physiology of heat and cold , Production, Physiological and therapeutic effects and uses. Technique of Treatments, Dangers and precautions, contra-indications of the following.
 - a) Shortwave Diathermy
 - b) Microwave Diathermy
 - c) Ultrasonic Therapy
6. Principles of radiation therapy, physics of radiation therapy, laws governing radiation, Production. physiological and therapeutic effects, uses, techniques of treatment, dangers and precautions, contraindication etc. of the following.
 - a) infrared radiation therapy.
 - b) Ultraviolet radiation therapy
 - c) Basic principles of transcutaneous nerve stimulation and interferential therapy.
 - d) Wax therapy-physics-physiological and therapeutic effect and uses.
Techniques of application.

Practicals (I)

- (1) Interrupted/modified D.C.
 - (a) Stimulation of muscles directly.
 - (b) Diagnostic tests
 - (I) F.G.Test.
 - (II) S.D.Curve
 - (III) Fatigue Test.
- (2) Uses of surged faradism and interrupted galvanism in various peripheral nerve lesions.
 - (a) Neuroproxia
 - (b) Axonotomosis.
 - (c) Neurotomosis

Practicals (II)

(High frequency current treatment)

- (a) Shortwave diathermy-setting up of apparatus including selection of method and electricity, Techniques, preparation of patient, checking, contra indications, application of SWD for various conditions and various parts of the body. Those must be practiced by the students.
- (b) Microwave diathermy-setting up of apparatus including selection of method and electricity, Techniques, preparation of patient, checking, contra indications, application of MWD for various condition and various parts of the body. Those must be practiced by the students.
- (c) Ultraviolet radiation: setting up of apparatus including selection of lamps technique of application of UVR for various conditions like test dose, general body bath, acne vulgaris, alopecia areata and total is, ulcers, psoriasis, rickets and general debility patients.
- (d) Ultrasonics: setting up of apparatus, selection of dose, technique of application in various Condition and to various parts of the body.

Practicals (III)

- (1) Demonstration and practice of Active and passive movements.
- (2) Demonstration and practice of putting suspension to shoulder joint, Elbow joint in upper limb, hip joint and knee joint in lower limbs for all movements. Demonstration of total suspension.
- (3) Muscle strength: Demonstration and practice of strengthening, re-education of weak/paralysed muscles of both upper and lower extremity, individual group muscles, abdominal muscle exercises.
- (4) Joint movements: Demonstration and practice of techniques to improve joint range of motion of hip joint, knee joint, ankle and foot in lower limb, shoulder joint, elbow joint, radio-ulnar joint, wrist joint & upper limb.
- (5) Demonstration and practice of free exercise to improve joint range of motion (Small joints, eg. hand, finger, toes etc.) Demonstration and practice of all crawling exercises, faulty posture. Correcting techniques.
- (6) Demonstration of various pathological gaits.
Measurement of crutches, walking aids, strengthening of crutch muscles, crutch balance, Demonstration and practice of all crutch gaits.
- (7) Breathing Exercises: Demonstration and practice of Diaphragmatic breathing, localised expansion exercises.
- (8) Passive stretching: Techniques of passive stretching to sternomastoid muscle, shoulder abductors. flexors elbow flexors, supinator, wrist and finger flexors in upper limbs passive stretching to hip flexors, Adductors, ilio-tibialband, tensor fascia lata, quadriceps, knee flexors, tendoachillies etc.

BOOK REFERENCE (BOTH THEORY AND PRACTICALS)

- 1. Principles of Exercise Therapy - By Dena Gardiner.
- 2. Tidy's physiotherapy.
- 3. Cash text book of physiotherapy.
- 4. Clayton's Electrotherapy and Actinotherapy.
- 5. Kisner's Therapeutic Exercise Foundation and techniques.
- 6. Maggie's text Book of Physiotherapy

HOLISTIC PRACTICES OF NATUROPATHY & YOGA (INCLUDING SURGICAL DISEASES)

Theory

Diseases of System:-

1. Cardiovascular Disorders
2. Gastrointestinal Disorders
3. Blood related Disorders
4. Respiratory Disorders
5. Neurological Disorders
6. Psychiatric Disorders
7. Musculoskeletal Disorders
8. E.N.T. Disorders
9. Ophthalmology Disorders
10. Obstetrics & Gynaecology Disorders
11. Paediatric Disorders
12. Metabolic Disorders
13. Hormonal Disorders
14. Neuromuscular Disorder
15. Mental Retardation Disorder
16. Psychological Disorder
17. Sexual Disorder
18. Post surgical Rehabilitation
19. Post Chemotherapy Rehabilitation
20. Skin Disorders
21. Tumors & Cancers
22. Affections due to Parasites
23. Affections due to Physical agents & Intoxicants
24. Care of Wounds, Burns, Bites & Stings
25. Accidents & Emergencies

Cure of Surgical Disorders:-

1. Deviated Nasal Septum
2. Tonsillitis
3. Appendicitis
4. Uterine Fibroid
5. Uterine Prolapse
6. Hernia
7. Intervertebral Disc Prolapse
8. Cervical Spondylosis & Slip disc
9. Calcaneal Spur
10. Osteoarthritis
11. Hydrocele etc.
12. Prostate
13. Hemorrhoids (Piles)
14. Fistula
15. Pyorrhea
16. Gall Stone & Renal Stone
17. Breast tumor

RECOMMENDED BOOKS:-

- | | |
|--|-------------------------|
| 1. Nature's Materia Medica | - By Dr. J.M. Jussawala |
| 2. The Genesis & Control of Disease | - By George S. Wege |
| 3. Constipation & Indigestion | - By L. Ramachandran |
| 4. Reversing Heart Disease | - By Dr. Dean Ornish |
| 5. Natural Cure for Rupture | - By Bernarr Macfadden |
| 6. Stop Hair Loss | - By Dr. Paavo Airola |
| 7. Worldwide Secrets for Staying Young | - By Dr. Paavo Airola |
| 8. Bragg Fitness program with Spine Motion- | By Paul C. Bragg |
| 9. There is a Cure for Arthritis | - By Dr. Paavo Airola |
| 10. Cancer overcome by Diet-An Alternative to Surgery | - By Louise Green Field |
| 11. Diet to dissolve kidney Stones | - By Dr. S.J.Singh |
| 12. The Hygienic Care of Children | - By Herbert M.Shelton |
| 13. New Light on Atherosclerosis, High Blood Pressure & Heart Attack | |
| 14. Integrated Healing Arts | - By Dr. J.M. Jussawala |
| 15. A Doctor's Victory Over Cancer | - By Kristine Nolfi |

REFERENCE BOOKS:-

- | | |
|--|--|
| 1. Medical Drugs on Trial? Verdict "Guilty"! | - By Keki R. Sidhwa |
| 2. Drink Your Troubles Away | - By John Lust |
| 3. Physical Fitness | - By Prof. Arnold Ehret |
| 4. Science of Natural Life | - By Dr. Ganga Prasad Gaud "Nahar" |
| 5. Home Remedies for Common Ailments | - By H.K. Bakhru |
| 6. The Greatest Health Discovery | - American Natural Hygiene Society
P.O.Box 30630. Tampa
FLORIDA- 33630 |
| 7. The cure of advance cancer by Diet Therapy | - By Dr. Max Gerson M.D. |
| 8. Natural Cure of Skin Ailments | - By Dr. S.J. Singh |
| 9. The Encyclopedia of Health
and Physical Culture (Vol 7 & 8) | - By Bernarr Macfadden |
| 10. Materia Medica | - By J.M. Jussawala |

HOSPITAL MANAGEMENT & RESEARCH METHODOLOGY

Theory

I - Medical Jurisprudence, Forensic Medicine & Toxicology

A. FORENSIC MEDICINE:

1. Definition of Forensic medicine and its scope.
2. Procedure of giving medical evidence with reference to Indian evidence act.
3. Methods of identification of living and dead body, race, age, sex etc.
4. Death:- Medico-legal aspects, certification of death, sudden death, causes, Medico- legal importance, sign of death, changes due to death and calculating time of death.
5. Medico legal autopsy.
6. Medico-legal wounds, their classification and study and medico-legal aspects.
7. Examination of blood stains, hairs and seminal stains.
8. Miscellaneous causes of death from heat, cold, electricity, Starvation etc.,
9. Violent asphyxia deaths:- Hanging, Strangulation, Suffocation and drowning.
10. Sexual Offences:- Impotency and sterility, Virginity, legitimacy, un-natural Offences, Medico-legal aspects, Anesthetic death.
11. Infanticide.
12. Medico-legal aspects of insanity.
13. Forensic Psychiatry.
14. Definition, Police inquest, difficulties in detection of crime, legal procedure in Criminal courts and their powers, oath, medical evidence, medical certificate, Dying declaration.
15. Rules of giving evidence, professional secrecy.
16. Post mortem examinations.
17. Death - signs of death cadaveric rigidity and spasm, putrefaction, estimation of Time since death.
18. Death from asphyxia, differences between hanging and strangulation, suffocation and Drowning.
19. Death from burns and scalds and lighting.
20. Rape and unnatural offences.
21. Abortion, pregnancy and delivery, miscarriage.
22. Law in relation to a medical man, medical ethics, duties, professional privilege and responsibilities.

B. TOXICOLOGY:

1. General considerations of poisoning and classification.
 - a) Actions of poisons, factors modifying their action.
 - b) Diagnosis of poisoning.
 - c) Treatment of poisoning in General.
2. Poisons:-
 - a) Corrosives
 - b) Nonmetallic poisons
 - c) Insecticides and weed killers
 - d) Metallic poisons
 - e) Organic Irritant poisons
 - f) Somniferous poisons.
 - g) Inebriant poisons
 - h) Delibriant poisons
 - i) Drug Dependence
 - j) Food poisoning
 - k) Spinal poisons
 - l) Cardiac poisons
 - m) Asphyxiants
 - n) Miscellaneous
3. Legal responsibilities: Medical ethics.
4. Responsibilities and duties of the medical practitioners to the state, Professional secrecy and privileged communication.
5. Un-professional conduct and malpractice.
6. The rights and privilege and duties of medical practitioners.
7. The functions of state-medical council and its relationship to Indian Medical Council.
8. Medical ethics approved by Indian Medical council.

PRACTICALS

1. Age estimation.
2. Autopsies
3. Skeleton remains.
4. Spotters.
5. Examination of injured.
6. Alcoholic.
7. Psychiatric.
8. Toxicology.

TEXT BOOKS:-

- | | |
|-------------------------------------|---------------------|
| 1. Medical jurisprudence | - By Modi |
| 2. A Text Book of Forensic Medicine | - By Narayana Reddy |
| 3. A Text Book Of Forensic Medicine | - By M.R.K. Krishna |

REFERENCE BOOKS:-

- | | |
|---|---|
| 1. The essential of forensic medicine | - By Dr. C.J. Polson,
D.J. Gee and B. Knight |
| 2. Forensic Medicine | - By Corden and Shapiro |
| 3. Principles and practice of Medical jurisprudence | - By Taylor's |
| 4. Legal Boundaries of Nature Cure | - By Advocate (Dr.) Ashok Kumar
Sharma |

II - Psychological Aspects of Patient Management

1. GENERAL PRINCIPLES OF PATIENT MANAGEMENT

- a. Use of patient-centered, holistic approach with careful considerations of all information available from history, Physical and mental state, Examination and investigations & in full consultation with patient, relatives etc.
- b. Immediate assessment and illness acuity/ severity rating with appropriate intervention, investigation & monitoring.
- c. The principles of patient support (physiological, psychological, social, spiritual) and symptom management until a definitive diagnosis is reached & specific treatment is started.
- d. The ability to recognize the need for specialist help, appropriate environment and the speed with which these two are required.
- e. Patient referral:- as above and lines of communication , keeping the patient / family / carers informed.

2. PSYCHOSOCIAL MANAGEMENT:-

- a. Recognition of specialist availability and of interventions and their use.
- b. Role of psychosocial factors in precipitating and perpetuating illness.
- c. Consideration of patient's social circumstances, work, family etc. When Determining treatment options , available interventions & the role of other Organisations.

3. PSYCHOLOGICAL REHABILITATIONS:-

- a. Understanding of the integral role of rehabilitation & mental support in recovery especially after major illness, significant trauma or surgery.
- b. Appreciation of the need for a specific program of rehabilitation and the role of other health care professionals in providing this.
- c. Use of Nature Cure & Yoga modalities in psychological rehabilitations

III - Hospital Management (Naturopathy & Yoga) (Hospital Administration)

SECTION 1

HOSPITAL ADMINISTRATION

1. The Hospital administrator - Role and Responsibilities
2. Profile of an effective Hospital Administrator

SECTION 2

MANAGERIAL SKILLS

1. Planning
2. Information System
3. Communication
4. Decision Making
5. Monitoring and Evaluation
6. Managing Time
7. Meetings

SECTION 3

HOSPITAL ORGANISATION

1. Hospital Organisation - Structure and Function
2. Hospital Committees

SECTION 4

THE HOSPITAL

1. Role of Hospital in Health Care
2. Hospital Planning and design
3. Special Features of Nature cure Hospital, Qualities of Therapist, Hospital Atmosphere, Scientific Attitudes, Awareness of Scope, Limitations of nature cure.
4. Newer Technology in Treatment Through Naturopathy

SECTION 5

THE CLINICAL SERVICES & CLINICAL SUPPORTIVE SERVICES

1. The Medical Staff Organisation, interaction with patients.
2. Radiological Services
3. Laboratory Services

SECTION 6

THE NURSING SERVICES

SECTION 7

SPECIALISED SERVICE AREAS

1. Casualty Services
2. Disaster Services
3. Out-patient Services
4. Day Care
5. Diagnostic Services
6. Medical Records

SECTION 8

HUMAN RESOURCES

1. Personnel

SECTION 9

MATERIALS MANAGEMENT

SECTION 10

FINANCES

1. Finances
2. Activity based costing in Hospital
3. Economics of H.M.

SECTION 11

QUALITY ASSURANCE

1. Quality Management in our Hospitals
2. Medical Audit

INFECTION CONTROL

1. Control of Hospital acquired infection.

ETHICS & LAWS

1. Ethics
2. Law applicable to Hospitals
3. Consumer Protection act 1986

SECTION 12

1. Indian Health Policy

PRACTICAL

1. Visit to the different Hospitals .
2. Project work in Planning & Designing the Hospital

REFERENCE BOOKS

- | | |
|---|---|
| 1. Hospital Planning & Administration | - By Llewellyn Davies Macaulay , H.M.C. |
| 2. Hospital Administration | - By Francis C.M & Maria C.Desouza |
| 3. Hospital ward Management | - By Kusum Samant |
| 4. Text Book of Social & Preventive Medicine | - By Park. K. |
| 5. Economics of Health care | - By Martin Green |
| 6. Hospital Planning | - By Dr. Ashok Sahni |
| 7. Principals of Hospital Administration & Planning | - B.M. Sakharkar |

IV - Research Methodology in Naturopathy & Yoga

1. Introduction
2. Planning a research Project
3. Design of the study
4. Statistics
5. Parameters to be recorded for specific diseases
 - Obesity
 - Diabetes mellitus
 - Hypertension
 - Asthma
 - Lumbago
 - Rheumatoid Arthritis
6. Project Preparation for Clinical Research
7. Bioethics
8. Ethical Issues in Clinical Trials
9. Recent Research Update in Naturopathy & Yoga
10. Psychological Aspects in Yoga Research
11. Status of Research in India on naturopathy and yoga

RECOMMENDED BOOKS

- | | |
|---|---|
| 1. Research Methods | - By Dr. H.R. Nagendra |
| 2. Research Methodology in Naturopathy & Yoga | - By CCRYN, New Delhi |
| 3. Fundamentals of Evidence based Medicine | - By Kamleshwar Prasad |
| 4. Research Reports From 1981 to 2006 | - By INYS(Jindal Nature Cure Institute) |

PSYCHOLOGY & BASIC PSYCHIATRY

- I. Definition and brief history of Psychology.
- II. Biology of Behaviour: Typical behaviour patterns, Sociobiology, Brain and Behaviour.
- III. Sensory process and Perception.
 1. Vision, Hearing, Smell, Taste, Skin senses.
 2. Perceptual Process - Attention from perception, visual depth perception, Consultancy, Movement perception, Plasticity, individual difference.
- IV. Principles of Learning: Classical conditioning, Instrumental conditioning, cognitive learning etc.
- V. Memory: Theories about memory, Forgetting and Amnesia, Improving your Memory.
- VI. Thinking and Language: The thinking process, concepts, Problems solving, Decision making, Creative thinking, Language Communication.
- VII. Motivation: Theories of motivation, Biological motivation, Social motives, Motives to know and to be effective, Frustration and conflict of motives.
- VIII. Emotion and Stress: Expression and perception of Emotions, physiology of emotion, Stress Theories of Emotion.
- IX. Social Perceptions, Influence and Relationship: Social perception social influence, social relationship.
- X. Attitudes: The Nature of attitudes, the measurement of attitudes, attitude theories, Factor in attitude change, attitudes and behaviour, behaviour & Attitudes.
- XI. Development during infancy and childhood: Methods of studying development, infancy, early childhood and later childhood.
- XII. Development during Adolescence, Adulthood and Old age: Adolescence, Youth, Early and Middle adulthood, Old age.
- XIII. Psychological Assessment and Testing: Psychological tests, The Nature of intelligence and assessing intelligence, Individual difference in intelligence, Testing for special aptitudes, Personality Assessment, Behavioural Assessment.

XIV. Personality: Type and Trait theories of personality, Dynamic personality theories, humanistic theories, learning and behavioural theories of personality.

XV. Abnormal Psychology: (Psychiatry)

1. Abnormality in everyday life
2. The language of Abnormality
3. General causes of abnormal Behaviour
4. Classifying Psychological Disorders: Clinical syndromes, Brain Syndrome, Psychoses, Neuroses, and Personality disorders
5. Psychoneuroses
6. Hysteria, Anxiety state and Neurasthenia
7. Other forms of Psychoneuroses (OCD, Phobias etc.)
8. Treatment of Psychoneuroses - Psychotherapy and its procedures, Other therapies.
9. Psychoanalysis and related school.
10. Psychoses
11. Schizophrenia
12. Mania - Depressive Psychoses
13. Involutional Melancholia and Paranoia
14. Alcoholic Mental Disorders
15. Toxic and Organic Psychoses
16. Epilepsy
17. Mental Deficiency
18. Antisocial personalities and crime.

XVI. Therapy for Psychological distress:

1. Positive Psychotherapy & other Psychotherapies: Psychoanalysis, Behaviour therapy, Logo therapy, Conversation therapy, Gestalt therapy and Primal therapy, Transactional analysis.
2. Positive Psychotherapy and its practical application for various conditions.

XVII. Co-relation of Psychology, Mental health and Yoga.

BOOKS RECOMMENDED:

- | | |
|---|---|
| 1. Introduction to Psychology | - By Clifford T. Morgan & Richard A. King |
| 2. Abnormal Psychology | - By James D Page |
| 3. Positive Psychotherapy | - By Nossrat Pesseschian |
| 4. Psychologies, Mental Health and Yoga | - By A.S. Dalal |
| 5. General Psychology | - By J.P. Guilford |
| 6. A brief Introduction to Psychology | - By Clifford T. Morgan |