

UNIVERSITY OF LUCKNOW



Faculty of Yoga & Alternative Medicine

DEPARTMENT OF NATUROPATHY

PG DIPLOMA IN NATUROPATHY

ORDINANCES & SYLLABUS

PG DIPLOMA COURSE IN NATUROPATHY

Aims and Objectives

The aim of P.G. Diploma in Naturopathic Science is to prepare trained manpower fully equipped with knowledge and skills for treatment of diseases and to improve the overall health in all manifestations with the help of naturopathy and yoga.

DURATION	: One Year (Two Semesters) & six months Internship
SEATS	: 40(Fourty)
ELIGIBILITY	: Any Graduate
PROCEDURE OF ADMISSION	: As per University norms
MEDIUM OF INSTRUCTION	: Hindi and English
ATTENDANCE	: As per University norms
FEE	: As per University norms
RESULT	: As per University norms.

CURRICULUM: There will be 10 written papers to be taught in Two Semesters; 5 papers in each semesters.

Semester-wise description of papers is as under:

FIRST SEMESTER

1. Basic principles and Philosophy of Naturopathy.
2. Elementary Anatomy, Physiology and Pathology
3. Therapies Employed in Nature Cure
4. Philosophy and Principles of Yoga
5. Socio-Cultural Dimensions of Health and Disease.

SECOND SEMESTER

1. Nutrition and Herbal Medicine
2. Exercise, Massage and Reflexo-Therapy
3. Diagnostic Methods and Management of Diseases
4. Mental Health and Physical Diseases
5. Yoga Therapy

Each written paper in both the Semesters shall be of 100 marks. There shall be Viva-voce of 50 marks and Practical's of 50 marks in Ist semester and IInd Semester, Thus there shall be 100 marks for practical and viva-voce.

FIRST SEMESTER

Paper-I

Basic principles and Philosophy of Naturopathy

Unit-I

History and development of Naturopathy
Definition, Principles, Philosophy of Naturopathy
Ancient and modern view of Naturopathy
Objective of Naturopathy

Unit-II

Concept of three Humors
Theory of pancha mahabhuta
Theory of three energies of the body
Nature, types and importance of Prakriti

Unit-III

Comparative study of Naturopathy and other systems of medicine
Methods of treatment in Nature cure for Destructive principle, healing crisis, Disease crisis, acute diseases and chronic diseases, Toxemia and encumbrances.
Natural immunity and its development.

Unit-IV

Meaning and definition of Health.
Dimension of health.
Yogic and Naturopathic view of health.
Concept of Holistic health.
Importance of health.

Books Recommended

1. Gandhi, M.K. - Key to Health
2. Bengamin, H. - Everybody's Guide to Nature Cure
3. Kunhe, Louis - The New science of Healing
4. Chopra, Deepak- Perfect Health
5. Singh, Surendra & P.D. Misra - Health & Disease: Dynamics of and Dimensions
6. Uphan, F. - A Dynamic Approach to Illness
7. Misra, P.D. - Nature Cure, Philisophy and Methods
8. Lindlhr, Henery- Natural Therapeutics
9. Jussawala, J.M. - Nature's Metaria Medica

Paper-II

Elementary Anatomy, Physiology and Pathology

Unit-I

Anatomy

Branches, Regional subdivision of human body Parts, Bones and Joints of upper limb Parts, Bones and Joints of lower limb, Parts of Head and Neck.

Unit-II

Body systems

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

Unit-III

Physiology

Cell-Structure and functions.
Tissue-Epithelial, connective, Muscular, Nerves, etc.
Muscles-Physiology of muscles, types of muscles, Muscle Contraction and Relaxation.
Digestive system, Respiratory system, Haematology, Excretory system, Nervous system.
Reproductive system.

Unit-IV

Pathology

Nutritional Causes of Diseases.
Metabolic Disorders.
Hemolytic disorders.
Diseases of Male Reproductive System.
Blood Sugar, blood urea, and serum cholesterol.
Diseases of Female Reproductive System.
Body Defense Mechanism and Ageing Process.

Books Recommended

1. **Chaudhary Surjeet, K.- Handbook of Physiology**
2. बंसल श्रीनन्दन – षरीर रचना एव किय्या विज्ञान
3. **Charurasia, B.D.- Anatomy**
4. गप्ता, मंू आर महेश – षरीर रचना विज्ञान एव किय्या विज्ञान
5. गप्ता, मंू आर महेश – क्लीनिकल पैथालोजी

Paper III

Therapies Employed in Naturopathy

Unit-I

Hydrotherapy

History of hydrotherapy, Physical properties of water, physiological base of hydrotherapy, Heat production and heat distribution in the body, Heat temperature classification, Physiological effects of hot and cold water, Application of water on different temperature, Reflex effects of cold and hot applications, Action and reactions, General principles of hydrotherapy, Therapeutic use of hydrotherapy, classification of hydriatic effects Prophylactic use of water, The techniques of hydrotherapy.

Unit-II

Mudtherapy

Concept of mud therapy, Types of Mud and chemical composition, various effect of Mud, Natural Mud baths, Mud packs, Dry bath ,Sand bath.

Unit-III

Chromo therapy 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. Effects of sun rays on micro organism, Therapeutic uses of various colors, Techniques of application of sun rays.

Unit-IV

Diet-therapy

Various components of food: Carbohydrate, Protein, fat, Vitamins and minerals. Concept of Diet therapy. Purpose of Diet therapy. Principles of Diet therapy. Factors to consider in planning therapeutic diet. Routine hospital diet, Clear fluid diet, full fluid diet, Soft diet, regular normal diet.

Books Recommended

1. Kullogg, J.H. - Rational Hydro-therapy
2. Knipps, S - My Water Cure
3. Singh, S.J. - Chromo therapy
4. Misra, P.D. & Beena Misra- Nature Cure: Philosophy and Methods
5. Gandhi, M.K. - Key to Health
6. Swaminathan, M- Food and Nutrition.

Paper-IV
Philosophy and Principles of Yoga

Unit-I

Concept, aims and objectives of Yoga
Historical development of Yoga
Philosophy of Yoga

Unit-II

Different Schools: Raj yoga, Karma yoga, Bhakti yoga, Gyan Yoga, Hath yoga

Unit-III

Prakrati and Purus
Chitta and its five states
Five afflictions (Kleshas) and their different States
Five modifications (vrittis) of Mind
Concept of "Chittra Vritta, Nirodh"
Nadi and Chakras
Yogic Purification Systems

Unit-IV

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.

Books recommended

1. Swami Prabhavananda- Patanjali Yog Darshan
2. Iyenger, B.K.S. - Patanjali Yoga Sutras
3. Gupta, Rameshwardas- Yog Rashmi
4. Tiwari, O.P. - Asana, Why and How

Paper-V
Socio-Cultural Dimensions of Health and Diseases

Unit-I

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

Unit-II

Poverty and Health
Population and Health
Nutrition and Health

Unit-III

Social Anatomy,
Social Physiology
Social Pathology

Unit-IV

Social consequences of disease and illness.
Social health: definition, sign & Symptoms of social health,
Foundation of social health.

Books Recommended

1. **Park and Park – textbook of Preventive and Social Medicine**
2. **Dak, T.M. (ed.)- Sociology of Health in India**
3. **Singh, Surendra & Misra, P.D.- Health and Diseases: Dynamics and Dimensions**
4. **Freedman, Howard et al. (ed.)- Handbook of Medical Sociology**
5. **Paul, Benjamin D (ed.)- Health, Culture and Community**
6. **Veritaraman, R.- Medical Sociology in an Indian Setting**

SECOND SEMESTER

Paper –I Nutrition and Herbal Medicine

Unit-I **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

Unit-II

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.

Unit-III

Kalpa

Concept, significance.
Types of Fasting.
Precautions of Kalpa.
Role of Kalpas in the Management of Major Disorders

Unit-IV

Herbal Medicine

Ayurvedic concept of nutrition, Therapeutic use of Amla, Ashwagandha, Ajwain, Bilva, Guduchi, Haridra, Hingu, Kalimirch, Punarnava, Tulsi, Karela, Onion, Pud na, Neem, Ghrith Kumari, Methi, Jeera, Adrak, Arjuna, Kalmegh, Kutaki, Sirish, Vasa, Shigru.

Books Recommended

1. **M. Swaminathan** – **Principles of Nutrition and Dietetics**
2. **M. Swaminathan** – **Food and Nutrition**
3. **Dewan, A.P.** – **Food and Nutrition**
4. **Vijai Laxmi** – **Dietetics**
5. **Jussawala J.M.** – **Food that Heals : Natural Dietetics**

Paper - II
Exercise, Massage and Reflexo-Therapy

Unit-I

Exercise: Meaning, Classification, and Techniques of various exercises.
Exercises applied to various Joints and Muscles. Diseases effect of exercise.

Unit-II

Hemiplegia, Sciatica, frozen Shoulder, Osteoarthritis, knee joint, Obesity, cervical spondylitis. Effect of Exercise on various systems: Heart, regional circulation, Respiratory changes, Metabolic changes, Nervous system, Sympathetic Changes, Digestive changes.

Unit-III

Massage, Types, Principles and Effect of Massage. Massage in various Ailments, , Ayurvedic concept of Massage with various oils.

Unit-IV

Reflexotherapy : Meaning, Methods and therapeutic effects.

Books Recommended

1. Govindan, S. - Food and Nutrition
2. Marganret, Hollis- Massages for Therapy
3. M.Dena Gardinen- Exercise Therapy
4. Miller- Meridianology
5. Mishra S.K- ABC OF Exercise Therapy
6. Mishra S.K- Remidial of Massage
7. Mishra S.K- Reflexology

Paper - III

Diagnostic Methods and Management of Diseases

Unit-I

Diagnosis : Concept, types and methods, Facial Expression Concept of foreign Matter, Encumbrance, Back encumbrance, the whole body encumbrance, Mixed back and partial accumulation, causes of accumulation of Foreign Matters, various places of Accumulation

Unit-II

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

Unit-III

Management : Natural Management of diseases of the Digestive System- Indigestion, Constipation, Diarrhoea, Gastritis, Colic pain, Appendicitis, peptic ulcer, colitis; diseases of the liver and gall bladder. Jaundice, Hepatitis, Cirrhosis of liver; Diseases of urinary system: Enuresis, Nephritis, Infection of urinary tract Diseases of Heart and circulatory disorders : Angina pectoris, High and low blood pressure. Diseases of Respiratory system-cough, Pneumonia, Pleurisy, Bronchitis, Asthma, Pulmonary Tuberculosis.

Unit-IV

Diseases of the Nervous System-Epilepsy, Migraine, Paralysis, Sciatica.
Diseases of connective tissues, joints and bones- Rheumatoid arthritis, Osteoarthritis, spondylitis, Gout.
Diseases of Endocrine System-Diabetes, Hypothyroidism,
Diseases of the Genital Disorder-Syphilis, Gonorrhoea, AIDS, Impotency, Frigidity.
First Aid and Emergency

Books Recommended

- **Sharma, Suresh Chandra- Modern Diagnosis**
- नाटियाल, केशवानन्द- निदान के तरीके
- **Macleod (ed.)- Davidson's Principles and Practices of Medicine**
- लुह, कन - मुखकृति विज्ञान
- भौदी, विठ्ठल दास- प्राकृतिक चिकित्सा में उपाय
- विजयलक्ष्मी, बी० - कर्मीनिका निदान
- गातम, चमनलाल - वृहद शिवस्वरोद;
- **Bakhrū, H.K. - Handbook of Nature Cure**
- **Jussawala, J.M.- Nature Therapeutics.**

Paper-IV

Mental Health and Physical Diseases

Unit-I

Role of Mental Health in Total health, Normal and Abnormal behaviour

Unit-II

Psycho- social factors in abnormal behavior. Types of mental disorders, Fundamental principles of Psycho-somatic approach.

Unit-III

Emotional factors in different physical diseases, Gastro intestinal disturbances, Cardio vascular disturbances, Respiratory disturbances
Metabolic and Endocrine disturbances

Unit-IV

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

Books Recommended

- मिश्र, पी०डी० – असामान्य व्यवहार
- मिश्र, पी०डी० – व्यक्ति आर समाज
- मिश्र, पी०डी० – सामाजिक सम्बन्ध क मूल तत्व
- मिश्र, पी०डी० – योग तथा मानसिक स्वास्थ्य
- Coleman - Abnormal Psychology and Modern Life
- Diein, N. - Mental Hygiene
- Chaubey, C.P. - Abnormal Psychology

Paper- V

Yoga Therapy

Unit-I

Therapeutic use and physiological effects of various types of Asanas

Standing Posture: Garunasana, Chakrasana, Tadasana, Brikshasana, Katichakrasana, Natwarasana, Kabhairavasana.

Sitting Posture: Sidhasana, Padmasana, Vajrasana, Shashankasana, Sinhasana, Gomukhsana, Virasana, Matsyendrasana, Gorakshasana, Paschmimottasana, Mayurasana, Kukuttasana, Kurmasana, Mandukasana,

Supine Posture: Uttanpadasana, pawanmuktasana, Sarvangasana, Halsana, Padchakrasana, karnpidasana Naukasana, Shavasana.

Unit-II

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

Unit-III

Yogic Sukshma Vyayam

Shatakarma.

Surya Namaskar

Therapeutic use and physiological effect of Mudras and Chakras

Unit-IV

Therapeutic use and physiological effect of Dharna and Dhyan

Yogic prescription in different disorders.

Books Recommended

1. Brahmachari, Dharendra- Yogic Sukshma Vigyan
2. Lysbeth, Dr. - Yoga Self Thought
3. Swami kaivalyanand - Asanas
4. Swami kaivalyanand - Pranayama
5. Gupta, Rameshwardas - Yog Rashmi
6. Gupta, Rameshwardas - Asanas and Pranayama
7. Sinha, Phulgendra - Yoga Cure for Common Diseases
8. Seth, Suman - Practical Yoga
9. Chopra, Deepak - Ageless Body, Timeless Mind
10. Chopra, Deepak - Perfect health
11. Paul, Dr. - Your Health Through Scientific Yogasanas
12. Giri, Ganesh Shankar- Holistic Approach of Yoga
13. Swami Satyananda - Asanas, Pranayama, Bandhas and Mudra.

