SunRise University

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

SYLLABUS&CURRICULUMF

OR

BACHELOROFNATUROPATHYANDYOGICSCIENCES

DURATION-4$^{1/2}$Year+1YEARINTERNSHIP

SUBJECT&TEACHINGHOURS

1st Year

PAPERS CODE	PAPERS NAME	INTERNAL	EXTERNAL	TOTAL
1BNYS01	शरीररचना (Anatomy)	40	60	100
1BNYS02	शरीरक्रिया (Physiology)	40	60	100
1BNYS03	पाकृतिकचिकित्सादर्शन (Philosophy ofNaturecure)	40	60	100
1BNYS04	योगकआधारभूतसिद्धांत (BasicPrinciplesofYoga)	40	60	100
1BNYS05	जवरासायनिकविज्ञान(Biochemistry)	40	60	100
1BNYS06	संस्कृत(Sanskrit)	40	60	100
LAB/PRACTICAL				
1BNYS07	शरीररचना(Anatomy) Lab	60	40	100
1BNYS08	शरीरक्रिया(Physiology)Lab	60	40	100
1BNYS09	पाकृतिकचिकित्सादर्शन (Philosophy ofNaturecure)Lab	60	40	100
1BNYS10	जवरासायनिकविज्ञान(Biochemistry)Lab	60	40	100
Total		**480**	**520**	**1000**

3rd Semester

PAPERS CODE	PAPERS NAME	INTERNAL	EXTERNAL	TOTAL
BNYS301	Pathology	40	60	100
BNYS302	Microbiology	40	60	100
BNYS303	Yoga Philosophy	40	60	100
BNYS304	Basic Pharmacology & Pharmacognosy-1	40	60	100
LAB/PRACTICAL				
BNYS305	PathologyLab	60	40	100
BNYS306	MicrobiologyLab	60	40	100
BNYS307	Yoga PhilosophyLab	60	40	100
BNYS308	Basic Pharmacology & Pharmacognosy-1Lab	60	40	100
Total		**320**	**480**	**800**

4th Semester

PAPERS CODE	PAPERS NAME	INTERNAL	EXTERNAL	TOTAL
BNYS401	Chromo & Magneto Therapy	40	60	100
BNYS402	Community Health & Medicine	40	60	100
BNYS403	Basic Pharmacology & Pharmacognosy-2	40	60	100
LAB/PRACTICAL				
BNYS404	Chromo & Magneto TherapyLab	60	40	100
BNYS405	Community Health & MedicineLab	60	40	100
BNYS406	Basic Pharmacology & Pharmacognosy-2Lab	60	40	100
Total		**300**	**300**	**600**

5th Semester

PAPERS CODE	PAPERS NAME	INTERNAL	EXTERNAL	TOTAL
BNYS501	Manipulative Therapy	40	60	100
BNYS502	Acupuncture, Acupressure & Reflexology	40	60	100
BNYS503	Yoga & Its Applications	40	60	100
BNYS504	NaturopathyDiagnosisConventionalMedicine, First Aid & Emergency Medicine-1	40	60	100
LAB/PRACTICAL				
BNYS505	Manipulative TherapyLab	60	40	100
BNYS506	Acupuncture,Acupressure & ReflexologyLab	60	40	100
BNYS507	YogaLab	60	40	100
BNYS508	NaturopathyDiagnosisConventionalMedicine, First Aid & Emergency Medicine-1Lab	60	40	100
Total		**400**	**400**	**800**

6th Semester

PAPERS CODE	PAPERS NAME	INTERNAL	EXTERNAL	TOTAL
BNYS601	Naturopathy Diagnosis Conventional Medicine, First Aid & Emergency Medicine-2	40	60	100
BNYS602	Forensic Medicine & Toxicology	40	60	100
BNYS603	Fasting Therapy, Nutrition & Dietetics	40	60	100
LAB/PRACTICAL				
BNYS604	Naturopathy Diagnosis Conventional Medicine, First Aid & Emergency Medicine-2Lab	60	40	100
BNYS605	Forensic Medicine & ToxicologyLab	60	40	100
BNYS606	Fasting Therapy, Nutrition & DieteticsLab	60	40	100
Total		**300**	**300**	**600**

7th Semester

PAPERS CODE	PAPERS NAME	INTERNAL	EXTERNAL	TOTAL
BNYS701	DIAGNOSTIC METHODS OF YOGA & NATUROPATHY **PART - I**	40	60	100
BNYS702	Management of Disease through yoga **PART - I**	40	60	100
BNYS703	Management of Disease through Naturopathy **PART - I**	40	60	100
BNYS704	Modern Diagnostic Method **PART - I**	40	60	100
BNYS705	Forensic Medicine & Toxicology **PART - I**	40	60	100
BNYS706	Chroma Therapy & Manipulative therapy **PART - I**	40	60	100
PRACTICAL				
BNYS707	DIAGNOSTIC METHODS OF YOGA & NATUROPATHY **PART - I**	60	40	100
BNYS708	Management of Disease through yoga **PART - I**	60	40	100
BNYS709	Management of Disease through Naturopathy **PART - I**	60	40	100
BNYS710	Modern Diagnostic Method **PART - I**	60	40	100
BNYS711	Forensic Medicine & Toxicology **PART - I**	60	40	100
BNYS712	Chroma Therapy & Manipulative therapy **PART - I**	60	40	100
Total		**600**	**600**	**1200**

8th Semester

PAPERS CODE	PAPERS NAME	INTERNAL	EXTERNAL	TOTAL
BNYS701	DIAGNOSTIC METHODS OF YOGA & NATUROPATHY **PART - II**	40	60	100
BNYS702	Management of Disease through yoga **PART - II**	40	60	100
BNYS703	Management of Disease through Naturopathy **PART - II**	40	60	100
BNYS704	Modern Diagnostic Method **PART - II**	40	60	100
BNYS705	Forensic Medicine & Toxicology **PART - II**	40	60	100
BNYS706	Chroma Therapy & Manipulative therapy **PART - II**	40	60	100
PRACTICAL				
BNYS707	DIAGNOSTIC METHODS OF YOGA & NATUROPATHY **PART - II**	60	40	100
BNYS708	Management of Disease through yoga **PART - II**	60	40	100
BNYS709	Management of Disease through Naturopathy **PART - II**	60	40	100
BNYS710	Modern Diagnostic Method **PART - II**	60	40	100
BNYS711	Forensic Medicine & Toxicology **PART - II**	60	40	100
BNYS712	Chroma Therapy & Manipulative therapy **PART - II**	60	40	100
Total		**600**	**600**	**1200**

Internship–1YearandDissertationasperallottedtopics.

विषरखनपवेश–1वर्षएवमहाविद्यालयद्वाराआवंटितबिन्दपरएकलघनिबन्ध

SYLLABUS&CURRICULUMF

OR

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IYEAR

Duration-1$^{1/2}$Year

1. **Anatomy(Paper-I&II)**
2. **Physiology(Paper-I&II)**
3. **PhilosophyofNatureCure(PaperI&II)**
4. **BasicPrincipalsofYoga**
5. **Biochemistry**
6. **Sanskrit**

ANATOMY

PAPER–1

- Generalanatomy
- Osteology
- Myology
- Arthrology
- Head,neckandbrain
- Upperlimb
- Microanatomy

PAPER–2

- Thorax
- Abdomenandpelvis
- Lowerlimb
- Embryologyinbrief
- Histology
- CellularandSystemic

PRACTICALS

THEORY

PAPER–I

COURSECONTENT

(RelatedRegionalAnatomy,Histology,Myology,andArthorology&OsteologyofUpperLimb,Head,Neck&BrainandMicroanatomy)

I. **GENERAL ANATOMY**:Introduction of Anatomy , Anatomical Terms,differentbranchesofanatomy,Introductionofbones,itsclassification, functions, applied anatomy ; cartilage-types, action,appliedanatomy,basicsofallthetissuesandsystems of thehumanbody,Sharirpanchbhautictatava,AnatomicalknowledgeofIda,Pingla,SushumnaandShatChakra.

II. **OSTEOLOGY**:(BonesofSkull & Upper limb) Names of the bonesandtheir positions; general features, skull –all normal and interiorofskull&mandible.

III. **MYOLOGY**: (Head & Neck and upper Limb) Origin, insertion, Nervesupplyandactionofthemusclewiththeappliedanatomyandclinicaltesting.

IV. **ARTHROLOGY(**Head&Neck,upperlimb)Generalfeaturesofdifferent types of joints. Brief study of the following joints of thebodywith movements, shoulder, elbow, Wrist and other smallerjointofHead&Neck,UpperLimb.

V. **HEAD, NECK AND BRAIN** Head and neck –introduction, scalp, faceand lacrimal apparatus , sides of the neck, sub occipitaltriangle,contentsofvertebralcanal(brief),meningeallayer,cavernoussinuses and other sinuses in brief, hypophysis cerebri, trigeminalganglion,middle meningeal artery,contents of the orbit , trianglesoftheneck,ansacervical,parotidgland,opticganglion,submandibular gland,thyroidgland, parathyroidgland,thymus,

blood supply of deep structure, cervical ganglion, cervical plexusstyloid apparatus, oral cavity, palate , pharynx, auditory tube, nasalseptum,paranasalsinuses,cartilageoflarynx.Partsofnervoussystem, meninges, ventricles, motor and sensory, pathways, cranialandsensorycortexandtheirbloodssupplywithcrosssectionalstudiesinbriefmorphologyofspinalcord.Sectionofmedulla-pyramidal decussating, sensory decussating, upper part of medullapartofmedulla,Pons–midlevel,midbrain-midsuperiorcolliculus ,inferiorcolliculus,cerebellum–horizontal–midsagitalsection,horizontalsectionatinterventiculurformation,coronal sectionatanteriorcommissure,coronalsectionatmammillarybody.Sensoryorgans(regionwise)–gross anatomy of eyeball, ear nose and tongueinbrief,bloodbrainbarrier.

VI. **UPPERLIMB**:-
Introduction,breast,clavipectrolfascia,axilla,lumbartriangle,triangle ofauscultation,bursaofupperlimb,musculotendinouscuff,intramuscularspaces,cubitalfossa,synovialsheath,retinaculumofhand,palmeraponeurosis,spacesofhand,anatomicalsnuffbox.

VII. **MICRO ANATOMY** -12 General topics, systemic topics (separatelistattached)

1. Histology, study of the basic tissues of the body, functionalcorrelationofthestructuralcomponentsoftheorgans.
2. Systemichistologyofconcernedorgans.

PAPER–II

COURSECONTENT

(RelatedRegionalAnatomy,Histology,Embryology,Myology,Arthorology & Osteology of Thorax, Abdomen and Pelvis, Lower Limbandembryology)

I. **THORAX:-Generalintroduction**pericardium,thoraxwall,position and partsof the heart , conducting system, blood supplyand nerve supply of theheart, names of the blood vessels andtheirdistribution in thebody,lungs& pleura-general features,surfacemarketing,broncho-pulmonarysegments,appliedanatomy,mediastinum,diaphragm,esophagus,thoracicduct.

II. **ABDOMENANDPELVIS**:-Peritoneum-Generaldisposition–horizontal andvertical, parts relation, blood supply, nerve supplyof abdominal organs, pelvic organs –parts position, relation, bloodsupply,nervesupply.

III. **LOWERLIMB**:-Deepfascia–modification,saphaneousveins,lymph nodes, adductor canal muscles-nerve supply, blood supply,action,joints,archesoffoot,andjointsoflowerlimb.

IV. **EMBRYOLOGY IN BRIEF**: Definition of embryology, brief accountofmaleandfemale,ovary;definitionofgamete;sperm,ova ,gametogenesis,migrationofprimordialgermcellsintogonadalridge;structureofsperms growthofovarian and uterine cycles.Principleoffamilyplanning (contraception), invitro fertilization(for integrated teaching). Systemic embryology(brief): developmentoftheindividualorganofdigestivesystems,genitalsystem, urinarysystem,respiratorysystem,cardiovascularsystem,nervoussystem,specialsensoryorgans(inBrief)endocrineglandsandmammaryglan d.Developmentabnormalities(inbrief).

PRACTICALS

GROOSANATOMY:

(Dissection/Demonstrationoffollowingpartsofbody)

UpperLimb:

Dissection:Pectoral,scapular,arm,forearmProspectedParts:joints,palmanddorsumforhand.

Thorax: Dissection:chestwall,mediastinum,lungsandheart.

Abdomen: Dissection: anterior abdominal wall and inguinalregion,visceraandposteriorabdominalWall.

Pelvis:

Dissection:pelvisviscera and bloodvessels and nerves sagittal section (M&F)

Prospectedparts: Soleofthefootandjoints.

Head and Neck: Dissection: scalp, superficial and dissection offaceandneck.

ProspectedPart:Orbit,eyeball,submandibularregion,temporalfosse,cranialcavity,Nasalandoropharyngeal regions, ear, larynx and pharynx.Cross sections at c-4, c-6Levels, sagittal section ofhandandNeck.

Nervous system:Section of brain and prospected specimens andmajorfunctionalareas, Gross structure of brainandspinalcordandstudyofgrosssectionasmentionedearlier(inbrief).

DEMONSTRATIONS:

- Bones-asdescribedinosteologysection:

- Brainandspinalcord.

SPECIFICSKILLS: studentsshouldlearn the following skills

1. Tolocalizeimportantpulsationsandthestructureagainstwhichpressurecanbeappliedincaseofbleeding&Traumaofparticularartery.
2. Toelicitsuperficialanddeepreflexes.
3. Todemonstratemuscletestingandmovementsatjoints.
4. Tolocatefor:Lumbarpuncture,sternalpuncture,pericardialtapping,andliverbiopsy.
5. Tolocateveinsforvenouspuncture.
6. Tolocatethesitefor emergencysuchastracheotomy.

HISTOLOGY

GeneralHistology:-

1. Microscope
2. Cell
3. EpithelialTissueI
4. EpithelialTissueII
5. ConnectiveTissue-BonesandCartilages
6. Musculartissue
7. Nervetissue(TS&LSofperipheralnerve,sensory&sympatheticganglion, opticnerve)
8. Epithelialglands(serous,mucousandmixedsalivarygland)
9. Circulatory system (largeartery,mediumsizedartery,largervein)
10. Lymphaticsystem(Lymphnodes,Thymus,Tonsils,spleen)
11. Skin&Appendages
12. Placenta&Umbilicalcord

SystemicHistology:-

1. Respiratorysystem.
2. Esophagus&Stomach.
3. Liver,Gallbladder,pancreas.
4. UrinarysystemI(Kidney)
5. UrinarysystemII(ureter,Bladder,Urethra).
6. Small&largeintestine.
7. Reproductivesystem–Female.
8. Reproductivesystem-Male.
9. UpperGIT(Lip,tongue)
10. Hypophysiscerebri,Thyroidandsuprarenalglands.
11. Eye-CorneaandRetina.

TEXTBOOKS

1. Textbookofanatomy(Vol-I,II,III) -by B.D.Chaurasia
2. Textbooksofanatomy -by Hamilton
3. HumanEmbryology -by Inderbirsingh
4. Cannigham'sTextbookofanatomy -byChunnigham
5. Balley'stextbookofHistology -byBally

REFERENCEBOOKS

1. Textbooksofanatomy -byGray
2. AtlasofHistology -byDifforie
3. AtlasofHistology -byPoddar
4. TextbookofHumanHistology -byDr.VeenaBharihoke
5. AcolorAtlasofHumanAnatomy -byMcminn

PHYSIOLOGY

PAPER–1

- Generalphysiology
- Blood
- Cardiovascularsystem
- Respiratorysystem
- Digestivesystem

PAPER–2

- Excretorysystem
- Endocrinesystem
- Reproductivesystem
- Nervemusclephysiology
- Centralnervoussystem
- Autonomicnervoussystem
- Specialsenses

PRACTICALS

Theory

PaperI

Dehaprakritnirman,bhedlakshan

I. GENERALPHYSIOLOY

1. Cellstructure

2. Sub-cellularunits

3. Cellmembraneandtheirproperties

4. Transportmechanisms

5. Bioelectricalpotentials

6. Bodyfluidsandhomeostasis

II. **BLOOD**:-Physicalproperties,compositionsandfunctionsofblood.

1. Plasmaproteins

a) Normalvalues
b) Originandmethodsofseparation
c) Functionsandvariationsinhealthanddisease.

2. Bonemarrow

a) Formedelements
b) Compositionandfunctions

3. Erythrocytes

a) Morphologyandvariationsinhealthanddiseases
b) Developmentoferythrocytes
c) Siteandstagesindevelopment
d) Necessaryfactors
e) Regulationofdevelopmentoferythrocytes
f) Life-spanandfateoferythrocytes
g) Erythrocytessedimentationrate(ESR)

4. Hemoglobin

a) Structure,Synthesis,functionandmetabolism

b) Typesofhemoglobin

5. Anemia–Definitionandclassification

6. Jaundice-Definitionandclassification

a) Roleandfunctionofspleen

7. Leucocytes

a) Classification,morphology,developmentandfunctions

b) Variationinhealthanddisease

8. Thrombocytes

a) Origin, morphologyand functions

b) Variationinhealthanddisease

9. Homeostasis

a) Mechanismofhomeostasis, coagulationofblood

b) Fateofclotanddisordersofclotting

10. Anticoagulants

a) Mechanismofactionandclinicalapplications

11. Bloodgroups

a) Classification

b) ABOandRHSystem

c) BloodTransfusion,indicationandhazards

12. Lymphandtissuefluids

a) Lymphandreticularsystem

b) FluidcompartmentsandwaterBalance

c) Principlesofimmunesystem

d) Cellularandhumeralimmunity

III. CARDIO-VASCULAR SYSTEM

Historicalperspectiveandorganizationofcardiovascularsystem

1. Heart-

a) Structureandpropertiesofcardiacmuscle

b) Cardiacmetabolism

c) EnervationofHeart,Junctiontissueofheart

d) Regenerationandspreadofcardiacimpulse

2. Electrocardiography

a) Einthoven'sLaw

b) VariousECGleads,normalECGanditsinterpretation

c) Cardiacarrhythmiasandheartblock

d) Cardiacvector

3. Cardiaccycle

a) Pressureandvolumechange(mechanicalevents)

b) Heartsoundandstethoscope

c) Principleofecho–cardiograph

d) Measurementandregulationofcardiacoutput

4. Heartsounds

a) Description,causationandrelationtoothereventsincardiaccycle

b) Clinicalsignificanceofheartsounds

5. BloodPressure

a) Definition,RegulationandfactorsinfluencingB.P.

b) Measurementofbloodpressure

c) Physiologyofhemorrhageandshock

6. Circulation

a) Bloodvessels

b) Physicalprincipleofbloodflow,regulationofbloodflow

c) Jugularvenouspulsetracing,radialpulsetracing

d) Coronary,cerebral,renalandpulmonarycirculation

e) Splanchnic,cutaneousandcapillarycirculation

IV. **RESPIRATORY SYSTEM**: -Introduction, internal and externalrespiration,physiologicalanatomyofrespiratorysystem.

1. Mechanicsofrespiration

a) Inspirationandexpiration
b) Roleofrespiratorymusclesandthoracic cage
c) Pressureandvolumechangeduringrespiration
d) Workofbreathing,lungcomplianceanditssignificanceinhealthanddiseases.

2. Lungvolumesandcapacities

a) Lungvolumesandcapacitiesandtheirmeasurements
b) Respiratory minute volume and maximum voluntaryventilation

3. Alveolarventilationcompositionofatmospheric,inspired,alveolarandexpiredair

4. Pulmonarycirculation

a) Pulmonary circulation , ventilation – perfusionrelationship
b) Diffusionofgasesacrosspulmonarymembrane
c) Oxygenuptake,transportanddelivery
d) Carbon – dioxideuptake,transport anddelivery

5. Organizationoftherespiratorycenters

a) Nervousandchemicalregulationofrespiration
b) Classificationandcharacteristicsofhypoxia,cyanosis,asphyxia, hyper capnea, hypo capnea, dyspnoea, apnoeaandorthopneaandperiodicbreathing.
c) Respiratoryaspectsofhighaltitude
d) Physiologyofacclimatizationandhyperbarrism
e) Respiratory/pulmonaryfunctiontests
f) Non-respiratoryfunctionoflungs
g) Artificialrespiration

V. DIGESTIVESYSTEM

1. Introduction,organizationandplanofdigestivesystem

2. Saliva

a) Composition,functions,regulationsecretion

b) Methodsofstudyofaboveaspectsofsaliva

3. Stomach

a) Functionsofstomach
b) Compositionandfunctionsofgastricjuice
c) Regulationofsecretion andmechanismofHCLsecretion
d) Gastricemptyingtimeanditsregulation
e) Methodsofstudyofgastricfunctionanditsappliedaspect.

4. Pancreas

a) Compositionandfunctionsofpancreaticjuice
b) Regulationofpancreaticsecretion
c) Methodsofstudyofpancreaticsecretion

5. Liver

a) Function,formation,storageandemptyingofbile
b) Composition,functionandregulationofreleaseofbile
c) Entero-hepaticcirculation
d) Testsforliverfunctions

6. Smallintestine

a) Succusentericus
b) Composition,functionandmechanismofsecretions

7. Largeintestine

a) Functions

8. Gastro-intestinalHormones

a) Releaseandfunctions

9. Gastro-intestinalmovements

a) Mastication,deglutitionandvomiting
b) Movementsofstomachandsmallintestines
c) Movementsoflargeintestineanddefecation
d) Regulationofmovements andmethodsofstudy

10. Digestionandadsorptionofcarbohydrates,fats,proteinsandvitamins,mineralsandwater

PaperII

I. EXCRETORYSYSTEM

1. **Generalintroduction-** Organsofexcretionwithspecialemphasisonevolutionofexcretorymechanism
2. **Renalsystem**- Functionalanatomyandrenalcirculation
3. **Nephron-**
   a) Mechanismofurineformation,glomerularfiltration,tubularfunction
   b) Concentrationandacidificationofurine
   c) Composition ofnormal urine,andabnormal constituentsorurine
   d) Renalfunctiontests
4. **Non-excretoryfunctionsofkidney**
   a) Physiologyofmicturitionanditsabnormalities
5. **Skin**:-Structureandfunctions.

II. ENDOCRINALSYSTEM

1. **Introduction**- Hormones, Evolutionaryback-ground and organization of endocrine controlsystems
2. **Methodsofstudy**
   a) Classification of hormones and mechanism of hormonalaction
   b) Regulationofhormonesecretionandfeed-backsystem
3. **Hypothalamo-hypophyseal system**

Releasinghormones

4. Activeprinciples

a) Chemicalnature,biosynthesis,roleofaction

b) Controlofsecretion,excretionanditsaspect.

c) Clinicalstudyoftheirhypo-andhyperfunction

d) Laboratorydiagnosisofpituitary(anteriorandposterior)gland,thyroid,parathyroidadrenalcortex and medulla andisletsoflangerhans.

III. REPRODUCTIVESYSTEM

1. Physiologyofreproduction

a) Introductiontophysiologyofreproduction

b) Sex determination and sex differentiation and chromosomalstudy

2. Malereproductivesystem

a) Growth,developmentandstructureoftestes

b) Gonadotropinsandgonadalhormones

c) Functionsoftestesandspermatogenesis

d) Compositionofsemen

3. Femalereproductivesystem

a) Ovary,Gonadotropins

b) Structureofovaryandcorpusluteum

c) Functionofovary,ovarianhormones

d) Physiologyofmenstruationcycleandphysiologyofpregnancy

e) Physiologyofplacenta,gestationandparturition

f) Physiologicalbasicoftestsforovulationandpregnancy.

4. Physiologyoflactation

IV. NERVEMUSCLEPHYSIOLOGY

1. Neurons

a) Morphologyandmeasuresofexcitability

b) Classificationandpropertiesofnervefibers

2. Muscle

a) Typesofmusclesandtheirpropertiesandmorphology

b) Neuro-muscularjunction,excitation-contractioncoupling

c) Myastheniagravis

d) Starlingslawanditsapplications

V. CENTRALNERVOUSSYSTEM

1. Structural and functional organization of central nervoussystem.

2. Neuron

a) Neuralgia,functional typesofneurons

3. Cerebro-spinalfluid

a) Formation,circulation,functionsofCSF

b) MethodsofcollectionandclinicalsignificanceofCSF

4. Synapse

a) Typesofsynapsesandtheirstructure

b) Sympathetictransmission

c) Generalpropertiesofneuro-transmitters

5. SensoryPhysiology

a) Classificationandgeneralpropertiesofreceptors

b) Sensorymodalitiesandstereognosis

6. Reflexes

a) Reflexandgeneralpropertiesofreflexes(withexamples)

7. Ascendingtracts

a) Origin,course,terminationandfunctions

b) Specificreferencetopainpathwayandphysiologyofpain

8. Organizationofmotorsystems

a) Pyramidalandextra-pyramidalsystem

b) Upperandlowermotorneuronsandtheirlesions

c) Brown-squaredsyndrome

d) Syringomyelia

9. Cerebellum

a) Functionalanatomy,connectionsandfunctions

b) Effectsoflesionsandtestsforcerebellarfunction

10. Basalganglion

a) Functionalanatomyconnectionandfunctions

b) Diseasesofbasalganglionanditsclinicalevaluation.

11. Vestibularapparatus

a) Functionsanatomy,connectionsandfunctions

b) Effectsoflesionsandtheirassessment

c) Physiologyofmaintenanceandregulationofmuscletone,postureand equilibrium

d) Decerebratedrigidityandrightingreflexes

12. Thalamus

a) Functionalanatomy,connectionsandfunctions

b) Effectsoflesionsofthalamus

13. Hypothalamus

a) Functionalanatomy,connectionsandfunctions

b) Effectsoflesionsofhypothalamus

14. Bodytemperatureregulation

a) Normalbodytemperature,pyrexiaandhypothermia

15. Cerebralcortex

a) Functionalanatomy

b) Methodsofstudyofcorticalfunctions

16. Limbicsystem

a) Functionalanatomy,connectionandfunctions

b) EEG,Physiologyofsleepandwakefulness

17. Higherfunctions

a) Learning,speech,memory,behaviorandemotions

VI. AUTONOMICNERVOUSSYSTEM

1. Sympatheticnervoussystem
2. Parasympatheticnervoussystem

- Ida, pingala, sushamna evam shatchakra ka kriyatmakvivechan

VI. SPECIALSENSE

- Jyanindriyokikriyavidhiyokagyan

1. Smell

a) Physiologyofolfactionandolfactorydiscrimination

b) Olfactorypathwayanddefectsofolfaction

2. Receptors,primarytastesensationandtastepathway

3. Vision

a) Functionalanatomyofeye,extraandintra-ocularmuscles

b) Errorsofrefractionandtheircorrection,visualactually

c) Physiologyofaqueoushumor

d) Cornea,lens,intraocularpressure,accommodation

e) Retina,rhodopsincycle,darkandlightadaptation

f) Visualpathwayandeffectsoflesionsinvisualpathways

g) Fieldofvisionperimetrybinocularvision

h) lrisandpapillaryreflexes

i) Colourvision,colourblindnessandtestsforcolourblindness

j) Formationandcirculationoftearslacrimalglands

4. Hearing

a) Functionalanatomyofear,functionofexternalear

b) PhysiologicalFunctionsofmiddleear

c) Impedancematchingandtympanicreflex

d) Functionalanatomyofinternalear,cochlea,organofcorti

e) Auditorypathwayandauditorycortex

f) Frequencyanalysis,soundlocalizationdefectsofhearing

g) Audiometrictestsforconductiondefects,Aphasia

PRACTICAL

I. HAEMATOLOGYEXPERIMENTS

1. Collectionofblood,studyoffreshdropofblood,effectsofisotonic,hypertonic andhypotonicsalineonRBCs

2. EnumerationofRBCs(RBSCount)3.

Estimationofhemoglobin

4.Packedcell volume (PCV)

andbloodindices5.DeterminationofErythrocytesedimentatio

nrate(ESR)6.EnumerationofWBC(TotalCount)

7.Differential

WBCcount(Differentialcount)8.Determinationofclottingtime

andbleedingtime9.Enumerationofplatelets(Plateletcount)

II. HUMANPHYSIOLOGYEXPERIMENTS

1. Recording of blood pressure in human beings and study the effects ofexerciseonbloodpressure

2. Electrocardiography

(Demonstrations)3.ClinicalexaminationofCVSan

dradialpulse

4. Determination of tidal volume, inspiratory reserve volume, expiratoryreservevolume,inspiratorycapacityexpiratoryvolume(Allexpe rimentsaretobearrangedfordemonstration)

5. Stethoscope,normalbodytemperatureanditsphysiologicalvariation6.Puls

e,respirationandtemperaturechartwithcorrelation

7. Clinicalexaminationofrespiratorysystem8.P

lethysmography

(Demonstration)9.ClinicalexaminationofCNS

a) Motorfunctions

b) Sensoryfunctions

c) Cranialnerves

d) Reflexessuperficialanddeep

10 Determinationofvitalcapacityandmaximumventilatorvolumewithspirometry(Demonstration)

Note : Theabove10humanphysiologyexperimentsaretobeconductedwithdemonstrationasajointventurebyphysiologistsandtheclinicalfaculty,ifnecessary.

Recommended text books for physiology

1.Text book of Medical physiology by A.C. Guyton2.ReviewofMedicalphysiologybyW.F.Ganong 3.ConcisetextbookofMedicalphysiology-S.K.Choudhary4.UnderstandingMedicalphysiology-byBijlani5.EssentialsofMedicalPhysiology-bySembulingam

ReferenceBooks

1.BestandTaylor'sphysiologybasisofMedicalpractice2.PracticalphysiologybyGhai

3. PracticalphysiologybyRanade.

PHILOSOPHYOFNATURECURE

PAPER-1

- Evolutionofhumanbody
- Philosophybehindhumanbody
- Compositionofhumanbody
- Comparativestudyofnaturopathywithothersystems
- Ayurvedicapproachtowardsnaturopathy
- PhilosophyofIndian&foreignnaturopaths
- Lawsofnature
- Catechismofnaturecure
- Swasthyavrittam
- Unityofdiseases
- Toxemia
- Naturalimmunity(waysofacquiringit)
- Differencebetweenfunctionalandorganicdisease
- Materialhygienica
- Philosophyoflife
- Philosophyofhealth
- Body'sprotectivemechanism
- Nutritionfromfood
- Philosophyofdeath

PAPER-2

- Propertiesofelements
- Healthanddisease
- Roleofdietinnaturopathy
- Outlineforhealthyfood
- Diagnosticinnaturopathy
- Panchatantras
- Treatmentmodalities
- Crisisandtheirmanagement
- Sleeprepose
- Toxins
- Vaccinationandinoculation
- Geriatric
- Familyplanning

PRACTICALS

Theory

PAPER-I

1 Theevolutionofthehumanbody.

2 Philosophyofthebody,mind,soul,spiritandspiritualbody

3 a) Compositionofthehumanbody,accordingtoAyurveda,Naturopathy,Yoga,ModernMedicine&Homeopathy.

b)HistoryandFundamental(Basic)principlesofNaturopathy

4 ComparativestudyoftheNaturopathywithothersystemsofMedicine.

5 AyurvedicApproachtowardsNaturopathy.

6 PhilosophyofIndianNaturopaths

a. VegirajKrishnamraju
b. BNYSatmaGandhi
c. Dr.S.J.Singh
d. Dr.B.VenkatRao
e. Dr.k.LaxmanSharma
f. SukhbirSingh'Ravat'

7. PhilosophyofForeignNaturopaths.

a. Hippocrates
b. VincentPriessnitz.
c. SebastianKneipp.
d. ArnoldRickil.
e. LouisKuhne.
f. AdolfJust.
g. HenryLindlahr.
h. HerbertM.Shelton
i. J.H.Kellog
j. BenedictLust

8. LawsofNature

a) PanchaBNYSabhutas

b) ShareeraDharmas-Ahara,Nidra,Bhaya,Maithuna.

c) Inflammationanditsdifferentstages.

d) Naturalrejuvenations.

e) ConceptofdiseaseaccordingtoNaturopathy

9. CatechismofNaturopathy

10 SwasthyaVritam:-

a) Dinacharya

b) Ratricharya

c) Ritucharya

d) Vegadharanam

11 Unityofdiseaseunityofcure

12 ForeignmatterandToxinsaccumulationinthebodyanditsimportanceinelimination throughdifferentwaysofchannels.(Toxemia/ForeignMatterTheory.)

13 Naturalimmunity(waysofacquiringit)

14 Differencebetweenfunctionalandorganicdiseases.

15 Materia-Hygienica

a.ImportanceofPhysical&MentalHygiene

16 ThePhilosophyofLife

17 ThePhilosophyofHealth

a) HealthStandards

b) Healthstatus;Ancienteraandcurrentera.

c) PositiveHabits

d) VitalEconomy

e) DemolishersofHealth[Tea,Coffee,Salt,Sugar,TobaccoChewingsmokingAlcoholNon-Veg(AnimalFood),ExcessFat&Oil,NegativeThinking&attitudeetc.

f) InternalSymbiosis

18 Body'sProtectiveMechanism

a) DigestionFirstLineofDefenseAgainstDisease

b) TheLiversecondlineofDefenseAgainstDisease.

c) TheEndocrineGlandsThirdlineofDefenseAgainstDisease.

19. Nutritionsupplementsfromfood

a) FoodistheHealer

b) LetFoodBeyourMedicine

c) WheatGrass-Healthbenefits

d) SaltEating

20. PhilosophyofDeath

PRACTICALS

i. Studentsshouldbeintroducedtovarioustreatmentproceduresusedinnaturopathy.

ii. Practicalwithrecord.

iii. Visitingtovariousnaturecureclinics/hospitals.

PAPER–II

1 PropertiesofWater,Mud,AirandSunlight.

2 HealthisPositiveandDiseaseisNegative

3 RoleofdietinNaturopathyandYoga(Satvic,Tamsic,Rajsic)

4 Outlineona)RegularHabitsforhealthb)RestandRelaxation c)LiveFood-NaturalRawdietd)Fastinge)Exercises.

5 TheDiagnosticProceduresinNaturopathy&theirDiagnosticValues:-

a) FacialDiagnosis

b) Irisdiagnosis

c) ChromoDiagnosis

d) SpinalAnalysis

6 Panchatantras and their importance in Restoration,MaintenanceofHealthandPreventionofDiseases.

7 TreatmentModalitiesinNatureCure(inbrief)

A. Enema

B. ColonHydrotherapy

C. Hydrotherapy

i) HipBath

ii) SpinalBath

iii) SpinalSpray

iv) FootBath

v) ArmBath

vi) ContrastArm&FootBath

vii) SteamBath

viii) SaunaBath

ix) Packs

x) FullWetSheetPack

xi) Jacuzzi

xii) SitzBath

xiii) FullimmersionBath

xiv) UnderWaterMassage

xv) Douches

xvi) ColdCircularJetBath

xvii) WhirlpoolBath

xviii) GastroHepaticPack

xix) Kidney Pack

xx) OxygenBath

D. MudTherapy:-

i) Mud Packs ii) MudBath

E. Chromotherapy:-ColorTreatment

i) Heat,Light,Ultra-violetandinfraredrays

ii) Chromothermolium

F. Heliotherapy-

i) SunBath

ii) Athapasnana(BananaLeafBath)

G. Air-Therapy

i) AirBath ii) OzoneBath

H. Magnetotherapy

I. MassageTherapy

J. AromaTherapy

K. Chiropractic

L. Osteopathy

M. Physiotherapy

8 CrisisandtheirManagement

9 SleepRepose

10 Toxins and anti toxins, Their generation & MitigationinNaturopathyway

11 VaccinationsandInoculation,Theirilleffectsonthehumanmindandbody.

12. Oldageproblemsandnaturalrejuvenation

13 FamilyplanningbyNaturaltherapeutics.

PRACTICAL

i. Studentsshouldhaveknowledgeofgivingvarioustreatments.

ii. Demonstrationof:-

(a) NaturalDiet(Livefood)

(b) Satvicboileddiet.

(c) Wayofserving&variousspecialdiets.

iii. PracticalswithRecord

TextBooks-

1.	PhilosophyandpracticeofNatureCure	- ByHenryLindlahr.
2.	PracticalNatureCure	- ByDr.K.LaxmanSharma
3.	MyNatureCure	- ByM.K.Gandhi
4.	IntroductiontoNaturalHygiene	- ByHerbertM.Shelton
5.	Returntonature	- AdolfJust

ReferenceBooks

1	MyNatureCureorPracticalNaturopathy	- ByS.J.Singh
2	Ayurvedaforhealthandlonglife	- ByDr.R.K.Grade
3	Everybody'sguidetoNaturecure	- ByHarryBenjamin
4	DietandDietReforms	- ByM.K.Gandhi
5	Mucouslessdiethealingsystem	- ByArnoldEhret

BASICPRINCIPLESOFYOGA

- HistoryofYoga
- FundamentaloutlinesofYoga
- Kriyas
- ClassificationofYogasanas
- RulesandRegulations
- CommonYogaprotocol(WorldYogaday)

PRACTICALS

THEORY

1. **History of development of Yoga**. (Pre-vedic time to present)DifferentdefinitionofYoga,StreamsofYogaJnanaYoga,karmaYoga, RajYoga,BhaktiYoga,HathYog,LayYoga.

2. **FundamentaloutlinesofAstangaYoga.**

   a. Yama

   b. Niyama

   c. Asanas: Shirshasana, Vajrasana, SuptaVajrasana

      Paschimottanasana,BaddhaPadmasana,Trikonasana,Ardh krati andKati Chakrasana,Padahastasana,Shavasana.

   d. Paranayama- Suryabhedana,Ujjayi,Bhastrika,Sheetkari,SheetaliBharamari, Murcha,Plavini

   e. Prathyahara

   f. Dharana

   g. Dhyana

   h. Samadhi

3. **Kriyas**

   i) Neti — Jal,Sutra

   ii) Dhouti — Va manaVa stra Dan da

   iii) Nauli — Madhya

Dakshina&Vama

iv) Trataka

B

induJ

yoti

4. v) Kapalabhati

ClassificationofYogasana-
Beginnersgroup,IntermediateGroup,Advancedgroup,DynamicandStaticYogasanas.

5. Rules&RegulationstobefollowedforpracticingAsanasdifferencebetweenYogaandExercise.

6. WorldYogaday-CommonYogaprotocol

6. Education: Its meaning, definition and goal, role andimportanceofeducationinHumanExcellence.
7. Yoga in Education: Salient features of Yoga Education,FactorsofYogaEducation:Teacher,StudentandTeaching,Guru-Shishya-ParamparaanditsimportanceinYogaEducation.
8. Value Education: Its Meaning and Definition, Types ofvalues,value–orientedEducationinPersonalityDevelopment.
9. Contribution of Yoga towards Development of Values,SpiritualGrowth.
10. SalientfeaturesofIdealYogaTeacher,RoleofYoga TeacherinValue-orientedEducation,RoleofYogaindevelopmentofhealthysociety.

PRACTICAL

1 Asanas

2 Kriyas

3 Pranayama

4 Dharana

5 Dhyana-Meditation

6 Practical'swithrecordsS

arvangaPushti

HridGati(Enginerun)

SectionalBreathing(Abdominal,ThoracicandClavicularBreathing)

PracticesleadingtoDhyanaSadhana

- Body awareness and Breath awareness
- Yoga Nidra
- Antanmauna
- RecitationofPranavaandSohama
- Recitation of Hymns
- Practice of Dhyana

ReferenceBooks–

1.SukshmaVyayama-SwamiDhirendraBrahmachari.

2.BasisanddefinitionsofYoga-VivekanandaKendra.

3.RajaYoga-SwamiVivekananda.

4.Asanas-SwamiKuvalyananda.

5.Asanas Pranayama Mudras & Bandhas - SwamiSatyanandaSaraswati.

BIOCHEMISTRY

- Introduction
- Hydrogenion
- Principlesofcalorimetry
- Aminoacids
- Peptides
- Proteins
- Collagen,myoglobinandhemoglobin
- Enzymes
- Carbohydrates
- Polysaccharidesfunctions
- Lipids
- Nucleicacid
- Vitamins
- Minerals
- Cellandsubcellularstructure
- Metabolism
- Biologicaloxidation
- Lipidmetabolism
- Proteinmetabolism
- Purine&pyrimidinemetabolism
- Biochemicalgenetics
- Biochemistryofblood
- Liverfunctions
- Kidneyfunctiontest
- Energymetabolism
- Electrolyteandwatermetabolism

PRACTICALS

THEORY

1. **Introductionandprospects**.

2. **Hydrogen ion** concentration, acids, base, buffers, Henderson-HaselbaschEquation.

3. **Principles of Calorimetry**, paper chromatography andElectrophoresis.

4. **AminoAcids**-
Classification,structure,propertiesandsidechainsofaminoacids.

5. **Peptides-**

Biologicalimportanceofpeptidesstructureof Insulin.6. **Proteins** -

Definition Biological importance classification and properties structure of proteins coagulation and denaturation ofproteins.

7. **Elementaryaspectsofthestructureofcollagen,MyoglobinandHemoglobin.**

8. **Enzymes-**Definition classification specificity coenzymes co-factorsandactivatorsdiagnosticimportanceofenzymesandiso-enzymes.

9. **Carbohydrates-**
Definitionclassificationandbiologicalimportanceof Monosaccharide-classificationpropertiesandstereoisomerism,oligosaccharides-importanceofDisaccharides.

10. **Polysaccharidesfunctions.**

11. **Lipids** -Definitionclassificationandbiologicalimportance.

1. Simplelipids:Compositionoftriglycerol,Waxes.

2. Compound lipids: Functions of fatty acids - Properties andsaturatesandunsaturatedfattyacids.

12. **Nucleic acid** - Definition classification, composition and biologicalimportance of nucleic acids purine and pyrimidine bases structureofDNA

13. **Vitamins-**Definitionandclassification.

14. **Minerals**-
CalciumPhosphorousironcooperzincmagnesiummanganeseleadmercuryarsenicandmetaltoxicityfluorineandiodine.

15. **Cellandsubcellularstructures**:-Cellmembrane,itscomposition function of sub cellular structures, transport acrosscellmembrane,Activeandfacilitateddiffusion.

16. **Metabolism** - Digestion and adsorption of carbohydrates, lipids,proteinsandnucleicacids.

17. **CarbohydrateMetabolism**-
Glycogenesis,glycogenolysisandKrebs'scycle,glycoysis,privateoxidationcitricacidcycle,Gluconeogenesis,Metabolismoffructoseand Galactose,regulationofmetabolicpathways,disordersofcarbohydratemetabolism,regulationofbloodsugar,glucosetolerancetest,diabetesmellitus.

18. **Biologicaloxidation**-oxidativephosphorylation.

19. **LipidMetabolism**-
Lipogenesis,synthesisoffattyacids,denaturation,Phospholipids,Biosynthesisof lecithin, Cephalicand utilization of Ketone bodies, ketosis, synthesis and utilizationof ketone bodies, ketosis, synthesis and breakdown of cholesterol,disordersoflipidmetabolism,outlinesandformationsofprostaglandinsandleucotrienes,fattyliverandlipotropic factors.

20. **Metabolism of proteins and amino acids** - Breakdown of tissuesproteins,aminoacidspool,generalmetabolismofaminoacids,disposalofammonia,ureacycleformationofglutamateandglutamine,disordersofaminoacidmetabolism.

21. **PurineandPyrimidinemetabolism**-
Outlineofsynthesisandbreakdownofpurineandpyrimidine,Disordersof metabolismofpurineandpyrimidine.

22. **Biochemicalgeneticsandproteinsynthesis**-
Replication,transcription,reversetranscriptionviruses,oncogenes,p osttranscriptionmodification.

23. **Biochemistry of blood** - Outline of synthesis and degradation ofhaem function of Haemoglobin, abnormal haemoglobin, Jaundice,importance,functionsandseparationofplasmaproteins,Fun ctions of immunoglobulin, regulation of Ph of blood, role ofkidneyandlungsinmaintainingPhofblood,acidosisandAlkalosis.

24. **Liverfunction**-LiverFunctiontests,Detoxificationmechanisms.

25. **Kidney Function Tests** - Composition of Urine, Urea ClearanceandcreatinineClearance.

26. **Energymetabolism(BMR)**-Basalmetabolicrateanditsimportance, calorific values of blood, balanced diet, protein energymalnutrition(PEM),essentialfattyacids,dietaryhabitsanddiseas es,biochemistryofstarvation.

27. **Electrolytesandwatermetabolism**.

PRACTICALS

SECTION - I

1. Indicators.
2. Reactionsofmonosaccharide-Glucoseandfructose.
3. Reactionsofdisaccharides-Lactose,Maltoseandsucrose.
4. Reactionsofpolysaccharides-Starchanddextrin.
5. ReactionsofProteins-albumin,casein,gelatin.
6. CoagulationandPrecipitationandreactionsofProteins.
7. ReactionsofNonProteinNitrogen(NPN)-
   Urea,Uricacidandcreatine.
8. AnalysisofMilk.
9. NormalConstituentsofurine.
10. Analysisofabnormalurine.

SECTION-II

1. Determinationof
   a) BloodSugar
   b) BloodUrea
   c) TotalSerumProtein
   d) TotalSerumCalcium
   e) TotalSerumCholesterol
   f) TotalSerumBillirubin
2. Determinationof
   a) SugarinCSF
   b) ProteinsisCSF
   c) ChloridesinCSF
3. Determinationofalbuminandureainurine
4. DeterminationofSGOTandSGPT

5. Determinationofprinciplesof

a) Calorimetryandcalorimeter

b) Paperchromatography

c) Electrophoresis

d) GlucoseToleranceTest(GTT)

e) FlamePhotometry

RecommendedTextbooksforBiochemistry

1. TextbookofBiochemistry-ByRamkrishna,PrasanaandRajan
2. Biochemistryformedicalstudents-ByDebajyothiDas.
3. TextbookofBiochemistry-ByRamaRao.
4. TextBookofBiochemistry-BySatyanaryan.

ReferenceBook–

1. Harper'sreviewofphysiologicalchemistry-ByHarper
2. TextBookofBiochemistry-ByLubertStryer
3. Biochemistry-ByAlbertLehniger.
4. TextBookofBiochemistry-ByWest&Todd.
5. LaboratorymanualofBiochemistry-ByRajgopal&Ramkrishanan.

SANSKRIT

- Varna,vakya, sangya, sutra, uccharan
- ImportanceofSanskrit
- IntroductiontoBhagwadgita
- Sandhivicched
- Karakprakaran,sutrokivyakhya
- Samasprakaran

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SYLLABUS&CURRICULUMFO

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BACHELOROFNATUROPATHYANDYOGICSCIENC

ES

IIYEAR

DurationOneYear

1

PATHOLOGY2MI

CROBIOLOGY

3 YOGAPHILOSOPHY

4 CHROMOANDMAGNETOTHERAPY

5 COMMUNITYHEALTH&MEDICINE

6 BASICPHARMACOLOGYANDPHARMACOGNOSY

PATHOLOGY

Generalpathology

- Historyandscopeofpathology
- Thecell
- Cellinjury
- Inflammationandrepair
- Chronicinflammation
- Woundhealing
- Gangrene
- Granulomas
- Fluidandhemodynamicchanges
- Immunopathology
- Growthanditsdisorders
- Neoplasia

Systemicpathology

- DisordersofRBC
- DisordersofWBC
- Coagulationandbleedingdisorders
- Diseasesofcardiovascularsystem
- Diseasesofrespiratorysystem
- Diseasesofdigestivesystem
- Diseasesofliver,BiliarytractandPancrease
- Diseasesofkidney
- Diseasesofmalereproductivesystem
- Diseasesoffemalereproductivesystem
- Diseasesofbreast

- Endocrinaldisorder
- Musculoskeletalpathology
- Diseasesofnervoussystem
- Diseasesoflymphnodesandspleen
- Pathologyofskin
- PathologyofENT
- Rogiparikshavidhiya
- Clinical pathology

PRACTICALS

THEORY

GENERALPATHOLOGY

1 **HistoryandscopeofPathology**-

a) Definition andVariousbranchesinPathology

b) ScientificStudyofdiseaseandmethodology

2 **Thecellandthereactionofcell,tissueandorgantoinjury.**

a) Structureofcellanditsfunction.

b) Causesandnatureofcellinjury.

3 **Reactionofcelltoinjuriousagents**

a) Lethal injury-Necrosisandgangrene

b) Cloudyswelling

c) FattychangesinLiver,heartandkidney

d) Glycogeninfiltrationandhyalinedegeneration.

e) Lipoiddegeneration.

f) Mucoiddegeneration.

g) PathologicalCalcification

4 **InflammationandRepair:**

a) Definition,Classificationandnomenclature.

b) Acuteinflammation:-Vascularand cellularphenomenon, cell of exudates chemical mediators andtissue changes in acute inflammation cardinal signs ofacute inflammation, types and systemic effects of acuteinflammation.

5 **ChronicInflammation**

a) DifferencebetweenacuteandchronicInflammation

b) DefinitionofGranuloma.

6 **Woundhealing**

a) RegenerationandRepair

b) Repairofepithelialandmesenchymaltissue

c) Primary Unionandsecondary union

d) Mechanism involved and factors modifying repairprocess.

7 **Gangrene**-Causes,DryGangrene,MoistGangrene,GasGangrene

8 **Granulomas:-**

a) ClassificationofGranulomas

b) Tuberculosis-Genesisandfateoftubercle,primaryandsecondarytuberculosis.

c) Definition,Classificationand PathologyofLeprosy.

d) Acquired,Primary,SecondaryandTertiarystagesofsyphilis.

e) C.N.S.Syphilis,C.V.S.syphilisandGumma,CongenitalSyphilis.

f) Actinomycosis,maduramycosisandrhinosporidiosis

9 **Fluid and Hemodynamic Changes (Circulatorydisturbances):-**

a) Hyperemia,Congestionandhemorrhage.

b) Thrombosis,embolism,DIC.

c) Ischemia,Infarctionandshock

d) Edema.

10 **Immunopathology–**

a) Basic mechanism in autoimmune Pathological disorders.
b) Conceptofimmunodeficiencydisorders.
c) PathologyofAIDS.

11 **Growthanditsdisorders-**

a) DefinitionofAgenesis,aplasis,atrophy,Hyperplasia,Hypoplasia,Metaplasia.
b) Conceptofdysplasia,anaplasiaandcarcinoma-in-situ.

12 **Neoplasia:**

a) Definition,ClassificationandNomenclature.
b) Characteristicfeaturesofbenignandmalignanttumors.
c) Routeofspreadofmalignant
d) Grading and stagingcondi of cancers and pre-cancerous tions.
e) Carcinogenesisandcarcinogens.
f) Laboratorydiagnosisofcancer-B

SYSTEMICPATHOLOGY

1. **DisordersofRBC**

   a) Definitionmorphologicandetiopathological classificationofanemia.Irondeficiencyanemia,B-12andfoliatedeficiency anemia, sickle cell anemia, post-hemorrhagicanemia.

   b) Conceptandclassificationofhemolyticanemia.

   c) Laboratoryinvestigationsinanemia.

2. **DisordersofWBC**

   a) Leukopeniaandleukocytosis.

   b) AgranulocytosisandTropicalEosinophilia.

3. **Coagulationandbleedingdisorders**

   a) Structurefunctionandpathologyofplatelets.

   b) Definitionandclassificationofblooddyscrasia.

   c) Laboratoryinvestigationsinbleedingdisorders.

4. **DiseasesofCardiovascularSystem**

   a) ArteriosclerosisandAtherosclerosis.

   b) Aneurysm.

   c) Rheumatic heart disease, Endocarditis, MyocardialInfarction.

   d) Congenitalheartdiseases.

   e) Congestivecardiacfailure.

5. **DiseasesofRespiratorySystem**

   a) Lobar Pneumonia, bronchopneumonia, PulmonaryTuberculosis.

   b) BronchiatesisandPneumoconiosis.

   c) Tumorsoflung.

6. **DiseasesofGastro-intestinalsystem**

a) Pleomorphic,adenomaofsalivarygland.

b) Barrett'sEsophagus.

c) Gastritisandpepticulcerandtumorsofstomach.

d) Inflammatoryboweldiseases-
Crohn'sdisease,ulcerativecolitis,typhoidulcer.

e) MegacolonandTumorsofcolon

f) Malabsorption syndrome, tropical sprue and coeliacdisease.

g) Amebiasis, bacillary dysentery and intestinaltuberculosis.

7. **Diseasesofliver,biliarytractandpancreas**

a) Liverfunctiontestsandhepaticfailureviralhepatitis.

b) Cirrhosisoflivertumorsofliver.

c) Alcoholicliverdiseases.

d) Indianchildhoodcirrhosis.

e) CholecystitisandGallstones.

f) PancreatitisandDiabetesMellitus.

8. **DiseaseofKidney**

a) Renalfunctiontests,RenalFailure,Polycystickidney.

b) Acuteglomerulonephritis,CresentricGlomerulonephritisMembranousglomerulonephritis,Nephroticsyndrome.

c) Chronicglomerulonephritis,acutetubularnecrosis.

d) Pyelonephritis,Kidneyinhypertension.

e) TumorsofKidney.

9. **DiseasesofMaleGenitalsystem**

a) Orchitisandtesticulartumors.

b) Nodularhyperplasiaofprostate,carcinomaofprostate.

c) Carcinomaofpenis.

10. **DiseasesofFemaleReproductiveSystems**

    a) Endometrial Hyperplasia, adenomyosis andendometriosis.

    b) Carcinoma of cervix,tumorsof ovary.

    c) Carcinomaandotherdiseaseofvulvaanduterus.

11. **DiseasesofBreast**

    a) Fibrocysticdiseaseandtumorsofbreast.

    b) Gynecomastia.

12. **EndocrinePathology**

    a) Endocrinallesionsinbriefmainlystressingon thyroidandPheochromocytoma.

13. **MusculoskeletalPathology**

    a) OsteomyelitisandOsteoporosis.

    b) RicketsandOsteoporosis.

    c) TumorsofBone.

    d) RheumatoidArthritis,Gout.

    e) MyastheniagravisandProgressivemusculardystrophy.

14. **DiseasesofNervousSystem**

    a) MeningitisTumorsofCNS.

    b) TumorsofPeripheralNerves.

    c) Encephalitis.

15. **DiseaseofLymphnodesandspleen**

    a) Lymphadenopathy.

    b) MalignantLymphoma,Basalcellcracinoma.

16. **PathologyofSkin**

    a) SquamouscellcarcinomaBasalcellcarcinoma.

    b) MalignantMelanoma.

    c) Warts,MolluscumContagiosum.

d) Fungaldiseases.

17. **PathologyofEye.**

18. **PathologyofENT.**

- Rogiparikshavidhiya-TrividhAsthavidhDasvidh

19. **Clinical Pathology Including Clinical Hematology &ClinicalBio-Chemistry.**

1 Samplecollectionsforvarioushematologicalandclinicalpathologicalinvestigationsandanticoagulantsused.

2 TheoriticalaspectsofHbestimationhematocrit,bloodindices,ESRandnormalvaluesinHematology.

3 Bloodgroupingconceptofbloodgroups.

a) Selectionofdonor,majorandminor-crossmatching.

b) Blood transfusion, diseases transmitted bytransfusions.

c) Coomb'stest

4 CSFAnalysis

5 SemenAnalysis

6 Urineanalysisandmicroscopy

7 LiverFunctiontests.

8 Renalfunctiontests.

9 Glucosetolerancetest.

10 Exfoliativecytology.

PRACTICALS

1 **Hematology :-**

1 Bloodgroups(A.B.O.System)

2 Estimationofhemoglobin

3 EnumerationofRBCs(R.B.C.Count)

4 Totalleukocytecount(totalcount)

5 Differentialleukocytecount(D.L.C.)

6 Peripheralsmearstainingandreporting

7 Absoluteeosinophilcount

8 Demonstrationof

a) Hemograminanemia

i) Irondeficiencyanemia.

ii) Macrocyticanemia.

b) HemograminLeukemia

i) Acutetypes.

ii) Chronictypes.

9 Slidestudyof:-

a) Acutemyeloidleukemia.
b) Chronicmyeloidleukemia.
c) Chroniclymphaticleukemia.

II. **SPOTTERS:-**

A. HAEMATOLOGYSLIDES

1. MicrocyticHypochromicAnemia.
2. MacrocyticAnemia
3. Dimorphic Anemia.
4. AcuteLeukemia.
5. ChronicMyeloidandChronicLymphaticLeukemia.
6. Eosinophilia.

B. HISTO-PATHOLOGYSLIDESFORDISCUSSION

1. AcuteAppendicitis.
2. LobarPneumonia.
3. T.B.Lymphadenitis.
4. Lipoma,Fibroma,SquamousPapilloma.
5. SquamousCellCarcinoma.
6. Adenocarcinoma.
7. Osteosarcoma,Osteoclastoma.
8. PleomorphicAdenoma.
9 Teratoma,SeminomaofDysgerminoma.
10. CysticGlandularHyperplasia
11. ProliferativeHyperplasia.
12. SecretoryEndometrium.

C. INSTRUMENTSFORSPORTTING

1. Wintrobe'sTube.
2. Westergren.
3. RBCpipette.
4. WBCPipette
5. LumbarPunctureNeedle.
6. LiverbiopsyNeedle.

III. MORBIDANATOMY

1. AcuteAppendicitis.
2. LobarPneumonia.

3. TBLung.
4. GastricUlcer
5. CarcinomaStomach.
6. CarcinomaBreast
7. Atherosclerosis.
8. DermoidCystofOvary
9 SeminomaTestis.
10. ChronicPyelonephritis.

IVCLINICALPATHOLOGY

1. Examinationofurinefor:
   a) Sugar,KetoneBodies.
   b) Proteinand Blood.
2. SemenAnalysis
3. PregnancyTest
4. LiverFunctionsTest.
5. FractionalTestmeal.
6. Glucosetolerancetest.

RecommendedTextBooksforPathology

1.PathologicalBasisofDisease-ByRobbins,CotranandKumar

2. TextBookofPathology-ByN.C.Dey

3. TextBookofPathology-ByHarshMohan

ReferenceBooks-

1. TextBookofPathology -ByAnderson
2. SystemicPathology -BySymmers
3. MedicalLaboratory -ByRamnikSood
4. Pathology -ByBoyd
5. ThescienceandfineartofDiseaseProcess(Orthopathy) - HerbertM.Shelton

MICROBIOLOGY

- Generalbacteriology
- Immunology
- Systemicbacteriology
- Parasitology
- Virology
- Mycology
- Appliedmicrobiology

PRACTICALS

Theory

1. **GeneralBacteriology:-**

   a) HistoricalIntroduction.

   b) MorphologyandPhysiologyofBacteria.

   c) SterilizationandDisinfection.

   d) CultivationofBacteria.

   e) BacterialGrowthandMultiplication.

   f) BasicPrinciplesofBacterialGenetics.

2. **Immunology:-**

   a) InflectionandImmunity.

   b) ImmunoglobulinandImmuneResponses.

   c) Immune systemandantigen-antibodyresponse.

   d) Complimentandotherserologicaltests.

   e) Hypersensitivity.

   f) BasicPrinciplesofAutoImmunity.

3. **SystemicBacteriology-**

   Streptococcus,StaphylococcusandPneumococcusGonococcusMeningococcas.Yesinia,,Clostridium,Hemophilus,Bordetella,Mycobacterium,Spirochaetes,Yersinia,chalamydia,Chlamydia.Corynaebatterium

4. **Parasitolgy-**

   a) Protozoology

      EntamoebaandPlasmodium

   b) Helminthology-

      Ancylostoma.Ascariasis,Taenia,Wuchereria.

5. **Virology-**

   a) Generalproperties-ofvirusandtheirdiagnosis.

   b) Herpes,Adenovirus,Picorna,HepatitisVirus.

   c) Poxvirus,RabiesVirus,Poliovirus,HIV,Bacteriophage.

6. **Mycology**

   a) GeneralCharactersandmethodsusedofstudyanddiagnosisoffungalinfections.

   b) Superficial mycoses, systemic mycoses, candidiasis,Aspergillosis,Mycetoma,Rhinosporidiosis.

7. **AppliedMicrobiology**

   a) Normalbacterialfloraofhumanbody.

   b) Diagnosticmethodsincommondiseases.

      I)Meningitis,UTI,PID,Gastroenteritis,RespiratoryInfection.

      ii) Urogenital Infections, Pyogenic Infections, NosocomialInfections,InfectionsofEar,Eyeand OralCavity.

   c) BacteriologyofWater

PRACTICALS

1 MicroscopesandMicroscopy.

2 SterilizationandDisinfection.

3 MorphologyofBacteria

4 Culturemedia.

5 CultureMethods.

6 StainingofBacteria.

   a) Gramsstaining
   b) Albert'sstaining
   c) Z-NStaining

7 StoolsExamination

8 IdentificationofBacteria

9 DemonstrationofV.D.R.L.Test

10 DemonstrationofWidaltest.

TextBooks

1 Textbook of Microbiology- By R. AnathaNarayana & C.K.JayaramPaniker
2 ParasitolgyByJayaramPanikar
3 Bacteriology-ByDey
4 Textbookofmicrobiology-ByChakravarthy
5 Textbookofmicrobiology–ByDr.C.P.Baveja

ReferenceBooks

1 Parasitolgy -ByChattarjee
2 PracticalMicrobiology -ByR.CruickShank
3 ClinicalMicrobiology -ByBaileyandScott
4 MedicalLaboratoryManualFor TropicalCountries Vol.IandII -ByMonicaCheesbrough

YOGAPHILOSOPHY

- Yoga, itspurposeandphilosophy
- Indianphilosophy
- Historicalhighlights
- Philosophicalnatureofman
- Thetheoryofbodymindandsoul
- Indianpsychology
- PhilosophicalvaluesofAstangYoga
- Spiritualvaluesofpranayama
- Importanceofsayam
- IndianYogicmasters

PRACTICALS

Theory

1. Yoga,itsdefinition,its,basis,purpose,its,relationtophilosophyandit sapplication.
2. ContemporaryIndianPhilosophies,SadDarshan,similarityofsad darshanandYoga.
3. HistoricalhighlightofYoga-Practicesandliteraturefromtheancienttomoderntimeswithspecialre ferencetonatureofYogainUpanishads,smrithisandpuranas,Panchak oshaVivekandAnandaMimamsa.

4. ConceptofIshwaraanditsrelevanceinYogasadhana,qualitiesofIshw ara,Ishwarapranidhana.

4.Introduction to Prasthanatrayee,PurusharthaChatushtaya andgoalofhumanlife.

4. ThephilosophicalNatureofManandhisessence,destinyinconcept ofYoga.
5. ThetheoryofBody,Mind,LifeandNatureofsoulandevidencefortheex istenceofsoul.
6. BasicconceptsofIndianPsychology-definitionabriefhistoryofpsychology,contemporarypsychologyaccord ingtoFreud,Mr.WoodsworthandvariousPsychologistsYogicscienceinr elationtoPsychology.cognitiveprocess:Itsmeaningandnature.
7. Philosophical valueofAshtangaYoga (8 Limbs ofYoga byPatanjali),ConceptofKriyaYogaofPatanjalianditsimportanceforh ealthyliving.

8. Yogatradition in Jainism:Syadvada(theory ofseven foldpredictions);ConceptofKayotsarga/Prekshameditation).

9. YogaTraditioninBuddhism:conceptofAryasatyas(fournobletru ths).

8. SpiritualvaluesofPranyamaandKriyas,theirmethodsimp ortancerulesandregulations.
9. ImportanceofSayam.

10. PhilosophyandcontributionindevelopmentofYogaof,Adisan karacharya,Ramanujan,BNYSarshiDayanadaSaraswati,Ram akrishna ParaBNYSansa, SwamiVivekananda,SwamiKaivalyanada,RamanaBNYSarshi, A.C.BhaktiVedantaPrabhupada,JidduKrishnaMurthy,Swami

Shivananda,ParamhansaMadhavadasji,YogacharyaShriT.Krishna macharya).

Buddha,BNYSavir,ShriAurabindo.

PRACTICALS

Looseningexercises(ShitlikarnaVyayama)&Breathingexerciseallexercise sfromAsanaspranayamaKriya-VivekanadaKendraPublication.

ConceptandPrinciplesofSukshmaVyayama,SthulaVyayama,SuryaNamask arsandtheirsignificanceinYogaSadhana.

IntroductiontoYogicrelaxationtechniqueswithspecialreferencetoYogaNidr a.

i) Yogasanas

1. Siddhasana.	2. Padmasana.
3. Bhadrasana.	4. Samasana.
5. Swastikasana.	6. Vajrasana.
7. Simhasana.	8. Gomukhasana.
9. Virasana.	10. ArdhaMatsyedrasana.
11. Vakrasana.	12. Paschimottasana.
13. Ustrasana.	14. Uttitapadasana.
15. Shalabhasana.	16.Paranmuktasana
17.ViparitakaraniAsana.	18. Sarvangasana.
19. Dhanurasana	20.Halasana
21.Matsyasana	22.Kurmasana
23.Kukkutasana	24.Mayurasana

25.Sirsasana

26.Trikonasana27.Ardha Katchakrasana

28.ParshavaKonasana

29.Konasana

30.Katichakrasana

31.Padhastasana

32.Savasana

33.Makarasana

34.Baddhapadmasana

35.Naukasana

36.Chakrasana

37.Garudasana

38.AkarnaDhanurasana

39.Janusirshasana

40.Suptavajrasan

41.Padangusthasana

42.Karnapidasana

43.Tolangulasana

44.Garbhasana

45.Yoganidhrasana

ii) Pranayama

1. AnulomaViloma.
2. NadiSuddhi.
3. Ujjayi.
4. Sheetali.
5. Shitakari.
6. Bhastrika.
7. Bhramari.
8. Suryabhedana.
9. Chandrabhedana.
10. Sadanta.

iii) Kriyas

1. Neti-JalandSultra.
2. DhoutiVamanaanddanda.
3. Trataka-JyotiandBindu.
4. Kapalabhati.

iv) Meditation(Dhyana)

1. CyclicMeditation
2. OmkaraMeditation.

BooksRecommended

1. TheHistoryofYoga-VivianWorthintion
2. YogaandIndianPhilosophy-Karelwemer
3. JnanaYoga,BhaktiYoga.KarmaYoga,RajajYoga,BySwamiVivekananda(VivekanandaKendralPublication)
4. LightonPranyama-B.K.S.lyenger
5. HathaYogaPradipika-SwamiMuktibodhanada

CHROMOTHERAPYANDMAGNETOTHERAPY

Chromotherapy

- Introduction
- Theoryoflightandforce
- Chromophilosophy
- Sourceoflight
- Chromochemistry
- Chromo diagnosis
- Chromo therapeutics
- Practicalinstruments
- Directionstobefollowedwhilegivingtreatment
- Healingbymeansofnaturalsubstances
- Chromotherapy
- Bordeauxmedicine
- Airtherapy
- Suntherapy

Magnetotherapy

- Introduction
- Magnetism
- Effectsofmagnetism
- Bio-magnets
- Magneticinfluence
- Magnetsandtheircomposition
- Techniqueofapplicationofmagnets
- Magnetizedwater

- Advantageofmagnetotherapy
- Magneto therapyandacupressure
- Importantterminology
- RecentdevelopmentinMagnetotherapy

PRACTICALS

A)CHROMOTHERAPY

Theory

1. **Introduction**
   a) HistoricalHighlights
   b) Harmoniclawsoftheuniverse
   c) SolarFamily.
2. **Theoryoflightandforce**
3. **Chromophilosophy**-Reflection,RefractionAbsorption
4. **Thesourceoflightthesunformingsourcesthesolaratmosphere**-sum power - the color effects and-influence of sunlightonskin,muscles,digestiveorgansandBones.
5. **Chromo-chemistry**characterofspectrumanalysismaterialsdiscovered by the spectroscope the spectrum-spectrum of grey andnaturalcolorelementsspectraofelementsofpositivecolorschromaticrepulsionandattraction.
6. **Chromo-diagnosisandchromo-hygiene.**
7. **Chromo-therapeutics**-Thehealingpower of color healing powerorredyellow,orange, blue green and violet non spectral colorssunstrokeactionofsunlightonmicro-organisms.
8. **Practicalinstrumentsforcolorhealing**-Blue Green and VioletRedPinkYellowOrangeglasses thesolarthermoleumtheelectrothermoleum,thechromolens-chromo-lighteradicator.
9. **Directionstobefollowedduringtreatmentwithlight.**
10. Healingbymeansof substances charged with different coloredlightmethodofsolarizationofwater,oilsandfoodsubstancesetc.
11. **Chromo-therapy**prescriptionsfordifferentdiseases.
12. **Bordeauxmedicine.**

AIRTHERAPY

1. CompositionofAir-NightandDayComposition
2. Ozoneintheatmosphere.
3. AirPollutants,theiracceptablevalues.
4. PhysiologyofRespiratorysystem.
5. Airbaths(ColdandHot)
6. TheoryofPanchapranasandNadis.

SUNTHERAPY

(HelioTherapy)

1. History.
2. PhysiologicalandChemicalPropertiesofSunlight.
3. Effectof sunlightonvegetationandMicro-organism.
4. Rejuvenationduringdiseases.
5. GeneralSunBath.
6. Dr.Rikli'smethodofsunbath.
7. Dr.Kuhn'smethodofsunBath.
8. SunBaththroughwetpack.
9. Sunbathofchildrenandagedpersons.
10. Sunbathwithbananaleaves
11. Oilsunbath(Abhyangasnana)
12. SunStroke.
13. PracticeofExerciseinsunlight.

Practical

Students should have demonstration classes in various chromotherapeuticdevicesandtheirclinicalapplication.

1. Casestudieswithrecord.
2. Caseswithbio-chemicalreports
3. Demonstrationofcolorglassesandbottles.
4. Demonstrationofinstrumentsandequipments.

TextBooks

1. Theprinciplesoflightandcolor - By.Dr.E.D.Babbit
2. Humancultureandcureinfiveparts- ByDr.E.D.Babbit
3. Color therapy - ByR.S.Amber
4. Healingthroughcolor - ByThea-Gimbel

ReferenceBooks-

1. Thepoweroftherays - ByS.G.J.Oseley
2. Colorandhealing - ByGladyaMayer
3. AllYouwantedtoknow Kumaraboutsuntherapy. - Vijaya
4. ColorTherapyMiracle ofSunrays - RashmisharmaandBNYSaraj-KrishnaSharma

MAGNETOTHERAPY

THEORY

1. **Introduction-**
   a) DefinitionofMagnetotherapy.
   b) Historicalhighlights.
   c) UseofmagnetsupheldbyNaturopathy.
2. **MagnetismintheUniverse-**
   a) Earthahugenaturalmagnet.
   b) NatureofEarthMagnetism.
   c) Earthmagneticeffectsonthehumanbeings.
3. **EffectsofMagnetismonlivingorganisms.**
4. **Bio-magnets**-Biologicalexperimentswithmagnets.
5. **Medicalinfluenceofmagneticfield:-**
   Rheumatoidarthritis,hemiplegia,arthralgia,Neuralgias,Stimulationofnervoussystem,endocrineglandetc.

   Magnetotherapy,symptomaticrelief,combinedtreatmentsi.e.Magnetotherapy,Hydro-therapy,Massage,Diet&Yogaandtheresultofthesecombinedtreatments.
6. **Magnetsandtheircomposition** -
   a) Naturalmagnetsandartificialmagnets.
   b) Permanentmagnets-classificationofmagneticmaterialspower of magnets various qualities of magnets - low mediumandhighpowermagnetsandmagneticbeltsetc.
   c) Electromagnets-electromagneticfieldonhumanbehavior,Electromagnets-fromedicalpurpose-electromagnetictreatmentbedandhardmagnetizer,footmagnetizer,vibroelectromassager,electro-magneticchairetcNonpulsatingclinicalElectromagnet.

7. **Techniqueofapplicationofmagnets**- North and South pole,localandgeneraltreatmentandtheTechniqueofapplicationofMagnetsintreatmentofvariouscommondiseases.
8. **MagnetizedwaterandMagnetizedoils**-MagnetizedwaterinNature,Influenceofmagneticfieldonthepropertiesofwater,methodandpreparationofmagnetizedwater,dosageandtherapeuticeffectofmagnetizedwatermethodofpreparationofmagnetizedoilstheirapplicationandtherapeuticeffects.
9. **AdvantagesofMagnetoTherapy,Magnetotherapyisanaturaltreatments**-UseofMagnetsasapreventivedevice.
10. ClinicalReportsfromIndianand ForeignMagnetoTherapists.
11. **MagnetoTherapyandAcupressure**-AcupuncturePoints-Certainclinical case reports Utilization of Acupuncture points in Magnetotherapy.
12. **Terminology-**TechnicaltermsrelatedtoMagnetotherapy.
13. RecentdevelopmentsinMagnetotherapy.

PRACTICALS

Studentsshouldhavedemonstrationclassesinvarioustypesof Magnetsequipmentandtheirclinicalapplication.

1. CaseStudieswithrecord.
2. Caseswithbio-chemicalreports.

TextBooks-

1. Magnetotherapy-Dr.H.L.Bansal
2. Magneticcureforcommondiseases-Dr.R.S.Bansal,Dr.H.L.Bansal.
3. Thetextbookmagnetotherapy-byDr.NanubhaiPainter.
4. MagnetotherapyandAcupuncture-Dr.A.K.Mehta
5. Electromagnetictreatment - Dr.H.L.Bansal

COMMUNITYHEALTH&MEDICINE

- Evolutionofmedicine
- Conceptofcommunityhealth
- Generalepidemiology
- Genetics
- Screeningofdisease
- Epidemiologyofcommunicabledisease
- Epidemiologyofnon-communicabledisease
- Demographyandhealthplanning
- Preventivemedicine
- Environmentandhealth
- Basicmedicalstatistics
- Healtheducationandcommunication
- Healthplanning
- Healthcareofcommunity

PRACTICALS

Theory

1 **Evolution of Medicine Ancient Medicine, Scientific,Medicine,ModernMedicine,Medical Evolution.**

2 **ConceptofCommunityHealth**

ConceptsofHealth,Health&Development,IndicatorsofHealth Concepts of Disease, Concepts of Prevention, DiseaseControlandEradication,PublicHealth,SocialMedicine,CommunityMedicine,HealthServices,PlanningandManagement, RiskApproach,EvolutionofHealthServices.

3. **GeneralEpidemiology-**

Introduction,MeasurementofMortalityandMorbidity,EpidemiologicMethodsDescriptiveStudiesAnalyticalStudies,InterventionStudies,AssociationandCausation ,usesofEpidemiologyInfectionDiseaseEpidemiology,DiseaseTransmission,Immunity,ImmunizingAgentsDisease Preventions and Control, Disinfection, InvestigationofanEpidemic.

4 **Genetics**

5 **ScreeningofDiseases**-

Criteriaforscreeningsensitivityandspecificity.

6 **EpidemiologyofCommunicableDiseases**-

a. Respiratoryinfections- smallpox,varicella,Measles,rubella,Mumps,influenza,Diphtheria,Pertussis,Tuberculosis.

b. Intestinal Infections- Polio, Viral hepatitis cholera, AcuteDiarrheal Diseases, Typhoid Food Poisoning, Amebiasis,Ascariasis,Ancylostomiasis,Taeniasis.

c. Arthropod-Borneinfections.

Yellowfever,JapaneseEncephalitis,Malaria,Failaria.

d. Surfaceinfections-
Rabies,Trachoma,Tetanus,Leprosy,STD,AIDS.

7 **Epidemiologyofnon-communicablediseases**-

Cancer,Cardio-
VascularDiseases,Diabetes,Obesity,Blindness,Accidents,Hypertension Stroke,Rheumatic,HeartDisease.

8 **DemographyandFamilyPlanning-**

Demographiccycle,Populationtrends,FertilityrelatedStatistic,HealthaspectsofFamilyplanning,contraceptivemethodsanddeliverysystem,NationalFamilyWelfareProgram.

9 **PreventiveMedicineinObstetrics,PediatricsandGeriatrics**-

Antenatal,Intranatal,PostnatalCare,Lowbirth weight,InfantFeedingGrowthandDevelopmentGrowthChartUnder fives clinic, National Health Policy ,Indicators of MCHcare,schoolhealthservices,BehavioralProblems,Geriatrics.

10. **EnvironmentandHealthandOccupationalHealth**-
Purificationofwaterandwaterqualitystandards,AirVentilation,lighting,noise,Radiation,Air,Temperature&Humidity,Housing,SolidWastesDisposalandControl,ExcretaDisposal,watercarriagesystem,modernsewageTreatment ,Entomology Mosquito, Housefly ,Lice, Itch mite,Cyclopes, Rat Flea, Rodents, Insecticides- Hazards, DiseasesPrePlacementExamination,MeasuresforGeneralHealth
,Protection of Workers, Prevention of Occupational Diseases,Legislation.

11 **BasicMedicalStatistic**-

Censes, Vital Events, Legislation, SRS, Notification ofDiseases,MeasuresofDispersionandCentering,Sampling
TestsofSignificance,CorrelationandRegression.

12 **HealthEducationsandcommunication**-

Objectives,Principles,Aids,PracticeandHealthEducation ,PlanningandEvaluation.

13 **HealthPlanning**-
ManagementInternationalHealthOrganization,PlanningCycle, ManagementMethodsandTechniques,NationalHealthPolicy,H ealthPlanninginIndia,FiveYearPlans,HealthSystems inIndia- atCentre
,State and District Levels, Panchayat Raj,Rural DevelopmentSchemes.

14 **Health care of community** - Health systems and nationalhealthprograms,LevelsofHealthcare,HealthforAllPri mary Health Care, Health care Delivery, Health ProblemsHealthcareservicesandsystems,voluntaryAgencies NationalHealthPrograms.

PRACTICALS

1. Insecticides - 10+Models.
2. UniversalImmunizationProgram - 10+Models.
3. CommunicableDiseases - 10+Models.
4. InsectBorneDiseases - 10+Models.
5. MicroscopeSlides - 10+Models.
6. EnvironmentandSanitation - 10+Models.
7. StatisticalCharts
8. FieldVisits
   a) RuralHealthCenters.
   b) SewageDisposalPlant.
   c) WaterFiltrationPlant.
   d) NatureCureHospital.
   e) YogaInstitutesetc

TextBooks:-

1. TextbookofpreventiveandSocialMedicine-ByJ.E.ParkandK.Park
2. Textbookofpreventiveandsocialmedicine-ByB.K.BNYSajan& M.C.Gupta

ReferenceBooks:-

1. PreventiveMedicinebyDr.Ghosh.
2. PreventiveMedicinebyDr. YashpalBedi.

ReferencePapers:-

- WorldHealthOrganizationProgramspapers.
- NationalHealthProgramspapers.
- VoluntaryHealthProgramsPapers.
- RedCrossProgramsPapers.
- UNICEFProgramspapers.

BASICPHARMACOLOGYANDPHARMACOGNOSY

- Introduction,Definition&scopeofPharmacologyandPrinciplesofgeneralPharmacology.
- Briefknowledgeofdrugs.
- BriefknowledgeaboutWHOs “EssentialDrug List”
- BriefknowledgeofCultivation,ConservationofMedicinal plantsandinformationaboutendangeredspecies.
- GeneralKnowledgeofDravyaforNaturopathictreatment.
- KnowledgeofusagesofDravya.

PRACTICALS

A) PHARMACOLOGYTHEORY

Introduction,Definition&scopeofPharmacologyandPrinciplesofgeneralPharmacology.

BriefKnowledgeoffollowing-
Anaesthetics,CNSdepressants,Sedatives,Hypnotics,Tranquilisers,Antipyretics,Analgesics,Antiepileptics, Antihypertensive, Antianginal,Antiplatelet,Hypolipidaemic,Haemopoetic,Coagulants,Bronchodialators,Aerosols/Inhalants,Expectorants,Digestants,Carminatives,Antacids,Antiulcer,Laxatives,Antidiarrhoeals,Antiemetic,Hepatoprotective,Diuretic, Antidiuretic, Lithotriptic,Antiinflammatory, Hormonal therapy,Antiobesity,Antidiabetic,Antithyroid,Oxytocic.Galactagogues,Contraceptives, Styptics, Antihistamins, Antimicrobial,Antibiotics,Antimalarial,Amoebicidal,Antifilarial,Anthelmentic,Antifungal,Vitamins, Minerals,Waterimbalance and IV fluids, Vaccines,antivenom, antirabbies serum, Local anti septics,drugs in ophthalmicpractice,Anticancerdrugsandimmunomodulatorsetc.

F.BriefknowledgeaboutWHOs"EssentialDrugList"

G.BriefknowledgeofCultivation,ConservationofMedicinalplantsandinformationaboutendangeredspecies.

(Note-
allthedrugsmentionedinthesyllabusarestrictlyforunderstandingdrugreactionandNOTtobeprescriptiveinnature
,students,aftergraduationarenotexpected to prescribe any of theabove-mentionedmedication.

Textbooks-

a) Pharmacology and Pharmaco therapeutics –RS satoskar ,SDbhandarkar,SSainapure
b) Essentialsofmedicalpharmacology–KDtripathi

c) Pharmacology–ranganddale.

B) PHARMACOGNOSY

THEORY

1 KnowledgeofDravyaforNaturopathictreatment.

2 General information of Dravya, its essence, characteristics,strength,effectsandsideeffectsanditsusage.

3 Name of Dravya and alternative name, method of storage,impuritiesfoundinthemandtheirpurification.

4 Generalknowledgeofinternalandexternalmethodofusageof Dravyaandtheirdosage.

5 KnowledgeofusageofvariousDravyabeingusedintherapy:-

I. Haritki
II. Amalaki
III. Vibhitak.
IV. Guduchi.
V. Bilab.
VI. Jyotashimati.
VII. Madhuyasti.
VIII. Bakuchi.
IX. Ashoak.
X. Aargvadh.
XI. Lavangaila.
XII. Khadiryvani.
XIII. Shatpushpa.
XIV. Manjisth.
XV. Chandanraktpitshweat.
XVI. Bhramhi.
XVII. Shankhpushti.
XVIII. Ashwagandga.
XIX. Sarpagangha.

XX. Haridhra.

XXI. Rasot.

XXII. Tallishpatra.

XXIII. Tulsi.

XXIV. Marich.

XXV. Pippali.

XXVI. Shunthi.

XXVII. Jatifal.

XXVIII. Arjun.

XXIX. Adrakh.

XXX. Gratkumari.

XXXI. Rason.

XXXII. Palandu.

XXXIII. Guggulu.

XXXIV. Chakramard.

XXXV. Maithika.

XXXVI. Kapur.

XXXVII. Ashwagandha

XXXVIII. Ajavayan

XXXIX. Badar

XL. Mirach

XLI. Rason

XLII.

Shatawaree

XLIII.

MusaliXLIV.

KarpoorXL

V. Kumaree

Introduction, knowledge of guna-karma of following groups ofAnnapanavarga:-

- JalaVarga
- DugdhaVarga
- MadhuVarga
- IkshuVarga
- TailaVarga
- MadyaVarga
- MutraVarga
- SukadhanyaVarga
- SimbidhanyaVarga
- PhalaVarga
- ShakaVarga
- MamsaVarga
- LavanaVarga
- Kritannavarga(Processedfood)

PRACTICAL

1 Introductiontosubstance,theirstorage,andpracticalmethodoftheir usage.

ContentofPractical

1 Detailedknowledgeofidentificationoffollowingdrugs:-

(i) Kanda(stem)-Guduchi

(ii) Patra(leaves)-Swarnapatri,Vasa,Kumari

(iii) Pushpa(flowerandPartsofflower)-Lavanga,Nagapuspa,Japa

(iv) Phala(fruit)-Pippali,Madanaphala,Vidanga

(v) Beeja(seeds)–Eranda,Kapikacchu,Vidanga

(vi) Twak(bark)–Kutaja,Arjuna,

(vii) Moola(Root)-Punarnava,Aswagandha

(viii) Niryasa(exudate)-Hingu,Guggulu,Mocharasa

(ix) Jangamadravya(animalorigin)-Madhu,Ghrita

2 Collectionofminimum50herbariumspecimenfromfieldvisit.

3. Compilationofadrugnotlessthan25pages

4

Conceptbasedclinicalstudyonsingledrugs(Minimum5fromdetailedandnon-detailedlistofdrugs)inpatients.

REFERENCE:

1. Dravyagunhastamalak-VaidhBanwarilalmishr

2. Dravyagunvigyan-AcharyaPriyavatSharma

3. Bhavaprakashkesandharbhitansh

SYLLABUSANDCURRICULUMFOR BACHELOR OFNATUROPATHY AND YOGICSCIENCE

(IIIYEAR)

Duration1year

1. MANIPULATIVETHERAPY
2. ACUPUNCTURE,ACUPRESSURE&REFLEXOLOGY
3. YOGAANDIT'SAPPLICATION
4. NATUROPATHY DIAGNOSIS, CONVENTIONALMEDICINE,FIRST AID&EMERGENCY
5. FORENSICMEDICINE&TOXICOLOGY
6. FASTINGTHERAPY,NUTRITION&DIETETICS

MANIPULATIVETHERAPEUTICS

- IntroductionandHistoryofMassage.
- Rules,RegulationsandCharacteristicsofMasseur.
- Structuresespeciallyconcernedinmassagetherapy.
- Effectsofthepressureofhandandlubricantsonthebodilysyste m
- Gettingcrisisthroughmassage
- Basictherapeuticofmassagetechniques.
- Massageanditseffects:-
- DifferentMassagemanipulationsclassification
- MovementsofJoints
- Massaginginlocalareasunderspecialcircumstances
- Massagetowomen
- Massagetoinfantsandchildren
- Massageforpreventionofdiseasesandmaintenanceofnat uralbeauty.
- Ayurvedicmassage-terminology,methodsandmanipulations.
- Chiropractic
- Osteopathy
- Aromatherapy

PRACTICALS

THEORY

1. IntroductionandHistoryofMassage.
2. Rules,RegulationsandCharacteristicsofMasseur.
3. Structuresespeciallyconcernedinmassageandpartsofthebodyto bespeciallystudiedforthepurposeareasfollows:-
   a) Skin.
   b) MuscularSystem.
   c) HeartandCirculation.
   d) Nervoussystem.
   e) Skeletalsystemincludingjoints.
4. Effects of the pressure of hand and lubricants on thefollowingsystems:-
   a) Skin.
   b) MuscularSystem.
   c) Skeletalsystem.
   d) Circulatorysystem.
   e) Respiratory system.
   f) Excretorysystem.
   h) PowderMassage-meritsanddemerits.
5. Gettingcrisisthroughmassage(Sideeffectsandbenefits)
6. Basic therapeutic massage techniques indications andcontraindicationsofmassagewhileapplyingtothepatients.
7. Massageanditseffects:-
   a) Nutrition.
   b) Haematogenesis.
   c) Phagocytosis.
   d) Increase inthenumberofbloodcorpuscles.
   e) Absorption of increased inflammatory exudates,changeintheweightoftheperson,obeseoremaciated.

8. i)DifferentMassagemanipulationsclassificationandtheirdetailedexplanationusedandcontra-indications.

ii)Manipulativetreatmentsinstressmanagement.iii)Shai

stuinmanipulativetherapy(Acupressure)iv)Manipulatio

nsandlifeextension.

v)Drybrushmassage,Hotstonemassage,DeeptissueMas sage,PowderMassage

9. MovementsofJoints:-

i. Flexion
ii. Extension
iii. Abduction
iv. Adduction
v. Supination&Pronation
vi. Circumduction
vii. Deviations-Medialand Lateral
viii. Opposition.

10. **Massaginginlocalareasunderspecialcircumstances**:-

a) Massagetoabdomen
i) Massagetoliver
ii) Massagetostomach
b) Massagetoheart
c) Massagetoheart
d) Massagetospine
e) SpecialtypesofMassageindifferentdiseases

11. Massagetowomen

12. Massagetoinfantsandchildren

13. Massage for prevention of diseases and maintenanceofnaturalbeauty.

14. **Ayurvedic massage**-terminology, methods andmanipulations.

i. Medicationofoils

ii. Abhyangmeinsnehanokaprayog

15. Chiropractic:-

Originandaimsofchiropractic
X-RayTechniqueandChiropractics

ImportanceofspineinChiropracticPhysiol
ogicaleffectsofchiropracticSpinalManipul
ativeTherapyChiropracticExamination.
ChiropractictreatmentinvariousDiseases.

16. Osteopathy:-

Definition and the Basic principles of osteopathy, Relation ofosteopathytoMusculoskeletalsystem.

17. **Aromatherapy:**-

A. Definitions, Originand HistoryofAroma therapy.

B. Essential Oils and its types, extraction of essential oils,distillationcoldpressingorexpression,solventextractio n,storagerecognitionselectionandmechanismofessentialoi ls.

C. Carrieroils-
Almond,Apricot,andAvocado,Carrotcorn,primrose,grap eseed,hazelnutjojoba,olivepeanutsafflower,sesame,soy beanandsunfloweroil.

D. Differentmethodsofusingessentialoils-
inhalationdiffusers,vaporizers,andmassagebaths,comp ressesoralintakebeautytreatment,roomspraysinsectre pellentsetc.

E. Descriptionofdifferentessentialsoilsandtheirbenefits.

F. Thebestessentialoils-Thefivefragrancecategories-
greenfloralcitrus,woodyandspicy and mixing ofAromaOilsandequipmentrequiredformixingoils.

G. Aroma oils for common problems and their therapeuticproperties.

H. Precautions, ill effects and careful handling of essentialoils.

I. Contraindications-oilstobeavoidedinparticularproblems.

PRACTICIALS

1. 35 demonstration classes
2. 10demonstrationsinPanchakarma
3. Eachstudentshoulddo35massages

TextBooks:-

1. MassageBooks -By GeorgeDowning
2. Massage Therapy -ByDr.J.H.Kellog
3. Thecompletebookofmassage-ByClareMaxwellHudson
4. ManualofosteopathyPractice -ByAlanstoddard.
5. Massage(Ayurvedic) -ByAchantaLaxmipathy.

ReferenceBooks:-

1. ThePanchakarmaTreatmentofAyurveda-ByT.L.Devraj.
2. Chirotherapy:A-TextofJointMovements-ByHesseP.De.
3. Bookofmassageandaromatherapy(Achievingcompleterelaxatio nandwellbeingwithmassageandessentialoils.)
4. BrainMassage,Revitalizemindbody -ByHowell,Kelly
5. Aromatherapy -ByJulieSadler

ACUPUNCTURE,ACUPRESSURE& REFLEXOLOGY

- Definition,conceptsofAcupuncture.
- TheoriesofAcupuncture.
- Materialsandmethodsofacupuncture.
- PrincipleofAcupuncture.
- RulesforselectionofAcupuncturepoints.
- ContraindicationsandcomplicationsofAcupuncture.
- TheconceptofMeridians
- Theextra-ordinarypoints.
- Diagnosticmethods(bothacupunctureandmodern)
- AuriculoTherapy,Scalp Needling
- Moxibation.
- StimulationinAcupuncture.
- AcupunctureTherapeutics.
- AcupunctureAnesthesia.
- ReflexologyandZoneTherapy
- Acupressure
- Acupuncture/acupressureinacutedisordersande mergency.
- Pranichealing
- Reiki

PRACTICAL

Theory

1. Definition,conceptsofAcupuncture.
2. TraditionalandmoderntheoriesofAcupuncture.
3. Materialsandmethodsofacupuncture.
4. PrincipleofAcupuncture.
5. RulesforselectionofAcupuncturepoints.
6. ContraindicationsandcomplicationsofAcupuncture.
7. TheconceptofMeridians:-
    a) LungMeridian(Lu)
    b) LargeIntestineMeridian(LI)
    c) SpleenMeridian(SP)
    d) StomachMeridian(ST)
    e) HeartMeridian(H)
    f) SmallintestineMeridian(SI)
    g) UrinaryBladderMeridian(UB)
    h) KidneyMeridian(TW)
    i) TriplewarmerMeridian(TW)
    j) GallBladderMeridian(GB)
    k) LiverMeridian(Liv)
    l) GoverningVesselMeridian(C.V.)
    m) ConceptionalVesselMeridian(C.V)
    n) EightextraMeridian
8. Theextra-ordinarypoints.

9 Diagnosticmethods(bothacupunctureandmodern)

10. AuriculoTherapy,Scalp Needling
11. Moxibation.
12. StimulationinAcupuncture.

13. AcupunctureTherapeutics.
14. AcupunctureAnesthesia.
15. Reflexology andZoneTherapy:-

    Reflexology,history

    anddevelopment.Bodyanditsreflexzone

    s.

    Application,indicationsandcontra-

    indicationsPreventiveeffectsofreflexology
16. Acupressure:-

    IntroductionofAcupressureItso

    riginanddevelopment.

    Physiologicaleffectsofacupressure.Therapeuticu

    sesofAcupressure.
17. Acupuncture/acupressure in acute disorders andemergency.
18. Pranichealing
19. Reiki

PRACTICAL

1. Demonstration of Needling techniques and Electro-stimulation,Moxibation.
2. Eachstudentshouldgivetreatmenttoatleast20patientsduringthe practical.

ReferenceBooks:-

1. ClinicalPracticeofAcupuncture- ByA.L.Agarwal
2. ClinicalAcupuncture - ByDr.AntonJayasurya
3. PrinciplesandpracticeofAcupuncture- ByDr.J.K.Patel
4. Healthinyourhands - ByDevendraVora
5. Shiatsu - ByOhashi

YOGA& IT'SAPPLICATION

- PatanjaliYogasutras
- HathaYogaPradipika
- IntroductiontootherstreamsofYoga-kundliniandTantraYoga.
- YogaNidra.
- Meditation-anditsvarious
- Differentrelaxationtechniques.
- Yogainrelationtopersonalityandeducation.
- Yogainrelationtosportsandgamessocialandpoliticallife.
- Eyeexercises.
- PhysiologicalaspectsofAsanas.
- Physiologicalneurophysiologicalaspectsofpranayama.
- Shat Kriyas - Comparative study with other system ofmedicine.
- Physiologicalaspectsofexercises.
- Physicalexercisesforhealthandfitness
- SwaraYoga.

PRACTICALS

Theory

1. PatanjaliYogasutras-First two chapters. (i.e., samadhi pada&sadhanapadabriefsummaryofvibhutipadaandkaivalyapada)
2. HathaPradipika-fulltextwithnecessaryreferencetoGherandasamhitaandsivasamhita.
3. Introduction to other streams of Yoga-kundlini and TantraYoga.
4. YogaNidraMethods,application,effectsandbenefits.
5. Meditation-TypesofMeditationOmkar,cyclic, Vipassanaetc.Methodsofapplication,benefits,precaution itsinfluenceonhealthanddisease.
6. Differentrelaxationtechniques.
   a) Instantrelaxation,
   b) Quickrelaxation
   c) Deeprelaxationtechniques-theirmethodseffectsandbenefits.
7. Yogainrelationtopersonalityandeducation.
8. Yogainrelationtosportsandgamessocialandpoliticallife.
9. Eyeexercises-Benefitsmethodsprecautions.
10. PhysiologicalaspectsofAsanas.
11. Physiologicalneurophysiologicalaspectsofpranayama.
12. ShatKriyas-Comparativestudyofshatkriyaswithothersystemofmedicine.
13. Physiologicalaspectsofexercises.
14. Physicalexercisesforhealthandfitness (a) Introduction (b)Whoshouldstretch(c)whentostretch(d)stretch(e)stretch (f)RelaxingstretchesforBack,legs,feet,ankles,Hips,hamstring,lowback(g)stretchingexercisesforelderly(h)Stretchingexercisesforabdominalmuscles,ArmsChest,Ankles,Legs,knee,thigh,forearmetc.(i)Techniquesofwalkingrunningcyclingetc.(j)Caringback.

15. Swara–Yoga.

PRACTICAL

I. Asanas

1. Including all asana of 1 year adding some advancedposturesformYogadeepika.
2. All loosening (Shitilikarana Vyayama) and breathingexercises.

II. Pranayama(asIstB.N.Y.S.)

III. Kriyas-(IncludingPortionofIstB.N.Y.S.)

1) Dhouti-Vastra
2) Gajakarnai-(VarisaraDhouti)
3) Nauli-(allthreetypes)
4) ShankhaPrakshalana-1.Laghu. 2.BNYSa

IV. Meditaion-

1) Omkara
2) Cyclic
3) Vipassana

V. TechniquesLike-

1) SelfManagementofExcessiveTension(SMET)
2) PranicEnergisationTechique(PET.)
3) MindSoundResonanceTechnique(MSRT)
4) YogaNidra(Shortandlongsession)

BooksRecommended:-

1. TheScienceofYoga - ByTamini(Commentaryon patanjaliYogasutras)
2. HathaYogaPradipika - By(KaivalyadhamaPu blication-Lonavla).
3. Pranayams - ByVivekanandaKendraP ublications.
4. Researchpapers -ByKaivalyadhama.
5. Vipassana-ByS.Goenka

NATUROPATHYDIAGNOSIS, CONVENTIONAL MEDICINE,FIRSTAID&EMERGENCY

FACIALDIAGNOSIS

- Introductiontothescienceoffacialexpression.
- CharactersoftheHealthyBody-
- Foreignmattertheory:-
- Thenatureoriginandcureofdiseasesofchildrenand theirunity.
- Unhealthyhabitsleadstoaccumulationofforeign matterinthebody
- Typesofencumbrance
- Diseasesoftheinternalorgansandtheirtreatment.
- Processofeliminationofforeignmatter
- Methodsforimprovingthevitalityofthebody.
- NabhiPareeksha,

IRISDIAGNOSIS

- Introductionofiridology:
-
- Comparisonoffermentationandinflammation.
- Interpretationofirismanifestations.

- CasehistoriesaccordingtoIridology.
- AdvanceresearchinIridology.

PRACTICALS

MODERNDIAGNOSISANDFIRSTAID

SECTIONA-ClinicalDiagnosis

- ExaminationofPatients
- Routineand specialInvestigations
- Biochemicalinvestigation.
- FinalDiagnosis

SECTIONB-FIRSTAID

- GeneralprinciplesofFirstAid.
- Woundscontrolofhemorrhage,Epitasis.
- Shock-Classificationandtreatment.
- Dogbite,snakebite,scorpionsting.
- BurnsandScalds.
- Heatexhaustion,heatstrokeandfainting,frostbite.
- Fractures,dislocations,sprainsandstrains.
- Poisoning.
- Epilepticfits,convulsionsinchildren.
- Aspirationofforeignbody.
- Artificialrespiration.
- Bandagesofdifferenttypes.
- Unconsciousnessandgeneralprinciplesoftreatment.

SECTIONC-
Recognition,EvaluationofClinicalEmergencies

- CardioVascularSystem:-
- Respiratorysystem-
- GastroIntestinalSystem:-
- CentralNervoussystem:-
- RenalSystem
- EndocrineandMetabolism
- MiscellaneousEmergencies

PRACTICALS

Theory:-

FACIALDIAGNOSIS

1. Introductiontothescienceoffacialexpression.
   a) Historicalhighlights.
   b) Definitionandscopeofthescienceoffacialexpression.

2. CharactersoftheHealthyBody-
   a) NormalFunctions.
   b) NormalFigure.

3. Foreignmattertheory:-
   a) Definitiontoforeignmatter.
   b) Theprocessofaccumulationofforeignmatterinthebody.
   c) Encumbrance.
   d) Changescausedinthebodyduetotheaccumulationof foreignmatter.
   e) Generalpathologyofforeignmatter.
4. Thenatureoriginandcureofdiseasesofchildrenandtheirunity.

5. Bad habits supports the accumulation of foreign matter inthe body:- tobacco, alcoholic drinks, coffee tea, opium etc.Drugaddictions-pethedine,heroininjectionetc. suppressionofdiseasesvizeliminationofmorbidanddiseasedgermsfromthesystem.
6. Typesofencumbrance:- frontencumbrance,backencumbrance,frontandrightsideencumbranceleftsideencumbranceandmixedorwholeencumbrancetheirdescriptiongeneralcharactersandpossiblediseasesinthe concernedEncumbranceandtheirtreatment.
7. Diseasesoftheinternalorgansandtheirtreatment.
8. Processofeliminationofforeignmatter
   a) ImportanceofNaturecuretreatments
   b) Thedigestiveprocessnaturaldietetics
   c) Artificialoutletsofelimination
9. Methodstobefollowedtoincreasethevitalityofthebody.
10. TheimportanceofNabhiPareeksha,TheMethodsofNabhiPareekshaandthetechniquesofcorrection.

IRISDIAGNOSIS:-

1 **Introductionofiridology:**

a) Definitionofiridology.
b) Historicalhighlights.
c) Comparison of Diagnostic methods of various systems (Allopathy,HomeopathyAyurvedaUnanietc.)
d) AnatomyoftheIris.
e) Theoryinapplication.
f) Thetheoryofhealingcrisis.
g) Aunitfromdivisionandclassificationofdiseases.
h) Philosophicalphase.
i) Theoreticalphase.

2 **InstructionsinMethodsofApplication**

a) TechniqueinIrisreading
b) ThenormalandabnormalIris,coloroftheIris.
c) Thevibratorytheory.
II StudyofdensityoftheIris.
III KeytoIridology.
a) Irischartbroughtuptodate.
b) Zoneareas.
c) SectoralDivision.

3 Comparisonoffermentationvizinflammation.

4 **Interpretationofirismanifestations.**

a)Typesofinflammation.
b) Inherent(Lesionsandweakness).
c) AcidityandCatarrh.
d) Toxicsettlements.
e) NerveRings.
f) TheLymphaticrosary.
g) Injuriesandoperations.
h) ItchorPsorasportsintheiris-thesurfrim.
i) TheradiiSolaris.
j) Tumors.
k) Thesodiumring.
l) Anemiaintheextremitiesandinthebrain.
m) Drugsandchemicalsappearanceontheirisandtheirpoisonous effects in the body Arsenic, Bismuth, Bromides,Coal-tarproducts,Ergot,Glycerin,iodine,iron,lead,mercury, Opium Phosphorous, QuinineSalicylicacid,sodium,Strychnine,Sulfur,Turpentine,Vaccines

etc.

II. Theirisrevealsthecauseofdisease.

5 **Case histories accordingto Iridology**.

6 **AdvanceresearchinIridology.**
   a) Reflexareaandremotesymptoms.
   b) Stomachandintestinaldisordersthepprinciplecausesthe principledisordersandremedialMeasures.

PRACTICALS

ClinicalclassesandDemonstrationsintheNatureCureHospitalCasestudies25withrecord.DemonstrationofEquipments.

RecommendedTextBooks–

1. ScienceofFacialExpression -ByLouisKuhne
2. TheNewScienceofHealing -ByLouisKuhne
3. The Science and Practice ofIridology -ByBernardJensen
4. Iridiagnosis and otherDiagnostic Methods -ByHenryLindlahr

ReferenceBooks–

1. Iridology : A guide to Iris AnalysisandPreventiveHealthCare -By Adman J.Jackon
2. Iridology:HowtoDiscoverYourown patternofhealthandwell beingThroughtheEye -By DorothyHall
3. Iridology: A complete guide to DiagnosingThroughtheIrisandallrelatedformsoftreatment -By DavisandFarida
4. IridologyS : Alternative Health eries -By AdamJ.Jackson
5. VisionofHealth:UnderstandingIridology -ByJensenBernadandBodenDonald
6. Eyes Talk : Through IridologyBetterHealth -By VriendJoha.

MODERNDIAGNOSISANDFIRSTAID

THEROY

SECTIONA-ClinicalDiagnosis

1. **ExaminationofPatients**:-

1 Approachtoapatient.
2 Historytakingandcasesheetwriting.
3 Symptomatology.
4 ExaminationofVitalData.
5 Importanceofheightweightabdominalgirth.
6 GeneralPhysicalexamination.
7 Examinationofbreastsbackspineandgenitals.
8 Systemicexaminationofthepatient.
   a) Abdomen(DigestiveSystem).
   b) CardiovascularSystem.
   c) Respiratorysystem.
   d) Renalsystem.
   e) CentralNervoussystem.
   f) Locomotorsystem.
   g) Examinationofear,noseandthroat.
   h) Gynecologicalexamination.

9 ProvisionalDiagnosis

II **RoutineandspecialInvestigations**:-

1. LaboratoryInvestigation.
   a) Urineanalysis.
   b) Stoolexamination.
   c) Bloodexamination.
      i) Peripheralsmear, Total WBC Count, Differential WBCCount.
      ii) Erythrocyte sedimentation rate (E.S.R.) Hb Estimation.
      iii) BloodSugar,BloodUrea,SerumUricacid,serum cholesterol,serumlipidprofile,serumCreatine.

2 **RadiologicalInvestigation**:-

a) PlainChestX-Ray.
b) K.U.B.
c) LumberandCervicalSpine.
d) SkullandParanasalSinuses.
e) Joints.

3 **ContrastRadiography:-**

a) Cholecystography.
b) Pyelography.
c) Angiography.
d) Bronchogram.

4 Electrocardiography.
5 Echo-Cardiography.
6. Coronaryangiography.
7. Electro-Encephalography.

8. **Biochemicalinvestigation**.

a) LiverFunctiontests.
b) Creatinineclearancetest.
c) Vanillylmandelicacid(VMA)excretiontestinurine.
d) SGOTandSGPT.
e) LDH.
f) CPK.

9. DiagnosticParacentesis.
10. CoronaryThoracocentesis.
11. LumberPunctureandCSFanalysis.
12. Radio-activeiodineuptakestudies.
13. ThyroidT3,T4estimation.
14. Diagnosticskintests.
15. Endoscopicprocedures.
16. Ultra-sonography.
17. Computerizestomographicscan(CTScan).
18. MagneticResonancetechnique(MRI)
19. PositronEmissionTomography(PET)
20. DopplerStudy

III. **FinalDiagnosis**

SectionB-FIRSTAID

1. GeneralprinciplesofFirstAid.
2. Woundscontrolofhemorrhage,Epitasis.
3. Shock-Classificationandtreatment.
4. Dogbite,snakebite,scorpionsting.
5. BurnsandScalds.
6. Heatexhaustion,heatstrokeandfainting,frostbite.
7. Fractures,dislocations,sprainsandstrains.
8. Poisoning.
9. Epilepticfits,convulsionsinchildren.
10. Aspirationofforeignbody.
11. Artificialrespiration.
12. Bandagesofdifferenttypes.
13. Unconsciousnessandgeneralprinciplesoftreatment.

Section C- Recognition, Evaluation ofClinicalEmergencies

I. **CardioVascularSystem**:-
   1 Acutemyocardialinfarction.
   2 CardiogenicShock.
   3 Cardiacarrhythmias.
   4 Cardiacarrest.

II. **Respiratorysystem**-
   1 Hemoptysis.
   2 Statusasthmatics.
   3 Spontaneouspneumothorax.
   4 Acuterespiratoryfailure.

III. **GastroIntestinalSystem**:-
   1 Acutevomiting.
   2 PerforationsofPepticUlcer.
   3 Hemetemesis.
   4 HepaticPrecomaandcoma.

IV. **CentralNervoussystem:-**

1 Unconsciouspatient.
2 CerebrovascularCatastrophes.
3 Convulsions.
4 Statusepilepticus.

V. **RenalSystem**:-

1 Acuterenalfailure.
2 RenalColic.
3 Hematuria.

VI. **EndocrineandMetabolism**:-

1 Thyroidcrisis.
2 AdrenalCrisis.
3 DiabeticKetoacidosisandcoma.
4 Hypoglycemia.

VII. **MiscellaneousEmergencies**-

1 Syncope.
2 Acuteperipheralcirculatoryfailure.
3 Acutereaction.
4 Hypothermia.

PRACTICALS

1 Historytakingandphysicalexaminationofcases.

2 Casesheetwritingindifferentgeneralcases(25)

3 Demonstration of equipments and instruments used forinvestigationinmoderndiagnostics

4 Demonstration tour an ultra modern super -specialty Hospital to see the latest techniques of moderninvestigations.

RECOMMENDEDTEXTBOOKS:-

1	Hutchinson'sClinicalMethods	- ByChamberlin -
2	ClinicalMethods	- ByP.S.Shanker -
3	ClinicalDiagnosis	-ByP.J.Mehta
4	Oxford'shandbookofClinicalMedicine	- BySt.JohnAmbulanceAssociation.
5	FirstAid	-ByL.C.Guptaandothers

FORENSICMEDICINE&TOXICOLOGY

1. FORENSICMEDICINE:

- DefinitionofForensicmedicineanditsscope.
- Procedure of giving medical evidence with reference toIndianevidenceact.
- Methodsofidentificationoflivinganddeadbody,race,age,sexetc.
- Death
- Medicolegalautopsy.
- Medico-legalwounds
- Examinationofbloodstains,hairsandseminalstains.
- MiscellaneouscausesofdeathincludingPhysicalagents
- Violentasphyxiadeaths
- SexualOffences
- Infanticide.
    - Forensic Psychiatry.
    - Policeinquest,difficultiesindetectionofcrime,legalprocedureinCriminal
    - Courtsandtheirpowers
    - Rulesofgivingevidence,professionalconfidentiality.
    - Postmortemexaminations.
    - Deathfromburnsandscaldsandlighting.
    - Lawinrelationtoamedicalman,medicalethics,duties.

B.TOXICOLOGY:

- General considerations of poisoning andclassification.
- Actionsofpoisons,factorsmodifyingtheiraction.
- Diagnosisofpoisoning.
- TreatmentofpoisoninginGeneral.
- Poisons:
- Definitionoffoodadulteration.Namesofcommonadulterantsandgeneral
- methodsofdetectionforfoodadulterants,Commonfoodpoisonings-
- Botulism, Chemical Poisoning, PoisonousMushroomsandepidemicdropsy
- Responsibilities and duties of the medicalpractitionerstothestate,
- Professionalsecrecyandprivilegedcommunication.
- Un-professionalconductandmalpractice.
- The rights and privilege and duties of medicalpractitioners.
- Thefunctionsofstate-medicalcouncilanditsrelationshiptoIndianMedicalCouncil.

PRACTICALS

THEORY

1. **FORENSICMEDICINE**:

1. DefinitionofForensicmedicineanditsscope.
2. ProcedureofgivingmedicalevidencewithreferencetoIndianevidenceact.
3. Methodsofidentificationoflivinganddeadbody,race,age,sexetc.
4. Death:- Types of death-Somatic/Clinical/Cellular, Molecular&Braindeathincludingcorticalandbrainstemdeath, suddendeath,Medico-legalimportance,Signofdeath,Post-mortemchangesafterdeathandcalculatingtimeofdeath.
5. Medicolegalautopsy.
6. Medico-legalwounds,theirclassificationandstudyandmedico-legalaspects.
7. Examinationofbloodstains,hairsandseminalstains.
8. MiscellaneouscausesofdeathincludingPhysicalagents-Heat,cold,electricity,Lightening,Radiation,Starvationetc.,
9. Violentasphyxiadeaths:-Hanging,Strangulation,Suffocationanddrowning.
10. SexualOffences:-Impotencyandsterility,Virginity,legitimacy,un-naturalOffences,Medico-legalaspects,Anestheticdeath.
11. Infanticide.
12. Forensic Psychiatry.
13. Policeinquest,difficultiesindetectionofcrime,legalprocedureinCriminalcourtsandtheirpowers,oath,medicalevidence,medicalcertificate,Dyingdeclaration.
14. Rulesofgivingevidence,professionalconfidentiality.
16. Postmortemexaminations.
17. Deathfromburnsandscaldsandlighting.

18. Lawinrelationtoamedicalman,medicalethics,duties,professio nalprivilegeandresponsibilities.

B.**TOXICOLOGY**:

1. Generalconsiderationsofpoisoningandclassification.

a) Actionsofpoisons,factorsmodifyingtheiraction.

b) Diagnosisofpoisoning.

c) TreatmentofpoisoninginGeneral.

2. Poisons:

a) Corrosivesb)Nonmetallicpoisons

c)Insecticidesandweedkillersd)Metallicpoisons

e) Organic Irritant poisons f) Somniferous poisons

g) Inebriant poisons h) Delibriantpoisons

i)DrugDependence j)Foodpoisoning

k)Spinalpoisonsm)Asphyxiants

3. Definitionoffoodadulteration.Namesofcommonadulterantsand generalmethodsofdetectionforfoodadulterants,Commonfoodpo isonings-
Botulism,ChemicalPoisoning,PoisonousMushroomsandepidemi cdropsy

4. Responsibilitiesandduties of the medical practitioners tothestate,Professionalsecrecyandprivilegedcommunication.

5. Un-professionalconductandmalpractice.

6. Therightsandprivilegeanddutiesofmedicalpractitioners.1)Cardi acpoisonsn)Miscellaneous

7. The functions of state-medical council and its relationshiptoIndianMedicalCouncil.

PRACTICALS

1. Ageestimation.

2. Autopsies

3. Examination&drawingopinionfromexaminationofSkeletonre mains.

4. Identification&drawingmedico-legalinferencefromexamination of injuriescontusion,abrasion, laceration, firearmwound,burns,headinjury,bonefracture.

5. IdentificationABO&RHbloodgroupsofaperson

6. Identification&drawingofmedico-legalinferencefromcommonpoisons.

TEXTBOOKS:

1. Dr.K.S.N.Reddy-

The essential of Forensic Medicine & Toxicology 21stEdition 2002. Published by- K.Saguna Devi-EditedbyBVSubramanyam,ButterworthsIndia,NewDelhi.22ndedition,2001.

2. **Dr.C.K.Parikh**-

AtextbookofMedicalJurisprundence,ForensicMedicine &Toxicology,CBSPublishers,Delhi,SixthEdition1999.

3. **Dr.ApurbaNandy**-

Principles of Forensic Medicine, 3rd Edition 2000, NewCentralBookAgency(P)ltd.Calcutta.

4. Dr.KrishanVij-

TextbookofForensicMedicine&Toxicology-PrinciplesandPractice,NewDelhi,2ndedition,2002.

REFERENCEBOOKS:

1. Theessentialofforensicmedicine-
ByDr.C.J.Polson,D.J.GeeandB.Knight

2. ForensicMedicine-ByCordenandShapiro

3. PrinciplesandpracticeofMedicaljurisprudence-ByTaylor's

4. LegalBoundariesofNatureCure-ByAdvocate(Dr.)Ashok
KumarSharma

FASTINGTHERAPY,NUTRITION&DIETETICS

FASTINGTHERAPY

- Introduction:-
- TheoryofAnimals
- HistoryofFasting
- ScienceofFasting
- ThePhilosophyofFasting
- PhysiologyofFasting
- FactsexplainedaboutFasting
- Practiceoffasting
- Rules and regulations of Sane fasting andTherapeuticFasting.
- Definitionandclassificationoffasting.
- HygienicAuxiliariesofFasting-
- StudyofPatientduringandafterfast.
- Indicationsandcontraindicationsoffasting
- Therapeuticaspectsoffasting
- ResultsofFasting

PRACTICALS

NUTRITION

- IntroductionofNutrition:-
- FoodGroups:-
- NutritiveValues of Food Ingredients Commonly used inIndia.
- TheScienceandfineartoffoodandNutrition.
- FoodasMedicineKnowFacts
- FoodandToxins
- NutritionalDiagnosis.
- PublicHealthandNutrition-
- NutritioninHealth

DIETETICS

- ConceptofHealthinNaturopathy.
- DieteticPrinciplesinNaturopathy.
- ConceptofWholesomediet.
- MedicinalvaluesofFoods.
- NaturalqualitiesoffoodsinNaturopathy/Ayurveda/ ModernNutrition.
- NaturalFoodandHealth-
- Dietfor PhysicalLaborandMentalwork.
- HygienicFoodand HygienicCookery.
- NaturopathicHospitaldietetics andtheirclassification.
- DiseaseManagementwithdiet
- Foodallergyanddietarymanagement.
- DietforweightReductionandWeightGaining.
- Dietarymodificationforspecificcondition.
- Dietaryreactionforadifferentpopulationgroupswithspecial referencetopregnancy,lactation,Infancy.
- Seasonalchangesintothedietarypattern
- FoodSanitationhygieneandhealth.
- Naturopathicapproachtowardsvegetarianandnon-vegetarianfood.
- Harmful effects of the food colors, preservatives pesticidesartificialmanures.
- Dietaryfiberanditstherapeuticeffects

- Geriatricnutritionanddiet.
- Dietinexercise,sportsgamesandathletics.
- PediatricNutrition.
- Nutritionandlifespan
- Diet,FastingandDisease.
- QuestionofQualityandQuantityofFood.
- CustomsandmannersofeatingDifferentviewseffectof emotionalstateonfoodutilization.
- KalpatherapyinNaturopathyGrapes,Mango,Matha, Milketc.
- IdealDietChinastudyandGenuineHealthCare.
- Food,EatingSelfHealingRecoveryofVigor.
- DrugsIncreaseNutritionalRequirements.
- ToxiclessDiet,BodyPurificationandHealingSystem.
- Vitamines.
- Physio-PharmacologyofFoods.

PRACTICALS

THEORY

I. Introduction :-

1. TheoryofAnimals

a) fastinginAnimals
b) HealthbenefitsofFasting
c) YourTongueNeverLies

2. HistoryofFasting

a) HistoryofFastinginIndia
b) HistoryofFastinginForeignCountries

3. ScienceofFasting

II. ThePhilosophyofFasting

1. ThePhilosophyofSaneFasting
2. PhilosophyofTherapeuticFasting
   A) Life&itsexistenceinconnectionwithhealthanddiseases
   B) Natureofdisease
   C) TheNo-BreakfastPlan
   D) ObjectionscommonlyraisedinFastingTherapy
   E) ProsandconsofFasting
   F) DifferencebetweenFastingandStarvation
   G) DifferencebetweenHungerandAppetite

III. PhysiologyofFasting

1. GeneralPhysiology
2. Source and Metabolism of Carbohydrates, Fats andProteinsduringfasting&Starvation.
3. ChemicalandorganicchangesduringFasting.
4. RepairofOrgansandTissuesduringFasting.
5. Changesinthefundamentalfunctionswhilefasting.
6. TheMindandspecialsensesduringafast.
7. Secretionsandexcretions.
8. Bowelactionduringafast.
9. Theinfluenceoffastingongrowthandregeneration.

10. Gainandlossofweightduringfasting.
12. Autolysis.
13. Fastingandsex.
14. RejuvenateessenceThroughFasting.
15. Concept ofAgni:-
    Aganivichar,sam,visham,mand,tikshanaaganiisskekaran avamnivaran

1V. **FactsexplainedaboutFasting:-**

1) FastingdoesnotinduceDeficiencyDisease
2) Deathinthefast.
3) Objectionstothefast.
4) ThequantityofFoodNecessarytosustainlife.

V. Practiceoffasting:-

1) Fastinganddiseasecure
2) TheRationaleofFasting
3) Thelengthofthefast
4) Contraindicationsoffasting.
5) Fastinginspecialperiodsandconditionsoflife.
6) Symptomatologyofthefast.
7) ProgressandHygieneofthefast.
8) Breakingthefast.
9) GainingweightafterTheFast.
10) LivingaftertheFast.

VI. RulesandregulationsofSANEfastingandTherapeuticFasting.

VII. **Definitionandclassificationoffasting**.

1) Definitionoffastingindifferentaspects.
2) General classification of fasting (Religious, Political andTherapeutic)
3) Methods and types of therapeutic fasting (Dry, wheyjuicesalad,Monodiet(Kalpa)Fruits,intermittent,preventive,weeklyetc.)

VIII. HygienicAuxiliariesofFasting-

1) AirandBreathing.

2) Enema.
3) Bathing.
4) Clothing.
5) WaterDrinking.
6) Exercise.
7) MentalInfluence.

IX. StudyofPatientduringandafterfast.

1) Crisesduringfastingandtheirmanagement.
2) Physiologicaleffectsoffasting.
3) Biochemicalaspects.
4) Studyofthetonguethebreaththetemperatureandpulseetc.
5) Thelossandthegainofweight.
6) Processofbreakingthefast.
7) Dietafterthefast.

X. Indicationsandcontraindicationsoffasting

XI. Therapeuticaspectsoffasting

1) Fastinginacutediseases.
2) Fastinginchronicdiseases.
3) Roleoffastinginvariousdiseases.
4) Obesityandfasting.
   a. Definition andassessmentofobesity.
   b. Epidemiology.
   c. ClinicalFeatures.
   d. Treatment.

XII. ResultsofFasting

Practical

Studyof50fastingcasesCases
tudyof25 withrecord

TextBooks–

1. Fastingfor Healthyand long life -ByHerewardCarrington
2. The fasting cure and vital economy -ByLakshamanaSharma
3. Fastingcansaveyourlife -ByHerbertM.Shelton
4. Fastingasawayoflife -ByAllancollM.D.
5. ScientificFasting -ByHazzard,LindaBurfield

ReferenceTextBooks–

1. ThePhilosophyofFasting -ByEdwardEaulPurintion
2. VitalityFastingandNutrition -ByHerewardCarrington
3. TheFastingcure -ByUptonSinclair
4. RationalFasting -By Prof.AronldEhret
5. MiraclesofFasting -ByDr.PaavaAirola

NUTRITIONANDDIETETICS

NUTRITION

THEORY

I. **IntroductionofNutrition:-**

1 HistoryofNutrition.
2 ProgressinFoodScience.
3 BasicPrinciplesofNutrition.
4 FoodNutritionandHealth.
5 Nutritionalbasisoflifeandlifeinconnectionwithfood.
6 CompositionofBodyinRelationtoNutrition.

II. **AFoodGroups:-**

1 Cereals.
2 Milletsandcoarsegrains.
3 Pulses.
4 GreenleafyVegetables.
5 OtherVegetables.
6 RootsandTubers.
7 Fruits.
8 MilkandMilkProducts.
9 SugarandJaggery.
10 Honey.
11 NutsandOilseeds.
12 SpicesandCondiments.

B. Nutritive Values of Food Ingredients CommonlyusedinIndia.

III. **TheScienceandfineartoffoodandNutrition.**

1 PhilosophyofNutrition.
2 LawoftheMinimum.
3 OrganicVsInorganicFoods.
4 Fruitarianismandvegetarianism.
5 Nature'sFoodRefinery.
6 TheDigestibilityofFoods.

7 MentalInfluencesinNutrition.
8 AbsorptionofFood.
9 Thewayofeating
10 Correctfoodcombining-FoodCombining charts.
11 Effectsofcooking.
12 UncookedFoods(RawEating).
13 Salads.
14 ConservativeCooking.
15 UnderNutrition.
16 Hypo-Alkalinity.
17 DietReformVsSupplementalFeeding.
18 Beginningthereform Diet.
19 Buildingtheteeth.
20 TheEliminatingDiet.
21 FeedinginDisease.
22 TheThreeYearNursingPeriod.
23 Cow'sMilk.
24 Pasteurization.
25 Mother'sMilk.
26 NostarchforInfants.
27 FeedingofInfants.
28 OurDenaturedSoil.
29 PoshanVishayakRastriyakaryakram
30 Aaharvidhiviseshatayan
31 Aaharparinamkarbhav
32 Dwadashaasanprevicharna
33 Pathyaapathyaahar
34 Viruddhahar
35 Aharvidhividhan
36 GarbhiniAaharVihar

IV. **FoodasMedicineKnowFacts**

1 Proteinsarebodybuilders.
2 ProteinsarebodyKillers.
3 Poisoningthroughfood
4 VegetablesasDo-ItYourselfTherapy.

5 WaysoftakingSolidFoods.
6 Vitaminsandsupplementsforallages.
7 The VitaminsProofofnatural foodinstincts.
8 Factsaboutcommonfoods.

V. **FoodandToxins**
1 InfectiveagentsandToxinsinfood.
2 FoodAdulterationandConsumerProtection.
3 Foodadditives.
4 HealthHazardsofaddedchemicalsinfoods.
5 Nutrition andinfection.
6 StudyaboutadverseeffectofAlcoholandTobacco.

VI **NutritionalDiagnosis.**

VII. **PublicHealthandNutrition-**
1 EducationinNutrition.
2 NutritionalProgram.
3 NutritionSurveyandMethodology.
4 Nutritionalassessmentssocialaspectsofthe Nutrition
5 FortificationandEnrichment.
6 ExerciseandBalancedDiet.
7 Nutritioninrelationtodisastermanagement.

VIII. **NutritioninHealth**
1 HumanNutritionalrequirements.
2 NutritioninPregnancy,Lactation,Infancy,Childhood, AdolescenceandOldage.
3 NutritionandImmunity.

IX. Nutritional deficiency diseases, Preventive and curative approach.

X. TheoptimumNutritionProgramforcorrectingDiseaseand Restoring,BuildingandMaintainingHealth.

DIETETICS

Theory

1. ConceptofHealthinNaturopathy.
2. DieteticPrinciplesinNaturopathy.
3. ConceptofWholesomediet.
4 MedicinalvaluesofFoods.
5. Natural qualities/Properties /Character foods in Naturopathy/Ayurveda/ModernNutrition.
6. NaturalFoodandHealth-
   a) ImportanceofGreenVegetablesothervegetablesfruitsandtheingredients.
   b) ChemicalCompositionofdifferentrawjuicestheireffectsand uses–Ginger,Radish,Bottle gourd,Wheat Grass,Beetroot,Cabbage,Carrot,Cucumber,Lettuce ,GarlicOnion,Lemon,Papaya,Knol-Kol,pineapple,Mango,Tomato,Pomegranate,Grapes,Apple ,Bittergourd,Ashgourd,BaelFruit,Spinach,Pumpkins,Watermelon, IndianGooseberry,Orange,SweetLime,WheyWaterandNeeraetc.
   c) SproutstheirNutritiveValuesandMethodsofSprouting.
   d) FoodValueinRawStates,GerminatedFromandCookedfrom.
   e) Comparisonwithrawandcookedfoods.

7. Dietfor PhysicalLabor andMentalwork.
8. HygienicFoodand HygienicCookery.

9 NaturopathicHospital dietetics andtheirclassification.

10 DiseaseManagementwithdiet:-
Diabetes,Renaldiseases,Anemia,PEM,PepticUlcer,Constipation,MalabsorptionSyndrome, Liver Diseases like Jaundice, Fatty liver etc. HBP,LBP,Atherosclerosis,GallBladderDisease,Cancerandarthritis.

11 Foodallergyanddietarymanagement.

12 DietforweightReductionandWeightGaining.

13 Dietarymodificationforspecificcondition.

14 Dietary reaction for a different population with groupsspecialreferencetopregnancy,lactation,Infancy.

15 Seasonal changes into the dietary pattern in:-AyurvedaandModernnutrition.

16 FoodSanitationhygieneandhealth.

17 Naturopathic approach towards vegetarian andvegetarianfood. non-

18 Harmfuleffectsofthefoodcolors,preservativespesticidesartificialmanures.

19 Dietaryfiberanditstherapeuticeffects(e.g. constipationandrectaldisorderscolonicdisordersGITdisordersD.M.etc.)

20 Geriatricnutritionanddiet.

21 Dietinexercise,sportsgamesandathletics.

22 PediatricNutrition.

23 Nutritionandlifespan:prolonglifeandPostponeDeath.

24 Diet,FastingandDisease.

25 QualityandQuantityofFood.

26 CustomsandmannersofeatingDifferentviewseffectofemotionalstateonfoodutilization.

27 KalpatherapyinNaturopathyGrapes,Mango,Matha,Milketc.

28 DrugsIncreaseNutritionalRequirements.

29 ToxiclessDiet,BodyPurificationandHealingSystem.

30 Vitamin-CNaturalAnti-oxidants.

31 Physio-PharmacologyofFoods.

A) Anti-BacterialFoods

B) Anti-CoagulantFoods.
C) Anti-DepressantFoods.
D) Anti-Diarrheal Foods.
E) AntiDiabeticFoods.
F) AntiInflammatoryFoods.
G) Anti-OxidantFoods.
H) Anti-ViralFoods.
I) Anti-HypertensiveFoods.
J) Calmingandsedativefoods.
K) Anti-CancerousFoods.
L) EliminativeFoods
M) DiureticFoods
N) ImmunityEnhancingFoods.
O) LifeProlongingFoods.
P) MemoryEnhancingFoods
Q) Anti-PyreticFoods.
R) ExpectorantFoods.
S) OestrogenicFoods.
T) AnalgesicFoods.
U) AphrodisiacFoods.

PRACTICALS

1 Visitstothedieteticdepartmentofthehospital.
2 Menuplanningusingnaturalfoodsandrawfoodsingeneralpatients.
3 Demonstrationofsprouts.
4 Preparationoflowcostbalanceddietfordifferentpopulation groupusingnaturalfoods.
5 Modificationofnormaldietinconsistency-liquidfullsoft.
6 Canteendutiesatnaturecurehospital.
7 KnowledgeofSatvicfoodpreparationatnaturecurehospital.
8 Visit to different nutrition centers like NIN-Hyderabad,CFTRI.(Mysore)

RecommendedTextBooks-

1 DavidsonandPassamoreHumanNutritionanddietetics -ByPassmore,Eastward.
2 ClinicalDieteticsandNutrition-ByF.P.Anita
3 NormalandTherapeuticsNutrition – ByCorinneHRobison MarilynR. Lawler.
4 EssentialsoffoodandNutrition –BySwaminathan
5 TextbookofNutritionandDietetics -BySriLakshmi.

ReferenceBook-

1 FoodandNutrition -ByGupta
2 ModernNutritioninHealthandDisease-ByShills
3 AllPublicationsonNutrition- -ByNational Instituteof Nutrition, Hyderabad.
4 IndianJournalofNutritionandDietetics
5 TheSproutingBook -ByAnnWigmore

SYLLABUSANDCURRICULUM

FOR

BACHELOROFNATUROPATHYANDYOGICSCIENCE

(IVYEAR)

Duration-1Year

1. **PHYSICALMEDICINE&REHABILITATION**
2. **HYDROTHERAPY ANDMUDTHERAPY**
3. **OBSTETRICSANDGYNECOLOGY**
4. **YOGATHERAPY**
5. **HOSPITALMANAGEMENT,RESEARCHMETHODOLOGY&MEDICALSTATISTICS**
6. **CLINICALNATUROPATHY**

PHYSICALMEDICINE&REHABILITATION

Theory

ExerciseTherapy

- BasicPhysicsinExerciseTherapy.
- Introductiontoexercisetherapy.
- Startingpositions
- Classificationofmovements
- Activemovements
- Passivemovements
- Musclestrength
- Jointmovement
- Relaxation
- Posture
- Coordinationexercise
- Gait
- Crutchgait
- Neuromuscularfacilitationtechniques
- Suspensiontherapy
- Myofascialrealeasetherapy
- Therapeuticapplications

Electrotherapy

- Electricalfundamentals
- Electricalenergy
- Ohm'slaw
- Joule'slaw
- Magneticenergy
- Electromagneticinduction.
- Semiconductor
- Valves
- Principlesofworkinginacapacitor
- Transistors
- Measurementofcurrentintensity
- EMSandpower
- Movingcoilmillimeterandvoltmeter
- Lowfrequencycurrents
- Preparation-forelectrotherapy
- Patienttreatmenttechnique
- FaradicandGalvaniccurrents
- Highfrequencycurrenttreatments
- Principlesofradiationtherapy
- Waxtherapy

PRACTICALS

ExerciseTherapy

1. BasicPhysicsinExerciseTherapy.
   a. Mechanics: Force, gravity, line of gravity, center of gravityinhumanbody,base,equilibrium,axesandplanes.
   b. Mechanical Principles: Lever, order of lever, examples inhumanbody,pendulum,spring
2. Introductiontoexercisetherapy.
3. Startingpositions:Fundamentalstartingpositions,derivedpositions,muscleworkforallthefundamentalstartingpositions.
4. Classificationofmovementsindetails.
   a. Voluntarymovements
   b. Involuntarymovements
5. Activemovements
6. Passivemovements
7. Muscle strength: Anatomy and physiology of muscle tissue,causes of muscle weakness/paralysis, types of muscle workand contractions, range of muscle work, muscle assessment,Principlesofmusclestrengthening/reeducation,earlyreeducationofparalyzedmuscles.
8. Joint movement: Classificationof joint movements causes forrestrictionofjointmovement, prevention of restriction ofjoint, range of movement, principles of mobilization of joint inincreasing therangeofmotion,Techniqueofmobilization ofstiffjoint.
9. Relaxation:Techniqueofrelaxation,Principlesofobtainingrelaxationinvariouspositions.
10. Posture:Types,factorsresponsiblefor good posture, factorsforpoordevelopmentofposture.
11. Coordinationexercise:Definitionofcoordinatedmovements,in-coordinatedmovements,Principlesofcoordinatedmovements,technniqueofcoordinationexercise.
12. Gait:Analysisofnormalgaitwithmusclework,variouspathologicalgaits.

13. Crutchgait:Introduction,Crutchmeasurement,varioustypesofcrutchgaitindetail.
14. Neuromuscularfacilitationtechniques,functionalreeducation.
15. Suspensiontherapy:principlesofsuspension,typesofsuspensiontherapy,effectsandusesof suspension therapywiththeirapplicationeithertomobilize a joint to increasejointrangeofmotion or increase muscle power, explainingthefulldetailsofthecomponentsusedforsuspensiontherapy.
16. Myofascialrealeasetherapyandrelatedtherapiesused insportsmedicine
17. Therapeuticapplications

Electrotherapy

1. Electricalfundamentals

a. Physicalprinciple
b. Structureandpropertiesofmatter
c. Molecularatom,proton,neurtron,election,ionetc

1. Electricalenergy

a. Natureofelectricitycurrent
b. Staticelectricity
c. Electricpotentialsgeneratedbycell

2. Ohm'slaw
3. Joule'slaw
4. Magneticenergy

a.Nature and property ofamagnetb.Magneticinduction
c.Shawrule
d.Maxwell'scorkscrewrule

5. Electromagneticinduction.

a. Principleandworkingofchoke
b. Coil
c. Transformer
d. RectificationofACtoDC
e. Metaloxiderectifier

6. Semiconductor

a. Diodeandtriode

7. Valves

8. Principlesofworkinginacapacitor

a. Detailsofcharginganddischarging

9. Transistors

10. Measurementofcurrentintensity

11. EMSandpower

12. Movingcoilmillimeterandvoltmeter

13. Lowfrequencycurrents

a. Nature and principle of production of musclestimulatingcurrents
b. Typesoflowfrequencycurrentusedfortreatment
c. Therapeuticelectricstimulation
d. Ionotophoresis
e. Phonophoresis

14. Preparation-forelectrotherapy

a. Preparationofapparatus

15. Patienttreatmenttechnique

a. Stimulating muscles of extremity, back and facethroughthemotorpoints

16. FaradicandGalvaniccurrents

17. Highfrequencycurrenttreatments

a. Physicsofhighfrequencycurrents
b. Principles
c. Biophysicsof heatphysiologyandcold.
d. Production,physiologicalandtherapeuticeffectsanduses.
e. Technique of treatment, dangers and precautions,contraindicationofultrasonictherapy

18. **Principlesofradiationtherapy**
    a. Physicsofradiationtherapy
    b. Laws governing radiation: Production, physiological andtherapeuticeffects,uses,techniquesoftreatment,dangersandprecaution,contraindicationofIRRtherapy,UVtherapy.
    c. BasicprinciplesofTENSandIFT
    d. Lasertherapy
19. **Waxtherapy**
    a. PhysicsofWaxtherapy
    b. Physiologicalandtherapeuticeffectanduses.
    c. Techniquesofapplication.

PRACTICAL (I)

1). Interrupted/modifiedD.C.

a) StimulationofMusclesdirectly.

b) Diagnostictests
   (i) F.G.Test.
   (ii) S.d.Curve
   (iii) FatigueTest.

2). Usesofsurgedfaradismandinterruptedgalvatisminvariousperipheralnervelesions.
   a) Neuroproxia.
   b) Axonotomosis
   c) Neurotomosis

PRACTICAL(II)

(Highfrequencycurrenttreatment)

a) Shortwave diathermy-setting up of apparatus including selectionofmethodandelectricity,Techniques,preparationofpatient,checking,contraindications,applicationofSWDforvariousconditions and various parts of the body. Those must be practicedbythestudents.
b) Microwave diathermy-setting up of apparatus including selectionofmethodandelectricity,Techniques,preparationofpatient,checking,contraindications,applicationofMWDforvariousconditionandvariouspartsofthebody.Thosemustbepracticedbythestudents.
c) Ultraviolet radiation: setting up of apparatus including selection oflampstechniqueofapplicationofUVRfor various conditions liketestdoes,generalbodybaths,acne vulgaris, alopecia areata andtotalis,ulcers,psoriasis,ricketsandgeneraldebilitypatients.
d) Ultraviolet:settingupofapparatussectionsofdoes,techniqueofapplicationinvariousconditionandtovariouspartsofthebody.

PRACTICAL(III)

1) DemonstrationandpracticeofActiveandpassivemovements.
2) Demonstrationandpracticeofputtingsuspensiontoshoulderjoint,Elbowjointin upperlimb,hipjointandknee joint in lowerlimbsforallmovements.Demonstrationoftotalsuspension.
3) Musclestrength:Demonstrationandpracticeofstrengthening,re-educationofweak/paralyzedmusclesofbothupperandlowerextremity,individualgroupmuscles,abdominalmuscleexercises.
4) Jointmovements:Demonstrationandpracticeoftechniquestoimprovejointrangeofmotionof hip joint, knee joint, ankle andfootinlowerlimb,shoulderjoint,elbow joint, radio-ulnar joint,wristjoint&upperlimb.
5) Demonstration and practiceoffreeexercise to improve joint rangeofmotion(smalljoints,eg.hand finger. toes etc.) Demonstrationandpracticeofallcrawlingexercise,faultyposture,correctingtechniques.

6) Demonstrationofvariouspathologicalgaits.
Measurement of crutches, walkingaids, strengtheningof crutchmuscles, crutch balance, Demonstration and practice of all crutchgaits.

7) BreathingExercises:DemonstrationandpracticeofDiaphragmaticbreathing,localizedexpansionexercises.

8) Passivestretching:Techniquesofpassivestretchingtosternomastoid muscle, shoulder abductors. Flexors elbow flexorsandsupinator,wristandfingerflexorsinupperlimbspassive,stretching to hip flexors, adductors, ilio-tibialband, tensor fascialata,quadriceps,kneeflexors,tendoachiliesetc.

BookReference(BothTheoryandpractical's)

1) PrinciplesofExerciseTherapy-ByDenaGardiner.
2) Tidy'sphysiotherapy.
3) Cashtextbookofphysiotherapy.
4) Clayton's Electrotherapyandactinotherapy.
5) Kisner'sTherapeuticExercisefoundationandtechniques.

HYDROTHERAPY

PAPER-1

- IntroductionandHistory
- Physicalpropertiesandchemicalcompositionofwater
- PhysiologicalbasisofHydrotherapy
- Productionofheatanditsdistributioninthebody
- Importanceofwatertohumanbody.
- Physiologicaleffectsofondifferentsystemsofthebody.
- Reflectareasofthebody
- Actionandreactionphase
- Placeofwaterinpreservation
- PlaceofwaterinAcutediseases
- PlaceofwaterinChronicdisease
- MagnesiumSulfate-useinHydrotherapy

PAPER–II

- GeneralPrincipleofHydrotherapy
- TherapeuticactionsanduseofHydrotherapy
- ThetechniquesofHydrotherapy
- Variousbathsandairbaths
- PoolTherapy
- Douches:
- FomentationandStupes
- CompressesandPacks
- InternaluseofWater
- HydriaticPrescriptionMaking:
- MudTherapy:

PRACTICALS

THEORY

Paper1

1. IntroductionandHistory
2. Physicalpropertiesandchemicalcompositionofwater
3. Physiological basis of Hydrotherapy :- The skin and its anatomicalconstruction,functionsofthebody
4. Productionofheatandits distribution in the body, regulation ofthebodytemperature,conditionsthatincreaseanddecreaseheatproductioninthebody,bodyheatandbodytemperature.
5. Importanceofwatertohumanbody.
6. Physiologicaleffectsofondifferentsystemsofthebody.
   i) GeneralandPhysiologicaleffectsofheatupon:-
      a. Skin
      b. Respiration
      c. CirculationSystem
      e. NervousSystem
      f. Heatanditsproduction,dissipationetc.
      g. Tactileandtemperaturesense

   ii) General and physiological effects of cold upon skin respiration,Circulation System, Nervous System, G.I.T. Body TemperatureanditsMaintenance.
7. Reflect areas of the body, results of the application of hot and coldoverreflexareas.
8. Actionandreaction,incompletereaction,Conditionsthatencourageanddiscouragereaction,internalreaction,thermalreaction,modifiedthermalreaction
9. Placeofwaterinpreservation
10. PlaceofwaterinAcutediseases
11. PlaceofwaterinChronicdisease
12. MagnesiumSulfate-useinHydrotherapy

PAPER-II

1. **GeneralPrincipleofHydrotherapy**
   a) Generalrulesofhydrotherapy
   b) TherapeuticSignificanceofReaction
   c) Adaptationofindividualcases
   d) ExaggerationofSymptomsunderTreatment,theuntowardeffectsanddprevention.
   e) Generalindicationsandcontraindications

2. **TherapeuticactionsanduseofHydrotherapy:**
   a) Classification of Hydriatic effects, General Principles andDepression

   b) Primary Excitant effects when to apply and when not toapply
      1. Localhaemostaticeffects
      2. Cardiaceffects,HydraticandHearttonics
      3. Uterineexcitations,emanogogiceffects
      4. Vesicleexcitations
      5. Intestinalexcitations,peristalticeffects

   c) Secondaryexcitanteffects:-
      1. Restorativeeffects.
      2. Tonic effects of cold water,physiologicaleffectsofcoldwater,coldwaterVs.Medicaltonics,applicationdiseases.
      3.Anemia,NeurastheniaHypochondriacerebralcongestion,Rheumatism,Diabetesmellitus,Valvularheartdiseases.
      4. Calorificeffects
      5. Diaphoreticeffects.

      Importance of attention to the skin in chronic diseasesalternative&qualitativeeffect-
      Hotbathsinblightsdiseases,
      Sweatingbathsindropsyandobesity,depurativeoreliminativeeffects,ToxemiainRheumatism.

6. Expectoranteffects.
7. Diureticaffects-Brightsdiseases,Uremia-eclampsia.

8. AtonicsDyspepsia,Hyperacidity

9.Revulsive and derivative effects, revulsive methods forcombating superficial anemia and for relief of deep congestion, methods adopted to anemia of deep seatedorgansrevulsiononanalgesicmeasure.

d) Resolventeffects,sedativeeffects-generalsedative-localsedatives.

i) Sedativesofthecirculatorysystem-antiphogesticeffects,inflammation, pneumonia, pleurisy and other acutedisorders.

ii) NerveSedatives,hypnotic,calmativeanalgesic,analgesic,anesthetic,antispasmodiconinsomnia,chorea,spasticparalysis,exophthalmicgoiter,mania,epilepsyandvariouspainfulconditions.

iii) Anti-thermalandantipyreticeffects,relationofheatproductionandheateliminationtoantipyreticmethods,principlesthatgovern the application of hydratic measuresforthereduction oftemperaturein fevers, methods that maybeefficientlyemployedinvariousmorbidconditions andeffects,indicationsandcontra-indications.

iv) Secretaryandsedativeeffects-prophylacticuses.

a. Coldbathingininfancyandearlychildhood.
b. ThecoldbathingforAdults.
c. ThecoldBathsforWomen.
d. Thecoldbathinoldage-precautions.

3. **ThetechniquesofHydrotherapy**:-

Plainwaterbath,Coldhipbath,Kellogg's&Kuhn'ssitzbath,Shallowbath,formales,females,handandarmGraduatedbath&footbath,hotandColdNaturalbath,alternative legbath,Nonrevulsivebath,Immersionbath,Coldplungebath,WhirlpoolbathAerationbath,Vichyspraymassage,Rapidbath,Brand-bath,Feverbathing,seabathing.

4. **Variousbathsandairbaths-** Russian bath, Turkish bath,Steaminhalation, Hot air bath, Local hot air bath, Super hotairbath,Coldairbath,Localhotairbath, Super hot air bath,Coldairbath,Indoorandout-doorbaths.

5. PoolTherapy:

(a) Introduction
(b) PrinciplesoftreatmentPart-IandPart-II
(c) PhysiologicalandTherapeuticeffectofexerciseinwarmwater.
(d) Indicationsandcontra-indications
(e) Dangersandprecautions

6. **Douches**:

ColdDoucheHot
DoucheNeutral
Douche
AlternativeDoucheU
nderWaterDoucheC
ontrastDoucheHoriz
ontalJetCephalicDou
cheLumbarDouche
FanDouche
RainDoucheorShowerDoucheH
epaticDouche
CircularDouche and Semi
CircularDoucheCerebrospinalDouche
PlantarDouchePer
cussion
DoucheScotchDou
cheRevulsiveDouc
heAscendingDouc
heCaliperDoucheFi
liformDouche

FogDoucheMassag
eDoucheShoulder
DoucheThoracicDo
ucheAbdominal
DoucheAnalDouch
ePerinealDoucheP
ulmonary
DoucheCardiacDou
cheGastricDouche
EntericDoucheRen
alDoucheArticular
DoucheVapourDou
che

7. FomentationandStupes:

The hot water bag, the siphon hot water bag, the thermo pore, themustard Fomentation, clay and glycerin poultice, charcoal poultice,cottonpoultice.

8. **CompressesandPacks**:

The wet sheet pack, cooling pack, cold shower pack, sweating pack,very cold compress, proximal compress, neutral compress, alternatecompress, repulsive compress, compress of ten days for injuries anderuptions, alternative ten applications to the head and spine, localpacks,wetgirdlepack,dryabdominalbandage.
Abdominalheatingcompress,Headpack,SpinalpackHotan
dcoldheatcompress,HotandcoldlungcompressHotandcol
dgastro-hepaticcompress
Hotandcoldrenalcompress
Hot and cold intestinal
compressHotandcoldpelviccomp
ressHotandcoldabdominalpackH
otandcoldspinalpack
Hotandcoldpancreaticpack

SpecialFormsofCompress:
Cephaliccompress,Chestpack,Triangularchestpack,halfchestcompress,jointcompress,pelvicpack,footpack,coldspinalcompress,towelchestpack,pericardialorcardiaccompress,
hippack,perinealcompress,pronepacks,lumbarcompress.

9. **InternaluseofWater**:
Irrigationsandenema(ColonFlushing)Coldwaterdrinking,Hotwaterdrinking
Wateremetic,irrigationofear,NasalIrrigation,
VaginalIrrigation,Intra-uterineIrrigation,rectalirrigationEnema:Hot,warm,cold,graduated enema,
Coloclyster,RetentiveEnema,TonicEnema.

HydriaticPrescriptionMaking:
(a) Thenaturaldefenseoftheorganism
(b) Proceduresforincreasingvitalresistance
(c) Procedureswhichexcitethecentralganglia
(d) Proceduresthatincreaseoxidation
(e) Measuresthatencouragegeneralandlocalmetabolicactivity
(f) Proceduresthatincreasegeneral bloodmovementandlocalbloodsupply
(g) Measurethatincreaseheatproduction
(h) Measurethatincreasetheeliminationofheat
(i) Measuresthatcombatbacterialdevelopmentofblood
(j) Measuresthatincreases/lessenheatelimination
(k) Hydriaticsincompatibility
(l) Hydrotherapyasameansofrehabilitationandhealthpromotion
(m) EmergencytreatmentsinHydrotherapy

10. MudTherapy:
a) Introductionofmudtherapy.
b) Classificationofmudfortherapeuticuses.
c) PrecautionsofstoringMud.

d) Methodoftreatmentofmud-application,packinghotpoultices,effectsofmudapplicationondifferentsystemofbody.
e) Natural mud bath, full and partial mud pack, mud plastor,thermalbath,drypack,sandpack,sandbath.
f) Cosmeticuseofmud.
g) Researchpaper.

PRACTICAL

1. Demonstration of various therapeutic effects, procedure andtreatmentsinHydrotherapyduringclinicalclassesathospital.
2. AttheendoftheFourthyearBNYScourse,candidateshouldbeabletoprescribeHydrotherapytreatmentsindependently.
3. 5casedocumentationofallhydriaticapplications.
4. Clinicaldissertationoncasestudieswithminimumsamplesizeof20patientsononegeneralandtwolocalapplications.

TEXTBOOKS:-

1. Baths–SJSingh
2. MyWaterCure–SebastianKneipp
3. RationalHydrotherapy–JHKellogg
4. Healingclay–MichaelAbserra
5. OurEarthOurCure–RaymondDextroit

REFERENCES:-

1. HandbookofHydrotherapy–ShewJoel
2. HydrotherapyinPractice–DavisBCandHarrisonRA
3. MedicalHydrology–SidneyLich

OBSTETRICSANDGYAECOLOGY

Section-A

- BasicAnatomyandPhysiology:-
- PhysiologyofPregnancy:-
- PhysiologyofLabor:-
- PhysiologyofPuerperium
- PathologyofPregnancy
- PathologyofLabour
- AffectionofNew-Born
- Obstetricaloperations
- PathologyofPuerperium
- Miscellaneous
- NaturopathicApplication
- Yogicapplication

SECTION–B

- Gynecologicaldiagnosis
- Malformationoffemalegenitalorgans
- DiseasesofVulva
- Diseasesofvagina
- SexuallytransmittedDiseasesinfemale
- Diseasesofurinarysystem
- TrophoblasticDiseases
- Disordersofmenstruation
- Prolapseofuterus
- NewGrowthsofuterus
- Endometriosisandadenomyosis
- Diseasesofovary
- PelvicInflammatoryDiseases

PRACTICAL

THEROY

Section-A

1 **BasicAnatomyandPhysiology:-**

a) AnatomyandPhysiologyoffemalegenitalorgansandpelvis.

b) Maturationandfertilizationofovum.

c) DevelopmentofPlacenta

d) Embryologyofuterus.

2 **PhysiologyofPregnancy:-**

a) Maternalchangesduetopregnancy

b) Diagnosisofpregnancy

c) Differentialdiagnosisofpregnancy

d) Fetusinnormalpregnancy

e) Ante-natalcure.

3 **PhysiologyofLabor:-**

a) Causationandstagesoflabor

b) Mechanismsoflabor

c) ConductofDeliverytheNaturalmeans

4 **PhysiologyofPuerperium**

a) PhenomenaofnormalPuerperium

b) CareofPuerperium

c) Careofnew-Bornchild

5 **PathologyofPregnancy**

a) Hyperemesisgravidarum
b) AnemiainPregnancy
c) Diseasesofurinarysystem
d) Diabetesinpregnancy
e) Abortion
f) EctopicPregnancy
g) Ante-partumhemorrhage
h) Placentaprevia

6 **PathologyofLabour**

a) Occipito-posteriorposition
b) Breechpresentation
c) Multiplepregnancy
d) Contractedpelvis
e) Managementoflabourincontractedpelvis
f) Complicationsof3rdstageoflabour

7 **AffectionofNew-Born**

a) AsphyxiaNeonatorum
b) Pretermbaby

8 **Obstetricaloperations**

a) Forceps
b) Cesareansection
c) Inductionofabortionandlabor

9 **PathologyofPuerperium**

PuerperalInfections

10 **Miscellaneous**

a) Perinatalmortalityandmaternalmortality

b) Post-datedpregnancy

c) PlacentaInsufficiency

d) Controlofcontraception

e) MedicalTerminationofPregnancy

f) Pre-termlabor

11 **NaturopathicApplication**

a) HydrotherapyinPregnancy

b) Importance of Naturopathic Diet in Pregnancy andPuerperium

c) Underwaterdelivery

12 **Yogicapplication**

a) Exercisein-

IstTrimester

IIndTrimester

IIIrdTrimester

Puerperium

b) PelvicFloorExercises

SECTION–B

1 Gynecologicaldiagnosis

2 Malformationoffemalegenitalorgans

3 DiseasesofVulva

4 Diseasesofvagina

5 SexuallytransmittedDiseasesinfemale

6 Diseasesofurinarysystem

7 TrophoblasticDiseases

8 Disordersofmenstruation

9 Prolapseofuterus

10 NewGrowthsofuterus

11 Endometriosisandadenomyosis

12 Diseasesofovary

13 PelvicInflammatoryDiseases

PRACTICAL

1 Historytakingofante-natalandgynecologicalcases

2 Demonstrationofphysicalexaminationofante-natalandgynecologicalcases

3 Demonstrationofconductivelabor normal delivery and useofminorinstrumentsduringdelivery

4 Demonstration ofvariousequipmentsusedinobstetricsandgynecology

5 Case-historywritingofante-natalandgynecologicalcases(25)

RecommendedTextBooks-

1	Clinicalobstetrics	-By Mudaliarandmenon
2	ShawsTexbookofGynecology	-By Shaw
3	TextbookofGynecology	-By Dr.Dutta
4	Textbookofobstetrics	-By Dr.Dutta
5	Yoga for pregnancy and Naturalchildbirth	

ReferenceBooks-

IllustratedbookofobstetricsandGynecology-ByDr.Gevan

SYLLABUS FOR SEVENTH SEMESTER

NameoftheProgramme	**B.N.Y.S**
NameoftheCourse	**DIAGNOSTIC METHODS OF YOGA & NATUROPATHY PART - I**
Paper Code	**BNYS 401A**

TeachingObjective	• Tointroducethestudentstotheconcepts relateddiagnostic methods of yoga & naturopathy
LearningOutcomes	• Demonstrateandunderstandthebasicdiagnostic methods of yoga & naturopathy

Sr.No.	Topics	No. ofHrs.
1	**Introduction to the science of facial expression**	15
2	**Characters of Healthy Body – Normal Functions and Normal figure**	15
3	**Foreign Matter theory:-** • Definition of foreign matter, the process of accumulation of foreign matter in the body, , encumbrance and changes caused in the body due to the accumulation of foreign matter and general pathology of foreign matter.	20
4	**The nature: origin and cure of diseases of children for their unity and developments**.	15
5	**Bad habits support the accumulation of foreign matter in the body like tobacco, alcoholic drinks, coffee and tea-opium.** • Drug addictions – Pethedine heroin, injection etc., suppression of diseases v/s elimination of morbid and diseased germs from the system	20
	Total	**80hrs**

PRACTICLES:

- Study of 100 cases with record
- Visit to the yoga Ward in hospital

REFERENCE BOOKS

- Preksha Yoga by Dr. J.P. Mishra
- Yoga Therapy by Dr. V.K. Ahluwalia
- Yoga se RogNivaran by Swami Shivananda, Saeaswati

NameoftheProgramme	**B.N.Y.S**
NameoftheCourse	Management of Disease through yoga **PART - I**
Paper Code	**BNYS 402A**

TeachingObjective	• Tointroducethestudentstotheconcepts relatedManagement of Disease through yoga
LearningOutcomes	• DemonstrateandunderstandthebasicManagement of Disease through yoga

Sr.No.	Topics	No. ofHrs.
1	Cause, Symptoms & Treatment of SYSTEMIC diseases	15
2	1. Headache 2. Hernia & Hydrocele 3. Hypertension 4. Heart Diseases 5. Hepatitis 6. Hysteria & Fainting 7. Acidity 8. Allergy 9. Asthma 10.Anemia 11.Arthritis 12.Appendicitis 13.Anxiety 14.Black Water Fever 15.Beriberi 16.Constipation 17.Cervical Spondylitis 18.Cough & Cold 19.Coronary Heart Disease 20.Carbuncle 21.Colitis	75

	22.Diarrhoea 23.Diabetes 24.Duodenal & Gastric Ulcer 25.Dyspepsia 26.Displacement of the Uterus 27.Eczema 28.Fever 29.Gas Trouble 30.Goiter 31.Gall Stone 32.Gonorrhea 33.Insomnia 34.Itches 35.Impotency PRACTICLES: Study of 100 cases with records	
Total		**90hrs**

PRACTICLES:

- Study of 100 cases with record
- Visit to the yoga Ward in hospital

REFERENCE BOOKS

- Preksha Yoga by Dr. J.P. Mishra
- Yoga Therapy by Dr. V.K. Ahluwalia
- Yoga se RogNivaran by Swami Shivananda, Saeaswati

NameoftheProgramme	**B.N.Y.S**
NameoftheCourse	Management of Disease through Naturopathy **PART - I**
Paper Code	**BNYS 403A**

TeachingObjective	• Tointroducethestudentstotheconcepts relatedManagement of Disease through Naturopathy
LearningOutcomes	• DemonstrateandunderstandthebasicManagement of Disease through Naturopathy

Sr.No.	Topics	No. ofHrs.
1	Cause, Symptoms & Treatment of the VERIOUS SYSTEMIC Diseases:	15
2	2. Alcoholism 3. Allergies 4. Amnesia 5. Anaemia 6. Anal Fissure 7. Anorexia Nervosa 8. Appendicitis 9. Arteriosclerosis 10.Arthritis 11.Asthma 12.Backache 13.Boils 14.Bronchitis 15.Cancer 16.Cataract 17.Cervical Spondylosis 18.Chicken Pox 1 9.Cholera 20.Cirrhosis of the Liver 21.Colitis 22.Common Cold 23.Common Fever 24.Conjunctivitis 25.Constipation 26.Corns 27.Cough 28.Dandruff 29.Defective Vision 30.Dental Caries 31.Depression 32.Dermatitis 33.Diabetes 34.Diarrohoea 35.Diphtheria 36.Dropsy 37.Dysentry 38.Eczema 39.Epilepsy 40.Falling of Hair 41.Fatigue 42.Gastritis 43.Gastro-Enteritis 44.Glaucoma 45.Goitre 46.Gout 47.Headache & Migraine 48.Heart Diseases 49.Hiatus-Hernia 50.High Blood Cholesterol	75
Total		**90hrs**

PRACTICLES

- Study of 150 cases with record
- Visit to the Naturopathy ward in hospital

REFERENCE BOOKS

- Nature cure by Dr. H.K. Bakhru
- Naturopathy by Dr. Om PrakashSexena

NameoftheProgramme	**B.N.Y.S**
NameoftheCourse	Modern Diagnostic Method **PART - I**
Paper Code	**BNYS 404A**

TeachingObjective	• Tointroducethestudentstotheconcepts relatedModern Diagnostic MethodS
LearningOutcomes	• DemonstrateandunderstandthebasicModern Diagnostic MethodS

Sr.No.	Topics	No. ofHrs.
1	**Introduction to the science of** Modern Diagnostic	15
2	. • Examination of the Patient. • Approach to a Patient. • History taking and case sheet writing • Symptomatology • Examination of Vital Data • Importance of height, weight, abdominal girth	25
3	• General physical examination •Examination of breasts, back, spine and genitals • Systemic examination of the patient like Abdomen (Digestive system), Cardiovascular System, Respiratory System, Renal System (Urinary system), Central nervous system, Locomotor system, Examination of ear, nose and throat and Gynecological examination for female only	25
4	.• Ultra – sonography• Computerized tomography scan (CT scan)	25
	Total	**90hrs**

PRACTICAL:

- History Taking & Physical Examination of cases
- Case Sheet writing in different general cases

REFERENCE BOOKS

- Hutchison's Clinical Methods
- Manual of Clinical Methods – by S.P.Shanker

- Clinical Diagnosis – by JalVakil

NameoftheProgramme	**B.N.Y.S**
NameoftheCourse	Forensic Medicine & Toxicology **PART - I**
Paper Code	**BNYS 405A**

TeachingObjective	• Tointroducethestudentstotheconcepts related TO Forensic Medicine & Toxicology
LearningOutcomes	• DemonstrateandunderstandthebasicForensic Medicine & Toxicology

Sr.No.	Topics	No. ofHrs.
1	: • Definition of Forensic Medicine and its scope • Procedure of giving medical evidence with reference to Indian evidence act. • Methods of identification of living and dead body – Race, Age ,Sex etc• Death – Medico legal aspects, certification of death, sudden death, Medico legal importance, signs of death, changes due to death and calculating time of death.	15
2	• Medico- legal autopsy • Medico-legal wounds, their classification and study and medico-legal aspects • Examination of blood stains, hair and seminal stains • Miscellaneous cause of death form heat, cold, electricity, starvation etc• Violent asphyxia death-hanging, strangulation, suffocation and drowning	60
3	• Sexual offences:- Impotency and sterility, virginity, Legitimacy, Unnatural offences, medico legal aspect	**15**
	TOTAL	**90 HRS**

PRACTICALS:-

- Age estimation
- Skeleton remains
- Spotters
- Examination of injured Alocoholic
- Psychiatric and Toxicology

REFERENCE BOOKS:-

- Medical jurisprudence By Modi

- A text Book of forensic Medicine By Narayana Reddy
- A text Book of Forensic Medicine By M.R.K.Krishna
- The essential of forensic medicine by Dr. C.J.Poison D.J. Gee and B.Knight
- Forensic medicine by Corden and Shapire
- Principles and practice of medical jurisprudence by Taylor's

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NameoftheProgramme	**B.N.Y.S**
NameoftheCourse	Chroma Therapy & Manipulative therapy **PART - I**
Paper Code	**BNYS 406A**

TeachingObjective	• Tointroducethestudentstotheconcepts related TO Chroma Therapy & Manipulative therapy
LearningOutcomes	• DemonstrateandunderstandthebasicChroma Therapy & Manipulative therapy

Sr.No.	Topics	No. ofHrs.
1	**History of chromo therapy..**	10
2	**Physiological chemical properties of sunlight**	10
3	**Effects of sunlight on vegetable & micro-organisms.**	**10**
4	**. Sun Bath:-** **a. Dr. Reiki's methods of sun bath** **b. Dr. Kunhe's methods of sun bath** **c. Sun bath through of wet pack** **d. Sun bath of children & aged persons** **e. Sun bath with leaves** **f. Oil Sun bath**	**10**
5	**Practice of exercise in sunlight.**	**10**
6	**1. Chromo diagnosis & Chromo hygiene.** **2. Chromo philosophy** **a. Refraction** **b. Reflection** **c. Absorption**	**5**

7	**The source of light- The sun forming resources- The solar atmosphere- Sun power- color effects- influence of sunlight on skin, muscles, digestive organs and bones.**		**5**
8	**Chromo therapy prescriptions for different diseases:-** **a. Headache** **b. Ailments of the eyes** **c. Ailments of the ears** **d. Ailments of the mouth & throat** **e. Ailments of the abdomen** **f. Nasal ailments** **g. Constipation & piles** **h. Problems of sex organs in men** **i. Backache** **j. Severe pain in the knee** **k. Pimples** **l. Acne** **m. Eczema**	**n. Baldness** **o. Paralysis** **p. Epilepsy** **q. Rheumatism** **r. Bed wetting at night** **s. Leucorrhoea** **t. Miscarriage** **u. No menstruation** **v. High fever** **w. Pneumonia** **x. Hypertension & hypotension** **y. Diabetes** **z. Heart attack**	**30**
	TOTAL		**100 HRS**

PRACTICALS:-

- Case studies 50 with records.
- Visit to chromo therapy ward in the hospital.
- Clinical classes and Demonstration in the Nature cure Hospital
- Case studies 50 with Record, Demonstration of Equipments.

REFERENCE BOOK:-

- The principles of light and color Dr. E.D. Babbit
- Colour therapy by R.S.Amber
- The healing powers of chromo therapy by Hariomgupta
- Science of Facial Expression – By Louis Kuhne
- The New science healing – By Louis kuhne
- The Science and Practice of Iridology- By Bemard Jensen
- Iridiagnosis and Other Diagnostic Methods- By Henry Lindlahr

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SYLLABUS FOR EIGHT SEMESTER

NameoftheProgramme	**B.N.Y.S**
NameoftheCourse	**DIAGNOSTIC METHODS OF YOGA & NATUROPATHY PART - II**
Paper Code	**BNYS 401B**

TeachingObjective	• Tointroducethestudentstotheconcepts relateddiagnostic methods of yoga & naturopathy
LearningOutcomes	• Demonstrateandunderstandthebasicdiagnostic methods of yoga & naturopathy

Sr.No.	Topics	No. ofHrs.
1	**Types of Encumbrance – Front Encumbrance, right side Encumbrance, Front & right side Encumbrance, left side Encumbrance, mixed or whole Encumbrance, their descriptions, general characters & possible diseases in the concerned incumberance& their treatment.**	20
2	**Diagnosis of the diseases of the following internal organs:**	20
3	• **Pneumonia** • **Pleurisy** • **Bronchitis** • **Asthma** • **Angina Pectoris** • **Heart Attack** • **Acute Myocardial infection**	20
4	**The nature: origin and cure of diseases of children for their unity and developments**.	20
	Total	**80hrs**

PRACTICLES:

- Study of 100 cases with record
- Visit to the yoga Ward in hospital

REFERENCE BOOKS

- Preksha Yoga by Dr. J.P. Mishra
- Yoga Therapy by Dr. V.K. Ahluwalia
- Yoga se RogNivaran by Swami Shivananda, Saeaswati

NameoftheProgramme	**B.N.Y.S**
NameoftheCourse	Management of Disease through yoga **PART - II**
Paper Code	**BNYS 402B**

Sr.No.	**Topics**		**No. ofHrs.**
1	Cause, Symptoms & Treatment of SYSTEMIC diseases		15
2	1. Influenza 2. Cholera 3. Kidney Stone 4. Leucoderma 5. Lumbago 6. Leprosy 7. Menstrual Disorders 8. Menopause 9. Mental Health 10. Malaria 11. Nervous Debility 12. Obesity 13. Old Age Problem 14. Piles 15. Polio 16. Psoriasis	17. .Premature Graying Hair 18. Pleurisy 19. Pneumonia 20. Pyorrhoea 21. Sciatica 22. Stress 23. Sterility 24. Spleen Disorders 25. Tonsillitis 26. Thinness 27. Varicose Veins 28. Typhoid 29. Tooth Trouble 30. Tuberculosis 31. Tumour	75
Total			**90hrs**

PRACTICLES:

- Study of 100 cases with record
- Visit to the yoga Ward in hospital

REFERENCE BOOKS

- Preksha Yoga by Dr. J.P. Mishra
- Yoga Therapy by Dr. V.K. Ahluwalia
- Yoga se RogNivaran by Swami Shivananda, Saeaswati

NameoftheProgramme	**B.N.Y.S**
NameoftheCourse	Management of Disease through Naturopathy **PART - II**
Paper Code	**BNYS 403 B**

TeachingObjective	• Tointroducethestudentstotheconcepts relatedManagement of Disease through Naturopathy
LearningOutcomes	• DemonstrateandunderstandthebasicManagement of Disease through Naturopathy

Sr.No.	Topics		No. ofHrs.
1	Cause, Symptoms & Treatment of the VERIOUS SYSTEMIC Diseases:		15
2	**1. Diphtheria** **2. .Dropsy** **3. Dysentry** **4. .Eczema** **5. .Epilepsy** **6. Falling of Hair** **7. .Fatigue** **8. Gastritis** **9. Gastro-Enteritis** **10. .Glaucoma** **11. Goitre** **12. Gout** **13. Headache & Migraine** **14. Heart Diseases** **15. Hiatus-Hernia** **16. High Blood Cholesterol** **17. High Blood Pressure** **18. Hydrocele** **19. hypoglycemia** **20. Impetigo** **21. Indigestion** **22. Influenza** **23. Insomnia** **24. Intestinal Worms** **25. Jaundice** **26. Kidney stone** **27. Leucoderma**	**38. Osteoporosis** **39. Parkinson's Disease** **40. Peptic Ulcer** **41. Piles** **42. Pleurisy** **43. Pneumonia** **44. Premature Graying of Hair** **45. Prostrate Disorders** **46. Psoriasis** **47. Pyorrhea** **48. Rheumatism** **49. Rickets** **50. Ringworm** **51. Scabies** **52. Sciatica** **53. Scurvy** **54. Sexual importance** **55. Sinusitis** **56. Sore throat** **57. Stomatitis** **58. Stress** **59. Stroke** **60. Styes** **61. Thinness** **62. Thyroid Fever** **63. Thyroid Diseases** **64. Tonsillitis**	75

	28. Low Blood Pressure **29. Malaria** **30. Measles** **31. Meningitis** **32. Mumps** **33. Muscle Cramps** **34. Neurasthenia** **35. Neuritis** **36. Nephritis** **37. .Obesity**	**65. Tuberculosis** **66. Urticaria** **67. Varicose Veins** **68. Venereal Diseases** **69. Warts** **70. Whooping Cough** **PRACTICLES** **Study of 150 cases with record** **Visit to the Naturopathy ward in hospital**	
Total			**90hrs**

PRACTICLES

- Study of 150 cases with record
- Visit to the Naturopathy ward in hospital

REFERENCE BOOKS

- Nature cure by Dr. H.K. Bakhru
- Naturopathy by Dr. Om PrakashSexena

NameoftheProgramme	**B.N.Y.S**
NameoftheCourse	Modern Diagnostic Method **PART - II**
Paper Code	**BNYS 404 B**

TeachingObjective	• Tointroducethestudentstotheconcepts relatedModern Diagnostic MethodS
LearningOutcomes	• DemonstrateandunderstandthebasicModern Diagnostic MethodS

Sr.No.	**Topics**	**No. ofHrs.**
1	**Introduction to the science of** Modern Diagnostic	10
2	**Routine and Special Laboratory investigation for urine, stools**	10

3	**Blood examination like Peripheral smear, Total WBC count, differential WBC count E.S.R. Hb%, Blood Sugar, Blood urea, serum uric acid, serum lipid profile, Serum Creatinine liver function last**	20
4	**Radiological investigation and Contrast Radiography**	10
5	**ECG – Electrocardiography, Echo-cardiography, Coronary angiography and – Electro-encephalography (EEG)**	10
6	**Diagnostic Thoracocentesis**	10
7	**Thyroid T3, T4, TSH estimation.**	10
8	• **Ultra – sonography** • **Computerized tomography scan (CT scan)**	10
Total		**90hrs**

PRACTICAL:

- History Taking & Physical Examination of cases
- Case Sheet writing in different general cases

REFERENCE BOOKS

- Hutchison's Clinical Methods
- Manual of Clinical Methods – by S.P.Shanker
- Clinical Diagnosis – by JalVakil

NameoftheProgramme	**B.N.Y.S**
NameoftheCourse	**Forensic Medicine & ToxicologyPART - II**
Paper Code	**BNYS 405 B**

TeachingObjective	• Tointroducethestudentstotheconcepts related TO Forensic Medicine & Toxicology
LearningOutcomes	• DemonstrateandunderstandthebasicForensic Medicine & Toxicology

Sr.No.	Topics	No. ofHrs.
1	• **Toxicology** • **General consideration of poisoning and classification**	30

	• **Action of poison, factors, modifying their action** • **Diagnosis of poisoning** • **Treatment of poisoning in general.**	
2	• **Poisons:-** • **Corrosives, Non-metallic, Metallic, Organic Irritant, Somniferous Inebrait, Deliriant,** • **Spinal, Cardiac poisons, insecticides and weed killers, Food poisoning, Asphyxiants** • **and Drug Dependence** • **Legal responsibilities: Medical ethics.**	30
3	• **Responsibilities and duties of the Medical practitioners to the state Professional** **secrecy and privileged communication.** • **Un-professional conduct, Mal-practice.** • **The right and privileges and duties of Medical practitioners.**	**30**
	TOTAL	**90 HRS**

PRACTICALS:-

- Age estimation
- Skeleton remains
- Spotters
- Examination of injured Alocoholic
- Psychiatric and Toxicology

REFERENCE BOOKS:-

- Medical jurisprudence By Modi
- A text Book of forensic Medicine By Narayana Reddy
- A text Book of Forensic Medicine By M.R.K.Krishna
- The essential of forensic medicine by Dr. C.J.Poison D.J. Gee and B.Knight
- Forensic medicine by Corden and Shapire
- Principles and practice of medical jurisprudence by Taylor's

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NameoftheProgramme	**B.N.Y.S**
NameoftheCourse	Chroma Therapy & Manipulative therapy **PART - II**
Paper Code	**BNYS 406 B**

TeachingObjective	• Tointroducethestudentstotheconcepts related TO Chroma Therapy & Manipulative therapy
LearningOutcomes	• DemonstrateandunderstandthebasicChroma Therapy & Manipulative therapy

Sr.No.	Topics	No. ofHrs.
1	**Introduction and History of Massage.** • **Rules, Regulations and characteristics of Massage** • **Structure especially concerned in massage and part of the body to be specially studied** • **for the purpose are as follows:** • **Skin, Muscular system, Heart and Circulations, Nervous system and skeletal** • **system including joints**	15
2	**Effects of the pressure of hand and iubricants on the following systems:-** **1. Skin** **2. Muscular system – Nutrition and Development , Excitation of 'm', contraction of 'M' and** **3. muscular electro-excitability, removal of the fatigue from muscle** **4. On the ligaments and skeletal** **5. On the circulatory system** **6. On the nervous system** **7. On respiration – increase of respiratory activity and increase of tissue respiration** **8. On GIT – Improvement in appetite, improvement in secretion of digestive fluid,** **9. absorption and improvement in peristalsis.** **10. Excretory system** **11. Powdered Massage – Merits and demerits.**	20
3	**Massage (side effects and benefits)** • **Basic therapeutic massage techniques, indication and contraindications of massage** • **while applying to the patients.** • **Massage and its effects – Nutrition, Haematogenesis, Phagocytosis, increase in the** • **number of blood corpuscles and Absorption of increased inflammatory exudates,** • **change in the weight of the person, obese or emaciated** • **Different Massage manipulations, classification and their detail explanation, uses and** • **contra-indication, ii) Manipulative treatments in stress management,** • **Shiastu in manipulative therapy (Acupressure)** • **Manipulation and life extension** • **Dry Brush massage.**	**10**
4	**Movement of Joints:-** **Flexion, Extension, Abduction, Adduction, Supination, Circumduction and Deviations – Medical and Lateral** **Massaging in local areas under special circumstances:-** **Massage of Abdomen** **Massage to liver** **Massage to stomach**	**20**

	Massage to heart **Massage to head** **Massage to spine** **Special type of massage in different diseases.**	
5	**Massage to women, infants and children and elderly person.** **Massage for prevention of diseases and maintenances of natural beauty.** **Ayurvedic massage – terminology, Methods and Manipulations**	**35**
	TOTAL	**100HRS**

PRACTICALS:-

- Case studies 50 with records.
- Visit to chromo therapy ward in the hospital.
- Clinical classes and Demonstration in the Nature cure Hospital
- Case studies 50 with Record, Demonstration of Equipments.

REFERENCE BOOK:-

- The principles of light and color Dr. E.D. Babbit
- Colour therapy by R.S.Amber
- The healing powers of chromo therapy by Hariomgupta
- Science of Facial Expression – By Louis Kuhne
- The New science healing – By Louis kuhne
- The Science and Practice of Iridology- By Bemard Jensen
- Iridiagnosis and Other Diagnostic Methods- By Henry Lindlahr