

S-VYASA- ODL/DDE

DIPLOMA IN YOGA THERAPY SYLLABUS (DYT)

Sl. No	Subjects	Code	Credits	Total hrs
	Semester I			
1	Yoga therapy principles and Applications, Ayurveda and Naturopathy	ODL_DYT_T101	6	60
2	Anatomy physiology	ODL_DYT_T102	4	60
3	Introduction to Sanskritam and yoga texts	ODL_DYT_T103	4	60
4	Common ailments –I	ODL_DYT_T 104	4	60
5	Yoga therapy training for Common Ailments - 1	ODL_DYT_P 106	4	180
	Semester II			
6	Common ailments – II	ODL_DYT_T 105	4	60
7	Yoga therapy training for Common Ailments - 2	ODL_DYT_P 107	4	180
8	Advanced yoga techniques & teaching techniques	ODL_DYT_P 108	6	60
9	CASE STUDIES / Report on Social implication (Karma yoga module)	ODL_DYT_FW 109	8	120
			44	
Total			44	660

ODL_DYT_T101 INTRODUCTION TO YOGA, YOGA THERAPY, AYURVEDA AND NATUROPATHY

Objectives:

1. To understand the fundamental components of Yoga required for a Yoga practitioner
2. To understand the concept and principles of Yoga therapy.
3. Brief understanding of Ayurveda and Naturopathy

Unit – 1

Yoga Therapy Principles and Application

15 hours

- Health, its meaning and definitions (According WHO and the meaning of Swasthya) Features of Physical wellbeing; Mental Wellbeing; Emotional Wellbeing and Spiritual Wellbeing;
- Concept of body - Païca Kośa
- Yogic conceptions of health and diseases The concept of Adhi (Disturbance in Manomaya Kosha; Going against the Cosmic Law; Pranic imbalance; Ajirnatvam, Kujirnatvam Atijirnatvam at Annamaya kosha level; Adhija Vyadhi; Anadhija Vyadhi;
- development of disease in four phases 1. Psychic Phase 2. Psychosomatic phase; 3. Somatic phase. 4. Organic phase (Vyadhi); Avidya or Ignorance as the main cause for Psychic or mental diseases;
- Yogic principles of Healthy-Living Achara Vichara (Yoga Vasistha) Development of Satvaguna (Yoga Vasistha)
- Practices for Pancha Kosha; IAYT.

Unit – 2 Basics of Ayurveda

15 hours

- General introduction, definition, history and principles of Ayurveda.
- Concept, role and importance of – Dosha, Dhatu, Mala, Updhatu, Srotas, Indriya, Agni, Prana, Pranayatna, Prakriti, Deha Prakriti and Manasa Prakrit.
- Concept, role and importance of –Swasthavrita, Dinacharya, Ritucharya, Sadvrita, Achararasayana.
- Elementary knowledge of concept of health, disease and management of common diseases in Ayurveda.
- Concept of health according to Sushruta; Concept of drugs in ayurveda, concept of treatments in Ayurveda; Panchakarma and its procedures.
- Relationship between Yoga and Ayurveda, Importance & utility of basic concepts of Ayurveda in Yogic Therapy.

Unit – 3 Naturopathy

15 hours

- General introduction, definition, history and principles of Nisargopachar
- Concept, role, qualities, functions and importance of –five elements. Relationships of five elements with seasons, body and mind.
- Philosophy of Nisargopachar- Western and Indian Concept of health and disease in Nisargopachar. Main principles of Naturopathy (Nisargopachar).
- Practices in Nisargopachar- Upavasa & Diet Therapy, Hydrotherapy & Mud therapy, Solar, Color & Magnet therapy, Massage & Manipulative therapies, Acupuncture and Energy Medicine.
- Introduction to Aromatherapy; Modes of Application; Indication and Contraindication; Basis of acupressure and reflexology

Unit – 4 Unani, Siddha and Homeopathy

15 hours

• **Reference Books**

1. Dr R Nägarathna and Dr H R Nägendra : Yoga and Health, Swami Vivekananda Yoga Prakashana, 2002
2. Dr R Nägarathna and Dr H R Nägendra : Yoga for Promotion of Positive Health, Swami Vivekananda Yoga Prakashana, 2002
3. Jiānānanda Bharati : Essence of Yoga Vāsiñōha, Pub: Sanata Books, Chennai
4. Venkatesananda (Author) : Vāsiñōha Yoga, State University of New York Press, 1993.
5. Swami Digambarji and (Kaivalyadhama, S.M.Y. Samiti, Lonavala, 1978.) : Gheraëòà Samhitā Gharote M.L.
6. Dr. P. H. Kulkarni : Ayurvedic Philosophy, Academia Publishers, 2011
7. Dr. V. B. Athavale : Basic Principles of Ayurveda, Chaukambha Sanskrit Prathisthan, Delhi, 2004
8. Dr. L. P. Gupta : Essentials of Ayurveda, Chaukambha Sanskrit Prathisthan, Delhi, 2006
9. Dr. G. Srinivas Acharya : Panchakarma illustrated, Chaukambha Sanskrit Prathisthan, Delhi, 2009

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10. D. Dwivedi : Naturopathy for perfect health, Kalpaz Publication Delhi, 2002

11. Pravesh Handa : Naturopathy and Yoga, Kalpaz Publication Delhi, 2006

S.J.Singh. : My Nature Cure or Practical Naturopathy

ODL_DYT_T102 ANATOMY PHYSIOLOGY

Objectives:

1. To equip the learners with a brief understanding about yoga and its stream
2. To give a basic understanding about the structure, functions with respect to various systems of the body for equipping the students to understand the benefits and contraindications of yoga practices in a better way.

Unit-1	Introduction to Anatomy & Physiology.		15 Hours
	i. Cell; Basic structure and function ii. Tissues; types of tissues and function iii. Organs and Systems		
	Respiratory System		
	Anatomy	Physiology	
	i. Nasal cavity, Pharynx, Larynx, Trachea, Bronchus, Lungs and Alveoli.	i. Mechanics of breathing and exchange of gas in alveoli. ii. Elimination of Carbon dioxide from the body. iii. Regulation of body temperature.	
Digestive System			
Anatomy	Physiology		
Mouth, Oral Cavity, Pharynx, Esophagus, Stomach, Small Intestine, Large Intestine And Anal Canal.	i. Digestion of food ii. Excretion of fecal materials		
Unit-2	Urinary System		15 hours
	Anatomy	Physiology	

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Kidneys, Ureter, Urinary Bladder, Urethra Skin And Sweat Gland.	<ul style="list-style-type: none"> i. Filtration of Urine from blood ii. Elimination of Urine outside. 	
Circulatory system		
Anatomy	Physiology	
<ul style="list-style-type: none"> ● Heart, Artery, Vein, Capillary, Blood (Composition of blood corpuscles - RBC, WBC and Platelets, Plasma, hemoglobin – coagulation of blood and anticoagulants, blood groups and its importance) ● Sites, functional anatomy of lymph 	<ul style="list-style-type: none"> i. Transport nutrients to each cell. ii. Transport waste from each cell. iii. Transport hormones. iv. Cardiac output and Venous return. v. Blood pressure and Regulation of blood pressure i. Lymphatic nodes and their function. Lymphatic system and its role in immune system. 	
Endocrine System		
Anatomy	Physiology	

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	<p>i. Anatomical structure of important endocrine glands (Pituitary, thyroid, parathyroid, Thymus, Pancreas, Adrenal and gonads)</p>	<p>i. Regulate various internal functions regarding anabolism, catabolism, stress response</p> <p>ii. Function of anterior and Posterior Pituitary.</p> <p>iii. Function of thyroid, parathyroid, supra renal and islets of Langerhans</p>	
Unit-3	Reproductive System		15 hours
	Anatomy	Physiology	
	<p>i. Male-Testes, Vas deference, Spermatic cord</p> <p>ii. Female- Uterus, Ovary, Fallopian Tubes, Vagina</p>	<p>I. Seminal vesicles and prostate glands, Spermatogenesis.</p> <p>II. Ovarian hormones, menstruation Pregnancy, parturition and lactation.</p>	
	Musculo-Skeletal System		
	Anatomy	Physiology	
Unit-4	Nervous System & Special Senses		15 hours
	Anatomy	Physiology	

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<p>Nerve – structure and properties of neurons – nerve – action potential – generation propagation – factors influencing classification of Neurons And Nerve Fibers, Neuralgia Cells, Receptors And Reflex Arcs.</p> <p>Brain Viz., Cerebrum, Pons, Medulla, Thalamus, Hypothalamus, Cerebellum And Autonomic Nervous System [Sympathetic And Parasympathetic].</p>	<p>I. Sensation, Perception, Processing etc. Cognitive activities</p> <p>II. Emotional Responses</p> <p>III. Controlling Function of the Systems</p> <p>IV. Functional anatomy and physiology of eyes, ears, nose, tongue and skin.</p>	
<p>Introduction to Psychology (Modern and Yogic Perspective)</p> <p>Definition of Mind, Intelligence, Learning, Memory, Personality, Counselling</p>		

REFERENCE BOOKS:

1. Gore, M.M. : Anatomy and Physiology of Yogic Practices
- Kanchan Prakashan, Lonavala, 2003
2. Sri Krishna : Notes on Structure and Functions of Human Body and Effects of Yogic Practices on it
- Kaivalyadhama S.M.Y.M Samiti, Lonavala, 1988
3. Charu, Supriya : Sarir Rachana Evam Kriya Vigyan
4. Evelyn, C. Pearce : Anatomy and Physiology for Nurses
- Faber and Faber Ltd. London, 1968

5. Chatterjee, C.C. : Human Physiology (Vol. I & II) - Medical Allied Agency, Calcutta, 1992

ODL_DYT_T103 INTRODUCTION TO SANSKRITAM AND YOGA TEXTS

The goal of teaching *Samskritam* to foreign Graduate students is to provide a comprehensive knowledge of *Samskritam* in order to be able to study, understand, comprehend, write and utilize the knowledge contained in Indian traditional texts in their professional practice, especially in the field of *Yoga*.

Objectives:

Following the completion of this course, students shall be able to

- Communicate and comprehend Sanskrit to the best of their ability.
- Write in samskrit and have some idea about grammar.

Unit 1 Introduction to Samskritam

15 hours

- i. Introduction to Sanskrit Language and subject
- ii. *Devanāgarī* script – origin, Place and pronunciation of Sanskrit Alphabet, (*Sthana - prayatna viveka*), vowels, consonants, vowels & consonants combinations.
- iii. Two consonant combinations, special conjunct consonants and their pronunciation associated with their articulation. Formation of writing.
- iv. Basic rules for recognition of Nouns and Collection of *Samskrita* words in genders.
- v. Introduction to Genders – Masculine, Feminine and Neuter genders. Introduction to case affixes and their meanings. 24 forms of a noun in all genders and its declensions; Usage of the 24 forms of nouns ending with 'a', 'e', 'u' letters in all case affixes in all three genders.

Verb roots, pronouns hours

6

- vi. Verb roots with meaning. Present tense (*Lat*), Past tense (*Lang*), Future tense (*Lrit*), perfect past (*lit*), verb of order/request (*Loat*) forms in three persons and three numbers in both active (*kartarī*) and passive (*karmanī*) forms. Practice of all the above five verbal forms for correct sentence formations in tenses and

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moods. Usage of prefixes and how they change the meaning of the verb root and how to find them in the dictionary.

vii. Introduction to pronouns; Pronouns in all three genders: declensions of pronouns (me/we, you/you all, He/She/It). corresponding translations of pronouns into English; forming sentences with nouns and pronouns; interrogative pronouns.

iii. Introduction to write simple sentences using Noun/ Pronoun (subject), Object and Verb in singular, dual and plural.

Prepositions, Numbers, Time, Day, Comprehension and Paragraph writing 4 hours

viii. Prepositions and its meaning with usage in sentence, asking question and answers.

ix. Introduction of numbers, time and days.

x. Paragraph writing on specific topics / Story writing

Unit – 2 Patanjali Yoga Sutras 15 hours

Yoga, its' meaning & purpose & a brief introduction to Patanjali's Yoga Sutras and its' author.

- I. Concept of Citta, Citta-bhoomis, Citta-vrttis, Citta-vrtti nirodhopaya (Abhyasa and Vairagya) Citta-Vikshepas (Antarayas), Citta-prasadanam and its' associates.
- II. Ashtanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, and Samadhi; Samyama & three Parinama of Samyama.
- III. Types and nature of Samadhi in Yoga Sutra, Rtambharaprajna and Adhyatmaprasada; Samprajnata, Asamprajnata, Sabija & Nirbija Samadhi,
- IV. Concept of IShwara and his qualities
- V. . Kriya-yoga, Theory of Kleshas, means of elimination of Kleshas/Vivekakhyati;
- VI. The concept and description of Ashta Siddhis;
- VII. Nature of Kaivalya,

Unit 3: Yoga in Bhagavad Gita

8 hours

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- I. General Introduction to Bhagavad Gita (B.G.). Definitions of Yoga in Bhagavad-Gita and their relevance & Scope.
- II. Jnana, Bhakti and Raja Yoga in the context of Bhagavad Gita.
- III. Karma yoga in Bhagavad Gitä.
- IV. Sänikhya yoga in Bhagavad Gitä.
- V. Bhagavad Gitä and Psychoanalysis.
- VI. Trigunas in the context of Bhagavad Gitä.
- VII. Diet and lifestyle for a Yogi in Bhagavad Gitä.

Unit – 4 Hatha Yoga

7 hours

- I. Hatha Yoga, its meaning, definition, aims and objectives, in Hatha Yoga. The origin of Hatha Yoga, Important Hatha Yogic Texts.
- II. Dos and Don'ts to be followed by the Hatha Yoga Practitioner, concept of Mata, concept of Mitahara, Pathya (conducive) and Apathya (non-conducive). Causes of Success (*Sadhaka Tatva*) and Causes of Failure (*Badhaka Tatva*) in *Hatha Yoga Sädhana*
- III. Yogasana: its definition, Salient features. Asanas in Hatha Yoga Pradeepika and Gherandha Samhitha: their techniques, benefits, precautions and importance in modern days.
- IV. Bandhas and role of Bandhatrayas in Yoga Sädhanä.
- V. Fundamental Mudras in HYP and G.S. - their techniques and benefits.
- VI. Shat Kriyas in Hatha Yoga Pradeepika, their techniques and precautions, role of Shodhana Kriyas in Yoga Sädhana and their importance in Modern day-to-day life.
- VII. Pranayama and its' importance in Hatha Yoga Sadhana

Reference Books:

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1. Woods, J.H. : The Yoga System of Patanjali
(M.L.B.D., Delhi, 1988)
2. Iyengar B.K.S. : Light on Patanjali Yoga (New York, Schocken Books, 1994).
3. Rukmini T.S. : Yoga Vartika of Vijnanbhikshu (Tr.) Vol I, II, III & IV
(Munshiram Manoharlal Pvt. Ltd. New Delhi)
4. Swami Omanandatirtha : Patanjali Yoga Pradeepa
(Geeta Press, Gorakhpur, 1994)
5. Home study Bhagavad Gita, Swami Dayananda Saraswati, Arsha Vidya Prakashanam, Coimbatore
6. The Holy Gita, Swami Chinmayanada, Chinmaya mission, Mumbai
7. Swami Muktibodhananda : Hatha Yoga Pradeepika, The light on Hatha
Saraswati Yoga (Bihar School of Yoga, Munger, 1985)
8. Burley, Mikel : Hatha Yoga, Its Context Theory and Practice
(M.L.B.D. Delhi, 2000)
9. Swami Tapasyananda : The Holy Gita-the Science of Life, Pub:
RK Mission, Chennai.
10. Acharya Shankar : Gita Bhasya, Gita Press,
Gorakhpur(U.P).
11. Tilak, B.G. : Gita Rahasya Ya Karma Yoga Shastra
12. Siddhantalankar, Satyavratya : Gita Bhasya, Govindaram Hasananda,
New Delhi.
- 13.. Sarasvati Mohan, *Sanskrit Level 1 (General)*, Swami Vivekananda Yoga Anusandhana Yoga University City Office, # 19, Eknath Bhavan, Gavipuram Circle, Kempegowda Nagar, Bangalore - 560 019, India, 2008. Phone (Office) : + 91 -80 - 2661 2669.

14. Sarasvati Mohan, *Sanskrit Level 2*, Swami Vivekananda Yoga Anusandhana Yoga University City Office, # 19, Eknath Bhavan, Gavipuram Circle, Kempegowda Nagar, Bangalore - 560 019, India, 2008. Phone (Office) : + 91 -80 - 2661 2669.

15. Sarasvati Mohan, *Sanskrit Level 3*, Swami Vivekananda Yoga Anusandhana Yoga University City Office, # 19, Eknath Bhavan, Gavipuram Circle, Kempegowda Nagar, Bangalore - 560 019, India, 2008. Phone (Office) : + 91 -80 - 2661 2669

ODL_DYT_T 104 Common Ailments –I

4 credits

Objectives:

1. Independently handle a patient and administer yoga therapy;
2. Appreciate the relative contribution of each organ system to the homeostasis;
3. Illustrate the physiological response and adaptations to environmental stresses;
4. List physiological principles underlying pathogenesis and disease management

Unit-1	Respiratory Disorders. <ol style="list-style-type: none">i. Introduction to Respiratory disorders<ol style="list-style-type: none">a. Brief classification – Obstructive, Restrictive, infectious and inflammatoryb. Introduction to Pulmonary function tests and their principlesii. COPD<ol style="list-style-type: none">a. Chronic Bronchitis<ol style="list-style-type: none">a) Definition, Classification, Clinical Features,b) Medical Managementc) yogic Managementb. Emphysema<ol style="list-style-type: none">a) Definition, , Classification, Clinical Features,b) Medical Managementc) Yogic Managementiii. Allergic Rhinitis & Sinusitis<ol style="list-style-type: none">a) Definition, , Classification, Clinical Features,b) Medical Managementc) yogic Management
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	<ul style="list-style-type: none"> iv. Bronchial asthma <ul style="list-style-type: none"> a. Definition, Classification, Clinical Features, b. Medical Management c. yogic Management v. Infectious Disorders <ul style="list-style-type: none"> a. Tuberculosis <ul style="list-style-type: none"> a) Definition, Classification, Clinical Features, b) Medical Management c) Yogic Management b. Pneumonia <ul style="list-style-type: none"> a) Definition, Classification, Clinical Features, b) Medical Management c) Yogic Management c. Interstitial Lung Disease / Idiopathic pulmonary fibrosis <ul style="list-style-type: none"> a) Definition, Classification, Clinical Features b) Medical Management c) Yogic Management
Unit-2	<p>Gastro Intestinal Disorders</p> <ul style="list-style-type: none"> i. Constipation and Diarrhea <ul style="list-style-type: none"> a. Definition, Clinical Features b. Medical Management c. Yogic Management ii. APD <ul style="list-style-type: none"> a. Introduction to APD: Gastritis –Acute & Chronic, Dyspepsia, Peptic Ulcers b. Clinical Features c. Medical Management d. Yogic Management iii. Irritable Bowel Syndrome <ul style="list-style-type: none"> a. Definition, Classification, Clinical Features b. Medical Management c. Yogic Management iv. Inflammatory Bowel Disease v. Ulcerative colitis <ul style="list-style-type: none"> a. Definition, Classification, Clinical Features b. Medical Management c. Yogic Management vi. Chronic diseases <ul style="list-style-type: none"> a. Definition, Classification, Clinical Features

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	<ul style="list-style-type: none"> b. Medical Management c. yogic Management
Unit-3	<p>Excretory System:</p> <ul style="list-style-type: none"> i. Chronic renal failure <ul style="list-style-type: none"> a. Causes, clinical features b. Medical management c. Yogic Management ii. Renal hypertension iii. Renal stones <ul style="list-style-type: none"> a. Medical management b. Yogic Management iv. Irritable bladder <ul style="list-style-type: none"> a. Medical management b. Yogic Management v. Stress incontinence <ul style="list-style-type: none"> a. Medical management b. yogic Management
Unit-4	<p>Cardiovascular Disorders</p> <ul style="list-style-type: none"> i. Introduction to Cardiovascular disorders ii. Hypertension <ul style="list-style-type: none"> a. Definition, Classification, Clinical Feature b. Medical Management c. Yogic Management iii. Atherosclerosis / Coronary artery disease <ul style="list-style-type: none"> a. Definition, Classification, Clinical Features b. Medical Management c. Yogic Management iv. Ischemic Heart disease – Angina pectoris / Myocardial Infarction/ Post CABG rehab <ul style="list-style-type: none"> a. Definition, Classification, Clinical Features b. Medical Management c. yogic Management v. Congestive Cardiac Failure / Cardiomyopathy <ul style="list-style-type: none"> a. Definition, Classification, Clinical Features b. Medical Management c. Yogic Management vi. Cardiac asthma <ul style="list-style-type: none"> a. Definition, Classification, Clinical Features b. Medical Management

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	c. Yogic Management
Unit-5	HIV and Cancer <ul style="list-style-type: none">i. HIV - AIDS<ul style="list-style-type: none">a. Cause, Clinical Featuresb. Medical managementc. Yogic Managementii. Autoimmune disorders<ul style="list-style-type: none">a. Causes, clinical features, various autoimmune disordersb. Medical managementc. Yogic Managementiii. Cancer<ul style="list-style-type: none">a. Causes, clinical features,b. Side effects of Chemotherapy, radiotherapyc. Medical managementd. Yogic Managementiv. Anemia<ul style="list-style-type: none">a. Classification of anemiab. Medical managementc. Yogic management

TEXT BOOKS:

1. Dr R Nagarathna, Dr H R Nagendra and Dr Shamantakamani Narendran, Yoga for Common Ailments and IAYT for Different Diseases, Swami Vivekananda Yoga Prakashana, 2002
2. Dr Shirley Telles & Dr H R Nagendra, A Glimpse into the Human Body, Swami Vivekananda Yoga Prakashana, Bangalore, 2002

REFERENCE BOOKS:

1. Gore, M.M. : Anatomy and Physiology of Yogic Practices
- Kanchan Prakashan, Lonavala, 2003
 2. Sri Krishna : Notes on Structure and Functions of Human Body and Effects of Yogic Practices on it
- Kaivalyadhama S.M.Y.M Samiti, Lonavala, 1988
 3. Charu, Supriya : Sarir Rachana Evam Kriya Vigyan
 4. Evelyn, C. Pearce : Anatomy and Physiology for Nurses
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- Faber and Faber Ltd. London, 1968
5. Chatterjee, C.C. : Human Physiology (Vol. I & II)
- Medical Allied Agency, Calcutta, 1992
6. Aatreya, Shanti Prakash : Yoga Manovigyan (Indian Psychology)
(International Standard Publication,
Varanasi; 1965)
7. Abhedananda : The Yoga Psychology Ramakrishna Vedanta
Math, Calcutta, 1973.
8. Sri Krishna : Notes on Structure and Functions of Human
Body and Effects of Yogic Practices on it -
Kaivalyadhama S.M.Y.M Samiti, Lonavala,
1988
9. Evelyn, C. Pearce : Anatomy and Physiology for Nurses
- Faber and Faber Ltd. London, 1968
10. Shivanand Saraswati : Yoga Therapy (Hindi & English)
11. Reddy, M. Venkata : Yogic Therapy, Sri M.S.R. Memorial Yoga
Series, A.P., 2005
12. Rai, Lajpat : Discovering Human Potential Energy: A
Physiological Approach to Yoga
- Anubhava Rai Publications, 1998
13. Nagarathna, R and : Integrated Approach of Yoga Therapy for Nagendra, H.R.
Positive Health, Swami Vivekananda Yoga
Prakashana, Bangalore, 2001
14. Robin Monoro, : Yoga for Common Ailments, Gui
Nagarathna R and Publication, U.K
Nagendra, H.R.
15. Harrison : Principles of Internal Medicine, International
Edition, 14th Edition, New York: McGraw Hill
Co. Inc., 1998.
16. A.K. Das (Ed.) : Medicine Update. Bombay: Association of
Physicians of India, 1998.

ODL_DYT_T 105 Common Ailments –II

4 credits

Objectives:

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1. Independently handle a patient and administer yoga therapy;
2. Appreciate the relative contribution of each organ system to the homeostasis;
3. Illustrate the physiological response and adaptations to environmental stresses;
4. List physiological principles underlying pathogenesis and disease management

Unit-1	Endocrinological and Metabolic Disorder <ol style="list-style-type: none">i. Diabetes Mellitus (I&II)<ol style="list-style-type: none">a. Definition, Classification, Clinical Featuresb. Medical Managementc. yogic Managementii. Hypo and Hyper- thyroidism<ol style="list-style-type: none">a. Definition, Classification, Clinical Featuresb. Medical Managementc. Yogic Managementiii. Obesity<ol style="list-style-type: none">a. Definition, Classification, Clinical Featuresb. Medical Managementc. Yogic Managementiv. Metabolic Syndrome<ol style="list-style-type: none">a. Definition, Classification, Clinical Featuresb. Medical Managementc. yogic Management
Unit-2	Obstetrics and Gynecological Disorders <ol style="list-style-type: none">i. Menstrual disorders: Dysmenorrhea, Oligomenorrhea, Menorrhagia<ul style="list-style-type: none">● Definitions, Classification, Clinical Features● Medical Management● Yogic Managementii. Premenstrual Syndrome<ul style="list-style-type: none">● Definition, Classification, Clinical Features● Medical Management● Yogic Managementiii. Yoga for Pregnancy and Childbirth<ul style="list-style-type: none">● Introduction to pregnancy, Complicated pregnancies: PIH, Gestational DM● Ante-natal care● Post-natal careiv. Infertility-male and female PCOS

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	<ul style="list-style-type: none">● Definition, Classification, Clinical Features● Medical Management● Yogic Management
Unit-3	Musculo-Skeletal Disorders <ul style="list-style-type: none">i. Muscular dystrophy<ul style="list-style-type: none">a. Medical Managementb. Yogic Management ii. Back Pain<ul style="list-style-type: none">a. Classification of back pain: organic and functional<ul style="list-style-type: none">a) Lumbar Spondylosisb) Intervertebral disc prolapse (IVDP)c) Spondylolisthesisd) Spondylitise) Psychogenic- Lumbagob. Medical Managementc. Yogic Managementiii. Neck pain<ul style="list-style-type: none">a. Classification<ul style="list-style-type: none">a) Cervical Spondylosis, radulopathyb) Functional neck painc) Whiplash injuryb. Medical Managementc. Yogic Managementiv. All forms of arthritis<ul style="list-style-type: none">a. Rheumatoid Arthritisb. Osteoarthritisc. Psoraitic arthritisd. Goute. Medical Managementf. Yogic Management
Unit-4	Neurological Disorders: <ul style="list-style-type: none">i. Headaches<ul style="list-style-type: none">a. Migraine<ul style="list-style-type: none">a) Causes, Classification, clinical featuresb) Medical managementc) Yogic Management

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	<ul style="list-style-type: none"> b. Tension headache <ul style="list-style-type: none"> a) Medical management b) Yogic Management ii. Cerebrovascular accidents <ul style="list-style-type: none"> a. Causes, clinical features b. Medical management c. Yogic Management iii. Epilepsy; pain; Autonomic dysfunctions <ul style="list-style-type: none"> a. Causes, clinical features b. Medical management c. Yogic Management iv. Parkinson's disease <ul style="list-style-type: none"> a. Causes, clinical features b. Medical management c. Yogic Management v. Multiple sclerosis <ul style="list-style-type: none"> a. Causes, clinical features b. Medical management c. yogic Management vi. Errors of vision of refraction. <ul style="list-style-type: none"> a. Causes, clinical features b. Medical management c. Yogic Management vii. Hearing impairment <ul style="list-style-type: none"> a. Causes, clinical features b. Medical management c. Yogic Management
<p>Unit-5</p>	<p>Introduction to psychiatric disorders, Classification– Neurosis, Psychosis</p> <ul style="list-style-type: none"> i. Psychosis <ul style="list-style-type: none"> a. Schizophrenia b. Bipolar affective disorder c. Medical Management d. Yogic Management i. Neurosis a.anxiety disorders <ul style="list-style-type: none"> a. Generalised anxiety disorder

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	<ul style="list-style-type: none">b. Panic anxietyc. Obsessive Compulsive Disorderd. Post-traumatic stress disordere. Phobiasf. Medical Managementg. yogic Management <p>b. Depression</p> <ul style="list-style-type: none">a. Dysthymiab. Major depressionc. Medical Managementd. Yogic Management <p>iii. Mental retardation</p> <ul style="list-style-type: none">a. Autismb. Attention Deficit Hyperactivity Disordersc. Medical Managementd. Yogic Management <p>iv. Substance abuse – alcohol, tobacco, cannabis abuse</p> <ul style="list-style-type: none">a. Medical Managementb. Yogic Management
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TEXT BOOKS:

1. Dr R Nagarathna, Dr H R Nagendra and Dr Shamantakamani Narendran, Yoga for Common Ailments and IAYT for Different Diseases, Swami Vivekananda Yoga Prakashana, 2002
2. Dr Shirley Telles & Dr H R Nagendra, A Glimpse into the Human Body, Swami Vivekananda Yoga Prakashana, Bangalore, 2002

REFERENCE BOOKS:

1. Gore, M.M. : Anatomy and Physiology of Yogic Practices
- Kanchan Prakashan, Lonavala, 2003
2. Sri Krishna : Notes on Structure and Functions of Human Body and Effects of Yogic Practices on it
- Kaivalyadhama S.M.Y.M Samiti, Lonavala, 1988
3. Charu, Supriya : Sarir Rachana Evam Kriya Vigyan
4. Evelyn, C. Pearce : Anatomy and Physiology for Nurses

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- Faber and Faber Ltd. London, 1968
5. Chatterjee, C.C. : Human Physiology (Vol. I & II)
- Medical Allied Agency, Calcutta, 1992
6. Aatreya, Shanti Prakash : Yoga Manovigyan (Indian Psychology)
(International Standard Publication,
Varanasi; 1965)
7. Abhedananda : The Yoga Psychology Ramakrishna Vedanta
Math, Calcutta, 1973.
8. Sri Krishna : Notes on Structure and Functions of Human
Body and Effects of Yogic Practices on it -
Kaivalyadhama S.M.Y.M Samiti, Lonavala,
1988
9. Evelyn, C. Pearce : Anatomy and Physiology for Nurses
- Faber and Faber Ltd. London, 1968
10. Shivanand Saraswati : Yoga Therapy (Hindi & English)
11. Reddy, M. Venkata : Yogic Therapy, Sri M.S.R. Memorial Yoga
Series, A.P., 2005
12. Rai, Lajpat : Discovering Human Potential Energy: A
Physiological Approach to Yoga
- Anubhava Rai Publications, 1998
13. Nagarathna, R and : Integrated Approach of Yoga Therapy for Nagendra, H.R.
Positive Health, Swami Vivekananda Yoga
Prakashana, Bangalore, 2001
14. Robin Monoro, : Yoga for Common Ailments, Gui
Nagarathna R and Publication, U.K
Nagendra, H.R.
15. Harrison : Principles of Internal Medicine, International
Edition, 14th Edition, New York: McGraw Hill
Co. Inc., 1998.
16. A.K. Das (Ed.) : Medicine Update. Bombay: Association of
Physicians of India, 1998.

ODL_DYT_P 106 YOGIC PRACTICES AND YOGA THERAPY TRAINING

6 credits

Objectives

S-VYASA- ODL/DDE

- Demonstrate the yoga practices specific to a particular ailments confidently.
- Gain more practical knowledge about the disease specific yoga techniques

Unit – 1 Loosening and Asanas

30 hours

Preparatory Practices and Loosening Exercises	Breathing Exercises hours	<ul style="list-style-type: none"> ➤ Standing: Hands In & Out, Hands Stretch, Ankle Stretch. ➤ Sitting: Tiger, Dog, Rabbit breathing ➤ Prone: Bhujāṅgāsana & Śalabhāsana breathing, Nāvāsana Breathing ➤ Supine: Straight Leg raising (single & both), Setubandhāsana, Naukāsana Breathing 	3 hours
	Loosening Exercises	<ul style="list-style-type: none"> ➤ Standing: Jogging (Spot, forward, backward, sideward), Mukhadhauti (single blast breath), Bending (front & back, sideways), Twisting, Situps (Full & Sideways), Half-squats. ➤ Sitting: Bhūnamanāsana, Cakki-cālana, Butterfly (Half & Full), Paścimottāna-Halāsana Flow. ➤ Prone: Caduraṅga-Bhujāṅga-Parvatāsana Flow, Dharurāsana Swing (Rock & Roll). ➤ Supine: Pavanamukthāsana Kriyā, Cycling. 	2 hours
	Suryanamaskar	<ul style="list-style-type: none"> ➤ Sūryanamaskāra / Sun Salutation ➤ 12 Counts Sūryanamaskāra ➤ 10 Counts Sūryanamaskāra 	3 hours
	Sukshma vyayama	Finger, Wrist, Elbow, Hand, Waist, Shoulders, Knee, Ankles, Hip	2 hours
Asanas			
Standing	<ul style="list-style-type: none"> ➤ Tāḍāsana, Ardhaḥaṭīcākṛāsana, Ardhaḥaṭīcākṛāsana, Pādahastāsana, Trikoṇāsana, Parivṛtatrikoṇāsana, Pārśvakoṇāsana, Vṛkṣāsana, Vīrabhadṛāsana 	5	
Sitting	<ul style="list-style-type: none"> ➤ Daṇḍāsana, Sukhāsana, Siddhāsana, Padmāsana, Yogamudrā, Śaśāṅkāsana, Vajrāsana, Suptavajrāsana, Vīrāsana, Supta-Vīrāsana, Paścimottānāsana, 	5	

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	Uṣṭrāsana, Vagrāsana, Ardhamatsyendrāsana, Haṁsāsana, Mayūrāsana.	
Prone	➤ Makarāsana, Bhujāṅgāsana, Śalabhāsana, Dhanurāsana.	3
Supine	➤ Śavāsana, Sarvāṅgāsana, Matsyāsana, Halāsana, Viparītakarīṇī, Cakrāsana.	5
Inverted / Topsy-Turvy	➤ Kakasana, Ardhaśīrṣāsana, Śīrṣāsana.	2

Unit 2 Kriyas, Pranayama, Meditation, Bandha and Mudra

30 hours

Kriyas (Cleansing techniques)		10
Kaphālabhāti	➤ Purifying/Cleansing Breath	
Trāṭaka	➤ Eye Exercises, Gazing, Focusing & Defocusing	
Neti (Jala & Sūtra)	➤ Nasal Passage Cleansing	
Dhauti (Vamana)	➤ Gastro-Esophageal Track Cleansing	
Basti (Laghuśṅkaprakṣāḷana)	➤ Gastro-Intestinal Track Cleansing	
Pranayama, Meditation and Mudras		
Mudras for Pranayama	a. Cin, b. Cinmaya, c. Adi, Brahma and d. Nasika Mudras	
Pranayama	Kapalabhāti Kriya Vibhag Svasana Surya Anuloma Viloma Pranayama Chandra Anuloma Viloma Pranayama Nadishuddhi Pranayama	5
Pranayama with combination	a. Nadishodhana b. Surya Bhedana c. Ujjāyi	5

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	of Mudras and Bandhas(Jalandhar Bandha, Moola Bandha, Udhyaana Bandha)	d. Seetali e. Seetkãri f. Bhastrika	
Relaxation techniques and OM meditation	Relaxation technique	IRT (Instant Relaxation Technique), QRT (Quick Relaxation Technique), DRT (Deep Relaxation Technique)	2
	Meditation	OM Meditation	3

Unit – 3 Yoga therapies training for Common Ailments – 1

Yoga therapy for Respiratory Disorders; Yoga therapy for Gastro Intestinal Disorders;

30 hours

Unit – 4 Yoga therapy training for Common Ailments – 2

30 hours

Yoga therapy for Excretory System; Yoga therapy for Cardiovascular Disorders; Yoga therapy for HIV and Cancer

30 hours

Unit – 5 Yoga therapy training for Common Ailments – 3

30 hours

Yoga therapy for Endocrinological and Metabolic Disorder; Yoga therapy for Obstetrics and Gynecological Disorders

Unit – 6 Yoga therapy training for Common Ailments – 4

30 hours

Yoga therapy for Musculo-Skeletal Disorders, Yoga therapy for Neurological Disorders and psychiatric disorders

Text Book:

- Swami Satyananda : Asana, Pranayama, Mudra, Bandha
Saraswati - Yoga Publications Trust, Munger, Bihar,

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India.

2. Swami Muktibodhananda : Hatha Yoga Pradeepika, Yoga Publications
Saraswati: Trust - Munger, Bihar, India.
3. Lajpat, Rai : Discovering Human Potential Energy
- Anubhava Rai Publications, Gurgaon, 1999
4. Lajpat, Rai & Others : Meditation
- Anubhava Rai Publications, Gurgaon, 1999
5. Joshi, K.S. : Yogic Pranayama
- Orient Paperback, New Delhi, 1990
6. Swami Kuvalyananda : Pranayama
7. Ailments Series, Swami Vivekananda Yoga Prakashana, Bangalore, 2002

ODL_DYT_P 107 ADVANCED YOGA TECHNIQUES & TEACHING TECHNIQUES

2 credits

Objectives

- To get the practical experience and training to teach Advance Yoga techniques

Unit – 1 Advanced Yoga Technique

CM, SMET, MSRT, PET

30 hours

Unit – 2 Teaching Techniques

30 Hours

Class room arrangement/management; Lesson Plan; Good teaching; Teaching Aids; Methods of Teaching; Practice of lesson specific yoga practice; Eight stepped Method

ODL_DYT_ CASE STUDIES - FW 109

4 Credits

Fieldwork; Case Study and Presentation; Record the general and disease specific parameters

S-VYASA- ODL/DDE

The student is expected to administer Yoga Therapy for 40 different cases covering all the ailments and record it. He/ she is expected to take 16 case studies of different ailments with disease specific parameter before and after particular Yoga therapy administration and make a dissertation. Among the 16 cases he/she should make a PPT of 2 cases.

Karma Yoga - Social implications: Free Yoga therapy training to nearby village hospitals and report on the same, along with Self report on personality transformation with certificate from the concerned institution and PPT Presentations with photographs and video to be submitted.