

## Semester-4

Core course -1  
Yoga & Holistic Health

Course Code:240/YOG/CC401	Credits:4
TI: 30 TE: 70	PI: PE:

**Instruction for External Examination:** This question paper shall be divided in two sections. Examiner is requested to set section A as compulsory question containing 14 marks and from the entire syllabus (can be either subjective or objective). Section B will be in choice from two question from each unit. The student will be required to attempt one question from each unit. All question from each unit will carry equal marks.

**Objectives:** With this course students would gain knowledge about basic concept of health and effect of yoga practice on human body.

**Outcomes:** After completing this course, the learner will be able to:

- Understand the concept of Holistic health and diseases.
- Have understanding about Yogic concepts of Holistic health and healing.
- Yogic principle and practices for healthy living; and
- Understand the concept of Ahara its role in healthy living

**Unit-1 Concept of Body, Holistic Health and Diseases**

- 1.1 Meaning and Definition of Holistic Health.
- 1.2 Concept of Adhi and Vyadhi;
- 1.3 Concepts of Trigunas, Pancha-mahabhutas,
- 1.4 Pancha prana and their role in Health

**Unit-2 Causes of ill Health and Remedial Measures**

- 2.1 Potential causes of ill-health: Tapatrayas and Kleshas,
- 2.2 Physical and Physiological manifestation of Disease
- 2.3 Mental and Emotional ill Health.
- 2.4 Shuddhi Parikriyas in Yoga and their role in preventive and curative Health

**Unit-3 Yogic Principles and Practices of Healthy Living – I**

- 3.1 Shatkriyas For Tatva Shuddhi;
- 3.2 Asana for mind, body, and spirit.
- 3.3 Practice for Pranmaya kosha – Pranayama
- 3.4 Definition of Mental Health & Mental Hygiene

**Unit-4 Yogic Principles and Practices of Healthy Living - II**

- 4.1 Attitude change towards Yoga through individualized counseling.
- 4.2 Yogic method tackling ill effects of Conflict and Frustration.
- 4.3 The secret of Karma Yoga.
- 4.4 Unattached Action, Equanimity in success and failure.

**Suggested Books:**

1. Gheranda Samhita: Shri Sadguru Publication, New Delhi.
2. Dr R Nagarathna and Dr H R Nagendra: Yoga and Health, Swami Vivekananda Yoga Prakashana, 2002
3. Dr R Nagarathna and Dr H R Nagendra: Yoga for Promotion of Positive Health Published by SVYP, Bangalore
- M. M. Gore : Anatomy and Physiology of Yogic Practices (New Age Books, New Delhi, 2008)
- Dr.K.KrishnaBhat:ThepowerofYoga

**Core course -2**  
**Fundamentals Of Naturopathy**

Course Code: 240/YOG/CC402	Credits:4
TI: 25 TE: 50	PI: 5 PE: 20

**Instruction for External Examination:** This question paper shall be divided in two sections. Examiner is requested to set section A as compulsory question containing 10 marks and from the entire syllabus (can be either subjective or objective). Section B will be in choice from two question from each unit. The student will be required to attempt one question from each unit. All question from each unit will carry equal marks.

**Objectives:** To introduce the basic principles of Naturopathy and its concepts. Students shall be able to know the general concept of our traditional alternative therapies such as Naturopathy

**Outcomes:** After completing this course, the learner will be able to:

To understand Basic modalities of treatment in Naturopathy.

To have an understanding about Benefits of Naturopathy and life style modification.

To understand the role of Yoga in Naturopathy treatment

**UNIT-1: INTRODUCTION TO NATUROPATHY**

1.1 Definition of Naturopathy and its basic principles, History of Naturopathy.

1.2 Definition of health and natural way of healthy living.

1.3 Comparative study of the Naturopathy with other systems of Medicine; Catechism of Nature cure.

1.4 Inflammation and its different stages; Natural rejuvenation and vitality.

**UNIT-2: PRINCIPLES AND CONCEPTS OF NATUROPATHY**

2.1 Laws of Nature: Concept of Pancha Mahabhootas, Shareera Dharmas

2.2 Importance of five elements (Pancha mahabhootas)

2.3 Detailed study of vital force, natural immunity, healing crisis, foreign matter,

2.4 Arogya Rakshaka Panchatantras and their importance

**UNIT-3: NATUROPATHY THERAPEUTICS-1**

3.1 Fasting

3.2 Naturopathy Dietetics and Nutrition

3.3 Importance of acidic and alkaline diet and its physiological effects on body.

3.4 Mud therapy

**Unit-4. NATUROPATHY THERAPEUTICS-2**

4.1 Hydrotherapy-Physical and remedial properties of water,

4.2 physiological effects of water at different temperature in human body, with their therapeutics effect, methods of treatment, indications, contraindications, precautions, management of crisis during treatment and after treatment.

4.3 Massage

4.4 Sun Rays therapy

**Suggested Books**

Ghosh, A.K Diet and Nutrition (English)

Henry Lindlahr Philosophy and Practices of Nature Cure, Sat Sahitya Sahayogi Sangha, Hyderabad

K. Lakshmana Sarma, S. Swaminathan: Speaking of Nature Cure, Sterling Publishers Pvt. Ltd, 2013.

M.K.Gandhi My Nature Cure

Parvesh Handa Naturopathy and Yoga, Gyan Publishing House, 2006

S.R. Jindal Nature Cure: A Way of LifeB. Jain Publishers, 1996

Singh, S.J. History and Philosophy of Nature Cure

Dr. J. H. Kellogg, USA Rational Hydrotherapy, National Institute of naturopathy, Pune.

John Harvey Kellogg The Art of Massage, TEACH Services, Inc., 2010.

Pauline Wills : Colour Healing Manual: The Complete Colour Therapy Programme

Dr. Rakesh Jindal, Science of Natural Life; Arogya Seva Prakashan.

**Core course 3**  
**Contribution of Indian Yogis to the society**

Course Code: 240/YOG/CC403	Credits:4
TI: 30 TE: 70	PI: PE:

**Instruction for External Examination:** This question paper shall be divided in two sections. Examiner is requested to set section A as compulsory question containing 14 marks and from the entire syllabus (can be either subjective or objective). Section B will be in choice from two question from each unit. The student will be required to attempt one question from each unit. All question from each unit will carry equal marks.

**Objectives:** Indian yogis focus on guiding individuals toward a harmonious, ethical, and spiritually fulfilling life. Their contributions to society extend from personal well-being to broader social, cultural, and environmental impacts, fostering a more compassionate, peaceful, and enlightened world.

**Outcomes:** After completing this course, the learner will be able to:  
understand the relevance between various types of Yoga.  
Students should be understanding the famous Indian Yogis

**Unit-I**

- 1.1 Maharshi Patanjali: life sketch and their contribution to Yoga.
- 1.2 Gautam Buddha: Life sketch and his teachings.
- 1.3 Yogi Gorakshanath: life sketch and their contribution to Yoga.
- 1.4 Swami Shivanand Saraswati: Life sketch and their contribution to Yoga.

**Unit-II**

- 2.1 Maharshi Mahesh Yogi: Eminent Yoga Institutions in India and their contribution in development of Yoga.
- 2.2 Swami T. Krishnamacharya: Eminent Yoga Institutions in India and their contribution in development of Yoga.
- 2.3 B.K.S. Iyengar: Eminent Yoga Institutions in India and their contribution in development of Yoga
- 2.4 Kabir Das: Life sketch and his teachings

**Unit-III**

- 3.1 Ramakrishna Paramhansa: Life sketch and their contribution to Yoga.
- 3.2 Pt. Shri Ram Sharma Acharya: Eminent Yoga Institutions in India and their contribution in development of Yoga.
- 3.3 Swami Vivekanand: Eminent Yoga Institutions in India and their contribution in development of Yoga.
- 3.4 Lahiri Mahasaya: Life sketch and their contribution to Yoga.

**Unit-IV**

- 4.1 Sri Aurobindo: Eminent Yoga Institutions in India and their contribution in development of Yoga;
- 4.2 Swami Kuvalyananda: Eminent Yoga Institutions in India and their contribution in development of Yoga;
- 4.3 Swami Dayananda Saraswati: Eminent Yoga Institutions in India and their contribution in development of Yoga;
- 4.4 Swami Rama: Eminent Yoga Institutions in India and their contribution in development of Yoga.

**Suggested Books**

- Vishwanath Mukharjee- Bharat Ke Mahan Yogi, Vishwavidyalaya Prakashan, New Delhi, 2005  
 Vishwanath Mukharjee - Bharat ki mahaan Saadhikayen, Vishwavidyalaya Prakashan, New Delhi, 2005.  
 Arya Dr. Somveer and Yadav Dr. Dharambir : Yogiyon ka jivan parichay; Raghav Publication, New Delhi, 2021  
 Kalyan(Bhakti Ank) - Gita Press Gorakhpur, 2010  
 Kalyan(Sant Ank)- Gita Press Gorakhpur, 2016

**Core Course -4****Yoga Therapy -1**

Course Code: 240/YOG/CC404	Credits:4
TI: 15 TE: 35	PI: 15 PE: 35

**Instruction for External Examination:** This question paper shall be divided in two sections. Examiner is requested to set section A as compulsory question containing 7 marks and from the entire syllabus (can be either subjective or objective). Section B will be in choice from two question from each unit. The student will be required to attempt one question from each unit. All question from each unit will carry equal marks.

**Objectives:** Yoga therapy is to use the principles and practices of yoga to support the healing and well-being of individuals, addressing specific health conditions and promoting overall wellness. Yoga therapy involves a personalized approach, integrating physical postures, breathing exercises, Meditation, and lifestyle changes to treat or manage various physical, mental, and emotional issues.

**Outcomes:** After completing this course student are able

To understand and prepare the Yoga therapy module for specific diseases

To understand the precautions, indications and contra-indications of Yogic practices to specific diseases.

**Unit - 1: YOGA THERAPY FOR MUSCULO SKELETAL DISORDERS**

To prepare the Yoga Therapy Module for following Musculo skeletal disorders:

1.1 Back Pain

1.2 Neck Pain

1.3 Arthritis

1.4 Fibromyalgia.

**Unit - 2: YOGA THERAPY FOR DISORDERS OF GASTROINTESTINAL AND EXCRETORY SYSTEM**

To prepare the Yoga Therapy Module for following disorders of gastrointestinal and excretory system:

2.1 IBS

2.2 Hyperacidity

2.3 Dyspepsia

2.4 Constipation

**Unit - 3 : YOGA THERAPY FOR CARDIO-VASCULAR DISORDERS:**

To prepare the Yoga Therapy Module for following cardio-vascular disorders:

3.1 Hypertension

3.2 Stress related Cardiac Disorder

3.3 Atherosclerosis

3.4 Coronary artery disease.

**Unit- 4 : YOGA THERAPY FOR RESPIRATORY DISORDER**

To prepare the Yoga Therapy Module for following respiratory disorder:

4.1 Asthma

4.2 Chronic Bronchitis

4.3 Common Cold, Allergic Rhinitis,

4.4 Sinusitis, Sleep apnea.

**Suggested Books**

Bhavanani, A.B. (2013). Yoga Chikitsa: Application of Yoga as a therapy. Pondicherry, India: Dhivyananda Creations.

NagarathaR.andNagendraH.R.:Commonailmentseries,publishedbySVYP, Bangalore, 2010

SwamiKarmananda:Yogic management of common diseases,Yoga Publications Trust, Munger, 2001

Dr R. Nagarathna, Dr H R Nagendra, Yoga for Arthritis, Published by SVYP, Bangalore, 2001

Dr R. Nagarathna, Dr H R Nagendra: Yoga for Asthma by Published by SVYP, Bangalore, 1998

MDNIY publications:10 Booklets, Yoga Therapy Series, MDNIY Publications, New Delhi, 2009

Reddy, M. Venkata and Others: Yogic Therapy,Sri M.S.R. Memorial Yoga series, Arthamuru A.P.2005

Yoga for Back Pain by Dr H. R. Nagendra, Dr R Nagarathna, Published by SVYP, Bangalore, Bangalore, 2001