

**Shri Rawatpura Sarkar University
Raipur (C.G.), India**

Faculty of Arts



Scheme of Teaching and Examination

for

Master of Arts

in

Yoga & Naturopathy

Outcome Based Education (OBE)

&

Choice Based Credit System (CBCS)

(Effective from the Academic Year: 2022-23)



Master of Arts in Yoga & Naturopathy- I Semester

Faculty of Arts

Department of Yoga

Shri Rawatpura Sarkar University, Raipur

Two Years (Four Semesters) M.A. Programme

Scheme and Syllabus of Teaching and Examination for

Master of Arts in Yoga & Naturopathy

Outcome Based Education (OBE) & Choice Based Credit System (CBCS)

(Effective from the session: 2022-23)

Semester- I

S. No.	Course Code	Course Title	Type of Course	Hours / Week			Total Credits	Maximum Marks			Sem End Exam Duration (Hrs)
				L	T	P		Continuous Evaluation	Sem End Exam	Total	
1	AMA09-101	Foundation of Yoga	Core	4	-	-	4	30	70	100	3.00
2	AMA09-102	Principle and Practices of Hatha Yoga	Core	4	-	-	4	30	70	100	3.00
3	AMA09-103	Fundamental of Naturopathy	Core	4	-	-	4	30	70	100	3.00
4	AMA09-104	Human Anatomy and Physiology	Core	4	-	-	4	30	70	100	3.00
5	AMA09-181	Yoga Practical -I	Core	-	-	6	3	30	70	100	
6	AMA09-182	Human Anatomy and Physiology Practical	Core	-	-	2	1	15	35	50	
7	AMA09-183	Naturopathy Practical- I	Core	-	-	2	1	15	35	50	
Total Contact hr per week: 26				16		10	21			600	

Master of Arts in Yoga & Naturopathy- I Semester

Course Title	Foundation of Yoga				
Course Code	AMA09-101				
Course Credits	L	T	P	TC	
	4	-	-	4	
Prerequisites	Basic knowledge of Yoga and Philosophy.				
Course Objectives	<p>The teaching-learning of this paper will enable learner to-</p> <ul style="list-style-type: none"> • Give an introduction of Yoga and its important streams, • Give a brief introduction of Yogies. • Give a brief history and the basis different types of Yoga. 				
Course Contents	<p>UNIT – I Introduction:</p> <p>Brief introduction to origin of Yoga, History and Development of Yoga; Meaning and Definitions of Yoga, Aim and Objectives of Yoga, Misconceptions about Yoga, Importance of Yoga in Human life.</p> <p>UNIT – II Shad-darshans:</p> <p>General introduction to Shad-darshanas and Non-Vedic Schools of Indian, Philosophy (Aastika and Nastik Darshana), Purushartha Chatushtaya & Prasthantrayee, Yoga in Jainism, Yoga in Buddhism, Yoga in Samkhya, Yoga in Vedanta.</p> <p>UNIT – III Vedic Texts:</p> <p>Introduction of Yogic Texts: Patanjali Yog Sutra, Bhagavadgita, Yog Vasishtha, Veda, Upanishad and Narad bhakti Sutra. Yoga in Patanjali Yogsutra, Yoga in Bhagavadgita, Yoga in Yoga Vasishtha, Yoga in Vedas, Yoga in Upanishads, Yoga in Narad bhaktisutra.</p> <p>UNIT – IV Traditional Models:</p> <p>Traditional Models: Brief Introduction: Jyan Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga, Hatha Yoga, Mantra yoga, Tantra Yoga, Kriya Yoga, Ashtangayoga.</p> <p>UNIT – V Yogic Contribution of Yogies:</p> <p>Brief Introduction and Yogic Contribution of Maharshi Patanjali and Guru Gorakshanath. Yogic models of: Swami Vivekananda, Sri Aurobindo, Mahirshi Raman, Swami Dayanand Saraswati, Pt. Shriram Sharma Acharya.</p>				
Course Outcomes	By learning fundamentals of yoga students will have clear vision about the terminology and concepts of yoga. It will pave the path of spiritual journey with the insight wisdom of yoga.				
Text Books	<ol style="list-style-type: none"> 1. योग और योगी - डॉ. अनुजा रावत 2. योग विज्ञान- स्वामी विज्ञानानंद सरस्वती 				

Master of Arts in Yoga & Naturopathy- I Semester

	<ol style="list-style-type: none">3. योग महाविज्ञान- डॉ. कामाख्या कुमार4. Swami Prabhavananda: Spiritual Heritage of India (English). Sri Ramkrishna Math, Madras, 2004.
Reference Books	<ol style="list-style-type: none">1. भारतीय दर्शन की रूपरेखा- प्रो. हरेंद्र प्रसाद सिन्हा2. Dasgupta S. N: History of Indian Philosophy, Motilal Banarsidas, Delhi, 2012.3. Sharma, Chandradhar: A Critical Survey of Indian Philosophy. Motilal Banarasidas, Delhi, 2013.4. Agarwal M M: Six systems of Indian Philosophy, Chowkhambha Vidya Bhawan, varanai, 2010.5. Swami Bhuteshananda: Nararad Bhakti Sutra, AdvaitaAshrama PublicationDept. Kolkata, II Edition, 2009.6. Hirianna M: Outlines of Indian Philosophy, Motilal Banarsidas, Delhi, 2009.7. Bhat, Krishna K.: The Power of Yoga: SuYoga Publications Mangalore, 2006.

Master of Arts in Yoga & Naturopathy- I Semester

Course Title	Principle and Practices of Hatha Yoga				
Course Code	AMA09-102				
Course Credits	L	T	P	TC	
	4	-	-	4	
Prerequisites	Basic knowledge of hatha Yogic Texts.				
Course Objectives	<p>The teaching-learning of this paper will enable learner to-</p> <ul style="list-style-type: none"> • To give an introduction of Hathayoga. • To give an understanding of the prerequisites of HathaYoga. • To introduce the principles of HathaYoga. • To introduce essential Hatha Yogatext. 				
Course Contents	<p>UNIT-I Introduction: Hatha Yoga: Its Philosophy and Hatha Yoga Texts The Origin of Hatha Yoga,, its meaning, definition, aims & objectives, Introduction to Basic Hatha Yoga Texts: Hatha Pradeepika, Gheranda Samhita, Hatha Rathnavali, Shiva Samhita Siddhasiddhantapaddhati, Yoga Beeja, Goraksha Samhita and Vashishtha Samhita.</p> <p>UNIT-II Concept of Hath Yoga: Rules and regulation for Hath Yoga, Sadhak tatwa and Badhak tatwa in Hatha Yoga text. Concept of Matha, Rules & Regulations to be followed by the Hatha Yoga Practitioner, concept of Mitahara, Pathya and Apathya, Pre requisites of Hath yoga (Dasha Yama and Dasha Niyama).</p> <p>UNIT-III Hatha Yoga Practices: Shodhana-Kriyas and Asanas Shodhana-kriyas in Hatha Pradeepika, Hatharatnavali, Gheranda Samhita&and their techniques, benefits and precautions; Role of Shodhana-kriyas in Yoga Sadhana and their importance in Modern life; Asanas in Hatha Pradeepika, Hatharatnavali,GherandaSamhita, shivasamhita and Vashishthasamhita: their techniques, benefits, precautions and importance. importance of asana in Hatha Yoga Sadhana;</p> <p>UNIT-IV Hatha Yogic Practices: Pranayama, Bandhas and Mudras Pranayama –The concept of Prana, Kinds of Prana and Upa-pranas, Pre-requisites of Pranayama; Nadishodhana Pranayama, its technique and importance, Pranayama practices in Hathapradeepika,</p>				

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	<p>Hatharatnavaliand GherandaSamhita, their techniques and benefits. precautions and contraindications of different pranayamas,Importance of Pranayamas in Hatha Yoga Sadhana, Concept and definition of bandha and mudras in Hathapradeepika, Hatharatnavali and GherandaSamhita, Their techniques, benefits and precautions.</p> <p>UNIT-V Hatha yoga Practices:</p> <p>Pratyahara & Nadanusandhana, Concept of Pratyahara, and Dhyana in Gheranda Samhita and their techniques & benefits; Concept of Samadhi in Hath Yoga texts and its Lakshanam, Hatha Yoga Siddhi Lakshanam; The concept of Nada, Four Avasthas (stages) of Nadanusandhana, and its Siddhis; Applications of Hatha Yogic Practices in Holistic Health Promotion and Disease Prevention. Relevance of hatha yoga in contemporary times.</p>
Course Outcomes	<p>Hath yoga is dedicated to Kaayashuddhi, e.i Physical purification with the scientific techniques of Hath Yoga based on classical text. The students will able to practice and teach the secrete technique of hath Yoga and will be prepared for the practice of Raaja Yoga.</p>
Text Books	<ol style="list-style-type: none">1. हठ प्रदीपिका - स्वात्माराम कृत , स्वामी दिगंबर2. हठ प्रदीपिकाज्योत्स्ना स्वामी महेशानंद कैवल्य धाम3. घेरण्ड संहिता स्वामी निरंजनानंद सरस्वती4. वशिष्ठ संहिता (योग कांड)- कैवल्य धाम5. Yogapradipika– B.K.S. Iyengar6. Gorakh Samhita– Gorakhnath Mandeer, Gorakhpur
Reference Books	<ol style="list-style-type: none">1. साधना पद्धतियों का ज्ञान विज्ञान- पं. श्री राम शर्मा आचार्य2. Bhakti Sagar- Swami Charandas3. Textbook of Yoga- Yogeshwar4. Mysterious Kundalini- Dr. VasantRele5. Asana, Pranayama, Mudra, Bandha- Swami Satyananda Saraswati6. Hatha Yoga Pradipika of Swatmaram - Theosophical Society

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Course Title	Fundamental of Naturopathy				
Course Code	AMA09-103				
Course Credits	L	T	P	TC	
	4	-	-	4	
Prerequisites	Basic knowledge of Human Body and System.				
Course Objectives	<p>The teaching-learning of this paper will enable learner to-</p> <ul style="list-style-type: none"> • Give an introduction of Naturopathy and its importance. • Give an introduction, Importance and brief history of Naturopathy. 				
Course Contents	<p>UNIT-I Introduction: Introduction Natural life, Meaning, Definition & Principles of Naturopathy. Health, Root cause of Disease, Acute & Chronic disease, Principles of foreign matter, Bad effects of Medicines and Drugs on Health. Vital Force, Sources to increase Vital Force, Disease, Diagnosis Techniques & Healing of Disease. Unity of Body, Mind & Soul.</p> <p>UNIT-II Methods-I Mud and Chromotherapy : Mud Therapy & Chromo Therapy: Mud therapy- introduction, properties of Mud, types & importance. Effect of Mud on Body, Packs of Mud, Full Body Mud Pack. Importance of chromo therapy, Action & Reaction of Chromo therapy. Sun bath, Use of different Colors. Infra-red & Ultraviolet rays.</p> <p>UNIT-III Methods-II Hydrptherapy : Hydrotherapy: Introduction, importance of water, Remedial properties of Water, Effect of diff. temp. of water on Body. Methods of Hydrotherapy-friction bath, hip bath, steam bath, spine bath, foot & hand bath, full immersion bath. Full bed sheet Pack, Packs of – Chest, Abdominal, Throat, Hand & Foot. Sponge, Ushapaan, Enema & fermentation.</p> <p>UNIT-IV Methods-III Fasting & Food Therapy: Fasting & Food Therapy: Aakash tatwa chikitsa- Introduction, importance of Aakash tatwa, Definitions of fasting, Difference between Fasting & Starvation. Types of Fasting (Complete Fast, Masters of Arts in Yoga & Naturopathy- I Semester 11 Partial Fast, Water Fast, Juice Fast, Mono diet) and its effect on the Body, How to start fasting & break it, Treatment of crisis during Fast. Natural resistance through food digestion, Absorption & Assimilation, Balanced diet, Acidic, Alkaline diet, Combination of food.</p> <p>UNIT-V Methods-IV Air Therapy: Air Therapy Important of air, Morning walk, Pranayama, Yajna Chikitsa, Swar Vijnana, Air bath, Definition of massage & importance, Effect of massage on different Body parts. Massage in diseases. Techniques of massage- touch, pressure, stroking, friction, kneading, wringing, chucking, vibration, percussion. Effects of Massage on different body system.</p>				

Master of Arts in Yoga & Naturopathy- I Semester

Course Outcomes	Human anatomy and physiology provides a comprehensive knowledge of human body and it helps to understand the impact of yogic practices upon human body and its physiology.
Text Books	<ol style="list-style-type: none">1. प्राकृतिक चिकित्सा एक समग्र उपचार पद्धति-डॉ. सरस्वती काला2. प्राकृतिक आयुर्विज्ञान- डॉ. राकेश जिन्दल3. चिकित्सा उपचार के विविध आयाम- पं. श्रीराम शर्मा आचार्य सम्पूर्ण वाङ्मय, खण्ड-404. The Complete Handbook of Nature Cure- Dr. H.K. Bakhru
Reference Books	<ol style="list-style-type: none">1. जीवेम शरदः शतम- पं. श्री राम शर्मा आचार्य सम्पूर्ण वाङ्मय, खण्ड- 412. आहार और स्वास्थ्य -डॉ. हीरालाल3. रोगों की सरल चिकित्सा-विट्ठलदास मोदी4. आयुर्वेदीय प्राकृतिक चिकित्सा- डॉ. राकेश जिन्दल5. चिकित्सा उपचार के विविध आयाम- पं. श्रीराम शर्मा आचार्य सम्पूर्ण वाङ्मय, खण्ड-406. Diet and Nutrition - Dr. Rudolf

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Course Title	Human Anatomy and Physiology				
Course Code	AMA09-104				
Course Credits	L	T	P	TC	
	4	-	-	4	
Prerequisites	Basic knowledge of English Grammar and Language.				
Course Objectives	The teaching-learning of this paper will enable learner to- Discuss introduction to human body with concept of cells, tissues, skeletal system, muscular system, respiratory system, cardiovascular system with their gross anatomy and physiology. Discuss anatomical & physiological effects of selected yoga practices on aforesaid contents of human body in evidence-based way.				
Course Contents	<p>UNIT-I Introduction to Human Body</p> <p>General Introduction of Human Body: Cell & its Components: Nucleus, cell membrane and cytoplasm. Tissues: Types, Structure & Function.</p> <p>Musculo-skeletal System :</p> <p>Body Systems. Musculo-skeletal System: Anatomy – Axial and appendices. Skeleton and Joints. Muscles – Types, Physiology of muscle Contraction, Muscle tone & Muscle fatigue. Effect of Yogic Practices on Muscles. Joints- Different types of Joints.</p> <p>UNIT-II Gastrointestinal & Excretory System:</p> <p>Gastrointestinal System: Anatomy of the Gastrointestinal System: Oral Cavity, Esophagus, Stomach, Duodenum, Jejunum, Ileum, Colon, Appendix, Sigmoid and Rectum, Liver, all.Bladder, Salivary Glands, & Pancreas. Physiology of Digestion, Absorption, Assimilation & Ejection. Digestion of food: Enzymes, Carbohydrates, Proteins, Fats, Fibre, & Role of Colonic bacteria. Effect of Yogic Practices on Gastrointestinal System.</p> <p>The Excretory System: Kidney, Urinary Bladder, Urine Volume, Composition of Urine. Structure of Kidney: The Nephron, Bowman’s Capsule, Proximal convoluted tubule, Distal convoluted tubule & loops of Henley. Functions of Kidney: Excretion of wastes product . Effect of Yogic Practices on Excretory systems.</p> <p>UNIT-III Respiratory & Cardiovascular System:</p> <p>Respiratory System: Structure & Functions of respiratory organs. Transport of Gases & Control and regulation of respiration. Effect of Yogic Practices on Respiratory systems.</p> <p>Cardiovascular System: Blood and blood cells. The heart: Its structure, Heart valves & chambers, Coronary blood vessels; The cardiac muscle and its characteristics. The great vessels Arteries, veins and capillaries Structure and function. The heart as a pump: Circulation & Blood pressure. Effect of Yogic Techniques on Cardiovascular system.</p> <p>UNIT-IV Nervous System and Endocrine System:</p> <p>Nervous System: Major division of Nervous System. The Brain: Its part and their structure: Cerebrum, cerebellum, Midbrain, pones, Medulla oblongata. Structure & function of The spinal cord. Peripheral nerves. Thalamus & Hypothalamus. The</p>				

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	<p>Autonomic System: Parasympathetic & Sympathetic Nervous System. Effect of Yoga on Nervous system.</p> <p>Endocrine System: Major Endocrine glands and their Hormones. Effect of Yogic Practices on major endocrine glands.</p> <p>UNIT-V Immune & Reproductive system:</p> <p>Immunology: Immunity: types of immunoglobulin, Formation of antibodies, Organs of Immune system, & Cell immediate immunity. Immunity against Viral, Bacterial & Protozoal infections. Immunity: HLA system (MHC).</p> <p>The Reproductive System The male reproductive organs. The female reproductive organ. Menstrual cycle Method of Contraception. Gonadal Hormones. Physiology of Pregnancy.</p>
Course Outcomes	<p>Human anatomy and physiology provide a comprehensive knowledge of human body and it helps to understand the impact of yogic practices upon human body and its physiology.</p>
Text Books	<ol style="list-style-type: none">1. मानव शरीर संरचना और क्रिया विज्ञान- वी. कु मार2. मानव शरीर रचना और क्रिया विज्ञान- डॉ. अनंत प्रकाश गुप्ता3. Anatomy & Physiology & Yogic Practices: Dr. M.L. Gharote and Prof. S.K. Ganguly4. M.M. Gore: Anatomy and Physiology of Yogic Practices,5. H.D. Coulter: Anatomy of Hatha Yoga, Delhi, India, MotilalBanarasidas6. V. Kumar: Manav Sharir Samrachna aur kriyaVijyan. New Delhi India, Japee Brothers Medical PulbisherdP.Ltd.
Reference Books	<ol style="list-style-type: none">1. योगासन और क्रिया विज्ञान - डॉ. राधेश्याम शर्मा2. Gore, M.M.: Anatomy and Physiology of Yogic practices (Kanchan Prakshan, Lonavala, 2003)3. Shirley Telles: A Glimpse of the Human body. (V K YOGAS, Bangalore, 1995)4. Sri Krishna: Notes on Structure and Functions of Human Body and Effects of Yogic practices on it (Kaivalydhama S.M.Y.M Samiti, Lonavala, 1988)

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Course Title	YOGA PRACTICAL-I																				
Course Code	AMA09-181																				
Course Credits	L	T	P	TC																	
	-	-	6	3																	
Prerequisites	Basic knowledge of different limbs of Yoga.																				
Course Objectives	<p>The teaching-learning of this paper will enable learner to-</p> <ul style="list-style-type: none"> • State techniques, health benefits, applications, precautions and contraindications of under mentioned yogic practices • To demonstrate and instruct under mentioned yogic practices. 																				
Course Contents	<p>01. Mantra & Prayers Gayatri Mantra, Mahamrityunjay Mantra, Guru Awahan Mantra (K.Bh.), Saraswati Mantra (K.Bh.),</p> <p>02. Yogic postures:</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">1. PawanMuktasana Part-1, 2 & 3,</td> <td style="width: 50%;">2. Tadasana (Asana - W & H),</td> </tr> <tr> <td>3. Tiryak Tadasana (A.P.M.B.)</td> <td>4. Kati Chakrasana(A.P.M.B.)</td> </tr> <tr> <td>5. Marjariasana (A.P.M.B.),</td> <td>6. JannuShirasana (A.P.M.B.)</td> </tr> <tr> <td>7. Surya Namaskara (A.P.M.B.)</td> <td>8. Goumukhasana (H.P.)</td> </tr> <tr> <td>9. Padmasana (H.P.)</td> <td>10. Vakrasana (Y.K.)</td> </tr> <tr> <td>11. Ushtrasana(Gh.S.)</td> <td>12. Noukasana (Asana W & H)</td> </tr> <tr> <td>13. Uttakatasana (Gh.S.)</td> <td>14. PawanMuktasana (A.P.M.B.)</td> </tr> <tr> <td>15. Mandukasana (H.P.)</td> <td>16. Shawasan (H.P.)</td> </tr> </table> <p>03. Pranayama Practice:</p> <ol style="list-style-type: none"> a. Breathing - Chest, Abdominal & Yogic (A.P.M.B.) b. Pranakarshana (G.M.) c. anulomeVilome (H.P.) d. Nadishodhan (G.M.) <p>04. Meditations:</p> <ul style="list-style-type: none"> ▪ SohamDhyana - (Dharana&Dhyan) ▪ Om Dhayan - (Dharana&Dhyan) <p>05. Mudras &Bandhas:</p> <ul style="list-style-type: none"> ▪ Moolbandha (H.P.) ▪ JalandharaBandha (H.P.) ▪ Kakimudra (Gh.S.) ▪ Ashwinimudra (Gh.S.) 					1. PawanMuktasana Part-1, 2 & 3,	2. Tadasana (Asana - W & H),	3. Tiryak Tadasana (A.P.M.B.)	4. Kati Chakrasana(A.P.M.B.)	5. Marjariasana (A.P.M.B.),	6. JannuShirasana (A.P.M.B.)	7. Surya Namaskara (A.P.M.B.)	8. Goumukhasana (H.P.)	9. Padmasana (H.P.)	10. Vakrasana (Y.K.)	11. Ushtrasana(Gh.S.)	12. Noukasana (Asana W & H)	13. Uttakatasana (Gh.S.)	14. PawanMuktasana (A.P.M.B.)	15. Mandukasana (H.P.)	16. Shawasan (H.P.)
	1. PawanMuktasana Part-1, 2 & 3,	2. Tadasana (Asana - W & H),																			
	3. Tiryak Tadasana (A.P.M.B.)	4. Kati Chakrasana(A.P.M.B.)																			
	5. Marjariasana (A.P.M.B.),	6. JannuShirasana (A.P.M.B.)																			
	7. Surya Namaskara (A.P.M.B.)	8. Goumukhasana (H.P.)																			
	9. Padmasana (H.P.)	10. Vakrasana (Y.K.)																			
	11. Ushtrasana(Gh.S.)	12. Noukasana (Asana W & H)																			
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	15. Mandukasana (H.P.)	16. Shawasan (H.P.)																			

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	<ul style="list-style-type: none">▪ Hastmudra-Gyan, Ling, Panchtatva Mudra (M.V.) <p>06.Shatkarmas:</p> <ul style="list-style-type: none">▪ Jala-Neti (Gh.S.)▪ Rubber-Neti (A.P.M.B.)▪ Kapalbhatti (Vatkram) (20-50stocks) (Gh.S.)▪ Agnishar (Gh.S.) <p>• Viva-Voce:</p>
Course Outcomes	A scientific and well-mannered yogic practice based on classical text as well as contemporary trends will provide the talent to students to explore the science beauty and Philosophy of Yoga.
Text Books	<ol style="list-style-type: none">1. स्वामी सत्यानंद सरस्वती - आसन, प्राणायाम, मुद्रा, बंध, मुंगेरबिहार, 2007.2. O.P. Tiwari - Asana why and how, Kaivalyadham SMYM samiti, Lonavala, 2012.3. M_L. Gharote - Guidelines for Yogic Practices, Medha Publication, Lonavla.
Reference Books	<ol style="list-style-type: none">1. पं.श्रीराम शर्मा आचार्य-प्रज्ञा अभियान का योग व्ययाम, ब्रह्मवर्चस शोध संस्थान, शांतिकुंज, हरिद्वार, 1998 .2. Swami SatyanandaSaraswati - Asan, Pranayama, Mudra, Bandha, Yoga publication trust, Munger,2006.3. B.K.S. Iyengar - Light on Yoga, Harper Collins publisher, New Delhi, 2012.4. B.K.S. Iyengar - Light on Pranayama, Harper collins publisher, New Delhi, 2012.5. Swami Kuvlayanand - Asana, Kaivalyadham SMYM samiti, Lonavala, 1993

Master of Arts in Yoga & Naturopathy- I Semester

Course Title	HUMAN ANATOMY AND PHYSIOLOGY PRACTICAL				
Course Code	AMA09-182				
Course Credits	L	T	P	TC	
	-	-	2	1	
Prerequisites	Basic knowledge of anatomy and Physiology.				
Course Objectives	<p>The objectives behind teaching Human Anatomy and Physiology is to</p> <ul style="list-style-type: none"> • Make students familiar with the systems of the body. • Give a hand on experience about the human body using models, charts and pictures. • Make students understand the organization of the body with respect to structural components. 				
Course Contents	<ol style="list-style-type: none"> 1. Recording of systemic Arterial Blood Pressure 2. Recording of body temperature and effect of exposure to cold & hot environment. 3. Eyes Test: Vision testing & Color vision 4. Determination of Blood Groups (A, B, AB & O and Rh system) 5. Estimation of Haemoglobin (Hb) and Blood sugar. 6. Demonstration of Osteology & Myology. 				
Course Outcomes	Human anatomy and physiology provide a comprehensive knowledge of human body and it helps to understand the impact of yogic practices upon human body and its physiology.				
Text Books	<ol style="list-style-type: none"> 1. मानव शरीर संरचना और क्रियाविज्ञान- वी. कुमार 2. मानव शरीर रचना और क्रिया विज्ञान- डॉ. अनंत प्रकाश गुप्ता 3. Anatomy & Physiology & Yogic Practices: Dr. M.L. Gharote and Prof. S.K. Ganguly 4. M.M. Gore: Anatomy and Physiology of Yogic Practices, 5. H.D. Coulter: Anatomy of Hatha Yoga, Delhi, India, MotilalBanarasidas 				
Reference Books	<ol style="list-style-type: none"> 1. योगासन और शरीरविज्ञान- डॉ. राधेश्याम शर्मा 2. Gore, M.M.: Anatomy and Physiology of Yogic practices (KanchanPrakshan, Lonavala, 2003) 3. Shirley Telles: A Glimpse of the Human body. (V K YOGAS, Bangalore, 1995) 4. Sri Krishna: Notes on Structure and Functions of Human Body and Effects of Yogic practices on it (Kaivalydhama S.M.Y.M Samiti, Lonavala, 1988) 				

Master of Arts in Yoga & Naturopathy- I Semester

Course Title	NATUROPATHY PRACTICAL-I				
Course Code	AMA09-183				
Course Credits	L	T	P	TC	
	-	-	2	1	
Prerequisites	Basic knowledge of Naturopathy and five elements.				
Course Objectives	<ol style="list-style-type: none"> 1. State techniques, health benefits, applications, precautions and contraindications of Naturopathy and their Principals. 2. To apply the Naturopathy theory to cure and management of various types of disease. 				
Course Contents	<p>1. Hydrotherapy:</p> <ul style="list-style-type: none"> ▪ Bath: Hip bath (Cold, Hot, Neutral), Steam bath, Emerson bath, Spinal spray, Spinal bath, Hot & Cold foot bath, Leg bath. ▪ Enema: Neutral water, Cold water, Lemon, Butter milk, Neem water. ▪ Packs- Full bed sheet pack; Abdomen, Throat, Hand & Foot packs. ▪ Fomentation: Hot & Cold. <p>2. Mud Therapy: Mud pack for Abdomen & Eyes, Full body Mud pack.</p> <ul style="list-style-type: none"> ▪ Diet therapy- Balance diet for different age groups, Diet according to body constitution. <p>3.Chromo therapy: Techniques- Sun bath, Colours, Air, Water, Oil, Natural sugar & Thermolumene.</p> <p>4.Massage Therapy: Types of Massage, Different steps of Massage,</p> <p>5. Air Therapy: Pranayamas & its therapeutic effect.</p> <p>Viva voce:</p>				
Course Outcomes	The students will have practical knowledge of Naturopathy.				
Text Books	<ol style="list-style-type: none"> 1. प्राकृतिक आयुर्विज्ञान—डॉ. राकेश जिन्दल 2. प्राकृतिक चिकित्सा एक समग्र उपचारपद्धति—डॉ. सरस्वती काला 3. The Practice of Nature Cure - Dr. Henry Lindlhar 				
Reference Books	<ol style="list-style-type: none"> 1. चिकित्सा उपचार के विविध आयाम—पं. श्रीराम शर्माआचार्यसम्पूर्ण वाङ्मय, खण्ड—40 2. जीवेम शरदः शतम—पं. श्रीराम शर्माआचार्यसम्पूर्ण वाङ्मय, खण्ड— 41 3. Nature Cure - Dr. H. K. Bakhru 				

Master of Arts in Yoga & Naturopathy- I Semester

WORD KEY

BOOKS NAME	WRITER
1. A.P.M.B.=Asana Pranayam Mudra Bandh -	Swami Niranjananand
2. Asana-W & H=Asana Why & How -	Dr. O.P. Tiwari
3. Y.K=Yoga Kuvalyanand -	Swami Kuvalyanand
4. H.P=Hath Pradipika (Kaivalyadham) -	Swami Swatmaram Suri
5. Y.D.= Yoga Dipika -	B.K.S. Ayanger
6. B.Y.=Bahirang Yoga -	Paramhans Yogeshwaranand
7. Gh.S.=Gherand Samhita -	Maharshi Gherand
8. M.V.=Mudra Vigyan -	Shri Kapil Dev Shastri
9. K.Bh.- Karmakand Bhaskar -	Pt. Shri Ram Sharma Acharya
10. G.M. =Gayatri Mahavigyan -	Pt. Shri Ram Sharma Acharya
11. A.P.= Asana Pranayam -	Swami Atmabindu
12. H.Y.V. = Hath Yoga Vidya -	Swami Vigyananand Saraswati
13. P.Y.P.= Patanjali Yoga Pradip -	Swami Omanand Tirth
14. T.K. & Y.V.= Tantra Kriya &Yoga Vidya -	Swami Satyanand Saraswati
15. P.Y.S. = Patanjali Yoga Sutra -	Maharshi Patanjali (Gita Press)
16. Dev Yajan -	Swami Shivanand Saraswati
17. Dharana & Dhyan -	Swami Satyanand Saraswati
18. Yoga Pratibha -	Pratibha Rani Dwivedi
19. Rudrabhishek -	Pt. Shri Ram Sharma Acharya