

FACULTY OF ARTS

SYLLABUS

MASTER OF ARTS

(YOGA AND NATUROPATHY)



JODHPUR NATIONAL UNIVERSITY

JODHPUR

MA YOGA AND NATUROPATHY

PREVIOUS

- PAPER I** **Yoga Philosophy**
- PAPER II** **Nature Cure Philosophy I**
- PAPER III** **Basic Physiotherapy**
- PAPER IV** **Nature Cure Philosophy II**

FINAL

- PAPER V** **Naturopathy**
- PAPER VI** **Physiotherapy Management**
- PAPER VII** **Patient Rehabilitation**
- PAPER VIII** **Kriyatmak Yog (Yoga & Therapeutic Techniques)**
- PAPER IX** **Industry Based Environmental Studies**

PAPER I Yoga Philosophy

UNIT I

Life history and work on Yogic literature of Swami Swatmaram, Swami Gherand, Swami Deerendra Bramhachari and Guru Gorakshnath.

What is Raj, Hatha, Ghatastha, Shadang, Jap, Kundalini, Bhakti and Shankhyayog with the description of related literature.

UNIT II

Life history and work on Yogic literature of Marishi Patanjali, Swami Charandas, Matsyendranath, Rishi Kashyap and V.K.S. Ayanger.

UNIT III

What is Yog- Darshan and Shad- Darshan. Give in detailed external universe discipline i.e. Yam and Niyam and its comparative study according to following yogic text i.e. Patanjali Yog Darshan, Hath-Yog, Gheranda-yog, Swami Charandas and yog- Vashishtha

PAPER II Nature Cure Philosophy I

UNIT I

Naturopathy (Naturopathy-Vigyanam): Its meaning, definitions according to different naturopathy pioneer Bhartiya as well as other countries especially Dr. M Jassawala, Dr. K.R. Diskash, Dr. V.Venkat Rao, Dr. Sardar S.J.Singh, Dr. H. Lindlahar, Dr. H. Benjanain, Dr. Benedict lust etc., and its importance in Human life.

UNIT II

Basic Principals of Naturopathy, Definitions of Nature cure, Health Disease, healing and disease crises, Toxic matter theory according to Dr. H. Lindlarhar and Basic principles.

UNIT III

Nature-cure, Panch-Mahabhuta and Vishudha-Ayurveda relations, what is shad-mahabhuta, Swakalp.

- Bhavna, Panchkosh and body, effect of Paryavaran on the Human.
- Body, Nature-cure and Panch-mahabhuta

PAPER III Basic Physiotherapy

UNIT I

An introduction to Movements, Exercise therapy, Active movement, Passive movements, starting positions, derived positions, assisted exercises, resisted exercises.

UNIT II

Types, location, direction & Magnitude of Motion, Definition of Forces, Force of gravity, Line of gravity, ground reaction force, Equilibrium, Levers, Work etc.

UNIT III

Joint structure, types of joints, function of joints, joint mobility, General effects of disease, injury and immobilization on joints.

Muscles structure, function, general effects of immobilization, injury, ageing on Muscles, Manual Muscle testing (MMT).

PAPER IV Nature Cure Philosophy II

UNIT I

Explanation of Jal Mahabhuta Techniques in detailed and its methods and uses in the therapy.

UNIT II

Explanation of Prithvi Mahabhuta Techniques in detailed and its Methods and uses in the therapy.

UNIT III

Explanation of Agni Mahabhuta and chromotherapy techniques in Detailed and its methods and uses in the therapy.

Explanation of Vayu and Akash mahabhuta techniques in detailed and its methods and uses in the therapy. What is the Massage and Acupressure and its uses..

PAPER V Naturopathy

UNIT I

What is diet, Balanced Diet, Ahar, Ritucharya, Bemel Bhojan, Water Drinking method and purification, Eating technique and Hygienic food and unhygienic food and Antioxidents. Balanced diet for different groups-child, mother, old age and young age.

UNIT II

Explanation & uses of Carbohydrates, Protein and fat in different Kinds of ailments in the human body.

UNIT III

Explanation and uses of vitamins, Minerals, Salts and toughs in different kinds of ailments in the human body.

What is sprouted and uses, juices, soup and its uses in treatment, ideal cooking of food for healthy living. How to uses of spices groups in Cooking of different. Kinds of food items and its importance

PAPER VI Physiotherapy Management

UNIT I

Instructing the patient, general assessment of patient, treatment planning.

UNIT II

Description of Gait, its determinants, Gait cycle, Pathological gaits, Gait training, indication and contraindication of Heating & Cooling.

UNIT III

Progressive resisted exercises, breathing exercises, joint mobility exercises, uses of mobilization etc.

Massage – classification, techniques, uses of co-ordination, co-ordination exercises, general balancing exercises.

PAPER VII Patient Rehabilitation

UNIT I

Introduction of rehabilitation, rehabilitation team, delivery of Rehabilitation care.

UNIT II

Socio-legal aspects of rehabilitation, vocational rehabilitation, Architectural barriers, Activities of daily living.

UNIT III

Pain-Introduction and purpose, Aetiology, classification, pain pathways, receptors, pain gate theory, evaluation of the patient with pain.
Mobility aids, orthosis, upperlimb and lower limb, prosthesis

PAPER VIII Kriyatmak Yog (Yoga & Therapeutic Techniques)

UNIT I

What is Shatkarma in Gheranda Samhita. Explanation and uses of Shatkarma in different kinds of ailments.

UNIT II

Explanation and scientific approach of Pranayam in different kinds of Human ailments according to VKS Ayenger, Kaivalya dham, Munger publication and its effect.

UNIT III

Explanation of different type of Dhyan according to uses i.e. Om Sahaj Bhavateet, Nasikagra, Chakra, Vipashyana, Prekshha, dhyan. How to uses of Dhyan in stress management. Uses of Music Meditation.
Explain the psychology of yoga according to available different literature.

Paper IX Industry Based Environmental Studies

UNIT – 1

Environment – Definition – Scope – Structure and function of eco system's procedures, consumers and decomposers – energy flow in the ecosystem – ecological succession – food chain, food web and ecological pyramids - concepts of sustainable development.

UNIT – 2

Natural resources: Renewable – air, water, soil, land and wildlife resources. Non-renewable – mineral, coal, oil and gas. Environmental problems related to the extraction and use of natural resources.

UNIT – 3

Biodiversity – Definition – values – consumption use, productive social, ethical, aesthetic and option values threats to biodiversity – Hotspots of bio diversity – conservation of bio-diversity: In-situ Ex-situ. Bio-wealth – national and global level.

UNIT – 4

Environmental pollution : Definition – causes, effects and mitigation measures – Air pollution, Water pollution, Soil pollution, Noise pollution, Thermal pollution – Nuclear hazards – solid wastes acid rain – climate change and global warming environmental laws and regulations in India – Earth summit.

UNIT – 5

Population and environment – Population explosion – Environment and human health – HIV / AIDS – Women and child welfare – Resettlement and Rehabilitation of people, role of information technology in environmental health – Environmental awareness.