

# Mahatma Gandhi Kashi Vidyapith

महात्मा गांधी काशी विद्यापीठ



## **PROPOSAL**

P.G. Diploma in Naturopathic Science & Yoga  
(P.G.D.N.Y.Sc.)

# Department of Physical Education & Yoga

## Faculty of Education

### **FEES**

Each student will be required to pay Rs. 10000/- as tuition fees and Rs. 1000/- as fee for Educational Tour and advanced Specialized Practice. The tuition fee may be realized in two equal installments but educational tour and advanced specialized practice fee shall be taken in the very beginning. In addition examination fee, games and sports fee etc. as per University rules shall be realized along with the first installment of fee.

### **RESULT**

Each student shall be required to pass in theory and practical work separately (inclusive of educational tour). The minimum pass marks in theory and practical work shall be 40% in each paper and practical work and 45% in aggregate. Students securing 60% and above shall be placed in Ist division and those obtaining 45% and above but less than 60% shall be awarded IInd division.

### **COURSE DIRECTOR/COORDINATOR**

The senior most faculty in the department of Physical Education shall be the director/coordinator of the course.

## First Semester

### Paper-I

#### **Nature Cure, Health and Social Work**

##### **History of Nature Cure in India and abroad**

Naturopathy- Definition, Principles, Philosophy and treatment Approaches.

Naturopathy and other system of medicine.

Concept of Health

Health facility in India

Community sanitation and hygiene, control of communicable disease, Personal hygiene

Major Health Problems

National Health policy, Planning and Programmes in India.

Physical Education - Definition, Principles, skills and methods

Application of Physical Education and Sports in maintenance of Health and Prevention and Treatment of Diseases.

### Paper-II

#### **Elementary Anatomy, Physiology and Pathology**

**Anatomy** regional sub division of human body, parts, bones and Joints of Upper limb; parts, bones and Joints of Lower limb; Parts of Head and Neck.

**Body Systems** Introduction to the Respiratory System, Introduction to the Gastro-Intestinal System, Introduction to the Circulatory System, Introduction to the Urinary System, Introduction to the Genital System.

**Physiology** Cell structure and functions, Tissue- Epithelial, Connective, Muscular and Nerves etc.

Muscles- Physiology of Muscles, types of Muscles, Muscles contraction and relaxation.

##### **Body system and their functions**

Digestive System, Respiratory System, Hematology, Excretory System, Nervous System, Reproductive System & Skin System.

**Pathology** Nutritional causes of Disease, Metabolic Disorders, Hemolytic Disorders, Diseases of male Reproductive System, Blood Sugar, Blood Urea, serum Cholesterol, Diseases of Female Reproductive System, Body Defence mechanism and Aging Process and Parasites.

### Paper-III

#### **Therapies Employed in Nature Cure**

Hydrotherapy- History of Hydrotherapy, Physical Properties of water, Physiological base of hydrotherapy, Heat production and heat distribution in the body, regulation of body temperature, condition that increase and decrease heat production at the body, Classification of Heat Temperature, Physiological effect of hot and cold water, Application of water on different temperature, Reflex effects of cold and hot applications.

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

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

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

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

### **Chromotherapy and Heliotherapy**

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

**Diet-therapy** Concept and general principles, various components of food

## **Paper-IV**

### **Philosophy and Principles of Yoga**

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

## **Paper-V**

### **Socio-Cultural Dimensions of Health and Diseases**

Socio and Cultural life of human beings, Social perspective of health and health cae, Socio-cultural approach to health and disease

Poverty and Health

Population and Health

Nutrition and Health

Anatomy, Physiology and Pathology

Social consequences of disease and illness.

## SECOND SEMESTER

### Paper-I

#### **Nutrition and Herbal Medicine**

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

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

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

**Herbal** Therapeutic use of Amla, Ashwagandha, Ajwain,

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

### Paper-II

#### **Exercise, Massage and Reflexo-Therapy**

**Exercise** Meaning, Classification, Techniques of various exercises.

Exercises applied to various Joints and Muscles Different, changes with exercise: Heart rate, stroke volume, Sympathetic Stimulation, Peripheral circulatory changes, changes in regional Circulation, Respiratory changes, Metabolic changes, Massage.

Types, Principles and Effect of Massage.

**Reflexotherapy** Meaning, Methods and therapeutic effects.

### Paper-III

#### **Diagnostic Methods and Management of Diseases**

**Diagnosis** Concept, types and methods

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

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

**Management** Natural Management of Diseases of the Digestive System- Indigestion, Constipation, Diarrhea, Gastritis, Colic pain, Appendicitis, peptic ulcer, colitis; diseases of the liver and gall bladder, Jaundice, Hepatitis, Cirrhosis of liver;

Diseases of urinary system: Enuresis, Nephritis, Infection of urinary tract

Disease of Heart and circulatory disorders: Angina pectoris, High and low blood pressure

Diseases of Respiratory system-cough, Pneumonia, Pleurisy, Bronchitis, Asthma, Pulmonary Tuberculosis

Diseases of the Nervous System-Epilepsy, Migraine, Paralysis Sciatica,

Diseases of connective tissues, joints and bones- Rheumatoid arthritis, Osteoarthritis, spondylitis,

Gout

Diseases of Endocrine System-Diabetes, Hypothyroidism

Diseases of the Genital Disorder-Syphilis, Gonorrhoea, AIDS,

First Aid and Emergency

#### **Paper-IV**

##### **Mental Health and Physical Diseases**

Role of Mental Health in total health, Normal and Abnormal behavior

Psycho-social factors in abnormal behavior

Types of mental disorders

Fundamental principles of Psycho-somatic approach

Emotional factors in different physical diseases, Gastro intestinal disturbances, Cardio vascular disturbances, skin diseases, Respiratory disturbances

Metabolic and Endocrine disturbances

Role of Naturopathy and yoga in the management of Psycho-somatic disorders.

#### **Paper-V**

##### **Yoga Therapy**

Therapeutic use and physiological effects of various types of Asanas :Sidhasana, Padmasana, Vajrasana, Shashankasana, Sinhasana, Gomukhasana, Virasana, Dhanurasana, Matsyendrasana, Gorakshasana, Paschimottasana, Mayurasana, Kukuttasana, Kurmasana, Uttan Kurmasana, Mandukasana, Garunasana, Chakrasana, Shavasana, Salbhasana, Makarasana, Bhujangasana, Uttanpadasana, pawanmuktasana, Naukasana, Sarvangasana, Halsana, etc.

Therapeutic use and physiological effect of various types of Yogic Breathing and Pranayama Yogic Sukshma Vigyana, Shatakarma, Surya Namaskar

Therapeutic use and physiological effect of Mudras, Bandhas, Chakras

Therapeutic use and physiological effect of Dharna and Dhyan

Yogic prescription in different disorders.