



Syllabus for The Diploma Course in Yoga Ayurveda-Panchakarma-Naturopathy

THEORY: -

Following Subjects will be covered in the course

1. PAPER - 1 Traditional Yoga – Pantanjali Yoga Sutra
 2. PAPER - 2 Structure and Functions of Human Body and the effect of Yoga on them.
 3. PAPER - 3 Ayurveda and Panchakarma
 4. PAPER- 4 Naturopathy
 5. PAPER -5 Role of Psychology in Yoga-Ayurveda and Naturopathy
 6. PAPER -6 Hatha Yoga Texts: Hathapradipika, Gheranda Samhita, Shiv Samhita and Vashishtha Samhita
 7. PAPER -7 Principles and methods of Teaching as applied to Yogic Practices
 8. PAPER - 8 First Aid in human Life
- **SPECIAL WORKSHOP:** - Workshop on Cardio Pulmonary Resuscitation
 - **HOME –ASSIGNMENT:** Time to time **Home-assignment** will be given to the students which they have to submit within a stipulated period.

- **TEACHING JOURNAL:** All the students will have to maintain a **Teaching Journal** in the prescribed form, for teaching all the Yogic Practices.

PRACTICAL TRAINING:-

1. YOGA

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

2. AYURVEDA PANCHAKARMA

3. NATUROPATHY

DETAILED SYLLABUS

THEORY:-

PAPER -1

TRADITIONAL YOGA –PATANJALI YOGA SUTRA

1. The Indian Approach: -

- Concept of Atman and Brahman
- Vedic and Post Vedic period-
- Various Darshanas and their common goal of self-realization.

2. The Science of Yoga:

- Yoga for the removal of suffering- stage in historical development of Yoga
- Various definitions of Yoga
- Different schools of Yoga
 - Karma Yoga

- Bhakti Yoga
- Jnana or Raja Yoga
- Hatha Yoga
- Mantra Yoga
- Laya, Yoga
- Kundalini Yoga.

3. Evolution of Man and his world

- Modern Viewpoint of Evolution
- Yogic Viewpoint of Evolution
 - Concept of Three Shariras
 - Concept and Structure of Chitta
 - Functioning of Chitta
 - Four Awasthas of the Chitta
 - Five Bhumis of Chitta

4. The Psycho-Physiological Aspect:-

A. Ordinary process of understanding: What is self, what is life, what is reality – Relationship as the essence of this reality – way of understanding this life – ordinary process of understanding – inadequacy of this process – need for the new approach for understanding the reality.

B. I-Process and Suffering:

- Basic drive for this search for security comes through the I- Process of self-Consciousness with awareness of “I” as separate entity – duality of I am / I am not – fragility of I .
- Fundamental fear of insignificance and loss of identity –greed for self-expansion.
- Futility of self –expansion leading to fear- greed cycle
- Awareness of personal ‘I’ as separate entity leads to constant suffering –transpersonal consciousness as the only way of ending this suffering.

5. Textual Basis of Yoga:- Patanjali Yoga Sutra

- Concepts of Patanjali Yoga Sutra in relation to four Padas (Total Yoga Sutra -195)

- Samadhi Pada = 51 Sutra
- Sadhana Pada = 55 Sutra
- Vibhuti Pada = 55 Sutra
- Kaivalya Pada = 34 Sutra

Pada I - Samadhi Pada:-

- Definition of Yoga = Sutra 1 to 4
- Chitta Vritti = Sutra 5 to 11
- Vrittis – Samskara Chakra
- Vritti – Nirodha Through Abhyasa = Sutra 12 to 14
- Vritti - Nirodha Through Vairagya = Sutra 15 to 16
- Stages in the Yogic Experience = Sutra 17 to 18
(Concepts of Samprajnata and Asamprajnata Samadhi)
- Achievement by Birth = Sutra 19
- Achievement by Through Training = Sutra 20 to 22
- Ishwarpranidhana = Sutra 23 to 28
- Antarayas in Yoga Sadhana = Sutra 29 to 32
- Chitta Prasadana = Sutra 33
- Samapatti and Samadhi = Sutra 34 to 51

Pada II- Sadhanapada:-

- Kriya-Yoga = Sutra 1 to 2
- Kleshas = Sutra 3 to 9
- Procedure for reducing the effect of Kleshas = Sutra 10 to 27
- Ashtanga Yoga = Sutra 28 to 29
- Yamas = Sutra 30 to 31 and 35 to 38
- Niyamas = Sutra 32 and 40 to 45
- Vitarkas = Sutra 33 to 34
- Asanas = Sutra 46 to 48
- Pranayamas = Sutra 49 to 53
- Pratyahara = Sutra 54, 55

Pada III – Vibhutipada

- Dharana = Sutra 1
- Dhyana = Sutra 2
- Samadhi = Sutra 3 to 8
- Vibhutes (Powers) = Sutra 9 to 55

Pada IV - Kaivalya pada

- Independence – Kaivalya = Sutra 1 to 34

PAPER – 2

Structure and Functions of Human Body and the effect of Yoga on Them

1. General consideration – Main characteristics of life activities- Organization of human body- inter-relationship between structure and function, between different functions and between internal functions and environment.

2. Concepts from Indian Sciences

- Sankhya theory of existential manifestation
- Pancha-mahabhuta
- Pancha-kosha
- Prana-Nadi-Chakra
- Chitta (Concept and function of Mind)

3. Systems consideration:

- **Skeletal- System:** - Its functions- factors responsible for the health of bones and joints – importance of spine.
- **Muscular System:** - Its type and function- good and bad posture- Yoga and physical exercise psycho-somatic connection.
- **Nervous System:** - Its main divisions- Brain and its functional characteristics –Autonomic system and Homeostatic mechanism- Biofeedback.
- **Endocrine System:** - Hormones – integration of all the body functions at neuro-endocrine level.
- **Respiratory System:** - Significance of respiration- Special features of different parts-mechanics of breathing in normal and in Pranayamic way- control of respiration- circadian rhythm of respiration and nasal function.

- **Cardio-Vascular System:** - Blood, heart and blood vessels- circulation and control of blood-pressure-lymphatic system and immunity.
 - **Digestive System:** - Process of digestion, absorption and metabolism- Basal Metabolic Rate and Yoga.
 - **Excretory System:** - Kidneys, Skin, Lungs, and Intestine as the excretory organs.
 - **Reproductive System:** - Biological and emotional aspect of sex- sex as a creative energy – channelization of this energy by sublimation and not by suppression.
- 4. Effects of Kriya, Asana and Pranayama – a general overview**

PAPER – 3

Ayurveda and Panchakarma

1. Brief Introduction to Ayurved

- History & Myths
- Definition of Swasthya

2. Concepts of Existence in Ayurved

- Tri-Dosha
- Sapta-Dhatu
- Tri-Mal
- *Trayopastambha*
 - **Aahar** (Concepts in Ayurved & Yog)
 - **Nidra**
 - **Brahmacharya-Sadvrutta**

3. Concepts of Diet - Aahar

- Agni – Pachan
- Aam – the Root cause of most Diseases
- Ashta-aahar-vidhi-visheshayatanani
- Viruddha Aahar

4. Concepts of Lifestyle

- Dinacharya (daily routine)
- Rutucharya (seasonal variations)
- Dharaniya –Adharaniya Vega

5. Concepts of Diagnostics and Treatment

- Prakruti-Vikruti-Nidan
- NidanPanchak
- Chikitsa-Shodhan-Shaman

6. Concepts of Panchkarma Chikitsa

- Poorvakarma (Snehan, Svedana)
- Vaman
- Virechan
- Basti
- Nasya
- Raktamokshan
- Paschatkarma (Samsarjana krama)
- Ayurvedic Panchakarma and Yogic Shat Kriyas

7. Ayurvedic Home Remedies

PAPER – 4

Naturopathy

- Brief 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
 - Air
 - Mud-
 - Clay
 - Sunlight
 - Manipulative (Massage)
 - Natural Food
- **Mud:-**
 - Mud pack on the Abdomen – Chest – Eyes
 - Full body Mud pack
- **Immersion Bath:-**
 - Spine Bath

- Foot Bath
- Katisnan- Hip Bath
- **Sun Bath:-**
- Colour Bath
- **Packs:-**
- Hot and cold Pack – Locally
- Hot and Cold Pack – Whole Body
- **Sweden:-**
- Steam bath - local and whole body
- **Massages:-**
- Massage with Oil (Kind of Oil) as per diseases
- Massage with powder
- Massage with Water
- Massage without Oil.
- **Natural Food:-**
- As per the principal of Naturopathy
- Concepts of Diet Management
- Concepts of Juice Management
- Concepts of fasting

PAPER – 5

Role of Psychology in Yoga –Ayurveda and Naturopathy

1. Introduction to psychology
2. Human development
3. Role of emotions in human development
4. Personality & Behaviour
5. Yoga & Modern Psychology
6. Yogic lifestyle and stress management
7. Patanjali Yoga Sutras and Mind
8. Psychosomatic disorders and role of Yoga

PAPER- 6

Hatha Yoga Texts

- History of Hatha Yoga
 - Traditions of Hatha Yoga Texts and Name of the Hatha Yoga Texts
 - Important Hatha Yoga Texts
- | | | |
|-----------------------|--------------------------|--------------------|
| 1. Hathayogapradipika | 4. Jyotsna on (H.Y.P) | 7. Vasisthasamhita |
| 2. Gherndasmhita | 5. Siddhasidhantapadhati | 8. Sivasvarodaya |
| 3. Goraksasatakam | 6. Sivasamhita | 9. Goraksapaddhati |

Hathayogapradipika :-

- Period of Hathayogapradipika
- Author of Hathayogapradipika
- Characteristics of Hathayogapradipika
- Contents of Hathayogapradipika

Chapter – One: - 1 to 67

- About the Sadhak
- Ideal Place- Ideal Hut
- Do's and Don'ts (Facilitator and obstructing factors)
- Introduction of Asana
- Ideal Season – Asana
- Mitahara and Foods
- Criticism of dress and preaches only
- Hatha – a way to Rajayoga

Chapter – Two: - 1 to 78

- Importance of Asana and food of Pranayama
- Relationship of breathing and mind
- Purification of Nadi's, and Importance of Nadi's
- Importance of Nadi's Sodhan

- Perspiration due of Pranayama and its re utilization
- Right practice of Pranayama recommended
- Cleansing Processes – 6 Name and its Importance
- Processes of cleansing – Satkarmas
- Impotence and Results of Pranayama
- Kinds of Kumbhaka
- 8 Kinds of Kumbhaka
- Introduction and application of Bandhas during the Pranayama
- Classification of Pranayama
- Kumbhaka with reference to Kundalini
- Rajayoga vis-à-vis Hathayoga

Chapter – Three: - 1 to 126

- Kundalini as a support of all Yogic Practices
- Mudra for Kundalini arousal, piercing Knots and Chakras
- Ten Mudras for Kundalini Arousal
- Details and extra ordinary powers of Ten Mudras
- Mahamudra, Mahabandhmudra, Mahavedhamudra, Khecarimudra, Uddiyanabandha, Mulabandha, Jalandharabandha, Vipritkarnimudra Shajolimudra and Amarolimudra
- Synonyms and location of Kundalini
- Kanda-Shape –Size with reference to Vajrasana and Siddhasana
- Kundalini Chalana and effects
- Bhastrika after Kundalini
- 72000 Nadis can be purified through Kundalini
- Rajayoga with reference to Asana, Kumbhaka and Mudra
- Vayu practices and importance of mind

Chapter – Four: - 1 to 114

- Mudra confer Siddhi and Supernatural powers through practice of Mudra
- Guru imparts traditional knowledge of Mudra.

- Samadhi –Synonyms of Samadhi
- Explanation of Samadhi
- Rajayoga and Guru
- Susumna in relation with Asana, Kumbhaka and Mudra
- Vayu in susumna and Amroli, Vajroli and Sahajoli
- Liberation and dissolution of Prana and Mind
- Place of Practice and importance of Susumna
- Manonmani- Mind with reference to Prana
- Mind with reference to respiration and liberation
- Laya - with Sambhavamudra
- Unmani- with Agama and Nigama
- Ultimate Reality and Meditate on Atman only when Susumna is active
- Khecarimudra with reference to Yoganidra
- Nadanusandhana with 4 stage in yoga
- Arambha- Avastha- Anahat chakra
- Ghata –Avastha- Visuddhichakra
- Parichaya- Avastha- Visuddhichakra
- Nispatti – Avastha – AjnaChakra
- Bliss from Laya Yoga is Rajayoga
- Those who have no aim of Rajayoga are mere Hatha Practitioners and not Hathayogi
- Various Types of Sound
- Hatha & Laya for Rajayoga
- Liberation of Yogi passing 3 stage- Chitta Liberated
- Yogi Samadhi Experience
- Hypocrisy if no experience of Prana rising.

Gherandasamhita

- Period of Gherandasamhita
- Author of Gherandasamhita
- Philosophy of Gherandasamhita
- On contents of Gherandasamhita

Chapter – One: - 1 to 59 - About the Text and Satkarmas

Chapter – Two: - 1 to 45 - Asanas

Chapter – Three: - 1 to 69 -- Mudras

Chapter – Four: - 1 to 7 - Pratyahara

Chapter- Five: - 1 to 90 -- Pranayama

Chapter – Six: - 1 to 22 --- Dhyana

Chapter – Seven 1 to 23 -- Samadhi

Introductions of others Texts:-

- 1. Shiv Samhita**
- 2. Vashishtha Samhita**

PAPER- 7

Principal and methods of Teaching as applied to Yogic Practices

INTRODUCTION:

- a. General Principle and Meaning of key words
- b. Ancient Educational Traditions in India
- c. Present educational state in India
- d. Yoga education

BASIC PRINCIPLES OF TEACHING:

1. What to Teach (Knowledge of Yoga and other systems):-

- (a) Thorough knowledge of Yogic practices.
- (b) General Knowledge about other allied healing systems.
- (c) Special knowledge of some associated fields.
- (d) Word of caution to guard authenticity of Yoga.

2. Why to Teach (Knowledge to set the goal of teaching):-

- (a) Knowledge about requirements of a student.
- (b) Knowledge of effects of yogic practices.

3. Whom to Teach (Knowledge about a student): -

- (a) Motivation
- (b) Abilities
- (c) Past experience.

4. Who should Teach (Qualities of a Good Teacher): -

- (a) Motivation
- (b) Attitude
- (c) Personality
- (d) Life-Style
- (e) Behavior
- (f) Leadership Quality
- (g) Ethical aspect of the behavior in teacher- student Relationship
- (h) Pursuit of excellence (i) Skill of communication

5) How to teach: An interaction

Part: I. LEARNING:

1. Learning in General (How does learning take place):

- (a) Nature of learning
- (b) Factors which affect the process of learning
- (c) Factors which effect the process of retention (Memory)
- (d) Types of Learning
- (e) Five Basic skills acquired as learning outcome.

2. Learning of psychomotor skills and its neurophysiological aspect.

Part: II TEACHING:

1. Teaching in General:

- (a) Approach of teaching
- (b) Setting for teaching

2. Teaching of psychomotor skills:

- (a) Basic features

(b) How to make psychomotor skill teaching effective

Part: III ORGANIZATION OF TEACHING:

1. Organization of teaching in General:

- (a) Instructional Management
- (b) Classroom Management
- (c) Assessment and Evaluation of learning

2. Organization of teaching of Yoga:

- (a) Place and Environment
- (b) Time Management
- (c) Preparation of the syllabus
- (d) Salient points for conducting yoga teaching sessions.

PAPER – 8

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

PRACTICAL – TRAINING

1. SHATKRIYAS: -

- Classification of cleansing practices in Six major groups and their sub – division with special reference to Gheranda-Samhita.
- Description of Major Kriyas with reference to their essential nature, (wherever) equipment required, techniques of their performance, effects, indications and contra-indications

Kriyas: -

- Neti: Jala Neti and Sutra Neti.
- Dhauti: - Vamana Dhauti, Danda Dhauti, and Vastra Dhauti.
- Nauli: -Madhya, Vama, Dakshina and Chalana.
- Kapalabhati: -
- Trataka
- Agnisara
- Shankhaprakshalana

2. ASANAS (With Mudras):-

I. General classification according to:

- Purpose: - Meditative Poses and Cultural Poses- Relaxation Poses
- Body Position: - Lying on spine, lying on abdomen, Sitting, standing and inverted.
- Anatomical parts involved: - Spine, Chest, Abdomen and limbs.
- Physiological effects: - Musculo-skeletal system, Circulation, Internal pressure, balancing power

II. Description of each Asana (Including some Mudras) with reference to its

1. Back-ground

2. Technique of performance: - (A) Starting position,
(B) Movement towards the final position
(C) Final position
(D) Reverse movement towards starting position.

III. Essential Kinesiological nature, effects, indication, contra-indication and modification in its technique whenever necessary.

ASANAS:-

- (A) 1. Padmasana 2.Siddhasana 3.Svastikasana 4.Samasana
5. Vajrasana 6.Guptasana.
- (B) 1. Shavasana 2. Shirshasana 3. Vipritkarni 4. Sarvangasana
5. Matsyasana 6. Halasana (Ardha and Purna) 7.Dronasana
8. Pavana Muktasana (Ardha and Purna)
- (C) 1. Bhujangasana 2. Shalabhasana (Ardha and Purna)
3. Naukasana (On Spine and Abdomen) 4. Dhanurasana
5. Makarasana 6. Kativakrasana 7. Setubandhasana
- (D) 1. Janushirshasana 2. Paschimatanasana 3.Vakrasana
4.Matsyendrasana (Ardha and Purna) 5.Bhadrasana
6.Gomukhasana 7. Parvatasana 8. Vajrasana 9. Janu vakshasana
10.Supta Vajrasana 11. Ustrasana 12. Mayurasana.
- (E) 1. Chakrasana 2. Tadasana 3.Vrikshasana 4.Garudasana
5. Pad -Hastasana 6. Trikonasana

Bandhas: -

1. Uddiyana Bandha
2. Jalandara Bandha
- 3.Jiva Bandha
- 4.Mula Bandha.

Mudras: -

- 1.Ashwini Mudra
- 2.Brahmamudra
- 3.Simhamudra
4. Yogamudra

Drishti:

1. Bhrumadhya Drisht
- 2.Nasagra Drishti
- 3.Jatru Drishti

3. PRANAYAMA (with Bandhas)

- Religious and technical aspect: - Sagarbha and Agarbha.
- General feature: Sahita and Kevala –Time, force and use of Bandhas.
- Actual technique of basic components of Pranayama-Puraka, Kumbhaka and Rechaka.
- Varieties of Pranayama: Anuloma- Viloma ,(Surya Bhedan, Ujjayi, Shitali, Sitkari, Bhastrika, Bhramari, Murccha, Plavini.)
- Preparation for Pranayama Sadhana,
- Effects of Pranayama: Physical, Physiological and Psychological.

4. Meditational Techniques:

Nature and the different stage in the meditative state- Different techniques for inducing this state- Obstacles in the process of achieving it and its effects.