

BHARATI VIDYAPEETH
(Deemed to be University)
COLLEGE OF AYURVED
PUNE-411043

**Curriculum and Syllabus for Diploma in Naturopathy
and Yogic Sciences (D.N.Y.S.) Course**

Minimum Standards for Diploma in Naturopathy and Yogic Sciences (D.N.Y.S.)
Course

Introduction

Naturopathy is well recognized traditional science of healing. It is both preventive as well as curative. A holistic lifestyle indeed.

In today's era Naturopathy treatment for different diseases (acute, chronic, critical and incurable) is available. Health can be improved through proper, scientific treatment the natural way. The best advantage of Nature Cure is that it is free from all synthetic medicine. Treatment is completely natural. The unwell today is demanding, apart from the regular medicine, holistic drugless treatment as nutrition, yoga, panchakarma, lifestyle modifications. After taking scientific training one can work successfully to maintain his/her health and also that of the society. It is interesting to know that in naturopathy, the history makers-Dr. Herbert Shelton, Dr. Henry Lindhar, Mahatma Gandhi, Dr. Venkatrao, Dr. Jaynarayan Jaiswal are great philosophers.

Most of us know that Mahatma Gandhiji was the pioneer of Naturopathy in our country and led a natural way as well, Babu's prediction was that the cost of medical treatment will increase and it will not be within the means of the common man. His solution was that Naturopathy may reach each and every house hold in this country so that health and well being is available to one and all.

Aims and Objects

- ❖ A professional course to impart scientific education in Naturopathy and Yoga Therapy.

- ❖ A course with emphasis on the applied, practical aspect to produce skilled persons in Naturopathy and Yoga to act as Health professionals in natural life style.
- ❖ The course is aimed at creating a pool of skilled professionals for employment in the growing profession of well being and health by holistic and natural way.
- ❖ The course is not a medical program and does not award the title of 'Doctor' after completion.

Admission Qualifications/Criteria

- ❖ 10 + 2 or equivalent of any stream with minimum 50% marks.
- ❖ Admission on first come first serve basis.

Age for Admission

- ❖ 17 to 50 years as on 31st December in the year of admission.

Duration of Course

- ❖ One year regular (4.30pm to 6.30pm)

Number of students to be admitted

- ❖ 50 seats

Medium of instruction

- ❖ English / Hindi

Syllabus

- (A) **Fundamentals of Human Anatomy, Physiology and Pathology**
(1 Paper of 100 marks, Practical of 50 marks)
Theory (100 Marks)

Introduction, Cells, tissues and fluids, Digestive System, Nervous System, Endocrine System, Respiratory System, Cardiovascular System, Muscular Skeletal System, Excretory System, Reproductive System, Basic Pathology

Practical (50 Marks)

Oral, Spots, identification and Museum visit

(B) NATUROPATHY

(2 Papers of 100 marks each, Practical 100 marks)

**Paper I (Fundamentals of Fasting & Nutrition, Basic principle of Naturopathy)
(100 Marks)**

Basic principle of Naturopathy, Fundamentals of Fasting & Nutrition

What is Naturopathy? Concept of body, mind, health & disease.

The Science of fasting

Introduction to fasting, fasting as a preventive to surgery (Part I), principles of fasting, effects of fasting, odd-even days in fasting, stages of fasting, changes during fast, case study of fasting.

The Science of Nutrition

Introduction to nutrition, nutrition as medicine, principles of nutrition, grains, pulses
Vegetables, stimulating nutrition, fruits oil seeds.

Fasting & Nutrition therapy, Disease Management

The Science of fasting

Fasting as a preventive to surgery (part 2), stages of fasting, changes after fasting

The Science of nutrition

Introduction to nutrition, different types of nutrition – Elementary, Combined, Specific, Curative, Unprocessed, Hygienic, Supportive, Healthy formulated.

Disease management

Through naturopathy and yoga – Common, Chronic & critical diseases.

Paper-II (Applied Therapy) (100 Marks)

Hydro therapy

Hip bath, steam bath, foot and arm bath, spinal bath, Hot & cold fomentation, woolen compress

Mud therapy:

Mud bath, local mud bath, indirect application (packs)

Sun light – Sun bath

Acupressure & Massage –

Foot, knee, thighs, hands, abdomen, chest, back of the legs, spin, back, face, head, other different style of massage, disease wise massage.

Naturopathy Practical (100 Marks)

Identification of massage equipments, acupressure equipments, mud & water treatment equipments.

Demonstration of massage, acupressure, water treatment, mud treatment

(C) Yoga

(2 papers of 100 marks each, Practical 100 marks)

General introduction of yoga

Concept of pancha kosha

Yoga as a life style – all round development of personality

Yoga as a therapy

Definition of Yoga & its types.

Brief introduction to the concepts of Karma, Raja, Bhakti, & Dhyana yoga.

Modern approach to yoga.

Principles of yoga therapy:

Modern concept of health, disease & yoga therapy.

The traditional concept of health, disease & yoga therapy.

Integrated approach of yoga therapy.

The traditional concept of adhi, Vyadhi

Holistic approach of yoga therapy

Principles of restorative and rehabilitation yoga therapy.

Paper – II (Applied yoga therapy) (100 Marks)

Stretching exercise, Breathing exercise, Surya namaskar, Asanas (3 stages), Kriya/ cleansing.

Pranic exercise:

Pranayama, Bandhas & mudras, pranic energization techniques

Mind exercise:

Relaxation module (3 stages), chanting, mind sound resonance techniques, cyclic meditation, happiness analysis

Yoga therapy:

Yoga therapy for the musculoskeletal system, digestive system, respiratory system, cardiovascular system, nervous system, reproductive system, eyes, advanced yoga therapy package for critical diseases as cancer, HIV, yoga dynamics, maintenance of good health, restorative & rehabilitative yoga therapy.

Yoga Practical (100 Marks)

Identification of Shudhi kriya equipments & integrated props used in yoga
Demonstration of asanas, Pranayama, Shudhi kriya, yoga therapy.

Scheme of Examination

- ❖ Final exam will be conducted at the end of the academic year.
- ❖ The minimum passing marks shall be 50% in theory and practical separately in each subject.
- ❖ The student should secure minimum 35% marks in each paper in case of subjects having more than one paper, so as to achieve 50% passing marks per paper
- ❖ If the student fails in one theory or practical exam will be declared as fail in that subject
- ❖ The examination will consist of total 750 marks.
- ❖ The division of marks for each subject and paper is specified in the table below:

Subject	No. of Papers	Total marks in theory	Total marks in practical
(A) Fundamentals of Human Anatomy, Physiology and Pathology	1	100	50
(B) Naturopathy	2	200	100
(C) Yoga	2	200	100

- ❖ If a candidate fails in the examination, he/she can reappear for examination which will be held after six months.
- ❖ 75% of the attendance in theory and practical is compulsory in each subject for being eligible to appear for the final university examination.

- **Award of class to successful Candidates:**

- Second Class – 50% of marks and above but below 60% of marks.
- First Class – 60% of marks and above but below 70% of marks.
- Distinction – 70% of marks and above.

- ❖ **Reference Books**

- Fasting, Diet & Treatment Dr. Jaynarayan Jayswal
- Nature Cure for All Urali Kanchan Ashram
Publication
- Food Combining Made Easy Herbert Shelton
- Fasting Can Save Your Life Herbert Shelton
- Practice of Nature Cure Swami Shivananda
- Nature Cure For Common Vitthaldas Modi
Diseases
- Health in Your Hands Devendra Vora
- Ayurveda Yoga And Nature S. R. Jindal
Cure
- Art of Yoga B.K.S.Lyengar
- Light of Ashtang Yoga B.K.S.Lyengar
- Light on Yoga Sutra of B.K.S.Lyengar
Patanjali
- Hatha Pradipika Satyanand Saraswati
- Nutritive Value of Indian Food National Institute of Nutrition

- Asana Pranayama Mudra Satyanand Saraswati
Bandha
- Integrated Approach of Yoga Dr. R. Nagarathna & Dr. H. R.
Therapy for Positive Health Nagendra
