

## **P.G. DIPLOMA IN NATUROPATHIC SCIENCE AND YOGA (P.G.D.N.Y.Sc.)**

### **Aims and Objectives :**

The aim of P.G. Diploma in Naturopathic Science and Yoga 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)

**SEATS** : 45 (Forty Five)

**ELIGIBILITY** : Minimum Qualification for admission will be graduation with 45% marks. Preference will be given to students with background of Biology or Home Science or Social Work or Sociology.

**PROCEDURE OF ADMISSION** : Written test and interview.

**MEDIUM OF INSTRUCTION** : Hindi and English both.

**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. Nature Cure, Health and Social Work
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. Practical training in the first Semester shall be of 500 marks allotted for the practice relating to each paper. Out of the marks, there shall be 20 marks for Work Book, 30 marks for attendance in practical and theory classes, and 50 marks for Viva-voce. Practical training in the second semester shall be 750 marks with 150 marks allotted for the practice relating to each paper. Out of 150 marks, there shall be 30 marks for work book, 45 marks for attendance in practical and theory classes, and 75 marks for viva-voce.

## **EDUCATIONAL TOUR AND ADVANCED SPECIALIZED PRACTICE**

Students admitted to P.G. Diploma in Naturopathic Science and Yoga will be taken to different Departments of K.G. Medical College, Lucknow and renowned Naturopathic Hospitals and Yoga Centres in India.

Out station Educational Tour shall be compulsory and 50 marks will be specifically allotted for it.

### **FACULTY MEMBERS**

1. Teachers of the Department of Social Work.
2. Faculty of Naturopathy anoyls.
3. Staff of the Naturopathic Hospital and Yoga Centre, Department of Social Work, Lucknow University, Lucknow.
4. Outstanding guest lectures.

### **ATTENDANCE**

75 percent attendance separately in lectures and practical work shall be compulsory. Those students who fall short in attendance will be detained.

### **FEES**

Each student will be required to pay Rs. 7000.00 as Tuition Fees and Rs. 1000.00 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 alongwith the first installment of fee.

### **EXAMINATION FORM**

Each admitted student shall be required to submit the duly filled-up examination form to be made available from the office of the Deputy Registrar, Examination alongwith the admit card in the office of the Dean, Faculty of Arts, Lucknow University after depositing the 1st installment of fees in the Cashier's office.

### **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 48% in the aggregate. Students securing 60% and above shall be placed in Ist Division and those obtaining 48% and above but less than 60% shall be awarded IInd Division.

### **COURSE DIRECTOR**

The senior most teacher in the Department of Social Work shall be the Director of the Course.

### **COURSE COORDINATOR**

Prof. A. N. Singh shall be the course coordinator.

# FIRST SEMESTER

## Paper-I

### Nature Cure, Health and Social Work

History of Nature Cure in India and abroad

Naturopathy- Definition, Principles, Philosophy and Treatment Approaches.

Naturopathy and other system of medicine

Concept of Health

Health facilities in India

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

Major Health Problems

National Health Policy, Planning and Programmes in India.

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

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

## Paper-II

### Elementary Anatomy, Physiology and Pathology

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

#### Body systems

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

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

#### Body systems and their functions

Digestive system, Respiratory system, Haematology  
Excretory system, Nervous system, Reproductive system, Skin system

**Pathology** Nutritional Causes of Diseases, Metabolic Disorders, Haemolytic Disorders, Diseases of Male Reproductive System, Blood Sugar, blood urea, and serum cholesterol, Diseases of Female Reproductive System  
Body Defense Mechanism and Ageing Process, 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, conditions that increase and decrease heat production 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, Incomplete reaction, conditions that encourage and discourage reaction, Types of reactions, General principles of hydrotherapy, Therapeutic use of hydrotherapy, classification of hydrotherapeutic effects Prophylactic use of water.

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

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

**Mudtherapy** Types of Mud and chemical composition, Various types of Mud, Natural Mud baths, Mud packs, Dry bath, Sand bath

### **Chromotherapy and Heliotherapy**

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

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

## **Paper-IV**

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

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

## **Paper-V**

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

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

Poverty and Health

Population and Health

Nutrition and Health

Social Anatomy, Social Physiology and Social Pathology

Social consequences of disease and illness.

## SECOND SEMESTER

### Paper - I

#### Nutrition and Herbal Medicine

<b>Nutrition</b>	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
<b>Fasting</b>	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.
<b>Kalpa</b>	Concept, significance, types, precautions, Role of Kalpas in the Management of Major Disorders
<b>Herbal Medicine</b>	Therapeutic use of Amla, Ashwagandha, Ajwain, Bilva, Guduchi, Haridra, Hingu, Kalimirch, Punarnava, Tulsi, Karela, Onion, Pudina, Neem

### Paper - II

#### Exercise, Massage and Reflexo-Therapy

<b>Exercise</b>	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.
<b>Reflexotherapy</b>	Meaning, Methods and therapeutic effects.

### Paper - III

#### Diagnostic Methods and Management of Diseases

<b>Diagnosis</b>	Concept, types and methods
<b>Facial Expression</b>	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
<b>Iris Diagnosis</b>	Concept, Methods and Application of Iris Diagnosis, Nabhi Chakra and Swara Vigyan Case History and Various Examinations and tests for Proper Diagnosis.
<b>Management</b>	Natural Management of Diseases of the Digestive System- Indigestion, Constipation, Diarrhoea, Gastritis, Colic pain,

Appendicitis, peptic ulcer, colitis; diseases of the liver and gall bladder. Jaundice, Hepatitis, Cirrhosis of liver;

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

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

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

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

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

Diseases of Endocrine System-Diabetes, Hypothyroidism

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

First Aid and Emergency

#### **Paper-IV**

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

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

Psycho-social factors in abnormal behaviour

Types of mental disorders

Fundamental principles of Psycho-somatic approach

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

Metabolic and Endocrine disturbances

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

#### **Paper- V**

### **Yoga Therapy**

Therapeutic use and physiological effects of various types of Asanas : Sidhasana, Padmasana, Vajrasana, Shashankasana, Sinhasana, 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 Dhyana

Yogic prescription in different disorders