



Syllabus for the Therapy Course in Yoga Ayurveda-Panchakarma-Naturopathy

THEORY:-

The following Subjects will be covered in the course

1. PAPER – 1 Applied Science of Pantanjali Yoga Sutra
2. PAPER – 2 Practical and applied aspects in Yogic text in relations to Human life.
3. PAPER – 3 Anatomy & Physiology in Approach of Ancient Cultural System.
4. PAPER – 4 Approach of Ayurved Science (Panchakarma) for Arogya.
5. PAPER- 5 Science of Naturopathy for Optimum Health.
6. PAPER -6 Psychology and Counseling Aspect in Therapy.
7. PAPER -7 Concept and Role of First Aid in Human Life.
8. PAPER -8 Concept of Appropriate Diet

SPECIAL WORKSHOP:

- Workshop on Cardio Pulmonary Resuscitation.
- One day workshop on Neuroscience and Physiology of Yoga Asanas, Pranayama and Meditation Practices.

HOME –ASSIGNMENT: Time to time **Home-assignment** will be given to the students which they have to submit within a stipulated period.

PROJECTS WORK: One projects to be completed on any Scheduled System functional Disorders and ailments in relations of Yoga Ayurved and Naturopathy.

Detailed Syllabus Certificate Therapy Course in Yoga Ayurveda-Panchakarma- Naturopathy

PAPER – 1.

APPLIED SCIENCE OF PATANJALI YOGA SUTRA

DARSHANIC BASIS OF YOGA THERAPY: -

1. Concept of Chitta, Kleash and Vritti and their role in existential wellbeing.
2. Genesis of existential ill –health in Patanjali Yoga Sutra.
3. Chitta Vikshepas- Personality disorders in the context of modern psychiatry.
5. Concept of positive health that can conceived from Patanjali Yoga Sutra and Bhagwat Gita.

YOGA THERAPY THROUGH PATANJALI YOGA SUTRA: -

1. Concept of Chitta and its modifications
2. Descriptions of various types of mental affections leading to different diseases.
3. Remedial measures- direct and indirect handling of mind.
4. Sankhya Structure of Evolution.
5. Three fold afflictions means to overcome afflictions.
6. Contiguity of Purusha and Prakriti samyoga.
7. Dissimilarities and similarities amongst Vyakta (Manifest) Avyakta (Unman fest)
8. Trigunas.

SCIENTIFIC PRESENTATION OF PATANJALI YOGA SUTRA: -

1. Chitta: -

Chitta-Vrutti , Chitta-Vikshep (Antaraya- Sahabhuva) , Vitarka
Chitta- Prasadana (7 Way) to Chitta-vrutti Nirodh- Swarupe Avasthanam
Pratipalsha Bhavanam – Wiser than Positive Thinking- Thought

2. Chapters: -

Samadhi – Sadhana – Vibhuti – Kaivalya
Hey – Heyahetu- Haan – Haanopaya
Hey- Dukha Anagata
Heyhetu – Drashta Drushya Sanyog, Avidya (Kleshas)
Haan- Sanyog Abhaya- Kaivalya
Haanopaya- Aviplava Vivekkhyati, Ashtang Yog

3. Management: -

Kriya Yoga: - Pilot Experiment to start-
Tap – Swadhyay – Ishwarpranishan

Ashtang Yoga: - Main Experiment Journey

- Bahirang Yoga:- 2nd Chapter
- Yama,Niyam,Asana,Pranayama, Pratyahar.
- Antarang Yoga: - 3rd Chapter
- Dharana, Dhyan, Samadhi.

Abhyas Vairagya: - Overall Objective – Pratiprasav

- Nirodh of Chitta Vriti
- Shraddha Virya Smruti Samadhi Pragya

Ishwarpranidhana: - Surrender, Attitude of Gratitude

- Purusha, Vishesh Ishwara – Godliness
- A Higher being
- Pranav Jap

The topic with modern day – A Correlation

- Self – Talk Awareness
 - Behaviors Therapy
 - Strees Management, Stressors
 - Goal Setting and Interpersonal and Intrapersonal growth/relationship
 - Attitude Development
 - Anger Management
 - Thought Management
-

PAPER II

PRICTICALS AND APPLIED ASPECTS IN YOGIC TEXT IN RELATIONS TO HUMAN LIFE

Hathapradipka, Gheranda Samhita,Shiva Samhita

- Basic approaches towards life and living in yogic texts
Hathapradipka –Gheranda Samhita-Shiva Samita
- Concepts of achievement of positive Health in Yogic texts.

- As well as ways and means in tackling existential maladies in yogic texts in order to General Health, Functional Disorders and In Particular way.
- Basic principal of Yogic Therapy in yogic texts in order to understand Physical, Physiological and Psychological levels
- Limitations of the yogic therapy
- Basic Qualities of Yoga Therapist in order to Yogic Texts
- Concept of disease in yogic texts and principal of Yogic treatment.
- Concepts of correct Psycho-Physiological attitude in Yogic Therapy
- Basic need of counseling skills in Yogic Therapy
- Concepts of Principal of Diet in Yogic texts in relation of Therapy.
- Concepts of Places in Yogic texts in relation of healthy life.
- Concepts of sound in Yogic texts - Aum and Nada in relations of Therapy.
- Concepts of Meditation in Yogic texts in relations of healthy life.
- Concepts of Sanyama (control) in Yogic texts.

PAPER III

ANATOMY & PHYSIOLOGY IN APPROACH OF ANCIENT CULTURAL SYSTEM

Yoga-Ayurveda-Pnachkarma- Naturopathy

- 1. Approaches in Modern Science in relations of Ancient Cultural System**
- 2. Brief introduction of: - Cell, Tissue, Organ, Systems**
- 3. Over all view of systems with Diseases.**

- Skeletal System
- Muscular System
- Nervous System
- Endocrine System
- Respiratory System
- Cardio-Vascular System
- Lymphatic System
- Digestive System
- Excretory System

➤ Reproductive System

4. Brief introduction of Special sensory organs with relation of Modern Science with Sankhya: - Eyes, Ears, Nose, Tongue, Skin.

5. Details expiations of following concepts:-

- **Focus on the physiology of the systems and the role they play towards maintenance of Health, Flow chart of the systems.**
- **Pathophysiology of the system and its impact on the Health.**
- **Deeper Explanation of the muscular, skeletal system and spine and nervous system as they form the base of all Asanas.**
- **Understanding different postures and movements.**
- **Role of Breathing.**
- **Concepts of Psychosomatic Diseases.**

6. Application of Yoga Therapy in common disorders with the explanations of Nature of diseases and concepts of Modern Science in various systems of Human Body.

- **Musculoskeletal:** - Backache, Neck-ache, Joint disorders, generalized body pain, Osteoarthritis, Rheumatoid arthritis, Spondylitis, lower back pain, Sciatica, Generalized body Aches .
- **Respiratory:** -Bronchial Asthma, Allergic rhinitis, Chronic Cold, Sinusitis, Chronic Bronchitis Asthma, Tropical Eosinophilia.
- **Digestive:** - Hyperacidity, Irritable Bowl Disorder, constipation, Dyspepsia, Gas trouble, Colitis, Piles.
- **Neurological:** - Migraine, Multiple sclerosis. Diseases related to Psychiatry, Neurotic disorders, Schizozophenia, Anxiety, Depression, Insomnia, and Tension.
- **Metabolic and Endocrine:** - Diabetes Mellitus, Obesity and Thyroid Dysfunction.
- **Reproductive and Gynecological condition:-** Infertility, PCOS, Pregnancy, middle and late pregnancy, white discharges, Menstrual disorders, low sperm count in males.
- **Cardiovascular:** - **High Blood pressure**, Hypertension, Peripheral vascular Disease, Myocardial Ischemia with angina pain.

- **Geriatric Medicine Adjustment disorders**, Memory loss, insomnia. Osteoporosis.

Effect of various Yogic practices:

Shuddhi kriyas, Asanas, Pranayamic and meditation practices on the human body in the light of modern physiological understanding of various system & their maintenance, control

PAPER IV

APPROACH OF AYURVEDIC-PANCHAKARMA SCIENCE FOR AROGYA

- Introduction of Āyurveda, aim, myths and texts
- Samkhya philosophy, Panchmahabhuta, Indriya
- Dosha concept - functions, location, signs on body
- Dhatu concept – functions
- Mala concept - functions
- Prakruti and Vikriti - how to analyse person,s prakruti
- Dinacharya
- Ritucharya
- Āyurveda and Mind - Manas Prakruti, concepts of Sattva, Rajas and Tamas
- Concept of Agni
- Ama and other factors responsible for manifestation of the disease
- Ahara - Rasa, Virya, Vipaka
- Ashta Ahara Vidhi

- Nidan panchak
- Shat kriya Kaal
- Chikitsa - concepts - Shodhana and Shamana
- Vamana & Virechana - Theoretical concepts
- Basti - concepts and practical
- Nasyam - concepts and practical
- Raktamokshan - concepts and practical (only leech therapy will be taught)
- Special therapies I - shirodhara, janubasti,- practical elaboration
- Special therapies II - Pottali treatment for various health conditions, shiropichu - practical elaborations
- Special therapies III - Pizhichil therapy, kati basti
- Introduction to basic common herbs and their uses in Āyurveda
- Introduction of kitchen herbs with their Ayurvedic properties and uses
- Home remedies for day to day health problems

PAPER V

SCIENCE OF NATUROPATHY FOR OPTIMUM HEALTH

- Fundamental principles of Naturopathy
 - Philosophy of Indian Naturopathy
 - Introduction of Naturopathy in reference to its origin, history and worldwide existence
 - Concepts of five elements in Naturopathy
 - Concepts of diseases and its treatments in Naturopathy
 - Concepts of sources of treatments in Naturopathy therapy: -
 - Water (Hydrotherapy): Physiological effects of water internally as well as externally indication of water in disease contra indication of water in disease.
 - Air
 - Mud Therapy: Chemical composition of mud. Physical properties of mud. Physiological effects of mud on body and disease. Indication and contra indication of mud. Mode of application.
 - Sunlight (Chroma Therapy): The use of sunlight and colour to treat the illness. Physical properties of sunlight and colours. Physiological effects of sunlight and colour on Human body according to disease. Indication and contra indication of Chroma therapy.
 - Manipulative (Massage): Knowledge of all the monuments given in massage with acupressure point. Physiological effects of massage on human body. Indication and contra indication of massage therapy.
 - Natural Food: “YOU ARE WHAT YOU EAT” Food is the only medicine provided the health. Natural food like fruits, sprouted, grams and Vegetable salads it called “SATVIK AAHAR” pure Nutritious food. Natural Diet depending on the ailments.
- **Mud Pack in order to various disorders and diseases in Systems**
- Mud pack on the Abdomen – Chest – Eyes
 - Full body Mud pack
- **Immersion Bath in order to various disorders and diseases in Systems**
- Spinal Bath
 - Spinal Spray
 - Douches (presser Baths)
 - Foot Bath

- Katisnan- Hip Bath
- **Sun Bath in order to various disorders and diseases in Systems**
- Colour Bath
- **Packs in order to various disorders and diseases in Systems**
- Hot and cold Pack – Locally
- Hot and Cold Pack – Whole Body
- **Sweden in order to various disorders and diseases in Systems**
- Steam bath - local and whole body
- **Massages in order to various disorders and diseases in Systems**
- Massage with Oil (Kind of Oil) as per diseases
- Massage with powder
- Massage with Water
- Massage without Oil.
- **Natural Food in order to various disorders and diseases in Systems**
- As per the principal of Naturopathy
- Concepts of Diet Management
- Concepts of Juice Management
- Concepts of fasting
- Concepts of Kaya-Kalp , one food Management

PAPER VI

BASIC CONCEPTS AND ROLE OF FIRST AID IN HUMAN LIFE

- General Principal of the First-Aid
- Triangular Bandage and Arm Slings
- Asphyxia and Resuscitation
- Methods of Artificial Respiration
- Injuries to Bones, Joints and Muscles
- Wounds, Bleeding and Shock
- Treatment of wounds
- Roller Bandages
- Burns and Scalds

- Emergency Methods of Transport & Blanketing a Casualty

PAPER VII

CONCEPTS OF APPROPRIATE DIET AND NUTRITION

1. Concepts of importance of optimum nutrition for human body.
2. Definition of Nutrition
3. Important component of food habits – Quantity, Quality and Distribution, Method of preparation and food choices – RDA
4. Adopting particular dietary practices of lifestyle changes for correcting body composition and improving immunity –importance of the fat loss and muscle gain.
5. Food Group: - Cereals
 - Pulses, Nuts and oil seeds.
 - Root and tubers
 - Green Vegetables
 - Fresh and Dried Fruits
 - Fats, oils sugars and food pyramid
 - Milk and milk products.
6. Metabolism and body composition :-
 - How body composition and metabolism are connected, factors affecting BMR.
 - Energy required for physical activity, thermic effect of foods.
7. Classification of Nutrients: - Macronutrients and Micronutrients and their purpose.
8. Proteins:- Types of amino Acids (Essential and Non Essential)
 - Protein Quality – first class and second class.
 - Protein function
 - Protein Exchanges
 - Benefits of Milk and Soya
9. Carbs: - Classification – fast absorbed and slow absorbed.
 - Functions
 - Role of Fibers
 - Carbohydrate exchanges
10. Fats:- Classification - SFA, MUFA and PUFA & their function
 - Trans fats, Essential fats
 - Food sources and food exchange list of visible and invisible fats.
11. Vitamins and Minerals: - Classification and function and food sources.
12. Water and electrolytes: - Role for optimal health.
13. General dietary regulations for fat loss and muscle gain for obese and underweight people.

14. Obesity – Grades of BMI, body fat percentage
 - Types of obesity
 - Complications due to obesity
 - Dietary Guidelines for obesity
15. Dietary advice for Diabetes:- Type of 1 and Type 2DM signs and symptoms
Plus complications.
16. CVD- Atherosclerosis, Hypertension , Myocardial infarct
17. Dietary guidelines for healthy skin (Beneficial foods and foods to avoid)
18. Peptic Ulcer :- Gastric and Peptic Ulcer :- Signs and Symptoms
Foods to avoid and beneficial foods
19. Challenges to Nutritional status to CNS – (beneficial foods and food to avoid-
Alzheimer’s Parkinson’s Seasonal affected disorder, chronic and Fatigue syndrome,
Migraines.
20. Challenges to Nutritional status in gastrointestinal system - Beneficial foods and foods to
avoid for Diarrhea, Bloating, Nausea and Constipation.
21. Colitis:- Ulcerative colitis
22. Food Additives in food Industry
23. Enzyme defects:- Lactose intolerance- signs and symptoms plus dietary advice, Gluten
intolerance- signs and symptoms plus dietary advice , food allergies.
24. Yogic Diet

PAPER VIII

PSYCHOLOGY AND COUNSELLING ASPECTS IN THERAPY

Introduction:

- What is Psychology and Counselling?
- Mind: Yoga and Psychology

Basics of Therapy:

- Understanding Human Behavior
- Age and Behavioral Changes
- What are skills and attitudes
- Observation Skills, Listening, Verbal, Non –Verbal, Questioning
- Respect, Geniuses, Empathy
- Introduction to REBT

Counselling Practice:

- Client centered approach
- History taking and involvement
- Limitations of Counsellor

Yoga and Psychosomatic disorders

PRACTICAL TRAINING:-

1. YOGA

- Shudhi Kriyas
- Asanas
- Pranayama
- Mudras
- Meditation Practices
- Mantra Recitations

2. AYURVED - PANCHAKARMA

3. NATUROPATHY

- Techniques of the Shudhi Kriyas, Asanas , Pranayama Bandhas Mudras in relations of therapy in diseases.
- Effect of various Yogic practices Shudhi Kriyas, Asanas and Pranayamic practices on the human body in the light of modern physiological understanding of various system & their maintenance, control & immune response.

PRACTICAL TRAINING

योगिक सूक्ष्म व्यायाम

s.no	योगिक सूक्ष्म व्यायाम के नाम	s.no	योगिक सूक्ष्म व्यायाम के नाम
1	उच्चारणस्थल तथा विशुद्धचक्र की शुद्धि	24	उदर शक्ति विकासक अजगरी 1
2	प्रार्थना	25	उदर शक्ति विकासक 2
3	बुद्धि तथा धृति शक्ति विकासक	26	उदर शक्ति विकासक 3
4	स्मरण शक्ति विकासक	27	उदर शक्ति विकासक 4
5	मेधा शक्ति विकासक	28	उदर शक्ति विकासक 5
6	नेत्र शक्ति विकासक	29	उदर शक्ति विकासक 6
7	कपोल शक्ति वर्धक	30	उदर शक्ति विकासक 7
8	कर्ण शक्ति वर्धक	31	उदर शक्ति विकासक 8

9	ग्रीवा शक्ति विकासक न0 1	32	उदर शक्ति विकासक 9
10	ग्रीवा शक्ति विकासक न0 2	33	उदर शक्ति विकासक नैलि 10
11	ग्रीवा शक्ति विकासक न0 3	34	कटि शक्ति विकासक न01
12	स्कन्ध तथा बाहुमूल शक्ति विकासक	35	कटि शक्ति विकासक न02
13	भुजबन्ध शक्ति विकासक	36	कटि शक्ति विकासक न03
14	कोहनी शक्ति विकासक	37	कटि शक्ति विकासक न04
15	भुजबल्ली शक्ति विकासक	38	कटि शक्ति विकासक न05
16	पूर्णभुजा शक्ति विकासक	39	मुलाधार चक्र की शुद्धि
17	मणिबन्ध शक्ति विकासक न0 1	40	उपस्थ तथा स्वाधिष्ठान चक्र की शुद्धि
	मणिबन्ध शक्ति विकासक न0 2	41	कुण्डलिनी शक्ति विकासक
18	करपृष्ठ शक्ति विकासक न0 1	42	जंघा शक्ति विकासक न01
	करपृष्ठ शक्ति विकासक न0 2	43	जंघा शक्ति विकासक न02
19	करतल शक्ति विकासक न 0 1		जंघा शक्ति विकासक न03
	करतल शक्ति विकासक न 0 2	44	जानु शक्ति विकासक
20	अँगुली मूल शक्ति विकासक न01	45	पिण्डली शक्ति विकासक
	अँगुली मूल शक्ति विकासक न02	46	पादमूल शक्ति विकासक न01
21	अँगुली शक्ति विकासक न0 1		पादमूल शक्ति विकासक न2
	अँगुली शक्ति विकासक न0 2	47	गुल्फ पादपृष्ठ पादतल
22	वक्षः स्थल शक्ति विकासक न01		शक्ति विकासक
23	वक्षः स्थल शक्ति विकासक न02	48	पादांगुली शक्ति विकासक

यौगिक स्थूल व्यायाम

यौगिक स्थूल व्यायाम के नाम

यौगिक स्थूल व्यायाम के नाम

1 रेखा गति

2 हृदय गति

3 उत्कूर्दन

4 ऊर्ध्व गति

5 सर्वांग पुष्टि

6 सूर्य नमस्कार

ASANAS	Other Asanas
Shavasana	Crocodile Practices
Shirshasana	Pawana Muktasana(Ardha/purna)
Ardha Halasana (one leg/both legs)	Naukasana (supine)
Uttana Padasana	Setu Bandhasana
Viparita Karani	Naukasana (prone)
Sarvangasana	Sarpasana
Matsyasana	Niralambasana
Halasana	Marjari Asana
Bhujanagasana	Parvatasana
Ardha Shalabhasana	Akarna Dhanurasana
Shalabhasana	Tolangulasana
Dhanurasana	Trikonasana
Makarsana	Natarajasana
Vakrasana	Chakrasana(backward)
Ardha Matsyendrasana	
Matsyendrasana	Meditative Asanas
Janushirasana	Padmasana

Paschimottanasana	Siddhasana
Vajrasana	Swastikasana
Supta Vajrasana	Samasana
Yoga Mudra	
Ushtrasana	Dhrishti
Gomukhasana	Bhru Madhya
Mandukasana	Nasagra
Uttana Mandukasana	Pranayama
Kurmasana	Anuloma-Viloma
Uttana kurmasana	Ujjayi
Kukkutasana	Surya Bhedan
Bhadrasana	Chandrabhedan
Mayurasana	Shitali
Chakrasana (lateral)	Sitkari
Vrikshasana	Bhastrika
Tadasana	Bhramari
Garudasana	EXTRA- PRACTICES
Utkatsana	JEEVANA YANTRA
Padhahastasana	INCLINED PLANE
Mudra & Bandha	Kriyas
Simha Mudra	Kapal Bhati
Jivha Bandha	Uddiyana
Brahma Mudra	Nauli

Mula Bandha	Agnisara (Agnisara)
Jalandhara Bandha	Jala Neti
Uddiyana Bandha	Rubber Neti
Mantra Recitation	Vamana Dhauti
Pranava japa	Danda Dhauti
Swasti Mantra	Vastra Dhauti
Savitru Upasana	Shankha prakshalana(Varisara)
Om stavan	Trataka