



University of Patanjali

Uttarakhand, Haridwar

Syllabus of PGD Yoga Science

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". According to Yogic scriptures, the practice of Yoga leads to the union of individual consciousness with universal consciousness.

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 will be able to understand the concept of Preventive Healthcare, Promotion of Positive Health and Personality Development through Yoga.

I. Title of the course

The course shall be called "Post Graduate Diploma in Yoga Science" (PGDYS)

II. Aim of the course

The aim of the course is to propagate and promote yoga for positive health.

III. Objectives of the Course

- To introduce basic concepts of preventive health and health promotion through yoga
- To introduce concepts of Human Body to the students so as to making their understanding clear about the benefit and contraindication of a practice.
- To train teachers on preventive health and promotion of positive health through yoga and personality development.

IV. Duration

The duration of the course will be 1 year (2 semesters) .

V. Eligibility

The candidate should have completed Graduation (Bachelor's Degree) in any stream from a UGC recognized university.

First Semester

- Paper- I (YS-101) Foundation of Yoga
Paper- II (YS-102) Hatha Yoga
Paper- III (YS-103) Shrimadbhagvad Gita & Samkhyakarika
Paper- IV (YS-104) Human Biology
Paper- V (YS-105) Yoga Practicum
Paper- VI (YS-106) Human Biology Practicum

Second Semester

- Paper- I (201) Patanjali Yoga Darshan
Paper- II (202) Yoga Therapy
Paper- III (203) Hygiene, Diet & Nutrition
Paper- III (204) Complementary & Alternative Therapy
Paper- V (205) Yoga Practicum
Paper- VI (206) Complementary & Alternative Therapy Practicum

University of Patanjali, Haridwar
PGD Yoga Science- First Semester
Paper-I (PGDYS-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 Shakta 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 darshana; 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
2. Sharma, Chandradhar: A Critical Survey of Indian Philosophy. Motilal Banarasidas, Delhi, 2013

BOOKS FOR REFERENCE

1. Agarwal M M : Six systems of Indian Philosophy, Chowkhambha Vidya Bhawan, varanai, 2010
2. Swami Bhuteshananda: Nararad Bhakti Sutra, Advaita Ashrama Publication-Dept. Kolkata, II Edition, 2009
3. Hiriyanna M : Outlines of Indian Philosophy, Motilal Banarsidas, Delhi, 2009
4. Bhat, Krishna K.: The Power of Yoga: SuYoga Publications Mangalore, 2006
5. Swami Prabhavananda : Spiritual Heritage of India (English). Sri Ramkrishna Math, Madras, 2004
6. Swami Vivekananda : Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga. Advaita Ashrama, Calcutta, 2000
7. Pandit, M. P.: Introduction to Upanishads: Theosophical Society of India, Adyar, Madras, 1976
8. Dasgupta, S.N. : Hindu Mysticism, Motilal Banarsidass, Delhi 1927
9. Arthuv Avalan : The Serpent Power, Sivalik Prakashan, New Delhi, 2009
10. Bhat, Krishna K. : The Power of Yoga: SuYoga Publications Mangalore, 2006
11. Sing, Lalan Prasad : Tantra, Its Mystic and Scientific Bases. Concept Publishing Company, Delhi, 1976
12. Karel Werner : Yoga and Indian Philosophy, Motilal Banarasidas, Delhi, 1979
13. Swami Jnanananda : Philosophy of Yoga. Sri Ramakrishna Ashrama, Mysore.
14. योग दर्शन : स्वामी रामदेव
15. योग सूत्र : वाचस्पतिमिश्र
16. योग सूत्र राजमार्तण्ड : भोजराज
17. पातंजल योग प्रदीप : ओमानन्द तीर्थ
18. पातंजल योग विमर्श : विजयपाल शास्त्री
19. ध्यान योग प्रकाश : लक्ष्मणानन्द
20. योगदर्शन : राजाराम शास्त्री (2002)
21. पातंजल योग दर्शन : स्वामी सत्यपति परिव्राजक (2012)

University of Patanjali, Haridwar
PGD Yoga Science- First Semester
Paper-II (PGDYS-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 – Machanism 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

Introduction to Basic Hatha Yoga Texts: Basic Hatha Yogic Texts: their nature and objectives, Siddhasiddhantapaddhati, Goraksha Samhita, and Shiva Samhita, Hatha Pradeepika, Gheranda Samhita, Breif introduction to Hatha Rathnavali. Applications of Hatha Yogic Practices as elementary practices of Raj Yoga and Holistic Health Promotion, Disease Prevention, Rejuvenation, Healing and Age Reversal.

TEXT BOOKS

1. I. K. Taimini : The Science of Yoga, (The Theosophical, Publishing House, Adyar Chennai 2005).
2. Swami Satyananda Saraswati : Hatha Yoga, Pub: BSY Mungher

BOOKS FOR REFERENCE:

1. Woods, J.H. : The Yoga System of Patanjali, M.L.B.D., Delhi, 1988
2. Swami Vivekananda: Rajayoga, Advaita Ashram, Culcutta, 2000
3. Iyengar B.K.S. : Light on Patanjali Yoga (New York, Schocken Books, 1994)
4. Swami Sri Omanandatirtha: Patanjala Yoga Pradeepa, Geeta Press, Gorakhpur, 1994
5. Swami Anant Bharati : Patanjali Yoga Shasta- a study (Hindi), Swami Keshwananda Yoga Sangthan, Delhi, 1982
6. Burley, Mikel: Hatha Yoga, Its' Context Theory and Practice (M.L.B.D. Delhi, 2000)
7. Ghosh, Shyam: The Original Yoga, Munshiram Manoharlal, New Delhi, 1999
8. Burnier, Radha: Hathayoga Pradipika of Svatmarama, The Adyar Library publications, Chennai. 2000
10. Woodroffe, Sir John: The Serpent power (Ganesh & Company, Madras, 2000)
11. हठ प्रदीपिका : स्वामी कुवल्यानन्द, कैवल्यधाम, लोनावला
12. घेरण्ड संहिता : स्वामी दिगम्बर जी/ एम.एल. घरौटे (1997) कैवल्यधाम, लोनावला
13. गोरक्ष संहिता : डॉ. चमनलाल गौतम (1985)
14. भक्ति सागर : स्वामी चरणदास
15. उपनिषद संग्रह : मोतीलाल बनारसीदास
16. बहिरंग योग : स्वामी योगेश्वरानन्द
17. योगासन विज्ञान : स्वामी धीरेन्द्र ब्रह्मचारी

University of Patanjali, Haridwar
PGD Yoga Science- First Semester
Paper-III (PGDYS-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

भगवद्गीता-सामान्य परिचय। गीता के अनुसार-आत्मा का स्वरूप, योग के विभिन्न लक्षण, स्थित प्रज्ञता, कर्म सिद्धान्त, सृष्टि चक्र की परम्परा, लोक संग्रह।

Unit- II

कर्मयोग की परम्परा, यज्ञ का स्वरूप, ज्ञान की अग्नि, सांख्य योग एवं कर्मयोग की एकता। सन्यास का स्वरूप, मोक्ष में सन्यास की उपादेयता, कर्मयोगी के लक्षण, ब्रह्मज्ञान का उपाय, अभ्यास और वैराग्य, प्रकृति एवं माया।

Unit-III

ईश्वर की विभूतियां, विराट स्वरूप, भक्ति योग, त्रिगुण विवेचन, दैवासुर सम्पदा विभाग, त्रिविध-श्रद्धा।

Unit- IV

सांख्यदर्शन-परिचय। सांख्यकारिकानुसार दुख का स्वरूप। पच्चीस तत्त्वों का परिचय, प्रमाण विवेचन, सत्कार्यवाद अनुपलब्धि के कारण, व्यक्त-अव्यक्त विवेचन।

Unit- V

सांख्यकारिका के अनुसार गुणों का स्वरूप, पुरुष विवेचन, बुद्धि के लक्षण एवं धर्म। अहंकार से सर्ग प्रवृत्ति, त्रयोदश करण, सूक्ष्म शरीर, मुक्ति विवेचन।

संदर्भ ग्रन्थ:-

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|----|--------------------|---|--------------------------|
| 1. | सांख्यतत्त्वकौमुदि | : | वाचस्पति मिश्र |
| 2. | सांख्यप्रवचन भाष्य | : | विज्ञानभिक्षु |
| 3. | सांख्यकारिका | : | ईश्वरकृष्ण |
| 4. | श्रीमद्भगवद्गीता | : | महर्षि वेदव्यास |
| 5. | श्रीमद्भगवद्गीता | : | आचार्य शंकर |
| 6. | श्रीमद्भगवद्गीता | : | लोकमान्य तिलक |
| 7. | श्रीमद्भगवद्गीता | : | सत्यव्रत सिद्धान्तालंकार |

UNIVERSITY OF PATANJALI, HARIDWAR
PGD Yoga Science- First Semester
Paper-IV (YS-104)
Human Biology
Total Marks (Internal Test cum Final Exam): 100 (75+25)

Objectives:

- i. To give a basic understanding of the human anatomy
- ii. To give a basic understanding of the human physiology
- iii. To give a deeper understanding of the human systems

Unit-1: Introduction to Human Body, Digestive and Excretory System

Introduction to Human Anatomy and Physiology, Basic Anatomical and Physiological terms; Cell: Structure & Functions, different cell organelles and their functions; Tissues and Organization of human system; Introduction to Support Systems; Maintenance Systems, Control Systems, Defence System and Concept of Homeostasis; Median planes, directional and regional terms. Gross anatomy of digestive system, functional anatomy of Mouth, Oral cavity, Pharynx, Esophagus, Stomach, Small intestine, Large intestine and Anal canal; Physiology of digestion, assimilation & peristalsis, Gastric and digestive juices involved during digestion, associated glands involved in digestive system; Urinary system, kidneys, ureters, urinary bladder, Urethra; Skin and sweat gland.

Unit-2: Musculo-Skeletal System

The Skeletal System: Skeleton, Functions of skeleton, Classification of bones, Study of joints; Structure and function of a Synovial joint; The Muscular System: Types of Muscles in the body; the characteristics, structure and functions of The Skeletal Muscles, Smooth Muscles and Cardiac Muscles.

Unit-3: Cardiovascular System, Respiratory System, Blood And Lymphatic System

Functional anatomy of the Heart, arteries, veins and capillaries; The organization of systematic and pulmonary circulation, the cardiac cycle; Blood: Composition and Functions, Blood groups and their importance; Cardiac output and Venous return; Blood pressure and Regulation of blood pressure; Gross anatomy of the respiratory passages, functional of Nasal cavity, Pharynx, Larynx, Trachea, Bronchus, Lungs and Alveoli; The process of Respiration, Lungs volumes & capacities, Mechanics of breathing and exchange of gas in alveoli; Composition of blood corpuscles – RBC, WBC and Platelets; Plasma, hemoglobin – coagulation of blood and anti coagulants, blood groups and its

importance; Sites, functional anatomy of lymph nodes and their function; Lymphatic system and its' role in immune system.

Unit-4: Nervous System & Special Senses

An introduction to Histology – 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; Functional anatomy of Cerebrum, Cerebellum, spinal cord; Functions and importance of the parts of the brain viz., cerebrum, pons, medulla, thalamus, hypothalamus, cerebellum and autonomic nervous system [sympathetic and parasympathetic]; Functional anatomy and physiology of Eyes, ears, nose, tongue and skin;

Unit 5: Reproductive System and Endocrine System

Functional anatomy male reproductive system, seminal vesicles and prostate glands; Spermatogenesis; Functional anatomy of female reproductive system; Ovarian hormones, menstruation, pregnancy, parturition and lactation. Anatomical structure of important endocrine glands (Pituitary, thyroid, parathyroid, pancreas, adrenal and gonads); Short anatomy of the hypothalamus and the releasing hormones secreted from it; Structure and function of anterior and posterior Pituitary; Function of thyroid, parathyroid, supra renal and islets of Langerhans.

REFERENCES

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- McCall, T. (2007). *Yoga as Medicine: The Yogic Prescription for Health and Healing*. New York, NY: Bantam Dell.
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- Ramdev, S. (2009). *Pranayam Rahasya*. Haridwar, India: Divya Prakashan.
- Robin, Mel. (2002). *A physiological handbook for teachers of yogasana*. Arizona: Fenestra
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- Tortora, G.J. & Derrickson, B.N. (2009). *Principles of anatomy and physiology-II* (14th ed.). Hoboken, NJ: Wiley.
- Udupa, K. N. (2007). *Stress and its management by yoga*. Delhi, India: Motilal Banarasidas
- Waugh, A. & Grant, A. (2010). *Ross and Wilson: Anatomy and Physiology in Health and Illness* (11th ed.). London: Elsevier

University of Patanjali, Haridwar
PGD Yoga Science- First Semester
Paper-V (YS-105)
Yoga Practicum

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) State techniques, health benefits, applications, precautions and contraindications of undermentioned yogic practices; &
- 2) To demonstrate and instruct undermentioned yogic practices.

षट्कर्म: जलनेति, रबरनेति, वमन धौति/कुँजर क्रिया, वातकर्म, कपालभाति। -15 अंक

आसन -30 अंक

सुक्ष्म व्यायाम (पवनमुक्त आसन)-1, यौगिक जॉगिंग, 12 आसन (मण्डूकआसन, शशकासन, गोमुखासन, वक्रासन, मकरासन, भुजंगासन, शलभासन, मर्कटासन, पवनमुक्तासन, अर्द्धहलासन, पादवृत्तासन, द्वि-चक्रिकासन व शवासन) (रामदेव, २००५)

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|---------------|-----------------------|---------------|---------------|
| सिद्धासन | कटिचक्रासन | अर्द्धहलासन | मण्डूकासन |
| पदमासन | वज्रासन | स्वस्तिकासन | सिंहासन |
| वीरासन | उदराकर्षणसन | भद्रासन | पार्श्वतानासन |
| जनुशिरासन | अर्द्धमत्स्येन्द्रासन | गोमुखासन | द्विकोणासन |
| उष्ट्रासन | उत्तानपादासन | नौकासन | |
| सर्वांगासन | हलासन | मत्स्यासन | |
| सुप्तवज्रासन | चक्रासन | ताडासन | |
| तिर्यक ताडासन | एक पाद प्रणामसन | वृक्षासन | |
| गरूडासन | हस्तोत्तानसन | पादहस्तासन | |
| त्रिकोणासन | अर्द्धधनुरासन | मार्जारि आसन | |
| अर्द्धशलभासन | भुजंगासन | मकरासन | |
| शवासन | स्मकोणासन | बकासन | |
| सर्पासन | हनुमानासन | सुखासन | |
| अर्द्धपद्मासन | एक पाद हलासन | स्तेतुबंधासन | |
| मर्कटासन | शशांकासन | विपरीत नौकासन | |

प्राणायाम -10 अंक

डायफ्रामिक ब्रीदिंग; प्राणायाम: कपालभाति, भस्त्रिका, बाह्य, उज्जायी, अनुलोम-विलोम, नाडी शोधन, भ्रामरी एवं उद्गीथ (रामदेव, 2005)

मुद्रा एवं बन्ध: ज्ञान मुद्रा, चिन मुद्रा, विपरीत करणी मुद्रा, योग मुद्रा, जालन्धर बन्ध, उड्डीयान बन्ध, मूलबन्ध। -10अंक

मौखिकी: -10अंक

University of Patanjali, Haridwar
PGD Yoga Science- First Semester
Paper-VI (YS-106)
Human Biology Praacticum

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 Body Systems [15Hrs.]

Unit-3: Demonstration of Bones, Joints [15 Hrs.]

Unit-4: Demonstration of Human Skeleton [15 Hrs.]

University of Patanjali, Haridwar
PGD Yoga Science- First Semester
PGDYS-201

Patanjal Yoga Darshan

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

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 Sūtra in comparison to other Yogic literature; Concept of Citta, Citta-bhumis, Citta-vrittis, Citta-vritti 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 Sūtra, Rtambharaprajna 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:

1. Swami Vivekananda : Rajayoga (Advaita Ashram, Culcutta, 2000).
2. Woods, J.H.: The Yoga System of Patanjali (M.L.B.D., Delhi, 1988)

REFERENCE BOOKS:

1. Iyengar B.K.S.: Light on Patanjali Yoga (New York, Schocken Books, 1994)
2. Rukmini T.S.: Yoga Vartika of Vijnanbhikshu (Tr.) Vol I, II, III & IV, Munshiram Manoharlal Pvt. Ltd. New Delhi
3. Swami Omanandatirtha: Patanjala Yoga Pradeepa, Geeta Press, Gorakhpur, 1994
4. Swami Anant Bharati: Patanjali Yoga Shasta- a study (Hindi), Swami Keshwananda Yoga Sangthan, Delhi
5. K. Taimini : The Science of Yoga (The Theosophical Publishing House, Adyar Chennai 2005.
6. योग दर्शन : स्वामी रामदेव
7. योग सूत्र : वाचस्पतिमिश्र
8. योग सूत्र राजमार्तण्ड : भोजराज
9. पातंजल योग प्रदीप : ओमानन्द तीर्थ
10. पातंजल योग विमर्श : विजयपाल शास्त्री
11. ध्यान योग प्रकाश : लक्ष्मणानन्द
12. योगदर्शन : राजवीर शास्त्री
13. पातंजल योग दर्शन : स्वामी सत्यपति परिव्राजक

University of Patanjali, Haridwar
PGD Yoga Science- 2nd Semester
Paper-I (PGDYS-202)

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 plexuses 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; Qualities 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)
2. Rai, Lajpat: Discovering Human Potential energy: A Physiological Approach to Yoga (Anubhava Rai Publications, 1998)
3. Nagarathna, R and Nagendra, H.R.: Promotion of Posit4e Health, Swami V4ekananda Yoga Prakashana, Bangalore, 2002
4. Ramesh Bijlani: Back to Health through Yoga, Rupa Publications India Pvt. Ltd, 2011
5. MDNIY publications: 10 Booklets, Yoga Therapy Series, MDNIY Publications, New Delhi, 2009
6. Swami Satyananda Saraswati: Yoga and Cardio Vascular Management, Yoga Publication Trust, Munger, 2005

7. Nagarathna R and Nagendra H R: Yoga for Arthritis, Back pain, Diabetes, Pregnancy Breathing Practices, Swami V4ekananda Yoga Prakasana, Bangalore, 2000
8. Swami kuvalayananda and S.L. Vanikar: Yoga Therapy: Ka4alyadhama, Lonavala, Revised Edition
9. Swami Shankardevananda Saraswsati: Yogic Management of Asthma and Diabetes, Yoga Publication Trust, Munger, 2002
10. Swami Satyananda Saraswati: A Systemic programme in the ancient tantric techniques of Yoga and Kriya, Yoga Publication Trust, Munger, 2007
11. चरक संहिता : महर्षि चरक
12. सुश्रुत संहिता : महर्षि सुश्रुत
13. आयुर्वेद सिद्धान्त रहस्य: आचार्य बालकृष्ण
14. स्वस्थवृत्त विज्ञान : रामहर्ष सिंह

University of Patanjali, Haridwar
PGD Yoga Science- 2nd Semester
Paper-I (YS-203)

Hygiene, Diet & Nutrition

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

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 [15 Hrs.]

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 [15 Hrs.]

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 [15 Hrs.]

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 [15 Hrs.]

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 Livingstone, 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

PGD Yoga Science- Second Semester
Haridwar-249405, UK

Paper Code: YS-204

Complementary & Alternative Therapy (CAT)

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) 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

CAT: History, Meaning, Definition, Objectives, Types, Prevalence, Contemporary Need, Applications and Limitations. **Mind-Body Therapy:** Origin, Meaning, Definition, Aims, Principles, Factors, Impacts, Prevalence, Applications, and Limitations.

UNIT 2

Manipulative-Body Based Therapy (MBT): Meaning, Definition, Aims, Principles, Types, Impacts, Prevalence, Applications, and Limitations. **Acupressure:** Origin, Meaning, Definition, Principles, Five Elements Theory, Chi Clock Cycle, Meridian Systems and Locating Acupoints on 12 Major Meridians and Reflexology.

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; Ahartic 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

- Acharya, B. (2004). *Ausadh Darshan*. Haridwar, India: Divya Prakashan.
- Acharya, B. (2005). *Ayurveda Jadi-buti Rahasya*. Haridwar, India: Divya Prakashan.
- Brahmabarchas. (2003). *Nidan Chikitsa*. Haridwar, India: Ved Mata Gayatri Trust.
- Colledge, N. R., Walker, B. R. & Ralston, S. H. (2010). *Davidson's Principles & Practice of Medicine (21st ed.)*. China: CHURCHILL LIVINGSTONE, ELSEVIER.
- Holford, P. & Burne, J. (2007). *Food is better medicine than drugs*. Great Britain: Piatkus.
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- Joshi, S. A. (2011). *Nutrition and dietetics with Indian case studies*. New Delhi, India: Tata McGraw-Hill.
- Lian, Yu-Lin; Chen, Chun-Yan; Hammes, M. & Kolster, B. C. (2005). *Pictorial atlas of acupuncture: An illustrated manual of acupuncture points*. Solvenia: h. f. ullmann.
- Micozzi, M. S. (2015). *Fundamentals of complementary and alterntive medicine (5th ed.)*. China. ELSEVIER SAUNDERS.
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- Peeters, J. (2008). *Reflexology*. Bath BAIHE, UK: Paragon.
- Ramdev, S. (2006). *Yoga Sadhana and Yoga Chikitsa Rahasya*. Haridwar, India: Divya Prakashan.
- Ramdev, S. (2009). *Pranayam Rahasya*. Haridwar, India: Divya Prakashan.
- Sah, R. L., Joshi, B., & Joshi, G. (2002). *Vedic health care system*. New Delhi, India: New Age Books.
- Sharma, S. (1998). *Jivem Saradm Satam*. Mathura, India: Akhand Jyoti Samsthan.

- Sharma, S. (2010). *Gayatri Mahavijyan (Combined and revised ed.)*. Mathura, India: Yug Nirman Yojana Bistar Trust.
- Sui, M. C. K. (2002). *Miracle through pranic healing (3rd ed.)*. New Delhi, India: All India Pranic Healing Foundation.
- Sui, M. C. K. (2005). *Advanced pranic healing*. Bangalore, India: World India Pranic Healing Foundation-India.
- Sui, M. C. K. (2005). *Pranic Psychotherapy (2nd ed.)*. Bangalore, India: World India Pranic Healing Foundation-India.
- Yogananda, P. (2011). *Journey to self-realization*. Kolkata, India: Yogoda Satsang Society of India.
- Mohan, H. (2010). *Textbook of pathology (6th ed.)*. New Delhi, India: JAYPEE BROTHERS MEDICAL PUBLISHERS (P) LTD.
- Sharma, S. (2013). *Chikitsa Upchar Ke Vividh Ayam (2nd ed.)*. Mathura, India: Akhand Jyoti Samsthan.
- Sharma, S. (2013). *Nirog Jeevan Ke Mahatopurna Sutra (2nd ed.)*. Mathura, India: Akhand Jyoti Samsthan.
- Sharma, S. (2013). *Pran Chikitsa (2nd ed.)*. Mathura, India: Akhand Jyoti Samsthan.
- Sharma, S. (2006). *Diagnose, cure and empower yourself by the currents of breath*. Haridwar, India: Shri Vedmata Gayatri Trust.
- Yuan, Chun-Su., & Bieber, E. J. (2003). *Textbook of complementary and alternative medicine*. New York, NY: The Parthenon Publishing Group.

University of Patanjali, Haridwar
PGD Yoga Science- Second Semester
Paper-V (YS-205)
Yoga Practicum

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

YS-105 के सभी अभ्यासों एवं

षट्कर्म: दण्ड, धौति, नौलि, त्राटक, वस्त्र धौति।

आसन:

| | |
|-----------------------|----------------|
| द्विपाद स्कन्धासन | पूर्ण भुजंगासन |
| पूर्ण मत्स्येन्द्रासन | पक्षी आसन |
| वृश्चिक आसन | पद्म मयूरासन |
| पूर्ण वृश्चिकासन | तकिया आसन |
| पद्म शीर्षासन | कर्णपीडासन |
| पूर्णधनुरासन | गोरक्षासन |
| पूर्ण चक्रासन | पूर्ण शलभासन |
| एक पाद बकासन | ओमकार आसन |
| पूर्ण नटराजासन | |

प्राणायाम: उद्गीथ एवं मूर्च्छा।

मुद्राएं एवं बन्ध: YS-105 के सभी मुद्राएं एवं बन्धों का अभ्यास।

मन्त्र: रूद्राष्टकम्

ध्यान: विज्ञानमय एवं आनन्दमय कोश।

University of Patanjali, Haridwar
PGD Yoga Science- Second Semester
Paper-VI (YS-206)

CAT Practicum

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) Practice skills of therapeutics related to acupressure, pranic healing, and dietary supplements for managing some of the common health problems and rejuvenation.

वैकल्पिक एवं पूरक चिकित्सा

| | | |
|--|---|----|
| एक्यूप्रेशर | - | 15 |
| प्राणिक हीलिंग | - | 15 |
| YS-204 में वर्णित स्वास्थ्य समस्याओं का एक्यूप्रेशर एवं प्राणिक उपचार विधियाँ। | - | 30 |
| Dietary Supplements & Herbal Remedies | - | 15 |

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