University of Patanjali  
Uttrakhand, Haridwar  
Syllabus of MA Yoga  
Date: 19.08.2016

Preamble

The tradition of Yoga has always been passed on individually from teacher to student through oral teaching and practical demonstration. The formal techniques that are now known as Yoga are, therefore, based on the collective experiences of many individuals over many thousands of years. The particular manner in which the techniques are taught and practiced today depends on the approach passed down in the line of teachers supporting the individual practitioner. Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on establishing harmony between mind, body; thought and action; restraint and fulfilment; harmony between man and nature and a holistic approach to health and well-being. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature. It is an art and science for healthy living. The word "Yoga" is derived from the Sanskrit root ‘yuj’ meaning "to join", "to yoke" or "to unite". Therefore the aim of yoga is to unite the individual consciousness with the supreme consciousness. Yoga is a science and art of living; also it is a body of techniques that lead us to consciously connect with ourselves and with life, the experience of yoga. As yoga is an art and science, there is no dogma or belief system attached to it. Yoga tells us to do a certain practice and feel their effect following the practice, e.g. if we breath slowly in a relaxed manner we will slow our heart rate; if we focus the mind we will develop mental peace and deep insight.

In addition to this, Yoga is becoming popular day by day and has become a wave which is sweeping across the globe. In this course we introduce yoga as a science of Holistic living and not merely as yoga postures. During the course the student is taught the concepts of Yoga for the treatment and prevention of various psychosomatic and life style related ailments. This course has the vision of producing yoga professional so that they could teach yoga therapy in a schools, health clubs, paramedical department of a hospital with the ability to select specific safe practice modules for different diseases and document their effectiveness for healing, health promotion, rejuvenation and age reversal through scientific researches.

I. Title of the Programme
The programme shall be called "Master of Art in Yoga" (MA Yoga)

II. Aim of the Programme
The aim of the programme is to produce "Yoga teacher as a paramedical professional"

III. Objectives of the programme
a. Prevention: To introduce yoga therapy, its principles and practices of yoga for prevention of various lifestyles, non-communicable and psychosomatic disorders. Promotion of positive health: To prepare them for giving talks and offer techniques to promote healthy yogic life style.
b. **Treatment:** To create professional yoga teacher/instructor of high calibre who know the concepts, techniques and can handle lifestyle disease under the guidance of a super specialist doctor to select safe specific practices for different diseases.

c. To create yoga therapy experts with in-depth knowledge based on yogic texts. For example, to train them ‘be and make’ i.e., ensure they practice what they teach.

d. Social health: To establish holistic health, social harmony and world peace by training them to be great citizens who can offer yogic way of life as examples of right living.

**IV. Duration**
The minimum duration of the programme will be 2 years (4 semesters) and the maximum duration will be four years.

**V. Eligibility**
The candidate should have completed Bachelor Degree in any subject from any UGC recognized university.

**VI. Scheme of Teaching and Examination**

**1st Year**

**First Semester**

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## 2nd Year

### Third Semester
- **Paper- I (301)**  Methods of Teaching Yoga and Value Education
- **Paper- II (302)**  Introduction to Ayurveda
- **Paper- III (303)**  Research & Statistical Methods
- **Paper- IV (304)**  Naturopathy
- **Paper- V (305)**  Yoga Practicum
- **Paper- VI (306)**  Naturopathy Practicum

### Forth Semester
- **Paper- I (401)**  Hygiene, Diet & Nutrition
- **Paper- II (402)**  Yoga Therapy
- **Paper- III (403)**  Complementary & Alternative Therapy
- **Paper- IV (404)**  Dissertation / Field Training
- **Paper- V (405)**  Yoga Practicum
- **Paper- VI (406)**  Complementary & Alternative Therapy Practicum
University of Patanjali, Haridwar  
M. A / M. Sc Yoga Science - First Semester  
Paper-I (MA-101)  
Foundation of Yoga  
Total Marks (Internal & Final Exam): 100 (75+25)

Objectives: The teaching-learning of this paper will enable learner to-
  i. Give an introduction of yoga and its important streams,  
  ii. Give a brief introduction of Indian Philosophy; and  
  iii. Give a brief history and the basis different yoga.

Unit - 1: General Introduction to Yoga and Indian Philosophy  
Brief introduction to origin of Yoga, Psychological aspects leading to origin of Yoga, History and Development of Yoga; Etymology and Definitions of Yoga, Aim and Objectives of Yoga, Misconceptions about Yoga, True Nature of Yoga; General Introduction to Schools (Streams) of Yoga, Principles of Yoga and YOGIC practices for healthy living; Meaning and definitions of Darshana and Philosophy, Salient features of Indian Philosophy; (Bharateeya darshana), Branches of Indian Philosophy (Astika and Nastika Darshanas); Two-way relationship between Yoga and Indian Philosophy; General introduction to Prasthanatrayee and Purushartha Chatushtaya.

Unit - 2: Foundations of Yoga and Yoga Traditions - I  
General introduction to Vedas and Upanishads, Yoga in Pre-vedic period, Yoga in Vedic period, Yoga in Ayurveda, Yoga in Principle Upanishads, Yoga in Yogopanishad; General introduction to Shad-darshanas, Yoga in Samkhya and Yoga Darshana, Yoga in Vedanta; General introduction to Bhagavadgita, Yoga in Bhagavadgita; Introduction to Smritis and Yoga in Smritis, Introduction to Puranas, Nature of Yoga in Bhagavat Purana; Yoga in Yoga Vasishtha, Yoga in Narada Bhakti Sutra, Yoga in Medieval Literature, Bhakti Yoga of Medieval Saints.

Unit - 3: Foundations of Yoga and Yoga Traditions - II  
General introduction to Agamas, Tantras and classification of Tantras, Concept of Shiva and Shakti, Yoga of Shaiva Siddhanta; Yoga in Shaka Tantra: Concepts of Nadi and Prana in Tantra, Kundalini, Effects of Kundalini Shakti and Shatchakra Sadhana, Hatha Yoga Traditions and Sadhana.

Unit - 4: Foundations of Yoga and Yoga Traditions - III  
General Introduction to Non-Vedic Schools of Indian Philosophy: Jainism, Buddhism, etc.; Introduction to Jainism, Anekantavada (Syadvada), Concept of Tri-ratnas, Concept of Kayotsarga (Preksha-dhyana). Yoga in Jaina darshan; Introduction to Buddhism: Introduction to Buddhism, Skandha-vada, Concept of Arya-satya or Four Noble Truths, Arya-astangikamarga
or Noble-eight-fold-path (Bouddha-Yoga); Introduction to Sufism: Meaning and Characteristic features of Sufism, Elements of Yoga in Sufism, Sufi Meditation Techniques. Concepts and practices of Yoga in other religions.

Unit - 5: Concept and Implications of Important Yogic Streams: Jyan Yoga, Bhakti Yoga, Karma Yoa, Ashtang Yoga, Kriya Yoga, Hatha Yoga, Tantra Yoga and Mantra yoga.

TEXT BOOK
1. Dasgupta S. N: History of Indian Philosophy, Motilal Banarsidas, Delhi, 2012

BOOKS FOR REFERENCE
1. Agarwal M M : Six systems of Indian Philosophy, Chowkhambha Vidya Bhawan, varanai, 2010
3. Hiriyananna M : Outlines of Indian Philosophy, Motilal Banarsidas, Delhi, 2009
12. Karel Werner : Yoga and Indian Philosophy, Motilal Banarasidas, Delhi, 1979
14. योग दर्शन : स्वामी रामदेव
15. योग सूत्र : वाचस्पतिमित्र
16. योग सूत्र राजमात्राण्ड : भोजराज
17. पारंजल योग प्रदीप : ओमानन्द तीर्थ
18. पारंजल योग विमर्श : विजयपाल शास्त्री
19. ध्यान योग प्रकाश : लक्ष्मणानन्द
20. योगदर्शन : राजाराम शास्त्री (2002)
21. पारंजल योग दर्शन : स्वामी सत्यपति परिप्रेक्ष्यक (2012)
University of Patanjali, Haridwar
M. A / M. Sc Yoga Science- First Semester
Paper-II (MA-102)
Hatha Yoga
Total Marks (Internal & Final Exam): 100 (75+25)

Objectives: The teaching-learning of this paper will enable learner to-
   i. To give an introduction of Hatha yoga
   ii. To give an understanding of the prerequisites of Hatha Yoga
   iii. To introduce the principles of Hatha Yoga
   iv. To introduce essential Hatha Yoga text

Unit-1: Hatha Yoga Its Philosophy and Practices
Hatha Yoga, its meaning, definition, aims & objectives, misconceptions, obstacles (vighna) and helps (sahayaka) in Hatha Yoga as in Hatha Yoga Pradépika; The Origin of Hatha Yoga, Hatha Yogic Literature, Hatha Yogic Practices as explained in Hatha Yoga Pradépika (HYP); Concept of Mata, Rules & Regulations to be followed by the Hatha Yoga Practitioner, concept of Mitahara, Pathya and Apathya; Hatha Yogic parampara. Brief introduction to Great Hatha Yogi’s of Natha Cult and their contributions to Yoga. Relationship between Hatha Yoga & Raja Yoga.

Unit-2: Hatha Yoga Practices: Shodhana-Kriyas and Asanas
Shodhana-kriyas, Shodhana-kriyas in Hatha Yoga Pradépika & in Gheranda Samhita and their techniques, benefits and precautions; Role of Shodhana-kriyas in Yoga Sadhana and their importance in Modern day life; Yogasana: its definition, Salient features and importance in Hatha Yoga Sadhana; Asanas in Hatha Yoga Pradépika and Gheranda Samhita: their techniques, benefits, precautions and importance.

Unit-3: Hatha Yogic Practices: Pranayama, Bandhas and Mudras
Pranayama – Mechanism of correct breathing, Yogic deep breathing, Concept of Püraka, Kumbhaka and Recaka; The concept of Prana, Kinds of Prana and Upa-pranas, Pranayama and its importance in Hatha Yoga Sadhana, NadiShodhana Pranayama, its technique and importance, Pre-requisites of Pranayama; Pranayama practices in Hatha yoga pradépika and Gheranda Samhita, their techniques, benefits and precautions, Hatha Siddhi Lakshanam; Bandhas and role of Bandhatrayas in Yoga Sadhana; Fundamental Mudras in HYP and G.S, Their techniques, benefits and precautions.

Unit-4: Hathayoga Practices: Pratyahara, Nadanusandhana & Svarodaya Jnana
Concept of Pratyahara, Dharana and Dhyana in Gheranda Samhita and their techniques & benefits; Concept of Samadhi in Hatha-yoga Pradépika, Samadhi Lakshanam and Hatha Yoga Siddhi Lakshanam; The concept of Nada, Four Avasthas (stages) of
Nadanusandhana, and its Siddhis; Svara, Importance of Svarodaya-jnana in Yoga Sadhana with special reference to Jnana Svarodaya and Shiva Svarodaya.

**Unit-5: Introduction to Hathayogic Texts & their Implications**


**TEXT BOOKS**


**BOOKS FOR REFERENCE:**

5. Swami Anant Bharati : Patanjali Yoga Shasta- a study (Hindi), Swami Keshwananda Yoga Sangthtan, Delhi, 1982
7. Ghosh, Shyam: The Original Yoga, Munshiram Manoharlal, New Delhi, 1999
10. हठ प्रदीपिका : स्वामी कृष्ण्यानन्द, कैवल्यधाम, लोनावला
11. घेरण्ड सहिता : स्वामी दिगम्बर जी/ एम.एल. घौटे (1997) कैवल्यधाम, लोनावला
12. गोरख सहिता डा. चमनलल गौतम (1985)
13. भक्ति सागर : स्वामी चरणदास
14. उपनिषद संग्रह : स्वामी केन्द्रेन्द्र ब्रह्मचारी
15. बुहिंगो योग : स्वामी धीरेन्द्र ब्रह्मचारी
University of Patanjali, Haridwar
M. A / M. Sc Yoga Science- First Semester
Paper-III (MA-103)
Shrimadbhagvad Geeta & Samkhyakarika
Total Marks (Internal & Final Exam): 100 (75+25)

Aims of the Paper: The teaching-learning of this paper will enable learner to-
1) Understand and discuss Shrimadbhagvad Geeta & Samkhyakarika as basic philosophical and theoretical foundations of Yoga.

Unit- I
भागवद्गीता-सामान्य परिचय। गीता के अनुसार-आत्मा का स्वरूप, योग के विभिन्न लक्षण, स्थिति प्रज्ञा, कर्म सिद्धांत, सृष्टि चक्र की परम्परा, लोक संग्रह।

Unit- II
कर्मयोग की परम्परा, यज्ञ का स्वरूप, ज्ञान की अभिन, सांख्य योग एवं कर्मयोग को एकता। सन्यास का स्वरूप, मोक्ष में सन्यास की उपादेयता, कर्मयोगी के लक्षण, ब्रह्मज्ञान का उपाय, अन्याय और वैशार्य, प्रकृति एवं माया।

Unit-III
ईश्वर की विभूतियाँ, विशाल स्वरूप, भक्ति योग, निम्नुप विवेचन, बैवासुर सम्बन्ध विभाग, विविध-श्रद्धा।

Unit- IV
सांख्यकारिकानुसार दुःख का स्वरूप। पंचवीस तत्त्वों का परिचय, प्रमाण विवेचन, सत्कार्यवाद, अनुपलम्बि के कारण, व्यक्त-अवयवक विवेचन।

Unit- V
सांख्यकारिका के अनुसार गुणों का स्वरूप, पुरुष विवेचन, बुद्धि के लक्षण एवं धर्म। अहंकार से संग्रह प्रकृति, त्रयोदश करण, सृष्टि शरीर, बुद्धिविवेचन।

संदर्भ ग्रन्थ:-
1. सांख्यत्वकृष्णामुदि : चाचस्यपति मभ्र
2. सांख्यसरस्वति भाष्य : विज्ञानभिष्क
3. सांख्यकारिका : ईश्वरकृष्णा
4. श्रीमदभगवदगीता : महर्षि वेदव्यास
5. श्रीमदभगवदगीता : आचार्य शंकर
6. श्रीमदभगवदगीता : लोकमान्य तिलक
7. श्रीमदभगवदगीता : सत्यनारत सिद्धान्तालंकार
Aims of the Paper: The teaching-learning of this paper will enable learner to-
1) Discuss introduction to human body with concept of cells, tissues, skeletal system, muscular system, respiratory system, cardiovascular system with their gross anatomy and physiology.
2) Discuss anatomical & physiological effects of selected yoga practices on aforesaid contents of human body in evidence based way.

Unit – 1
The cells & tissues of the human body, types, structure & functions of the cells; types, structure & functions of tissues (epithelial, connective, muscle, & nervous), Meaning of anatomical terms (median plane, directional terms & regional terms).

Unit – 2
Skeletal System: Concept, Types & Functions; Bone: Concept, Types, Number, Gross anatomy & Physiology, & Functions, Bone Cells: Concept, Types & their Functions; Synovial Joints: Concept, types & their features, Spine: Gross Anatomy & Physiology and Functions; Yogic effect on Bone/Skeletal System.

Unit – 3
Muscular System: Concept, Types & Functions; Muscles: Concept, Number, Types, & their Gross Anatomy & Physiology and Functions; Brief introduction , Yogic effect on Muscular System.

Unit – 4
Respiratory System: Concept, Gross Anatomy & Physiology, Types & Functions; Lungs: Gross Anatomy & Physiology and Functions; Respiration: Concept, Types, Gross Anatomy & Physiology, Breathing Mechanics & Gaseous exchange; Respiratory Control Center; Yogic effect on Respiratory System.

Unit – 5
Cardiovascular System: Concept, Gross Anatomy, Physiology, & Functions; Blood (RBC, WBC & Platelets): Concept, Composition & Functions; Heart: Gross Anatomy, Physiology, Innervation & Functions; Blood Groups; Blood Vessels (Artery, Vein & Capillary): Gross Anatomy & Functions; Cardiac output, Blood Pressure, Circulation: Concept, Types & their mechanisms; Control of cardiac cycle & circulations; Effect of Yoga on Circulatory system.
REFERENCES


Aims of the Paper: The teaching-learning of this paper will enable learner to-
1) State techniques, health benefits, applications, precautions and contraindications of undermentioned yogic practices; &
2) To demonstrate and instruct undermentioned yogic practices.

पद्धति: जलनेति, स्वरनेति, बमन भौति/कूजर क्रिया, वातकर्म, कपालभाति।

आसन -30 अंक
सुख्म व्यायाम (पवनमुक्त आसन)-1, यौनिक जी गि, 12 आसन (मण्डळ-आसन, शशकासन, गोमुखासन, वासासन, मकासन, बुज्जासन, शलभासन, मक्रासन, पवनमुक्तासन, अर्धहलासन, पादविलासन, ति-चक्रकासन व शासन) (रामदेव, 2005)

सिंद्रियासन कटियासन अर्धहलासन
पद्मासन वज्रासन स्वस्तिकासन
वीरासन उदयकर्णसन भ्रासन
ननुठासन अर्धस्थित्यकुमारासन गोमुखासन
उद्योगसन उत्तानपादासन नौकासन
सर्वागासन हलासन मत्स्यासन
पुष्पवासन चक्रासन ताडासन
तिरंग ताडासन एक पाद प्राणासन वृक्षासन
गहुदासन हस्तोत्सानसन पादस्तासन
क्रिकोमासन अर्धखुनासन मार्गार्थ आसन
अर्द्धशालासन भुज्जासन मकासन
शासन स्त्रीकोमासन वकासन
सप्तासन हनुमानासन सुवासन
अर्द्धदरासन एक पाद हलासन स्तुब्धासन
मकासन शालाकासन विपरीत नौकासन
हिंकोमासन पांख्यासन सिंधासन
मण्डुकासन

प्राणायाम -10 अंक
डायाध्रामिक ब्रौिंगिंग; प्राणायाम: कपालभाति, भस्त्रक, बहुव, ऊजायी, अनुलोम-विलोम, नाडी सोधन, ग्रामरी एवं उपरोध (रामदेव, 2005)
मुद्रा एवं बन्ध: जान मुद्रा, चिन मुद्रा, विपरीत करणी मुद्रा, योग मुद्रा, जालन्धर बन्ध, उड़ीयाण बन्ध, मूलबन्ध। -10 अंक
मौखिकी: -10 अंक
The objectives behind teaching Anatomy and Physiology is to
• Make students familiar with the systems of the body.
• Give a hand on experience about the human body using models, charts and pictures.
• Make students understand the organization of the body with respect to structural
  components.

Unit-1: Demonstration of Osteology & Myology [15 Hrs.]
Unit-2: Demonstration of Organs & Viscera regarding Cardio-pulmonary Systems [15 Hrs.]
Unit-3: Demonstration of Bones, and Joints [15 Hrs.]
Unit-4: Demonstration of Human Skeleton [15 Hrs.]
University of Patanjali, Haridwar
M.A Yoga Science- First Semester
Patanjal Yoga Darshan
Total Marks (Internal & Final Exam): 100 (75+25)
Course Code: MA-201

Objectives:

i. To teach an overview of the Patanjali Yoga Sutras
ii. To teach the essence of the Patanjali Yoga Sutras
iii. To discuss Patanjali Yoga Sutra in terms of Psychology

Unit-1: Philosophy & Practices of Patanjali Yoga Sutra and Modern Psychology
Yoga, its meaning & purpose & a brief introduction to Patanjali’s Yoga Sutras and its author; Nature of Yoga according to Patanjali in light of Vyasabhashya and other traditional commentators, Importance of Yoga Sutra in comparison to other Yogic literature; Concept of Citta, Citta-bhumis, Citta-vrittis, Citta-vrtti nirodhopaya (Abhyasa and Vairagya) Citta-Vikshepas ( Antarayas), Citta-prasadanam and its’ associates; Metaphysics of Saikhya & its’ relationship with Yoga Darshana of Patanjali, Philosophical Foundations & Practices of Patanjali’s Yogas, its’ importance & relevance and Yoga Samanvaya; Concept of mind – eastern and western perspective; psychology principles and methods – TA, etc.

Unit-2: Samadhi Pada and Sadhana Pada
Kriya-yoga, Theory of Kleshas, Nature of Drshta & Drshya and means of elimination of Kleshas/Vivekakhyati; Types and nature of Samadhi in Yoga Sutra, Rtambaraprajna and Adhyatmaprasada; Samprajnata, Asamprajnata, Sabija & Nirbija Samadhi, Difference between Samapattis and Samadhi; Concept of Ishvara and qualities of Ishvara.

Unit-3 : Concept of Vibhuti And Kaivalya
Ashtanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, and Samadhi; Samyama & three Parinama of Samyama. The concept and description of Ashtha Siddhis; Nature of Kaivalya, Kaivalya in relation to Triguna and Dharmamegha Samadhi; Ashtanga Yoga & Kriya Yoga in Yoga Sutras and their importance & relevance in modern age.

Unit-4 : Parinamas and The Personality Transformation
The critical analysis of the three parinamas; The parinamas as the tool for transformation; The parinamas and the higher states of consciousness; The discussion of parinams in the light of psychology.

Unit-5: Asta-Sidhis, Para-Normal Phenomenon And Spiritual Transformation
A critical discussion on Asta-siddhis; A study of para-normal phenomenon; A comparative study of soddhis and para-normal experiences; Spiritual psychosis and spiritual transformation.
**TEXT BOOKS:**

**REFERENCE BOOKS:**
4. Swami Anant Bharati: Patanjali Yoga Shasta- a study (Hindi), Swami Keshwananda Yoga Sangthan, Delhi

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<th>No.</th>
<th>Title</th>
<th>Author/Translator</th>
<th>Publisher/Place</th>
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<tr>
<td>6.</td>
<td>योग दर्शन</td>
<td>स्वामी रामदेव</td>
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<td>7.</td>
<td>योग सूत्र</td>
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<td>ध्यान योग प्रकाश</td>
<td>लक्ष्मणानन्द</td>
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<td>12.</td>
<td>योगदर्शन</td>
<td>राजवीर शास्त्री</td>
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<td>13.</td>
<td>पाटंजल योग दर्शन</td>
<td>स्वामी सत्यपति परिव्राजक</td>
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</table>
Aims of the Paper: The teaching-learning of this paper will enable learner to-
• Appreciate the insight in the six systems of Indian philosophy.
• Explain the understanding of Yoga as a philosophy and inculcate the essence.
• Describe the various schools of philosophy like Buddhism, Samkhya, Mimamsa etc. which are relevant to yoga practice.
• Discuss concept, objectives, and applications of Indain Cultutre for living & learning.

Unit-1: Nyaya and Vaisesika
Nature of physical world, Individual soul, liberation and concept of supreme soul in Indian philosophy, Theory of body, mind and soul and philosophical background, The sixteen Padarthas according to Nyaya, Concept of Nyaya philosophy, means of salvation according to Nyaya and Vaisesika, Means and objects of knowledge according to Nyaya and Vaisesika Category of substance-Nava dravyas, Category of quality-24 gunas, Relation between Nyaya and Vaisesika philosophy.

Unit-2: Samkhyya and Yoga
Theory of cause and effect; Prakriti and Purusha; Process of evolution of universe and concept of liberation; Concept of Atman, Brahma, Maya, Universe, God; the self and human life; Three fold afflictions and means to overcome afflictions; Twenty five entities according to Samkhya and means of knowledge; Saakarya Vada; Similarities and dissimilarities between Vyakta and A vyakta, Triguna; Existence of Purusa, plurality of Purusa, proximity of Purusa and Prakrti; Karana, Antah Karana and Bahya Karana according to Sankhya Karika; Liberation and means of attaining it; Organization of the Yoga sutras, stages of Chittas, forms of Chitta, modification of Chittas, Kind of Kleshas, the eight fold of Yoga and God & liberation.

Unit-3: Mimamsa (Purva and Uttara)
Concept of Badarayana in Uttaramimamsa; Anumana, Sabda; Difference between vidya & avidya, subject & object, creation & causation, cause & effect; Pratyaksa, Anumana, Upamana, Arthapati, Anupalabdi and Sabda according to Uttaramimamsa; Atheism, Dharma in the context of Purvamimasa, Summary of ten Upanisads, Atman, Brahma, Maya, Universe, God; The self and human life; Major teachings of Mimamsa system; Selfless action, nonattachment, self-control, self-discipline; Daily schedule for psychophysical wellbeing, social awareness, sense of equality, unity with diversity, selectiveness

Unit-4: Naastika philosophy
Carvaka philosophy: Origin and history of Carvaka philosophy, Metaphysics and
Epistemology, Buddhism: Four noble truths, Pramanas Jainism: Categories, Triratnas and Syadvada.

**Unit- 5**

**TEXT BOOKS**

**REFERENCE BOOKS**
- P.T. Raju : Structural Depths of Indian Thought, SUNY Press, 1985
- J.N. Mohanty: Classical Indian Philosophy, Published by Rowman & Littlefield, 2000
- T.M.P. Mahadevan: Invitation to Indian Philosophy, Arnold-Heinemann Publishers, 1974

- **वैदिक साहित्य एवं संस्कृति** : डॉ. करिपल देव द्रिवेड़ी
- **भारतीय दर्शन** : आचार्य बलदेव उपाध्याय
- **सत्यार्थ प्रकाश** : स्वामी दयानन्द सरस्वती
- **ऋग्वेदानिवाणभूमिका** : स्वामी दयानन्द सरस्वती
- **धर्म का आदि स्रोत** : गंगा प्रसाद उपाध्याय
- **औपनिषदिक अध्यात्मिक विज्ञान** : डॉ. ईशवर भारद्वाज।
Unit-1: HUMAN PSYCHE
Concept of Psyche as per Samkhya, Vedanta and Tantra; The nature of Psychology and its definition, Scope and utility of Psychology. Psychology as a study of human behavior; Counseling; Personality development; Counseling; Methods of counseling; Skills of counseling; Issues and challenges; Life’s skills for happy life; Code of ethics for lay counselors. Yogic etiology for somatic, mental, social and spiritual disharmony. Definition; Physiological and psychological stress; Understanding stress in accordance with scriptures; Stress assessment tools and biomarkers of stress; Stress & disease.

Unit-2: YOGA INSIGHTS ON PSYCHOLOGY
States of consciousness according to yogic scriptures (Jagrata, Svapna, Susupti and Turiyā) and their applicability; Learning and Remembering in the context of Jnana Yoga (Shravana, Manana and Nididhysana); Types of personality in the context of different yogic scriptures (Mudha, Kshipta, Vikshipta, Chanchala etc.); Yogic concept of emotions; Cause of emotions in the mind according to YogaTexts, Physiology of emotions; Mobilizing, transforming and celebrating the emotions.

Unit-3: PSYCHIC FORCES, CONFLICTS AND FRUSTRATIONS
Psychic forces and human behavior, behavior and Consciousness, States of Consciousness, Psychological basis of behavior; Causes and Consequences of Conflicts and Frustrations; Disorders; Common mental disorders; Depressive disorders; Anxiety disorders; Serious mental disorders; Mental retardation; Alcohol and drug abuse; Suicide, attempted suicide and suicide prevention.

Unit-4: MENTAL PROCESSES, MOTIVATION, EMOTIONS AND INTELLIGENCE
Concept (Meaning, definition, types, and process) of Sensation, Perception, Attention, Memory, Learning, Feeling etc and their neurobiology and quantifications; Concept of Human Intelligences – mental Intellignece, emotional intelligence, social intelligence and spiritual intelligence and their neurobiological connection and quantifications; yogic practices for improving/enhancing the intelligences.

Unit-5: YOGIC COUNSELLING AND PERSONALITY DEVELOPMENT
Introduction to counselling, nature approaches and challenges; Approach to counselling-Building yogic rapport and efficient communication; Acceptance; Empathy; Solving the problems with yogic wisdom; Developing surrendering attitude and inculcating the habit of a good listener; Self-awareness; Having the predominance of Satva attributes.
TEXT BOOKS
2. Sachdev, I.P. : Yoga and Depth Psychology (Motilal Banarsidass, Delhi, 1978)

REFERENCE BOOKS
12. Daniel Goleman & Joel Gurin : Mind body medicine
13. Deepak Chopra: Healing the heart
14. Dharam Singh Khalsa: Meditation as medicine
15. Deepak Chopra : Quantum healing
16. Estelle Frankel : Sacred therapy
17. Aggie Casey & Herbert Benson: Mind your heart
18. Barbara B. Brown: New body, new mind
19. Sri Ramakrishna Math: Healthy mind, healthy body
20. Antonio Damasio: The feeling of what happens
22. The American holistic health association complete guide to alternative medicine; by William Collinge – Paperback
23. David Frawley : Ayurveda and the mind
24. John E. Sarno The divided mind: the epidemic of mind body disorders
University of Patanjali, Haridwar  
M. A / M. Sc Yoga Science- 2nd Semester  
Paper-IV (MA-204)  
Human Biology-II  
Total Marks (Internal Test cum Final Exam): 100 (75+25)

**Aims of the Paper:** The teaching-learning of this paper will enable learner to-
1) Discuss gross anatomy and physiology of human- digestive, urinary, nervous, & glandular systems; and selected cognitive senses (eye, nose and ear).
2) Discuss anatomical and physiological effects of selected yoga practices (postures, breath regulations, neuro-muscular locks, gestures, concentrations, guided meditations etc.) on aforesaid contents of human body in evidence based way.

**Unit I Digestive System**

Anatomy-Gross and Histological, Anatomy and Function of - Stomach, Liver, and pancreas; Mechanism of secretion of saliva, Gastric Juice, Pancreatic Juice, Bile, Intestinal secretion- Role of these secretions in digestion of food (Protein, Carbohydrate and Fat); Effect of Yoga on digestive system.

**Unit II Urinary System**

Anatomy (Gross and Histological) of excretory system, Histology and function of Kidney, Glomerules, Nephron and Renal tubules; Composition and formation process of urine, Urination and its control; Effect of Yoga on urinary system.

**Unit III Nervous System**

Gross anatomy of NS; Structure, types and properties of neurons and nerves; Action potential-generation, propagation and influencing factors; Types of NS (CNS and PNS); CNS- Brain (Cerebrum, Cerebellum and Spinal Cord) – Gross anatomy and functions; Functions and important connections of Pons, Medulla, Thalamus, and Hypothalamus; PNS (Cranial and Spinal Nerves)- Gross anatomy and Functions; Autonomic NS- Sympathetic and Parasympathetic (Anatomy and functions); Effect of Yoga on NS.

**UNIT IV**

Unit V

Special Senses: Eyes Anatomy- Histology of retina; corneal function, Physiology of vision and accommodation; Nose- Gross anatomy and physiology of smell; and

Ear- Gross anatomy and Physiology of hearing and balance.

REFERENCES

Books™


University of Patanjali, Haridwar
M. A / M. Sc Yoga Science- 2nd Semester
Paper-V (MA-205)
Yoga Practicum
Total Marks (Internal & Final Exam): 100 (75+25)

Aims of the Paper: The teaching-learning of this paper will enable learner to-
1) State techniques, health benefits, applications, precautions and contraindications of 
undermentioned yogic practices; &
2) To demonstrate and instruct undermentioned yogic practices.

पद्कर्म
सूत्रजीति, अर्निसार, शैलक्रम व व्युक्रम कपालभाति तथा MA/MS-105 में वर्णित सभी क्रियाएँ...
आसन
उतक्रासन परिच्छेदातारा चक्रासन
ब्रह्मज्ञासन नदराजासन कुक्कुट्यासन
कुमार्सन बलासन हस्तपादारुपासन
उत्त्विल पद्मासन पादरागुप्त पथर्वत
आकार्णेनासन भूतमनासन ब्रह्मपदासन
कोशासन अर्द्धप्रकार वालाचारासन
तुलासन व्यायामासन गुजतदम
गर्भासन तिर्यक पुजागासन सर्पासन
अर्धचन्द्रासन परिच्छेद जानुशीरासन संकट आसन

प्राणायाम: सूर्यभेदी, चन्द्रभेदी, उज्ज्वली, बाह्ययूज्वति, आध्यात्म चूर्ति तथा MA/MS-105 के सभी अभ्यास।

मूद्द्रा व बन्ध
शाम्भै, तद्धारी, काकी मुद्द्रा एवं महाबन्ध
हस्तमुद्द्रा, प्राण व अपान मुद्द्रा तथा MA/MS-105 में वर्णित सभी मुद्द्रा व बन्ध।

मंत्र एवं ध्यान:
मौखिकी

21
University of Patanjali, Haridwar
M. A / M. Sc Yoga Science- 2nd Semester
Paper-VI (MA-206)

Human Biology Practicum-II
Total Marks (Internal & Final Exam): 100 (75+25)

The objectives behind teaching Anatomy and Physiology is to
• Make students familiar with the systems of the body.
• Give a hand on experience about the human body using models, charts and pictures.
• Make students understand the organization of the body with respect to structural components.

Unit-1: Demonstration of organs and viscera digestive and urinary system [15 Hrs.]
Unit-2: Demonstration of nerve cell, nerve/tract, brain and spinal cord [15Hrs.]
Unit-3: Demonstration of gross sites, structures of endocrine glands [15 Hrs.]
Unit-4: Demonstration of gross structures of human ear, eye and nose [15 Hrs.]
Methods of Teaching Yoga and Value Education

Objectives:

i. To teach teaching techniques to the students
ii. To teach class management and lesson planning
iii. To introduce educational tools of yoga teaching
iv. To teach the concept of yoga education and values

Unit 1: PRINCIPLES AND METHODS OF TEACHING YOGA
Teaching and Learning: Concepts and Relationship between the two; Principles of Teaching: Levels and Phases of Teaching, Quality of perfect Yoga Guru; Yogic levels of learning, Vidyarthi, Shishya, Mumuksha; Meaning and scope of Teaching methods, and factors influencing them; Sources of Teaching methods; Role of Yoga Teachers and Teacher training.

Unit 2: BASICS OF YOGA CLASS MANAGEMENT
Practice of Yoga at different levels (Beginners, Advanced, School Children, Youth, Women and Special attention group); Techniques of Individualized; Teaching Techniques of group teaching; Techniques of mass instructions; Organization of teaching (Time Management, Discipline etc.)

Unit 3: LESSON PLANNING IN YOGA
Essentials of Good Lesson Plan: concepts, needs, planning of teaching Yoga (Shatkriya, Asana, Mudra, Pranayama & Meditation); Models of Lesson Plan; Action Research of Yoga: Meaning, Roles, Steps in action research in Yoga Teaching; Effective use of Library and other resources; Lesson Plan and its Practical applications.

Unit 4: EDUCATIONAL TOOLS OF YOGA TEACHING
Yoga classroom: Essential features, Area, Sitting arrangement in Yoga class etc; Classroom problems: Types and Solutions, Characteristics and essentials of good Yoga teaching; Time table: Need, Types, Principles of Time table construction; Time Table for Yoga teaching; Meaning, Importance and Types of Educational technology; Role of Educational Technology in Yoga.

Unit 5: YOGA AND VALUE EDUCATION
Concept of Value, Definition of value, Types of Values; Value Oriented Education, Valueeducation and its components; Value oriented personality, Role and function of values in Society; Yoga as global value, Yoga as value and yoga as Practice; Contribution of Yoga
towards the development of values.

TEXT BOOKS

BOOKS FOR REFERENCE
1. Dr. Gharote M L: Teaching methods for Yogic practices, Kaivalyadhama, Lonavala, 2007
2. Dr. Shri Krishna: Notes on basic principles & methods of teaching as applied to yogic practices and a ready reckoner of yogic practices, Kaivalyadhama, Lonavala, 2009
3. Dr. Raj Kumar : Principles & methods of Teaching, Printo graphics, Delhi
4. Duggal, Satyapad : Teaching Yoga, The Yoga Institute, Santacruz, Bombay, 1985
University of Patanjali, Haridwar
M. A / M. Sc Yoga Science- 3rd Semester
Paper-II (MA-302)
Introduction to Ayurveda

Total Marks (Internal Test cum Final Exam): 100 (75+25)

Unit-I
आयुर्वेद: उद्गम, अर्थ, परिभाषा, प्रयोजन, इतिहास एवं रोग निदान एवं परीक्षण के प्रमुख सिद्धांत।

Unit-II
दोष: अर्थ, परिभाषा, प्रकार, कार्य एवं विकृति के परिणाम, भातु: अर्थ, परिभाषा, प्रकार, कार्य एवं विकृति के परिणाम, उपधातु: अर्थ, परिभाषा, प्रकार, कार्य एवं विकृति के परिणाम, मल: अर्थ, परिभाषा, प्रकार, कार्य एवं विकृति के परिणाम, स्रोतस: अर्थ, परिभाषा, प्रकार एवं कार्य, इन्द्रिय: अर्थ, परिभाषा, प्रकार एवं कार्य, अग्नि: अर्थ, परिभाषा, प्रकार एवं कार्य, ग्राण: अर्थ, परिभाषा, प्रकार, स्थान एवं कार्य;
प्रकृति: अर्थ, परिभाषा, विशेषताएं एवं इसके विकार देह-प्रकृति: अर्थ, परिभाषा, प्रकार एवं पहचान;
मनस प्रकृति: अर्थ, परिभाषा, प्रकार एवं पहचान।

Unit-III
प्रमुख जड़ी-बूटियों का सामान्य परिचय, गुणधर्म, स्वास्थ्य संवर्धनात्मक एवं चिकित्सकीय प्रयोग-आक, अजवाईन, आंवला, अपमार्ग, अरवण्ड, तुलसी, गिलों, ब्राह्मी, धनिया, अदरक, ईलायची, हरड, नीम, हल्दी व गुआरपाटा।

Unit-IV
पंचकर्म (पूरकर्म, प्रथानकर्म और पर्चात्तकर्म): अर्थ, परिभाषा, प्रकार, प्रयोजन, लाभ, हानि, सावधानियां एवं स्वास्थ्य संवर्धनात्मक एवं चिकित्सकीय प्रयोग।

Unit-V
प्रौढ़ कर्म की विस्तृत विवेचना एवं विभिन्न व्याधियों में (गठीया, अर्थार्टिस, मोटापा, मधुमेह, कमरदर्द, कोलाइटिस, आई.बी.एस., सी.एडी. युबीआईटी, यक्त्र विकार, अनिद्रा, अस्वस्थ, चिंता एवं तनाव आदि)

सन्दर्भ ग्रन्थ:
आयुर्वेद सिद्धांत रहस्य- आचार्य बालकृष्ण
आयुर्वेद जड़ी-बूटी रहस्य- आचार्य बालकृष्ण
आयुर्वेदीय शास्त्रीय क्रिया विज्ञान- शिव कुमार गौड़
स्वस्थ्यकृत - डॉ. रामदास सिंह

Basic Principles of Ayurveda- K. Lakshmipati
Aims of the Paper: The teaching-learning of this paper will enable learner to-
1) State concept and make statistical computations (measure of central tendency & dispersion, simple correlation & regression, NPC Applications, t-test, ANOVA, & Chi-square) regarding Research and Statistical Methods.
2) Apply knowledge of Research & Statistical Methodst o draft mini research synopsis & undertake the same in Master Program as Dissertation to create rigid base for advanced research career in future.

UNIT 1
Scientific Research
Concept, Characteristics, Types and Process; Scope and purpose of scientific research in yoga

Research Problem
Concept, Sources of Research Problems in Yoga, Characteristics of good research problem, Considerations in selecting a research problem, Steps in the formulation of a research problem and Practice of formulating a research problem

Hypothesis
Concept, Functions, Characteristics and Types (Research Hypothesis and Null hypothesis); Practice of hypotheses writing

Sampling
Concept, Types (Probability and Non-probability Samplings with their types), and Practice of using different sampling procedures for sample selection

UNIT 2
Variable
Concept, Types (Independent, Dependent, Extraneous, Intervening and Moderating) and Practice for identification of variables in different research problems

Research Design
Concept, Characteristics of Good research Design, Types: Non-experimental (Retrospective, Cross-sectional and Causal comparative), Quasi-experimental and True Experimental Design

Methods of Controlling Extraneous Variance
Concept and Control Methods (Randomization, Elimination, Introducing new Independent Variables, other techniques)
UNIT 3
Statistics
Concept and Significance; Types of research data, Frequency distributions (Individual, Discrete and Continuous), Graphical Representation of the data (Histogram, pie chart and bar graph).

Measures of Central Tendency
(Arithmetic Mean, Median and Mode): Concept and Computation in case of grouped and ungrouped data.

Measure of Dispersion
Concept and computation of Range, Quartiles and Standard Deviation.

UNIT 4
Normal Distribution
Concept, Proportions, and Applications of Normal Distribution

Simple Correlation
Concept and computation of correlation coefficient by product moment method, coefficient of Determination.

Simple Regression
Concept, Regression Equations (In Score forms), Solving Regression Equations, Interpretation of Regression coefficients, Standard Error of Estimate.

UNIT 5
Hypothesis Testing
Type I and Type II Errors, Level of significance, Degree of freedom, Testing significance of mean difference.

T-test: Concept and Computation (In case of two sample hypotheses and paired sample hypotheses).

ANOVA (Analysis of Variance)
Concept and Computation of one way ANOVA in unrelated design and related designs

Chi-Square Test
Concept and Computation in different cases.

REFERENCES


Unit-I

प्राकृतिक चिकित्सा: संक्षिप्त इतिहास, अर्थ, परिभाषा, प्रयोजन, मूल सिद्धांत, विज्ञानीय विषय का सिद्धांत; तीन व जीवन रोग- कारण, लक्षण, निदान एवं प्राकृतिक समाधान; जीवनी शक्ति बढ़ाने के उपाय।

Unit-II

जल चिकित्सा: अर्थ, परिभाषा, प्रयोजन, मूल सिद्धांत, जल का महत्त्व, जल के गुण, विभिन्न तापक्रम के जल का शरीर पर प्रभाव, जल चिकित्सा की स्वरूप (जलपान, प्राकृतिक स्नान, साधारण व धर्मपान स्नान, कंटि स्नान, मेहन स्नान, बाण स्नान, रूढ स्नान, उष्ण पाद स्नान, पूरे शरीर की गोली पट्टी; छाती, पेट, गले व हथ-पैर की पट्टियाँ, स्यंज, एनिमा) की विधियें, लाभ, सावधानियाँ, स्वास्थ्य संवर्धन एवं विभिन्न अदर्श-व्याधि निवारण के लिए प्रयोग एवं हानियाँ।

Unit-III

मिट्टी, सूर्य व वायु चिकित्सा: मिट्टी का महत्त्व, प्रकार, गुण, शरीर पर मिट्टी का प्रभाव। मिट्टी पट्टियाँ का प्रकार एवं मूलिका स्नान के चिकित्सकीय प्रयोग। सूर्य प्रकाश की सरचना, महत्त्व, शरीर पर सात अलग-अलग रंग के क्रिया-प्रक्रियाएँ एवं चिकित्सकीय उपयोग। सूर्य स्नान-विधि, समय, अवधि, लाभ, सावधानियाँ एवं चिकित्सकीय उपयोग। वायु: आरोग्यकारी प्रभाव, वायु स्नान एवं इसके स्वास्थ्य संवर्धन एवं चिकित्सकीय प्रयोग एवं सावधानियाँ।

Unit-IV

उपवास: अर्थ, परिभाषा, प्रयोजन, मूल सिद्धांत, प्रकार (दीर्घ, लघु, पूर्ण, अर्थ जल उपवास, रसोपवास, अकालरोपवास), शारीरिक क्रिया-प्रतिक्रिया, आरोग्य हेतु उपवास, रोग का उपाध व उपवास के नियम, आदर्श आहार, प्राकृतिक आहार, रोग निवारण में उपयुक्त आहार एवं इसके घटक (कार्बोहाइड्रेट, प्रोटीन, विटामीन, वसा, फाइबर)।

Unit-V

मलिशा: इतिहास, अर्थ, परिभाषा, प्रयोजन, मूल सिद्धांत, प्रकार(बैजनिक एवं आयुजनिक); मलिशा को संभालना, ब्योर, शास्त्री, मसन्दा, दलना, कम्पन, बेलना, सहलना, यककोरना, तात, मुक्की, चुटकी आदि के शरीर क्रिया विज्ञान का प्रभाव, स्वस्थ्य संवर्धन एवं चिकित्सकीय प्रयोग एवं सावधानियाँ।

कमर दर्द, इपीलेसी, आनप्पा, अस्तर्य, मोटापा, अर्थराइटिस, सोराइटिस, रम, निमोनियाँ, हाइपर/हाइपोटेशन, हाइपर/हाइपोथाइड्रिज्म, प्रिस्पिन, प्रेशिङकता, मधुमेह, बिषाद, चिन्ता, मासिक धर्म समस्याएं, माइग्रीन को प्राकृतिक चिकित्सा विधि।
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<td>पं. श्रीराम शर्मा आचार्य सम्पूर्ण बांधमय, खण्ड-40</td>
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<td>Diet and Nutrition</td>
<td>Dr. Rudolf</td>
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<tr>
<td>History and Philosophy of Naturopathy</td>
<td>Dr. S.J. Singh</td>
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<tr>
<td>Nature Cure</td>
<td>Dr. H.K. Bakhru</td>
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<td>DR. Henry Lindhar</td>
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30
पठन: रण्ड, धाति, नौल, नाटक, वस्त्र धाति तथा प्रथम, द्वितीय सेमेस्टर के सभी अभ्यास।

आसन

पद्म सवांगासन
शीर्षासन
तोलांगुलासन
टिट्रिभासन
शीर्ष पादांगुलासन
विशद चन्द्रगोत्रासन
एक पाद राजकोतासन

महूरासन
एक पाद स्कन्ध आसन
वातायनासन
गर्भाशान
गृहासन
पदमस्थान
पूर्ण उष्णासन

तथा प्रथम, द्वितीय सेमेस्टर के आसनों सहित

प्राणायाम: भ्रामण, परिवहन, स्तम्भवृक्ति तथा पूर्व सेमेस्टरों के सभी अभ्यास।

मुद्राएं एवं बन्ध: खंचनी मुद्रा, महावेंध मुद्रा, महा मुद्रा, महा बन्ध तथा पूर्व सेमेस्टरों के सभी अभ्यास।

मौखिकी

-15 अंक
-30 अंक
-10 अंक
-10 अंक

Total Marks (Internal & Final Exam): 100 (75+25)
काफी निर्माण शैली - 10 अंक

जल चिकित्सा की स्वरूप (जलपान, प्राकृतिक स्नान, साधारण व घर्षण स्नान, कटि स्नान, मेहन स्नान, वाष्प स्नान, रीढ़ स्नान, उष्ण पाद स्नान, पूरे शरीर की गोली पट्टी; छाती, पेट, गले व हाथ-पैर की पट्टियाँ, स्तंब, एतिमा) की बिधियाँ, लाभ, सावधानियाँ, स्वास्थ्य संवर्धन एवं बिधिन आदि-व्याघ्र निवारण के लिए प्रयोग एवं हानियाँ। -20अंक

मालिश की बिधिन बिधियाँ- सामान्य, घर्षण, धपकी, मसलना, दलना, कम्पन, बोलना, सहलाना, झकझोरना, ताल, मुक्की, चुकाको आदि के शरीर क्रिया विज्ञान का प्रभाव। -10 अंक

कमर दर्द, इंफेक्शन, अनिद्रा, मोटापा अर्धशाइटिस, सोराइसिस, दमा, निमोनिया, हाइपर/हाइपोटेंशन, प्रतिपाद, नर्त्सिकल, मधुमेह, असाम, चित्ता, ओव्सेसिस, मासिक धर्म सम्बन्धी समस्याएं, घूमपान एवं मध्यमन, माइक्रो के प्राकृतिक चिकित्सा विधि। -10अंक

मौखिकी: - 25अंक
University of Patanjali, Haridwar
M. A / M. Sc Yoga Science- 4th Semester
Paper-I (MA-401)
Hygiene, Diet & Nutrition
Total Marks (Internal & Final Exam): 100 (75+25)

Course code: MA-203

Objectives: Following the completion of this course, students shall be able to
• Understand the concept of diet and the medical value of nutrition
• Advise appropriate diet to different age groups
• Benefits and caloric value of various food groups
• Understand and practice dialy regimen, night regimen and seasonal regimen for health
  promotion, disease prevention and age reversal.

Unit – 1: Basic concepts and components of food and nutrition
Understanding Nutrition, Basic Terminology in Relation to Nutrition Requirement, Human
Nutritional Requirements; Concept of food, Acceptance of Food, Functions of Food;
Components of Food & their Classification; Macro Nutrients –Sources, Functions and Effects
on the Body; Micro Nutrients - Sources, Functions and Effects on the Body; Fat Soluble
Nutrients - Sources, Functions and Effects on the Body; Water soluble Nutrients - Sources,
Functions and Effects on the Body.

Unit-2: Food groups
Cereals & Millets –Selection, Preparation and Nutritive Value; Pulses, Nuts and Oil Seeds-
Selection, Preparation and Nutritive Value; Milk and Milk Products- Selection, Preparation
and Nutritive Value; Vegetables and Fruits- Selection, Preparation and Nutritive Value, Fats,
Oils and Sugar, Jaggery- Selection, Preparation and Nutritive Value.

Unit-3: Food and metabolism
Energy- Basic Concepts, Definition and Components of Energy Requirement, Energy
Imbalance Concept of Metabolism, Anabolism, Catabolism, Calorie Requirement-BMR, SDA,
Physical Activity; Metabolism of Carbohydrates, Lipids and Protein; Factors Affecting Energy;
Requirement and Expenditure, Factors affecting BMR, Factors affecting thermal effect of
Food, Factors affecting energy expenditure in physical activity; Methods of Estimation of
Energy Expenditure and Requirements; Direct Calorimetry, Indirect Calorimetry, Double
Labelled Water Technique, Heart Rate Monitoring Method, Factorial Estimation of Total
Energy Expenditure.

Unit – IV: Yogic concept of diet & nutrition
General Introduction of Ahara (Diet), concept of Mitahara; Definition and Classification in
Yogic diet according to traditional Yoga texts; Concepts of Diet according to Gheranda
Samhita,Hatha Pradeepika and Bhagavadgeeta-Rajasic, Tamasic and Sattvic food; Pathya
and Apathya in diet according to Yogic texts; Guna and Ahara ; Importance of Yogic Diet in
Yog Sadhana; Yogic Diet and its role in healthy living; Diet according to the body constitution
(Prakriti) – Vata, Pitta and Kapha.
Unit-V
Swasthavritta: Meaning, Definition, Aims and Aspects; Wellness: Meaning, Definition, Indicators and Dimensions; Dincharya (Daily Regimen) & Ratricharya (Night Regimen): Meaning, Definition and sequential elements with their practical applications; Ritucharya (Seasonal Regimen): Meaning, Definition, Types with their salient features, Seasonwise Accumulation, Aggravation and Pacification of three Humors (vata, pitta, kapha); Seasonwise Does and Don'ts; Application of Dincharya, Ratricharya and Ritucharya for health promotion, rejuvenation, disease prevention and age reversal.

TEXT BOOK
• Ramesh Bijlani: Eating Wisely and Well, Rupa Publication India Pvt. Ltd, 2012

BOOKS FOR REFERENCE
• Stanley Davidson & others: Human Nutrition & Dietetics, The English Language Book Society & Churchill Livings, Revised Edition
• Dennis Thompson: The Ayurvedic Diet, New age books, New Delhi, 2001
• Randolph Stone: A Purifying Diet, Lilawati Bhargav Charitable Trust, Delhi, Revised Edition
University of Patanjali, Haridwar
M. A / M. Sc Yoga Science- 4th Semester
Paper-I (MA-402)
Yoga Therapy
Total Marks (Internal Test cum Final Exam): 100 (75+25)

Objectives:
• To be able to prescribe the integrated yoga module for the individual case after
detailed documentation and report it to the referring consultant.
• To request for assessment measures if necessary a) to confirm the diagnosis, b) to
assess the present status of the disease, and c) for follow up.
• To be able to monitor the medication and modify it suitably as the case progresses
with yoga practices and report it to the referring consultant.
• To prescribe and administer yogic prescription for the specific disease

For each condition the following aspects will be covered:
• Brief overview of the condition including definition, prevalence, clinical features,
diagnostic criteria, causes, Patho-physiology, measurements- investigations to
assess the effect of yoga, Yogic Management - rationale for the disease specific yoga
protocol, scientific evidence if available, practices of choice and contra-indications.
Probable healing mechanisms.

Unit-1 Yoga Etiology, Diagnosis and Therapy
Yogic Anatomy and Physiology: Concept of Psychic Centers, Pancha Kosha and three planes of
human being; and effects of their activation and impairment over somatic, psychic and psycho-
 somatic levels of human existence. Yogic diagnostic techniques: Connections of Swar Science,
Prana and Breathing Patterns over somatic, mental and psycho-somatic levels. Association of
Psychic centers over nerve plexues and endocrine glands. Concept of health and wellness in
terms of WHO, Ayurveda and Yoga. Concept of Yoga Therapy: Meaning, Definition, Aims,
Principles, Factors Impacts and Limitations; Qualties of yoga therapist.

Unit-2: Musculo-Skeletal Disorders
Back Pain; Classification of back pain: organic and functional: Lumbar Spondylosis,
Intervertebral disc prolapse (IVDP), Spondylolisthesis, Spondylitis, Psychogenic- Lumbago,
Medical and Yogic management; Neck pain: Classification, Cervical Spondylosis, radiculopathy,
Functional neck pain; Medical and Yogic management, All forms of Arthritis: Rheumatoid
Arthritis, Osteoarthritis, Medical and Yogic management.

Unit- 3: Gastro Intestinal and Excretory Disorders
Brief overview of the condition (Causes, Pathogenesis, Signs, Symptoms and complications),
Yogic Management of Acid peptic disease- Indigestion Hyperacidity, Ulcer, Flatulence,
Gastritis, Bowel problems - chronic Constipation and hemorrhoids, Irritable Bowel Syndrome,
Ulcerat4e colitis or inflammatory bowel disease, Crohn's disease, gluten intolerance, food
allergies ; Excretory System: irritable bladder syndrome, stress incontinence, Chronic renal failure, Renal hypertension, Renal stones.

Unit- 4: Yogic Management of Cardio-Pulmonary Disorders
Brief overview of the condition (Causes, Pathogenesis, Signs, Symptoms and complications), Yogic Management Hypertension and Hypotension, Ischemic heart diseases, Varicose veins, Peripheral vascular disease, Autoimmune Arteritis. Brief overview of the condition (Causes, Pathogenesis, Signs, Symptoms and complications), Yogic Management (rationale for the disease specific yoga protocol, scientific evidence if available, probable healing mechanisms, practices of choice and contra indications). Allergic, autoimmune respiratory conditions -Allergic Rhinitis & Sinusitis, Bronchial Asthma, COPD & Emphysema- Occupational pulmonary disease.

Unit-5: Neurological and Psychiatric Disorders
Headaches: Migraine: Causes, Classification, clinical features, Medical and Yogic management, Tension headache: Causes and its symptoms and Medical and Yogic management; Cerebro vascular accidents: Causes, clinical features, Medical and Yogic management, Epilepsy; pain; Parkinson’s disease: Causes, clinical features, Medical and Yogic management
Introduction to psychiatric disorders, classification – Neurosis, Psychosis: Neurosis: Anxiety disorders: Generalised anxiety disorder, Panic Anxiety, Obsessive Compulsive Disorder, Phobias: Medical and Yogic management; Depression: Dysthymia, Major depression, Medical and Yogic management; Psychosis: Schizophrenia, Bipolar affective disorder, Medical and Yogic management

TEXT BOOKS
1. Nagarathna R and Nagendra HR, Yoga therapy for common ailments series, SVYP publications, 2010
2. Swami Karmananda, Yoga therapy for common diseases, Yoga publication trust, Munger, 2001
3. Dr Robin Monro, Dr R Nagarathna and Dr H R Nagendra, Yoga for common ailments, Gaia Publishers

REFERENCE BOOKS
1. Sh4anand Saraswati: Yoga Therapy (Hindi & English)
5. MDNIY publications: 10 Booklets, Yoga Therapy Series, MDNIY Publications, New Delhi, 2009

11. चरक संहिता : महर्षि चरक
12. सुश्रुत संहिता : महर्षि सुश्रुत
13. आयुर्वेद सिद्धांत रहस्य: आचार्य बालकृष्ण
14. स्वस्थ्यवृत्त विज्ञान : रामहर्ष सिंह
Aims of the Paper: The teaching-learning of this paper will enable learner to—
1) State concept, prevalence, objectives, types, applications and limitations of CAT &
2) Have knowledge & skills of therapeutics related to acupressure, pranic healing, and dietary supplements for managing some of the common health problems and rejuvenation.

UNIT 1

UNIT 2

UNIT 3
Energy Medicine: History, Meaning, Definition, Types, Principles, Applications and Limitations. Pranic Healing: Origin, History, Meaning and Sources of Prana; Principles, Law of Action, & Types (Basic, Advanced, and Psychotherapy); Bio-plasmic body/Aura: structure, types and size; Energy Centers (EC): Meaning, Types (Major, Minor and Mini), Sizes, Colors, Functions and Consequences of their Dysfunctions; Aharic Yoga & Twin Meditation, Scanning Auras or Chakras, Sweeping and Energizing Procedures.

UNIT 4
Acupressure & Pranic Therapeutics: Low Back Pain, Arthritis, Obesity, Diabetes, Hypertension/Hypotension, Hyper/Hypo Thyroidism, Liver Problem, Allergy, CAD, Anemia, Hyperacidity, Irritable Bowel Syndrome, Colitis, Piles, Migraine, Insomnia, Depression, Chronic Fatigue Syndrome, Epilepsy, Anxiety, Obsessive Compulsive Disorder, Leucorrhoea,
Menstrual Disorders, Impotency, Infertility, CSF, Asthma, Pneumonia, Renal Problem, Varicose Veins, Distress, and Myopias.

**UNIT 5**

**Biologically Based Products (Dietary Supplements & Herbal Remedies)**

Probiotics and Prebiotics, Antioxidants, Glucosamine Sulfate, Gultamine, Selenium, Curcumin, Multi-vitamins and their Natural Sources, Omega-3 Fatty Acid and Tryptophan; their Functions and natural Sources; **Rejuvenating & De-stressing Herbs:** Basil, Allovera, Awala, Giloya, Tea, Mint, Peppermint, Ashwagandha, Satabari, Kaunch Beej, Brahmi, Sankhapuspi, Jatamasi, Mithi Buch and; their usages.

**REFERENCES**


An aptitude test will be conducted to select eligible candidates at the end of MA/M.Sc 3rd Semester to opt dissertation. The aptitude test will cover subjective and objective knowledge of all the papers of the Master Program, especially Research and Statistical Methods, and Computer Application and the candidate needs to secure 60% or above marks in the test conducted. The mode of question paper will be both objective and subjective. Candidates disqualified (scoring marks below 60%) in the aforesaid test needs to go for Field Training as detailed under:

**Objectives of Field Training:**
Following the completion of this field training, students shall be able to:

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

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**Examination:**
Students shall be examined based on the knowledge acquired with respect to parameter and the case history.

**Note:** Students need to spend 2 hours every day in the hospital set up where the patients undergo their yoga therapy.
University of Patanjali, Haridwar
M. A / M. Sc Yoga Science- 4th Semester
Paper-V (MA-405)
Yoga Practicum
Total Marks (Internal & Final Exam): 100 (75+25)

पदक्रम: दण्ड, धौति, नौलि, आटक, बस्त्र, भांति।
-10 अंक

आसन:
-35 अंक

द्विपद स्कन्धासन
पूर्ण भुजंगासन

पूर्ण मत्स्येन्द्रासन
पक्षी आसन

वृश्चिक आसन
पद्म मयुरासन

पूर्ण वृश्चिकासन
तंकिया आसन

पद्म शीर्षासन
कर्णपीठासन

पूर्णध्वनिरासन
गोरक्षासन

पूर्ण चक्रासन
पूर्ण शालभासन

एक पाद बकासन
अंधकार आसन

पूर्ण नराजासन

पूर्व सेमेस्टरों के सभी अभ्यासों सहित।

प्राणायाम: उद्योग एवं मूर्च्छा।
-10 अंक

यूनार्ण एवं बन्ध: (MA/MS-I,II, III Sem) के सभी अभ्यास।
-5 अंक

ध्यान एवं मौखिक: विज्ञानमय एवं आनन्दमय कोष।
-15 अंक
Aims of the Paper: The teaching-learning of this paper will enable learner to-
1) Practice skills of therapeutics related to acupressure, pranic healing, and dietary supplements for managing some of the common health problems and rejuvenation.

न्यायालंकार एवं पूरक चिकित्सा तत्त्वात्मक (Complementary & Alternative Therapy)

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Note: Micro contents & format of Practical on aforesaid contents will be worked out in consultation with concerned Professor.