



# SunRise University

Approved by Govt. of Rajasthan vide Sunrise University Act, 2011  
Recognized by UGC Act, 1956 u/s 2 (f)

SRU NATUROPATHY MEDICAL COLLEGE & HOSPITAL  
SunRise University Campus, Alwar, Rajasthan, India

SYLLABUS

REGULATIONS AND CURRICULAM

M.D., Physician (Clinical Yoga & Rehabilitation Medicine)

The Course perfectly blends the best of the Eastern Medicine (Yoga, Ancient Healing Systems) with the best of the Western Medicine (Rehabilitation Medicine).

It emphasizes teaching of human making and introduces a new aspect of earning in a non-competitive practically oriented training but highly stimulating atmosphere.

Such training gives a researcher opportunity to publish in indexed journals and deputation in student exchange programs with foreign Universities. This innovative syllabus and teaching methodology under UGC provides challenging international placement opportunities.

I SEMESTER

| Paper Code | Subject                                                                                                             | Internal | External | Total |
|------------|---------------------------------------------------------------------------------------------------------------------|----------|----------|-------|
| 1MDCYRM01  | APPLIED MEDICAL SCINECES AND CONCEPTS OF HEALTH & DISEASES IN YOGA I                                                | 40       | 60       | 100   |
| 1MDCYRM02  | DIAGNOSIS USING CONVENTIONAL & INDICATORS DISEASE PROCESS IN YOGA AND THE THERAPEUTIC YOGA MANAGMENT OF DISORDERS I | 40       | 60       | 100   |
| 1MDCYRM03  | RESEARCH METHODOLOGY & RESENT ADVANCES IN CLICAL YOGA & REHABILITATION MEDICINE I                                   | 40       | 60       | 100   |
| 1MDCYRM04  | ASANA, PRANAYAMA, MEDITATION                                                                                        | 40       | 60       | 100   |
| 1MDCYRM05  | CLINICAL ROTATIONS PRACTICAL I                                                                                      | 40       | 60       | 100   |

II SEMESTER

| Paper Code | Subject                                                                                                              | Internal | External | Total |
|------------|----------------------------------------------------------------------------------------------------------------------|----------|----------|-------|
| 2MDCYRM01  | APPLIED MEDICAL SCINECES AND CONCEPTS OF HEALTH & DISEASES IN YOGA II                                                | 40       | 60       | 100   |
| 2MDCYRM02  | DIAGNOSIS USING CONVENTIONAL & INDICATORS DISEASE PROCESS IN YOGA AND THE THERAPEUTIC YOGA MANAGMENT OF DISORDERS II | 40       | 60       | 100   |
| 2MDCYRM03  | RESEARCH METHODOLOGY & RESENT ADVANCES IN CLINICAL YOGA & REHABILITATION MEDICINE II                                 | 40       | 60       | 100   |
| 2MDCYRM04  | PATANJALI YOGA SUTRA & YOGA VASISTHA                                                                                 | 40       | 60       | 100   |
| 2MDCYRM05  | CLINICAL ROTATIONS PRACTICAL II                                                                                      | 40       | 60       | 100   |

III SEMESTER

| Paper Code | Subject                                                                                                               | Internal | External | Total |
|------------|-----------------------------------------------------------------------------------------------------------------------|----------|----------|-------|
| 3MDCYRM01  | APPLIED MEDICAL SCINECES AND CONCEPTS OF HEALTH & DISEASES IN YOGA III                                                | 40       | 60       | 100   |
| 3MDCYRM02  | DIAGNOSIS USING CONVENTIONAL & INDICATORS DISEASE PROCESS IN YOGA AND THE THERAPEUTIC YOGA MANAGMENT OF DISORDERS III | 40       | 60       | 100   |
| 3MDCYRM03  | RESEARCH METHODOLOGY & RESENT ADVANCES IN CLINICAL YOGA & REHABILITATION MEDICINE III                                 | 40       | 60       | 100   |
| 3MDCYRM04  | HATHA YOGA (HYP, GS AND HR)                                                                                           | 40       | 60       | 100   |
| 3MDCYRM05  | CLINICAL ROTATIONS PRACTICAL III                                                                                      | 40       | 60       | 100   |

IV SEMESTER

| Paper Code | Subject                                                                                                              | Internal | External | Total |
|------------|----------------------------------------------------------------------------------------------------------------------|----------|----------|-------|
| 4MDCYRM01  | APPLIED MEDICAL SCINECES AND CONCEPTS OF HEALTH & DISEASES IN YOGA IV                                                | 40       | 60       | 100   |
| 4MDCYRM02  | DIAGNOSIS USING CONVENTIONAL & INDICATORS DISEASE PROCESS IN YOGA AND THE THERAPEUTIC YOGA MANAGMENT OF DISORDERS IV | 40       | 60       | 100   |
| 4MDCYRM03  | RESEARCH METHODOLOGY & RESENT ADVANCES IN CLINICAL YOGA & REHABILITATION MEDICINE IV                                 | 40       | 60       | 100   |
| 4MDCYRM04  | YOGA MEDICINE                                                                                                        | 40       | 60       | 100   |

|           |                                 |    |    |     |
|-----------|---------------------------------|----|----|-----|
| 4MDCYRM05 | CLINICAL ROTATIONS PRACTICAL IV | 40 | 60 | 100 |
|-----------|---------------------------------|----|----|-----|

V SEMESTER

| Paper Code | Subject                                                                                                             | Internal | External | Total |
|------------|---------------------------------------------------------------------------------------------------------------------|----------|----------|-------|
| 5MDCYRM01  | APPLIED MEDICAL SCINECES AND CONCEPTS OF HEALTH & DISEASES IN YOGA V                                                | 40       | 60       | 100   |
| 5MDCYRM02  | DIAGNOSIS USING CONVENTIONAL & INDICATORS DISEASE PROCESS IN YOGA AND THE THERAPEUTIC YOGA MANAGMENT OF DISORDERS V | 40       | 60       | 100   |
| 5MDCYRM03  | RESEARCH METHODOLOGY & RESENT ADVANCES IN CLINICAL YOGA & REHABILITATION MEDICINE V                                 | 40       | 60       | 100   |
| 5MDCYRM04  | REHABILITATION MEDICINE AND PALLIATIVE CARE                                                                         | 40       | 60       | 100   |
| 5MDCYRM05  | CLINICAL ROTATIONS PRACTICAL V                                                                                      | 40       | 60       | 100   |

Semester V

CLINICAL POSTING-I: Neurology, Oncology, Cardiology, Respiratory Medicine, Gastroenterology

VI SEMESTER

| Paper Code | Subject                                                                                                              | Internal | External | Total |
|------------|----------------------------------------------------------------------------------------------------------------------|----------|----------|-------|
| 6MDCYRM01  | APPLIED MEDICAL SCINECES AND CONCEPTS OF HEALTH & DISEASES IN YOGA VI                                                | 40       | 60       | 100   |
| 6MDCYRM02  | DIAGNOSIS USING CONVENTIONAL & INDICATORS DISEASE PROCESS IN YOGA AND THE THERAPEUTIC YOGA MANAGMENT OF DISORDERS VI | 40       | 60       | 100   |
| 6MDCYRM03  | RESEARCH METHODOLOGY & RESENT ADVANCES IN CLINICAL YOGA & REHABILITATION MEDICINE VI                                 | 40       | 60       | 100   |
| 6MDCYRM04  | INTEGRATIVE MEDICINE                                                                                                 | 40       | 60       | 100   |
| 6MDCYRM05  | CLINICAL ROTATIONS PRACTICAL VI                                                                                      | 40       | 60       | 100   |

Semester VI

CLINICAL POSTING-II: Psychiatry, Clinical Psychology, Endocrinology, Rheumatology, OB&G.

## Goals and General Objective of Postgraduate Medical Education Program

### 1.Goal

- The goal of postgraduate medical education shall be to produce competent specialist/Medical teacher.
- Who shall recognize the health needs of the community, and carry out professional obligations ethically and in keeping

with the objectives of the national health policy.

- Who shall have mastered most of the competencies, retraining to the speciality, which is required to be practical at the secondary and the tertiary levels of the health care delivery system.
- Who shall be aware of the contemporary advances and developments in the discipline concerned.
- Who shall have acquired a spirit of scientific inquiry and is oriented to the principles of research methodology and epidemiology.
- Who shall have acquired the basic skills in teaching of the medical and paramedical professionals.

#### 1. General Objectives

- At the end of the postgraduate training in the discipline concerned the student shall be able to:
  - Recognize the importance of the concerned speciality in the context of the health need of the community and the national priorities in the health sector.
  - Practice the speciality concerned ethically and in step with the principles of primary health care.
    - i. Demonstrate sufficient understanding of the basic sciences relevant to the concerned specialty particularly to understand the physiological effects and clinical application of Yoga & Naturopathy.
    - ii. Identify Social, Economic, Environmental, Biological and Emotional determinants of health in a given cases and take them into account while planning therapeutic, rehabilitative, preventive and promotive measures/strategies.
    - iii. Diagnose and manage majority of the conditions in the speciality concerned on the basis of clinical assessment, and appropriately selected and conducted traditional and conventional investigations.

- iv. Plan and advise measures for the prevention rehabilitation of patients suffering from disease and disability related to the specialty.
- v. Demonstrate skills in documentation of individual case details as well as morbidity data relevant to the assigned situation.
- vi. Demonstrate empathy and humane approach towards patients and their families and exhibit interpersonal behaviors in accordance with the societal norms and expectations.
- vii. Play the assigned role in the implementation of national health programs, effectively and responsibly.
- viii. Organize and supervise the chosen/assigned health care services demonstrating adequate managerial skills in the clinical/hospital or community field situation.
- ix. ix. Develop skills as a self-directed learner; recognize medical continuing educational needs; select and use appropriate learning resources.
- x. Demonstrate competence in basic concepts of research methodology and epidemiology, and be able to critically analyze relevant published research literature.
- xi. Develop skills in using educational methods and techniques as applicable to the teaching of medical/nursing students, general physicians and paramedical healthworkers.
- xii. Function as an effective leader of a health team engaged in health care, research training.

#### 1. Objectives

The following objectives are laid out to achieve the goals of the course. These objectives are to be achieved by the time the candidate completes the course. The objectives may be considered under the sub-headings:

- Knowledge (cognitive domain)
- Skills (psychomotor domain)
- Human values, ethical practice and communication abilities.

#### 1. Statement of Competencies:-

Keeping in view the general objectives of postgraduate training, each discipline shall aim at development of specific competences, which shall be defined and spell out in clear terms. Each department shall produce a statement and bring it to the notice of the trainees in the beginning of the

program so that he or she can direct the efforts towards the attainment of these components.

## 2. Components of Post Graduate Curriculum

The major components of the PG curriculum shall be:

- Theoretical Knowledge
- Practical/clinical skills.
- Training in Thesis/Dissertation.
- Attitudes, including communication.
- Training and advances in research methodology.

### 1. Eligibility for Admission:

The following persons will be eligible for admission in the above course: Regular Medical Degree Course in Bachelor of Naturopathy and Yogic Sciences (BNYS) from recognized university/ four and half years regular Diploma in Naturopathy (N.D) of Osmania University, Hyderabad.

#### B.N.Y.S

- a) Bachelor of Naturopathy and Yogic Sciences 5 ½ years regular course  
4 ½ + 1 year internship awarded by NTRUHS (AP state), RGUHS (Karnataka) and other recognized universities
- b) B.N.Y.S --- 5 years regular course (4 years + 1 year internship) awarded by RGUHS (Karnataka) and Mangalore University (Karnataka).

The candidates from other university need to obtain eligibility certificate before admission from this university by submitting the following certificates

1. Degree certificate / provisional certificate-II
2. Completion of internship certificate
3. Migration certificate
4. Higher secondary certificate –(10+2)

#### 7. DURATION OF THE COURSE;

The duration of the course will be three years

#### 8. REGISTRATION;

A candidate for the M.D. Naturopathy / Yoga/Acupuncture & Energy Medicine degree shall register himself / herself with the university prior to the commencement of the course on the 1st October of that year by paying the prescribed fee.

#### 9. ATTENDANCE:

The student will be required to attend at least 85% of total lectures and practical in each subject before he/ she will be allowed to appear for the examinations. The syndicate may however consider special case on merit. A candidate pursuing the course should work in the institution as a full time student by attending clinical duty, teaching practice etc as instructed by the principal. No candidate should be permitted to run a clinic/laboratory/nursing home while studying P.G. No candidate shall join any other course of study or appear for any other examination conducted by this University or any other University in India or abroad during the period of study.

#### 10., EXAMINATION:

1. Once the title of dissertation is accepted the student will not be allowed to change the proposed scheme of work without prior sanction of the authorities concerned.
2. Working for a dissertation should be utilized for intensive study of relevant literatures, collecting notes, scientific data, experiments seminars, workshops and its critical study. The dissertation must consist of students own account of research. They should be able to re –express his/her observation and draw conclusions on the basis of the study of literature in the field.
3. The dissertation should be suitable for its publication in abridged form.
4. In no case, a paper written or published in joint name of two or more authors shall be accepted as dissertation. The student may however submit in support of his/her dissertation a published work at which he/she is the author or co-author.
5. The dissertation should contain at the end a summary of not more than 1500 words embodying the conclusion arrived at by the students.
6. The dissertation must be typed on one side of the paper with a margin of one inch on either side and must be bound. On the outer cover, the title of the dissertation, the name of the student, the name of the article, the name of the guide and year of circulation of the dissertation should be mentioned. The dissertation should not ordinarily exceed 150 one side typed pages and should not be less than 50 one side pages including charts/bar diagrams photographs, bibliography/References etc..
7. The dissertation should be submitted in the third year of the examination. The last date for submission of dissertation is 3 months before final examination.
8. Four copies in English, the bound dissertation together with a certificate from the head of the department must be submitted to the university, through the principal of college or on or before the date prescribed for the submission.

9. The dissertation should be examined by examiners appointed by the university.
10. The dissertation when accepted shall become the property of the university and permission to publish the same shall be obtained from the university. In no case it should be published before it is accepted.
11. One of the dissertations will be kept in university library, one in the college library, one in the concerned (and one copy for the guide).
12. If the dissertation is not approved it will be returned to the student with the remarks of the examiners and the student can resubmit the same after complying with the observation made by the examiners within 3 months before next examination.
13. There will be viva-voce test practical examination on the subject of the dissertation comprising marks in aggregate.(100 marks)
14. The dissertation should represent in outcome of methodology and scientific research pursued by the student on the problems selected by him/her, and completed under guidance of the Head of Department/Institution.
15. Before the student is allowed to undertake work in dissertation, the title of dissertation should be registered with university within one month from declaration of the result of the preliminary year.

#### 11. THE APPLICATION FOR THE REGISTRATION OF DISSERTATION:

Full title of the dissertation and methodology indicating familiarity with the subject of the student.

The name of the department shall be specifically mentioned. The report of the examiners of the dissertation will be taken into consideration in the final assessment of the results of the candidate at the examination.

The candidate need not appear in the subsequent chances in the subject or subjects if he has already posted and declared successful.

If a candidate fails in one subject only, in the I year he shall be promoted to the next higher class but he shall have to pass in the subject before he is allowed to appear in the final examination.

#### 12. PATTERN OF STAFF for each specialty

1. Professor --- One
2. Associate professor/Reader --- One
3. Assistant professor/Lecturers--- Two
4. Demonstrator/tutor/Asst.Lecturer--One
5. Assistant -- One
6. Multipurpose worker-- One



Medium of instruction

Medium of instruction shall be English

Scheme of examination

M.D. degree examinations shall consist of dissertation, written paper (theory), practical/clinical and viva voce.

Dissertation: Every candidate shall carry out work and submit a dissertation as indicated as above.

WRITTEN EXAMINATION:

M.D., Physician (Clinical Yoga & Rehabilitation  
Medicine)

Paper I

Applied Medical Sciences and Concepts of Health & Diseases in Yoga

Paper II

Diagnosis Using Modern Medicine & Indicators of Disease Process in Yoga and  
Therapeutic Yoga in Management of disorders

Paper III

Diagnosis Using Modern Medicine & Indicators of Disease Process in Yoga and Therapeutic Yoga in Management of  
disorders

Paper IV

Research Methodology and recent advances in Yoga

Final dissertation presentation with Viva Voce

COURSE CONTENTS

M.D., Physician [Clinical Yoga & Rehabilitation)

PAPER I

APPLIED MEDICAL SCIENCES AND CONCEPTS OF HEALTH & DISEASES IN YOGA

1.1 Philosophy and practice of Yoga:

Principles of yoga from traditional yoga texts; Comprehensive understanding of concepts of health and disease as described in (i) Vedas,

(ii) Upanishads, (iii) Bhagavad- Gita, (iv) Yoga vasista, (v) Patanjali Yoga sutras and (vi) Hatha yoga texts,

history & evolution of yoga as a therapy in mind-body medicine; principles and practice of traditional yoga techniques and derived techniques from reputed yoga schools based on the descriptions from the ancient texts, philosophical and scientific basis of yoga as a technique for self-empowerment, states of consciousness as enunciated by Upanishads and their relevance to health, principles of health promotion, disease prevention, healing and quality of life in yoga; relevance of yoga along with naturopathy in the prevention and management of stress related/lifestyle related disorders; relationship between yoga, health and spirituality; insights from yoga for women's & child health; use of yoga as an effective therapy for different socio-economic populations.

#### 1.2 Applied Basic Medical Sciences Relevant To Yoga:

Applied anatomy, applied physiology and Biochemistry related to advancement in understanding the physiological effects of different yoga techniques; applied basic medical sciences in establishing the physiological basis for symptomatology and indicators of health & disease used in yoga for example, breathing patterns related to different mental states and association of distinct breathing patterns and changes with physical and mental disorders.

Microbiology and pathology related to advancement in understanding of Pathophysiology and pathogenesis relevant to the concepts of health and disease in yoga. Clinical Pharmacology\*- Introduction to principles of drug therapy; Adverse reactions to drugs; Physiology and pharmacology

of the autonomic nervous system; Nitric oxide and its' biologic and medical implications. This provides the required knowledge to handle patients who are on conventional medications while offering yoga therapy.

Physiological Basis and Clinical Relevance Of Yoga  
Physiological effects of techniques used in yoga viz.

- Yoga bases cleansing techniques [Kriyas]
- Yoga postures [Asanas],
- Breathing exercises
- Yoga based voluntarily regulated breathing (Pranayamas)
- Guided relaxation (Yoga Nidra)
- Meditation (Dhyana)
- Derived techniques of various traditional & reputed schools
- Yoga bases psychological counseling

Clinical relevance of therapies used in Yoga:

Clinical applications and underlying mechanisms for the individual and combinations of yoga techniques used in yoga. The disease specific yoga modules are evolved based on

- (i) Traditional descriptions of therapeutic benefits of yoga techniques,
- (ii) Available physiological effects of yoga techniques and
- (iii) Clinical observations.

Reference Books:

Anatomy/physiology/Biochemistry/Biostatics

- Samson Wright's Applied Physiology, Oxford University Press (India). 198
- Clinical Anatomy: A Revision and Applied Anatomy for Clinical. Students, Harold Ellis, Blackwell Publishing, 2006.
- Applied Biochemistry of Clinical Disorder (Hardcover). Allan G. Gornall, Lippincott Williams & Wilkins, 1981.
- Clinical Handbook of psychological Disorders, Third Edition. A step-by-step Treatment Manual (Hardcover), David H. Barlow. The Guilford Press; 2001
- Essentials of Pathophysiology: Concepts of Altered Health States Car Mattson Porth, Lippincott Williams & Wilkins, 2006.
- Basic pharmacology (paperback). Perspective Press (Editor), Morton Publishing Company; 2000
- Clinical Neuroanatomy for medical students. 4th edition.
- Textbook of medical physiology, Guyton. 9th edition.

- Review of medical physiology, Ganong, 18th edition.
- Harper's Biochemistry, 25th edition.

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- Lippincott's illustrated review – biochemistry, 2n edition.
- Methods in Biostatistics, B.K. Mahajan, 6th edition.

Pharmacology/microbiology/pathology:

- Textbook of pharmacology, Goodman and Gillmann's.
- Washington manual of Medical Therapeutics, 29th edition.

Yoga and allied science:

- Complete Book of Yoga: Karma Yoga, Bhakti Yoga, Raja Yoga, Jnana Yoga (Hardcover) by Swami Vivekananda, Vijay Goel, 2005
- Hatha Yoga Pradipika (Light on Hatha Yoga) by Maharishi Swatimarama, translation and commentary by Swami Satyananada Saraswati and Swami Muktibodhananda, Bihar School of Yoga
- The Upanishads by Eknath Easwaran, nilgiri Press, 2007
- Wisdom of the Vedas (Theosophical Heritage Classics) by J. C. Chatterji, Quest Books, 1992.
- The science of yoga (A commentary on Patanjali's Yoga Sutras). By I.K. Taimini; the Theosophical publishing House, 2005.
- The Bhagavad-Gita (Classics of Indian Spirituality) by Eknath Easwaran, Nilgiri Press; 2007
- Vasistha'Yoga by Venkatesnanada (Author), Stale University of New York Press. 1993
- Asana Pranayama Mudra Bandha by Swami Satyananda Saraswati, Bihar School of Yoga. 2000
- Prana Pranayama Prana Vidya by Swami Niranjanananda Saraswati, Bihar School of Yoga, 2000
- Yogic Nutrition by Gina L. Nick. LTP Publishing, 2005
- Yoga for Health, Relaxation and Well-Being (Gotta Minute) by Nirvair Singh Khalsa, 2001
- Meditation As Medicine: Activate the Power of Your Natural Healing Force (paperback) by Dharma Singh Khalsa, Simon & Schuster, 2002
- Meditation: classic and contemporary perspectives by Deane H. Shapiro, Roger N. Walsh, Aldine Transaction, 1984
- The power of Yoga: Health, Exercise, Stress Relief & Relaxation, Mind & Spirit it by vimla Lalvani, 2004
- Yoga for Health by Richard Hittleman, 1985
- Dr. Yoga: A complete Guide to the Medical Benefits of Yoga (Yoga for Health) by Nirmala Heriza, Dean Ornish, and C Noel Bairey Merz, 2004
- Hatha Yoga Pradipika Swami Muktibodhananda (Yoga Publications Trust, Munger Bihar 1993)
- Yoga for Wellness: Healing with the Timeless Teachings of viniyoga by Gary Kraftsow (paperback – Oct 1, 1999)
- Yoga for your Type: An Ayurvedic Approach to Your Asana Practice by Dr. David Frawley and Sandra Summer Qeld Kozak
- Dr. Yoga: A Complete Guide to the Medical Benefits of Yoga (Yoga for Health) by Nirmala Heriza, Dean Ornish, and C. Noel Bairey Merz (paperback – Sep 9 2004)

- Light on Yoga, the bible of modern yoga... By b. K. S. Iyengar and yehudi Menuhin(paperback – Jan 3, 1995)

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- The sivananda companion to yoga: a complete guide to the physical postures, breathing exercises, diet, relaxation, and meditation techniques of yoga by Sivanda yoga center and vishnu devananda (Paperback – April 19, 2000)
- The Sivananda Companion to Meditation. How to Master the Mind and Achieve Transcendence by Sivananda Yoga center and Sivananda Yoga Vedanta Centers (Paperback- 9, 2003)
- Thirty Minor Upanisad K. Narayana swami Aryar (Panmal Publications, Dehh 2003)
- The Science of Yoga. I. K. Taimini. (The Theosophical Publishing House. Adyar Chennai 2005)
- TM Discovering Inner Energy and Overcoming Stress. Harhold H Bloomfield (Doll Publishing Company Inc., New York 1975)
- Prana – Pranayama –prana Vidya Swami Niranjanda Saraswati (Yoga PublicationsTrust, Munger Bihar 1994)
- Anatomy of Hatha Yoga: A Manual for Students, Teachers, and Practitioners by H David Coulter, (Hardcover – Oct 2001)
- Anatomy of Hatha Yoga. H. David Coulter. (Body and breath Inc US 2001)
- The philosophy, psychology and practice of yoga Swami chidananda. (TI DivineLife Society UP Himalayas 1991)
- The Principal Upanisads Swami Sivananda. (The Divine Life Society UP Himalayas 4th Ed 1988)
- Meditation and Mantras. Swami Vishnu Devananda (motilal banarasidas Publisherspvt ltd 3rd Ed 2003)
- Soul Mind Body Medicine: A Complete Soul Healing System for Optimur Healthand vitality by Zhi Gang Sha (Paperback –April 14, 2006)
- Yoga, Tai chi, massage, Therapies & Healing Remedies (Paperback – 2003)
- Naturopathy and Yoga by Parvesh Handa (Hardcover – Oct 30, 2006)
- Speaking of Yoga for Health (Your Health Guide) by Institute Of Naturopathy(paperback – Dec 6, 2003)

The list of reference books shall be updated every year and submitted to the University for Approval by the institution executing the MD program.

## DIAGNOSIS USING CONVENTIONAL MEDICINE & INDICATORS OF DISEASE PROCESS IN YOGA AND THE THERAPEUTIC YOGA MANAGEMENT OF DISORDERS

Disorders of the cardiovascular system:

Alterations in circulatory and respiratory junctions- Dyspnea; cough; approach to the patient with a history of a stable angina: approach to the patients with hypertension, cyanosis; edema; shock.

Diagnosis and approach to the patient with heart disease- physical examination of the cardiovascular system. Knowledge about conventional treatments

Disorders of the heart; normal and abnormal myocardial functions; heart failure;congenital heart diseases in the adult;

rheumatic fever; valvular heart disease; cor pulmonale; cardiomyopathies; myocarditis; pericardial diseases; cardiac manifestations of systemic disease  
Vascular disease; atherosclerosis; acute myocardial infarction; ischemic heart disease;

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hypertensive vascular disease; vascular disease of the extremities.

Cardiac rehabilitation

Disorders of the respiratory system:

Diagnosis and approach to the patient with diseases of the respiratory system. Knowledge about conventional treatments

Disturbances of respiratory system; disturbances of respiratory functions

Disease of the respiratory system; bronchial asthma; chronic bronchitis; COPD; emphysema and airway obstruction; disorders of ventilation, sleep apnea; acute respiratory distress syndrome.

Pulmonary rehabilitation

Disorders of kidney and urinary tract:

Alterations in urinary functions and electrolytes; cardinal manifestations of renal disease; voiding dysfunction, incontinence and bladder pain; fluid and electrolytes imbalance; acidosis and alkalosis.

Alterations in the urogenital tract: impotence; disturbances of menstruation and other common gynecologic complaints in women.

Approach to the patient with the disease of kidneys and urinary tract. Knowledge about conventional treatments.

Disturbances of renal function, acute renal failure and chronic renal failure.

Disorders of the gastrointestinal system;

Alterations in gastrointestinal functions: dysphagia, nausea, vomiting and indigestion, diarrhea and constipation, bleeding; jaundice abdominal swelling, ascitis.

Approach to the patient with the disease of gastrointestinal disease. Knowledge about conventional treatments.

Diseases of esophagus; peptic ulcer and related disorders; disorders of absorption; IBS; ulcerative colitis and crohn's disease

Liver and biliary tract diseases; approach to the patient to the liver disease, evaluation of liver function, derangement of hepatic metabolism, bilirubin metabolism and Hyperbilirubinemia; toxin and drug induced hepatitis; crohn's hepatitis; cirrhosis and alcoholic liver disease; infiltrative and metabolic diseases affecting the liver, disease of gall bladder and bile ducts.

Disorders of pancreas-acute and chronic pancreatitis

Disorders of the immune system, connective tissues and joints:

Hematological alterations-anemia; bleeding and thrombosis; enlargement of lymphnodes and spleen.

Pain- pathophysiology and management chest discomfort and palpitation abdominal pain-headache-back and neck pain

Approach to the patient with the disorders of the immune system, connective tissues and joints. Knowledge about conventional treatments.

Disorder of immune system- introduction to immune system ;major histocompatibility primary immune deficiency disease; HIV disease; AIDS and related disorder; amyloidosis  
Disorders of immune mediated injury-diseases of immediate type hypersensitivity; SLE; rheumatoid arthritis; dermatomyositis and polymyositis; sjogren's syndrome; ankylosing spondylitis undifferentiated spondyloarthropathy; behcet's syndrome; the vasculitis syndrome; sarcoidosis. Disorders of joint-approach to articular and musculoskeletal disorders; osteoarthritis; arthritis due to deposition of calcium crystals; infectious arthritis; psoriatic arthritis and arthritis associated with gastro intestinal disease; relapsing poly chondritis and other arthritides.

Endocrinology and metabolism:

Alterations in body temperature: fever and hyperthermia; fever and rash, hypothermia Endocrinology- Approach to the patient with the disorders of the endocrinology and metabolism Knowledge about conventional treatments.

Obesity; anorexia nervosa and bulimia nervosa; enteral and parenteral nutritional therapy; vitamin deficiency and excess; disturbance in trace elements

Neuroendocrine regulation and disease of anterior pituitary and hypothalamus; disease of thyroid; disease the adrenal cortex; pheochromocytoma; diabetes mellitus; hypoglycemia; disorders of the testes, ovary and female reproductive tract; endocrine disorders of breasts; disorders affecting multiple endocrine system.

Disorders of intermediary metabolism- disorders of lipoprotein metabolism: hemochromatosis; porphyims; gout and other disorders of urine metabolism. Disorders of bone and mineral metabolism- calcium, phosphorous, bone metabolism; calcium regulating hormones; disease of the parathyroid glands; metabolic bone disease, disorders of phosphorus metabolism

Reference Books Cardiology

- The clinical recognition of congenital heart disease-Joseph K.Perloss,4th edition(jaypee)
- An introduction to ECG- Leoschamroth, 7th edition Black well science
- Practical electrocardiography-Marriot,9th edition
- Text book of cardiovascular medicine-Eugene Braunwald, 5th edition
- The heart- Hurst,9th edition
- Congenital heart disease in adult Perloff, 2nd edition.
- Cardiovascular and pulmonary physical therapy: an Evidence-based approach by William E.DeTurk and Lawrence P Cahalin
- Complementary and alternative cardiovascular medicine: Clinical hand book(contemporary cardiology ser ) (contemporary cardiology) by Richard A Stein and Mehmet C Oz (hard cover-march 5,2004)
- Heart disease and cardiovascular health by Richard Saul Wurman (paper back- feb 21, 2001)
- Yoga for transformation: ancient teaching and practices for healing the body, mind

and heart by Gary Kraftsow (paper back- June 4, 2002)

- Yoga for hypertension and heart disease Nagarathna R and Nagendra S R (Swami Vivekananda Yoga Prakashana, Bangalore, 2000)
- Yoga Daily Planner-Heart Care (The Yoga Institute, Santacruz (East) Mumbai)
- How to Reverse Heart Disease in Yogic Way- Research Fact and Programme Cyclopedic (The Yoga Institute, Santacruz (East) Mumbai)

Respiratory Medicine / Critical Care Medicine:

- Chest Medicine Essentials of Pulmonary and Critical Medicine Ronald George, 3rd Edition (Williams and Wilkins)
- Manual of Intensive Care Medicine, Irwin and Rippe, 3rd Edition
- Textbook of Respiratory Disease, Crofton and Douglas
- A Practical Guide to Pulmonary Function Tests. Hyatt, Scalan.
- Respiratory Function of the Upper Airway (Lung Biology in Health and Disease) by O.P. Matthew (Hardcover-Mar 30, 1988)
- Breathing Free: Revolutionary 5-Day Program to Heal Asthma, Emphysema, Bronchitis and Respiratory Ailments by Teresa Hale and Leo Galland Pharmacology of Respiratory Tract (Lung Biology in Health and Disease) by Chung (Hard Cover- June 30, 1993)
- The Little Book of Yoga Breathing: Pranayama Made Easy by Scott Shaw (Paper Back Jan 2004).
- Yoga for Asthma Nagarathna R and Nagendra H R. (Swami Vivekananda Yoga Prakashana, Bangalore, 2000)
- Yoga for Breathing Practices. Nagendra H R and Swami Vivekananda Yoga Prakashana, Bangalore 2000
- The Yoga Institute Santacruz Mumbai. Yoga Therapy in Asthma, Diabetes and Heart Disease (The Yoga Institute, Santacruz (East) Mumbai)
- Yogic Life- A Cure for Asthma and Bronchitis (The Yoga Institute, Santacruz (East) Mumbai)

Nephrology

- Textbook of Renal Disease, Judith, Lawrence, 2nd Edition (Churchill Livingstone)
- Diseases of Kidney, Schrier, 6th Edition (Little Brown). Manual of Nephrology.

Gastro-Enterology

- Disease of the Liver and System- S. Sherlock. Dooley. 10th Edition (Blackwell Sciences)
- Gastrointestinal Liver Disease – Mark Feldman, Bruce Scharschmidt, 6th Edition (Saunders)
- Schiff's Disease of the Liver-Schiff's 8th Edition
- Yoga for Digestive Disorders. Nagarathna R and Nagendra H R Swami Vivekananda Yoga Prakashana, Bangalore, 2000)

Immunology, connective tissues and joints

- Rheumatology ,John Klippel,1994.
- Yoga for Arthritis. Nagarathna R and Nagendra H R Swami Vivekananda Yogaprasana, Bangalore, 2000)
- Yoga for back and joint disorder (B&W) (The Yoga institute Santacruz (east)Mumbai)

#### Endocrinology

- William's text book of endocrinology, Wilson Fuster,9th edition (W.B. Saunders)
- User's guide to thyroid disorders (basic health publications user's guide) by KathleenBames. (paperback- mar 2,2006)
- Yoga for Diabetes Nagarathna R and Nagendra H R (Swami Vivekananda YogaPrakasana. Bangalore, 2000)
- Yogic life control of Diabetes (The Yoga Institute Santacruz (east) Mumbai.

#### General books

- Yoga for transformation : ancient teachings and practice for healing the body, mindand heart by Gary Kraftsow
- Dr.Yoga : A Complete guide to the medical benefits of Yoga (Yoga for health) byNirmala Henza, daen Ornish and C.noe bairey Merz ( Paperback – sep 9 2004)
- Therapeutic Yoga by JT Shah
- Common disorders, natural remedies by Eileen Renders( Paperback Jan 1 2002)
- Yoga mind, body & spirit : A return to wholeness by donna farhi( paperback- may 12000)
- Yoga for common ailments. Robin Monoro., Nagarathna R and Nagendra ,H.R Guiapublication UK
- The New Yoga for Healthy ageing. Living Longer, Living Stronger and Loving everyday by Suza Francina and Jim Jacobs

### DIAGNOSIS USING MODERN MEDICINE & INDICATORS DISEASE PROCESS IN YOGA AND THE THERAPEUTIC YOGA MANAGMENT OF DISORDERS

#### Neurological disorders:

Nervous System Dysfunction: Faintness, syncope, dizziness, vertigo; weaknessabnormal movements and imbalance; episodic muscle spasms, cramps weakness:tingling and sensory loss, numbness; acute confusional states, other focal cerebral disorders: memory loss and dementia; disorders of sleep and circadian rhythms Approach to the patient with neurologic diseases Knowledge about conventionaltreatments.

Electro-physiologic studies of central and peripheral nervous system, neuroimaging inneurological disorders.

Diseases of the central nervous system –migraine and cluster headache syndrome; seizures and epilepsy; Alzheimer's disease and other primary dementias; Parkinson's disease and other pyramidal disorders: ataxia disorders: disorders of ANS; disorders of cranial nerves; disease of spinal cord; disorders of the nerves and muscles- disease of the peripheral nervous system; myasthenia gravis; muscular dystrophy other disease of neuromuscular junction; disease of muscle

Chronic fatigue syndrome

Alcoholism and drug dependency-alcohol and alcoholism–opioid drug abuse and dependence.

Neurological rehabilitation

Dermatological disorders

Alterations in skin-approach to the patient with skin disorders.

Approach to the patient with dermatological diseases, Knowledge about conventional treatments

Eczema; psoriasis; acne vulgaris; allergic dermatitis, other common skin disorders; skin manifestation of internal disease

Psychiatric disorders

Approach to the patient with psychiatric disease, Knowledge about conventional treatments.

Anxiety neurosis ; depression; obsessive compulsive disorders; manic depressive psychosis; bipolar disorder; mood disorders; personality disorder;

Psychiatric rehabilitation

Oncology

Approach to the patient with cancer, Knowledge about conventional treatments Psycho-social factor in the etiology and pathogenesis of cancer

Benign and malignant carcinomas, knowledge about conventional diagnostic procedures, radio therapy and chemotherapy

Principal and practice of integrative oncology i.e., use of conventional and natural management strategies and psycho-social care in oncology

Psychosocial rehabilitation

Obstetrics and Gynecology

Approach to the patient with pregnancy, Knowledge about conventional care. Antenatal care; maintenance of normal pregnancy; child birth; post natal care Approach to the patient with gynecological complaints, Knowledge about conventional care. Menstrual disturbances. Infertility; uterine diseases; ovarian diseases; pelvic tumours. Family planning procedures

disorders of Eyes, Ears, Nose and Throat

Approach to the patient with ENT diseases, Knowledge about conventional treatments Disorder of the eye, disorders of nose, ears and throat environmental and occupational health hazards Specific environmental and occupational hazards related to food products, cosmetics, drugs, and indoor and outdoor living environment; work environment and ergonomics

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M.D.Physician (CLINICAL ACUPUNCTURE & BIOENERGY MEDICINE)

First year

Paper I- Applied basic medical sciences and concepts of health & diseases in Acupuncture

Second year

Paper II-

Diagnosis using conventional medicine & indicators of disease process in Acupuncture and the therapeutic management of disorders through Acupuncture

Paper III-

Diagnosis using conventional medicine & indicators of disease process in Acupuncture and the therapeutic management of disorders through Acupuncture

Third year

Paper IV-  
Research Methodology and Recent Advances in Acupuncture

Final Dissertation and Presentation with Viva Voce

Written examination shall consist of 3 hours duration for each paper. Each paper shall carry 100 marks theory, 100 marks practical (IA-(20) & Practical (80) ) , and 50marks for viva voce

Pattern for the theory Question paper scheme:

Duration: 3 hour Max Marks: 100

| Type of questions | No. of questions for each subject | No. of questions and marks for each question | Total Marks |
|-------------------|-----------------------------------|----------------------------------------------|-------------|
| Long essay        | 2                                 | 2x20                                         | 40          |
| Short Notes       | 6                                 | 06x10                                        | 60          |

Total- 100

Practical examination:

Clinical examination

Total marks: 80

To elicit competence in clinical skills

one long case

40 marks Differential diagnostic formulation

two short cases-20 x 2

40 marks In case of practical examination For

example, it should be aimed at assessing (i) competence in the practice of yoga and teaching methods, (ii) use of disease specific yoga modules based on clinical examinations, (iii) ability to make relevant and valid observations, interpretations,

and inference of laboratory or experimental work relating to his/her subject. same model for naturopathy and acupuncture shall be followed.

In case of clinical examination, it should be aimed at examining clinical skills and competence of candidates for undertaking independent work as a specialist. Each candidate should examine at least one long case and two short cases.

The total marks for practical/clinical examination shall be 80.

Viva voce: viva voce examination shall aim at assessing depth of knowledge, logical



reasoning, confidence and oral communication skills. The total marks shall be 50 and the distribution of marks shall be as under:

- For examination of all components of syllabus 30 marks
- For pedagogy 20 marks
- Viva-voce examination: (30 marks)

All examiners will conduct viva-voce conjointly on candidate's comprehension, analytical approach, expression and interpretation of data. It includes all components of course contents. In addition candidates may be also be given case reports, charts, gross specimens, histopathology slides, x-rays, ultrasound, CT scan images, etc., for interpretation. In addition, the candidates may also be evaluated on the skills in identifying and interpreting the indicators of disease according to specialty. It includes discussion on dissertation also

- Pedagogy Exercise: (20 marks)

A topic is given to each candidate in the beginning of clinical examination. He/she asked to make a presentation on the topic for 8-10 minutes.

Examiners: There shall be at least two examiners, one internal and one external from outside the University. The qualification and teaching experience for appointment, as an examiner shall be as that of a post-graduate guide.

**Criteria for Declaring as Pass in University Examination:** A candidate shall secure not less than 50% marks in each head of passing which shall include (1) theory (2) practical including clinical and viva voce examination.

A candidate securing less than 50% of marks as described above shall be declared to have failed in the examination. Failed candidates may appear in any subsequent examinations upon payment of fresh fee to the registrar.

**Declaration of Distinction:** A successful candidate passing the university examination in first attempt will be declared to have passed the examination with distinction if the grand total aggregate marks are 75% and above. Distinction will not be awarded for candidates passing the examination in more than 1 attempt.

**Monitoring Progress of Studies:**

a. **Work diary/log book:** Every candidate shall maintain a work diary and record his/her participation in the training programs conducted by the department such as practical training in yoga, disease specific yoga therapy modules, yoga therapy teaching sessions, journal reviews of papers relevant to yoga therapy, seminars on concepts of yoga and management of diseases using yoga therapy, etc (please see chapter IV for model check list and log book specimen copy).

b. The candidate may make special mention in the presentations on the observations made on clinical or laboratory procedures if conducted by the candidate. The work diary shall be scrutinized and certified by the head of the department

and head of the institution and presented in the university practical/clinical examination.

#### INTERNAL ASSESSMENT (IA) – 20 MARKS

Institution running the course shall conduct two internal assessment exam before appearing for the annual exam, the tests may include written papers, articles/clinical and viva voice. The marks obtained in these tests will be considered for internal assessment. Average of the two marks will be computed for internal

assessment

If a candidate is absent from the test due to genuine and satisfactory reason, such a candidate may be given a re-test within a fortnight.

Guide:

The academic qualifications and teaching experience required for recognition by this university as a guide for dissertation work is as per the guidelines from the concerned board of studies. In the present scenario, in the field of Yoga & Naturopathy system of medicine, there are no pg. Courses i.e., M.D. for the graduates in Yoga & Naturopathy in Tamilnadu. In this situation, the faculty with the following guidelines shall be considered as faculty and guide for post-graduation Candidates possessing master's and doctoral degree in Yoga/Naturopathy from any recognized University along with the undergraduate degree in Naturopathy & Yogic Sciences having more than 7 years of teaching experience / 15 years clinical experience in hospitals of Yoga & Naturopathy will be designated as professors, 5 years teaching experience will be designated as associate professors/reader, 3 years teaching experience will be called as assistant professors/lecturer and no teaching experience is required for the demonstrator / Asst. lecturer. for the M.D. program. Existing teaching faculties with BNYS/ ND [OSM. Uni.] Having more than 10 years of teaching experience / 20 years clinical experience in hospitals of Yoga & Naturopathy will be designated as professors, 5 years experience will be designated as associate professors and less than 5 years of teaching experience as lectures.

A co guide may be included provided the work requires substantial contribution from a sister department or from another medical institution recognized for teaching/training by the Tamil Nadu Dr.M.G.R.Medical university, Chennai. The co guide shall be recognized postgraduate teacher of Tamil Nadu Dr.M.G.R.Medical University, Chennai. Change of guide, in the event of a registered guide leaving the college for any reason or in the event of death of guide, guide may be changed with prior permission from university.

Minimum required Infrastructural facilities:-

The post graduate education Centre for conducting M.D (yoga) shall satisfy the entire minimum requirements of undergraduate training (BNYS) as prescribed by the University and in addition shall full fill additional requirements of post graduate training. Only BNYS Degree colleges functioning with reputation and at least five batches would have been passed out are eligible to start the PG course. Apart from UG (BNYS) requirements, the Post Graduate Department shall have well designated lecture hall(s) with audio-visual facilities, yoga hall, established laboratories for Basic medical sciences, diagnostic laboratories, laboratories for yoga and naturopathy research [basic and clinical] and a museum. Each department shall have separate staff room and departmental library. Separate Post Graduate Hostels for Male & Female. The stipend and contingency shall be provided at the rates prevailing in the state for other medical Post Graduate students.

Teaching hospital requirements:-

The hospital with starting minimum of 50 beds is required to start a M.D. program. By the end of the third year of PG admission the hospital will have 100 beds. The student-bed ratio in the hospital should be 1:3. The number of candidates permitted shall depend upon available bed strength over and above minimum hundred bed strength prescribed. The Annual

average bed occupancy in the hospital should be more than 60%.

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Monie Phillips PT (Paperback – April II.2006)

Geriatrics/ Gerontology

- Geriatric Medicine, 3rd edition

Oncology

- Principles and practice of oncology, De Vita
- Clinical oncology (Books with CD-Rom for Windows & Macintosh) by RaymondE., Jr. Lenhard, Robert T. Osteen, and Ted Gansler (Hardcover – Nov 1,2000) – Illustrated
- An Introduction to Psycho – oncology by Patrice Guex (Paperback – Dec 22, 1993)
- Cancer Nursing: Principles And Practice (Jones and Bartlett series in Oncology) by Connie Henkc Yarbrow, .Margaret Hansen Frogge, and Michelle Goodman (Hardcover – April 18,2005)
- Oxford Handbook of oncology (oxford Handbooks) by James Cassidy and D Bissett(Paperback – Jun 15,2002)
- Lecture Notes: Oncology (Lecture Notes) by Marki Bower and Jonathan Waxman(Paperback – Mar 1,2006) – Illustrated
- Herb – Drug Interactions in Oncology by Barrie R. Cassileth and Charles DLucarelli (Paperback – Jul 1,2003)

Neutraceuticals and natural herbs in health and disease

- The American Pharmaceutical Association Practical Guide to Natural. Medicines by Andrea Peirce (Hardcover – Mar 3, 1999)
- The Natural Medicine Guide to Bipolar Disorder (The Healthy Mind Guides) by Stephanie Marohn (Paperback – Mar 2003)
- The PMDD Phenomenon : Breakthrough Treatments for Premenstrual Dysphoric Disorder (PMDD) and extreme Premenstrual Syndrome by Diana L. Dell and Carol Svec (Paperback – Sep 25,2002)
- Bountiful, Beautiful, Blissful: Experience the Natural Power of Pregnancy and Birth with Kundalini Yoga and Meditation by Gurmkh Kaur Khalsa and Cindy Crawford (Paperback –Jun 1, 2004)

Environmental and occupational health hazard

- Environmental and occupational health hazard (Clinics in Laboratory Medicine, 4:3) by Robert V. Blanke (Hardcover – 1984)
- Illustrated Dictionary and resource Directory of Environmental and occupational health, Second Edition by Herman Koren (Hardcover – May 11,2004)
- occupational hazard and Human Health by Richard B. Philp (Hardcover – April 13,1995)
- Environmental and Industrial Health Hazards A Practical Guide by R.A Trevethick (Hardcover – Jun 1976)
- Agricultural medicine: occupational and environmental health in agriculture for the health professions by Kelley j. Donham and Anders Thelin (Hard cover-may 1, 2006)-illustrated

- Energy medicine in therapeutics & human performance by James J. Oschman(paperback-Mar 8, 2003)

Physical therapy

- Handbook of pediatric physical therapy by Toby Long and Kathy Toscano(paperback- Sep 1,2001)

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- Occupational Therapy: Practice Skills for Physical Dysfunction by Lorraine Williams Pedretti and Mary Beth Early (Hardcover – Jan 15,2001)
- Introduction to Physical Dysfunction by Michael A. Pagliarulo (paperback – Jul31,2006)
- Occupational Therapy for Physical Dysfunction by Mary Vining Radomski and Catherine A Trombly (Hardcover – Mar 1,2007)
- Physical therapist Examination Review by Theresa Meyer (paperback – Nov30,2001)
- Guide to Physical Therapist Practice by Apta and American Therapy Association(paperback – Jan 2001)
- Quick Reference to Physical Therapy by Julie A.Pauls and Kathryn L Reed(paperback – Nov 2003)

\*The list of reference books shall be updated every year and submitted to the university for Approval by the institution executing the MD program.

#### PAPER IV

### RESEARCH METHODOLOGY AND RECENT ADVANCES IN NATUROPATHY

#### Research methodology

Planning a research study, Research problems-Identification of research problems, Hypotheses and Assumptions, Literature Review including Database searches.

Research approaches and study Designs-Elements of research Designs, Selection of research design, and Types of research designs.

Assessment Techniques and Tools and methods of Data Collection, Fundamentals of Medical Statistics and Writing, Project proposal preparation.

#### Recent advances

- Psycho neuro immunology [PNI] and Psycho neuro endocrinology – explaining the mind – body connection in disease and health
- Psychophysiology of biological rhythms , emotions , behaviour and aging
- Stress and its impact on health and disease: Physiological mechanisms underlying ‘stress response’ and its recent advanced management.
- Psychosomatics and psychosomatic medicine – Role of human thinking, behavior and life style in the etiology, pathogenesis, clinical manifestations and management of non-communicable life-style related diseases.
- Lifestyle and psychosocial behavior-health educational and natural medicine in prevention in high risk groups, effective management of chronic lifestyle related disease and minimization of subsequent medical complications
- Inherent healing capacities and natural therapies; concept of spontaneous regression, role of positive thinking, health



behavior and natural therapies in spontaneous regression; clinical implications of natural therapies in eliciting inherent healing capacities.

- Natural and holistic medicine – integrating the physical, psychological, mental, social and spiritual needs of an individual in promotion of positive health, prevention of diseases and disabilities, management of diseases and overall improvement in ‘quality of life’.
- Advances in therapies used in naturopathy
- Advances in medical & psychiatric rehabilitation
- Integrative medicine

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Reference book and other materials:

- Basic Research Methodology-Methods and techniques(second revised edition)-C.R.Kothari
- Textbook on Nursing Research methodology and statistics by Suresh K Sharma-Published by Elsevier-ISBN:978-81-312-2537-0

Research methods and statistics

2)Research methods for therapists. Avril Rummond, Jo Campling, Nelson, Thornes, 1996

3)Complementary and Alternative Medicine: Legal Boundaries and Regulatory Perspectives by Michael H Cohen (paperback – Aug 19, 1997)

4)Regulation of functional foods and Nutraceutical L A Global Perspective (Institute of Food Technologist) by Clare Hasler (Hardcover – Mar 1,2005) – Illustrated

5)The Principles and Practice of Hydrotherapy: A guide to the Application of Water InDisease For Students and Practitioners of Medicine by Simon Barunch (paperback – Jul 9,2006)

6)Massage therapy career guide by Steve Capellini (paperback – Oct 12,1998) 6)Research papers on all concerned topics from peer reviewed journals

#### OUTCOME OBJECTIVES:

At the end of the course, the candidate should be able to

Apply Principles and Practice of Yoga in promotion of Positive Health (wellness)

Prepare and apply Yoga Therapy modules for prevention & management of diseases

To practice evidence based Medicine in yoga

Apply the knowledge gained from scriptures related to Yoga in Medicine.

Work as General Physician as well as Super Spiality in Rehabilitation Medicne and Therapeutic Yoga.

Work as Integrative medical Practioner with a combined practice of both Modern Medicine and Traditional Medicine.

#### Course Outline

##### Duration

The minimum duration of the residential program will be three-years and the maximum duration allowed to completed the Programme will be 6 years.

The study period will be spread across six Semesters.

##### Eligibility

A candidate having completed 5 / 5½ Years Medical Programme from any Stream of AYUSH System of Medicine Viz (BAMS., BNYS., BSMS., BUMS., BHMS.,BSRMS), having completed from any UGC Recognised University are eligible to apply for the Programme.

Admission:

The new batch for the program gets admitted in August semester every year. Eligible candidates need to clear an entrance and interview, which would be announced on the University website time-to-time.

Dissertation work:

Dissertation work is a mandatory requirement for completion of the Programme. The candidates must propose a Synopsis for a clinical research project in Yoga by the end of Second Semester. The dissertation must be submitted by the end of forth semester.

Hospital Report:

During the time-frame of the Programme, candidates will be posted to the University Teaching Hospital[Academic Hospital] and other associated Hospitals. Presentation of the hospital report is a mandatory criterion for completion of the Programme.