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RASHTRIYA SANSKRIT VIDYAPEETHA: TIRUPATI

P.G. DIPLOMA IN YOGA THERAPY AND STRESS MANAGEMENT

PAPER – II

HUMAN ANATOMY AND PHYSIOLOGY

MARKS 100

DURATION OF EXAM: 3 HRS

OBJECTIVES:

- To understand about different systems of the Body.
- Structural and Functional understanding of various systems of the human body.
- To know the better understanding of human bodily functions with respect to Hathayoga Pradeepika and the effects of the different Practices on different Systems.
- To understand the construction of body with Ayurvedic principle like Dosha and Dhatu, etc.

1. Role and importance of body (sarira) in Yoga
2. Modern Anatomy and Physiology of Joints and Muscles related to Hatha Yoga.
3. Modern Anatomy and Physiology of Respiratory System related to Hatha Yoga.
4. Modern Anatomy and Physiology of Circulatory systems-Composition and types of blood related to Hatha Yoga.
5. Modern Anatomy and Physiology of Digestive system related to Hatha Yoga.
6. Modern Anatomy and physiology of Nervous system related to Hatha Yoga.
7. Modern Anatomy and Physiology of Endocrine system related to Hatha Yoga.
8. Concept of Dhaatu in Ancient Indian Medicine (Ayurveda) related to Yoga.
9. Physiology and Etiology of Dosha in Ancient Indian Medicine (Ayurveda) related to Yoga.
10. Use and study of Stethoscope, Spigmomonometer, Pulse, Heart Rate, Respiratory Rate, BMI, Bio-Chemical Investigations- LFT, PFT, RFT, Hormonal Assay (Thyroid only) and X ray.

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RASHTRIYA SANSKRIT VIDYAPEETHA: TIRUPATI
P.G. DIPLOMA IN YOGA THERAPY AND STRESS MANAGEMENT
PAPER – III
PRINCIPLE OF NATUROPATHY

MARKS 100

DURATION OF EXAM: 3 HRS

OBJECTIVES:

- To know the important of alternative Therapies such as Naturopathy.
- To realize nature cures – not the Physician
- To study and understand the various nature cures practices.
- To understand the role and importance of Ahara to maintain the good health.
- To develops the knowledge of Naturopathy and its therapeutic aspects.

1. Introduction to Naturopathy – definition – history – aims and objectives.
2. Principles of Naturopathy.
3. Concept of Body in Naturopathy – importance of life style.
4. Role, importance and regulation of Diet (aahaara).
5. Nature Cure Therapies – Hydro-therapy, Mud-therapy, Hot & Cold-packs, Massage, Fasting, Sun-bath and Colour-therapy.
6. Relationship of Naturopathy and Yoga in Health and Disease Management.
7. Naturopathy treatment for the following Health Problems.
 - a. Common cold
 - b. Constipation
 - c. Asthma
 - d. Backache
 - e. Sinusitis
 - f. Psoriasis
 - g. Rheumatism
 - h. Obesity

BOOKS OF SOURCE

- | | |
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| Bakhru. H.K | A complete Handbook of Nature Cure,
Jaico Publishing House, Delhi. |
| Bakhru. H.K | Naturopathy for Longevity |

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Healing Through Natural Foods.

Devaraj. T.L

Ayurveda, Yoga And Nature Cure, New

Dawn Press, Inc, India.

Joshi, K.S

Yoga & Nature Cure Therapy, Sterling

Publishers Pvt. Ltd., Delhi.

M.K. Gandhi

My Nature Cure.

RASHTRIYA SANSKRIT VIDYAPEETHA: TIRUPATI

P.G. DIPLOMA IN YOGA THERAPY AND STRESS MANAGEMENT

PAPER – IV

BASIS AND PRINCIPLES OF YOGA THERAPY

MARKS 100

DURATION OF EXAM: 3 HRS

OBJECTIVES:

- The role of panchmahabhutas, panchkoshas, Types of sharias, in understanding the therapy.
 - To understanding the various components of the body.
 - To know the effects of yogic practices to promote positive health.
1. The concept of Body (sarira) in Yoga – its role and importance:
 - i. Constitution – components (Sthula, Sukshma and Kaarana) based on Sankhya & yoga.
 - j. Gross and Subtle aspects of Body bases on Taittiriya Upanisads.
 - k. Subtle Bodily Matrix based on Hatha Yoga.
 2. Concept of Agni – its role and importance in Yoga Therapy.
 3. Diet (aahaara) – importance, types and rules and regulations (pathya and apathy) – in Health and III-Health based on HYP & GS.
 4. Purificatory Practices (Shatkriya) – their Therapeutic role in Health and III-Health based on Hatha Yoga.
 5. Concept of praana (Vital energy) – types, functions and it regulation (praanaayaama) in maintaining health of body and mind based on Hatha Yoga.
 6. The science of Aasana – characteristics – classification based on name, posture and purpose – place and importance in Yoga Therapy.
 7. Concept of ‘Anga-yoga’- importance of ‘Ashtaanga Yoga’ in eliminating impurities in the body.
 8. Elemental purification (Bhutasuddhi) – its application in maintaining the mental Health.
 9. Role and importance of Meditation in Personality development.

BOOKS OF SOURCE

Kuvalyanada Swami

Yogic Therapy, its basic principles & Methods.

Garde, R.K	Principles and Practice of Yoga Therapy, D.B. Taraporevalal Sons & Co.Pvt.Ltd.
Krishna Raman	A Matter of Health, East West Books Pvt. Ltd., Chennai.
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Satyananda Saraswathi	Asana, Pranayama, Mudra, Bandha; Bihar Publication trust, Munger.
Satyananada Saraswathi	A systematic courses in the ancient school of Tantra Techniques of Yoga and Kriya- BPT, Munger.
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Muktibhodananda Swami	Hatha Yoga Pradipika, Yoga Pub. Trust, Bihar.
David Coulter H	Anatomy of Hatha Yoga, Motilalbarsidas, Delhi, 2006.

RASHTRIYA SANSKRIT VIDYAPEETHA: TIRUPATI
P.G. DIPLOMA IN YOGA THERAPY AND STRESS MANAGEMENT
PAPER – V
YOGA AND HEALTH MANAGEMENT

OBJECTIVES:

- To understand the importance of health.
 - To know the associated factors to maintain the good health.
 - To improve the knowledge of Yoga treatment on various common disease.
1. Concept of Health – definitions, importance of health, factors influencing health and principles of health promotion related to Yoga and Ayurveda.
 2. Mental Health – concept, definition, characteristics of mentally balanced person and role of Yoga
 3. Yogic management of following Health disorders-I:
 - a. Hypertension
 - b. Heart attack
 - c. Bronchial asthma
 - d. Acidic Peptic Ulcer
 - e. Colitis.
 - f. Thyrotoxicosis
 - g. Diabetes mellitus
 4. Yogic management of following Health disorders-II:
 - a. Anxiety Neurosis
 - b. Migraine
 - c. Epilepsy
 - d. Insomnia
 - e. Menstrual disorders
 - f. Skin disorders
 - g. Sexual impotency.

BOOKS OF SOURCE

	Methods.
Garde, R.K	Principles and Practice of Yoga Therapy, D.B. Taraporevalal Sons & Co. Pvt.Ltd.
Krishna Raman	A Matter of Health, East West Books Pvt. Ltd., Chennai.
Niranjanananda Swami	Prana, Pranayama and Pranavidya, Munger.
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David Coulter H	Anatomy of Hatha Yoga, Motilalbarsidas, Delhi, 2006.
Nagaratna H. & Nagendra HR	Integrated approach to Yoga Therapy for positive Health-Swami Vivekananda Yoga Prakashan, B'lore.

RASHTRIYA SANSKRIT VIDYAPEETHA: TIRUPATI
P.G. DIPLOMA IN YOGA THERAPY AND STRESS MANAGEMENT
PRACTICAL - I

I. THEORY AND PRACTICE OF ASANAS.

1. Swasthikasana
2. Vajrasana
3. Padmasana
4. Suptavajrasans I & II.
5. Pavanmuktasana
6. Vaidika suryanamaskara – 9 vinyasa
7. Padagustasana
8. Padahasthasana
9. Uttita Trikonasana
10. Uttita Parsvakonasana
11. Veerabhadrasana – I
12. Parsvottanasana
13. Prasaritapadottanasana
14. Baddapadmasana
15. Yogamudrasana
16. Bharadwajasana
17. Marichasan – 1
18. Marichasana – 3.
19. Janusirshasana.
20. Pascimottanasana
21. purvottanasana
22. Bhujangasana
23. Salabhasana
24. Dhanurasana
25. Upavistakonasana
26. Navasana
27. Ustrasana
28. Dwipadapithasana
29. Sarvangasana
30. Halasana
31. Matsyasana.

II. THEORY AND PRACTICE OF BANDHA AND MUDRA

1. Jalandhara Bandha
2. Uddiyana Bandha

3. Viparitakarani Mudra
4. Shanmukhi Mudra

III. THEORY AND PRACTICE OF KRIYAS

1. Jaaneti Kriya
2. Sutraneti Kriya
3. Agnisarashauthi kriya
4. Kapalabhathi Kriya

IV. THEORY AND PRACTICE OF KUMBHAKA

1. Rechaka, puraka and kumbhaka as parts of pranayama.
2. Ujjayii, surya bhedana, Chandra bhedana pranayama.
3. Sitali and shitkari pranayama
4. Nadisuddhi pranayama

V. PREPARATION OF RECORD WORK.

Each student shall have to prepare a practical record work on the practices learnt and submit to the External Examiner at the time of final examination, duly signed by the Practical Instructor and the HOD.

I. THEORY AND PRACTICE OF ASANAS.

1. Yogic suryanamaskara – 17 vinyasa
2. Siddhasana
3. Uttita Padangustasana
4. Ardhabaddapada padmottanasana
5. Sputa padangustasana
6. Do – suptaa parsvasahitha
7. Kurmasana
8. Baddakonasana
9. Kukkutasana
10. Garbhapindasana
11. Pasasana
12. Garudasana
13. Vatayanasana
14. Gomukhasana
15. Parighasana
16. Jattarapariivrittasana
17. Setubandhasana
18. Urdhavapadmasana
19. Pinchamayurasana
20. Mayurasana
21. Kapotasana
22. Krounchasana
23. Ardamatsyendrasana
24. Urdhavadhanurasana
25. Urdhavamukhapascimottanasana
26. Bekasana
27. Ekapada sirasana
28. Dwipada sirasana
29. Yoganidrasana
30. Sirsasana.

II. THEORY AND PRACTICE OF KRIYAS

1. Vamanadhauthi – Gajakarani kriya
2. Vastradahuthi kriya

3. Nauli kriya
4. Trataka kriya

III. THEORY AND PRACTICE OF KUMBHAKA

1. Bhastrika pranayama
2. Bramari pranayama
3. Vritti pranayama
4. Sagarbha pranayama

IV. THEORY AND PRACTICE OF DHYANA.

Meditation based on Sabha and Artha.

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Iyengar, BKS	Light on Pranayama
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