

Course Name: Postgraduate Diploma in Yoga and Ayurveda(PGDYA)

Semester:

Subject Name: Complementary & Alternative Therapy (CAT)

Subject Code: PGDYA-CT 202

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

- Understand and State concept, prevalence, objectives, types, applications and limitations of complementary and alternative therapy [CAT]
- Have knowledge & skills of therapeutics related to acupuncture, pranic healing, and dietary supplements for managing some of the common health problems and rejuvenation.

Total number of Hours: 60	Theory	Tutorial	Practical
Credits	4	0	0
Hours/week	4	0	0
Scheme of Examination			
Total Marks: 100			
Theory: 100		Practical: Nil	
Final Exam (SEE)	Internal Assessment (CT + TA)	Final Exam (SEE)	Internal Assessment (CT + TA/PR)
70	30		

UNIT 1: Complementary and Alternative Therapy [CAT] [10 Hrs.]

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] [10 Hrs.]

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

UNIT 3: Concept of Energy in Medicine [14 Hrs.]

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: Concept of pressure points and importance of *prana* in therapy [14Hrs.]

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: Importance of nutraceuticals as dietary and herbal remedies [12 Hrs.]

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.

TEXT BOOKS

- 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.
- Fundamentals of complementary and alterntive medicine (5th ed.). China. ELSEVIER SAUNDERS.

BOOKS FOR REFERENCES

- Holford, P. & Burne, J. (2007). Food is better medicine than drugs. Great Britain: Piatkus.
- Holford, P. (2014). Good Medicine. Great Britain: Piatkus.
- 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).
- Patanjali Research Foundation. (2015). Research Publications. Haridwar, India: Divya Prakashan.
- Peeters, J. (2008). Reflexology. Bath BAIHHE, 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*. Banglore, India: World India Pranic Healing Foundation-India.
- Sui, M. C. K. (2005). *Pranic Psychotherapy (2nd ed.)*. Banglore, 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.

Course Name: Postgraduate Diploma in Yoga and Ayurveda(PGDYA)

Semester:

Subject Name: Principle of Ayurveda Medicine System

Subject Code: PGDYA-CT 202

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

- Understand and State concept, and principle underlying the Ayurveda medicinal system
- Have knowledge & skills of therapeutics related to tridosha system of disease and its treatment.
- Dietary recommendation of Ayurveda with respect to seasons, behavior and others.

Total number of Hours: 60	Theory	Tutorial	Practical
Credits	4	0	0
Hours/week	4	0	0
Scheme of Examination			
Total Marks: 100			
Theory: 100		Practical: Nil	
Final Exam (SEE)	Internal Assessment (CT + TA)	Final Exam (SEE)	Internal Assessment (CT + TA/PR)
70	30		

UNIT 1: Fundamentals of Ayurveda [20 Hrs.]

Introduction of Ayurveda: Ayurveda and its Diversified Areas, Aṣṭāṅga Āyurveda: The Eight Branches of Āyurveda

Basic principal: Pañcamahābhūta (The Five Basic Elements), The Principle of Triḍoṣa: The Three Biological Humors, Traiyopastambha: Three Supporting Pillars of the Body, Saptadhātu: The Seven Fundamental Tissues, Ojas: The Vital Essence, Upadhātus: Sub-Tissues, Tridaṇḍa: The Three Dimensions of Life - Body, Mind (Psyche) and Soul, Pañca Pañcaka: The Five Pentads, Mala: Digestion and Metabolism, Prakṛti, Srotas: Body Channels

UNIT 2: Sareer Rachana (Anatomy) and Sareer Kriya (Physiology) Vigyan [10 hours]

UNIT 3: Dravyaguna Vigyan [20 hours]

Rasa: Taste: *Rasa* (taste) and the five elements, *Rasa* and *Doṣa*, *Rasa* and *Dhātu*, *Rasa* and *Mala*, Identifying *rasa* and their *guṇa-karma* (qualities and actions), *Guṇa*: Attributes, *Vīrya*: Potency, *Vipāka*: Post-Digestive Effect, *Prabhāva*: Specific Action

TEXT BOOKS [PLEASE CHECK]

Acharya, B. (2004). Ausadh Darshan. Haridwar, India: Divya Prakashan.

Acharya, B. (2005). Ayurveda Jadi-buti Rahasya. Haridwar, India: Divya Prakashan.

BOOKS FOR REFERENCES [PLEASE CHECK]

Holford, P. & Burne, J. (2007). Food is better medicine than drugs. Great Britain: Piatkus.

Holford, P. (2014). Good Medicine. Great Britain: Piatkus.

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.

Course Name: Postgraduate Diploma in Yoga and Ayurveda(PGDYA)

Semester:

Subject Name: Basics of Healthy Living

Subject Code: PGDYA-CT 204 [Check the code of the paper]

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

- Understand and State concept, and principle underlying the basics of healthy living
- Have knowledge & skills of healthy living based on food habits, hygienic in infectious diseases.
- Dietary recommendation of Ayurveda with respect to seasons, behavior and others.

Total number of Hours: 60	Theory	Tutorial	Practical
Credits	4	0	0
Hours/week	4	0	0
Scheme of Examination			
Total Marks: 100			
Theory: 100		Practical: Nil	
Final Exam (SEE)	Internal Assessment (CT + TA)	Final Exam (SEE)	Internal Assessment (CT + TA/PR)
70	30		

UNIT1: Introduction to Health and Hygiene [10 Hrs.]

Personal hygiene, Definition of health and factors; affecting it- food habits, cleanliness, exercise and sleep; Water – Importance of water, impurities present in water, sources of contamination of water and water purification (Household and natural methods); First aid: meaning, importance in daily life.

UNIT2: Infection and Disinfectants [10 Hrs.]

Infection – Definitions of Infection, Infective agents, Period of infectivity; Types of diseases and their modes of spread; Channels of infection; disinfectants – Definition, types and methods of disinfection.

UNIT3: Infectious Diseases [25 Hrs.]

Infectious diseases - Causes, incubation period, mode of spread, symptoms, prevention & control of the following diseases); Diseases spread by insects -Malaria, Dengue; Diseases spread by ingestion - Dysentery, cholera, typhoid; Diseases spread by droplet infection - Chicken pox, measles, mumps; Disease spread by Contact - Leprosy, AIDS. Immunity - Definition, types of immunity & immunization schedule Common emerging health problems among women: Cancer of Breast and Cervical.

UNIT4: Health and Hygiene in Ayurveda [25 Hrs.]

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 Do's and Don'ts; Application of Dincharya, Ratricharya and Ritucharya for health promotion, rejuvenation, disease prevention and age reversal. A General Introduction of treatments methods used in Ayurveda

TEXT BOOKS

1. Yash pal Bedi (1976) Hygiene & Public Health. Anand Publishing Co., Gali No. 1, Nawan Kot Amritsar.
2. V. N. Hhave, (1975) You & Your Health.. National Book Trust
3. Bihari Lal Bhatia, (1961) Elementary. Hygiene, Orient Longmans, Ltd. Calcutta -13
4. J.E. Park, (1983) Preventive & Social Medicine, Jabalpur Messrs Banarcidas Bhanot
5. Birendra Nath Ghosh, (1969) Hygiene & Public Health Calcutta Scientific Publishing Co.
6. Secrets of health and longevity. Dr. Omkar Nath

Course Name: Postgraduate Diploma in Yoga and Ayurveda(PGDYA)

Semester:

Subject Name: Basics of *Yoga*

Subject Code: PGDYA-CT 204 [Check the code of the paper]

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

- Give an introduction of yoga and its important streams.
- Give a brief history and the basis different yoga.

Total number of Hours: 60	Theory	Tutorial	Practical
Credits	4	0	0
Hours/week	4	0	0
Scheme of Examination			
Total Marks: 100			
Theory: 100		Practical: Nil	
Final Exam (SEE)	Internal Assessment (CT + TA)	Final Exam (SEE)	Internal Assessment (CT + TA/PR)
70	30		

UNIT 1: General Introduction to Yoga [12Hrs.]

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.

UNIT 2: Foundations of Yoga and Yoga Traditions [15Hrs.]

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 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: General introduction to Indian philosophy [12Hrs.]

Philosophy: meaning, definitions and scope; Indian Philosophy: Salient features, Branches (Astika and Nastika Darshanas), Distinction from Religion and Science, Brief introduction to

Prasthanatrayee and Purushartha Chatushtaya; Relationship between Yoga and Indian Philosophy.

Unit 4: General introduction of Patanjali Yoga Sutra and Hatha Yoga [15Hrs.]

Concept of Citta, Citta Bhoomi, Citta Vritti, Nidodhupaya (Abhayas & Vairagya), Concept of Ishwar, Citta Vikshepas, Types of Samadhi, Pancha Klesh, Dukhavada, Kriya Yoga, Ashtanga Yoga, Types of Karma, Vivek Jnana Nirupanam, Kaivalya Nirvachana; Meaning and Definition of Hatha yoga, Tradition of Hatha Yoga, Purpose of Hath yoga, Qualities of Hatha Siddhi, Sadhak- Badhak tattva, Concept of Mitahara, Concept of Yogic Diet, Seasonal Description, Shatkarma, Asana and Pranayam.

Unit 5: Concept and Implications of Important Yogic Streams [6Hrs.]

Jnana Yoga, Bhakti Yoga, Karma Yoga, Hatha Yoga, Raj Yoga.

TEXT BOOKS

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.

3. Swami Satyananda Saraswati: Gheranda Samhita, Pub: BSY Mungher.
4. Swami Kulvyananda: Hath Pradipika, Pub: Kaivalyadhama, Lonawala.
5. Yoga Darshan: Swami Ramdeva, Pub: Divya Prakashan, Haridwar.
6. Patanjali Yoga Darshan: Geeta Press.
7. Swami Ramdev: Shrimad Bhagavadgita: Geetamrit, Pub: Divya Prakashan.
8. Shrimad Bhagvadgita: Geeta Press.

REFERENCE BOOKS

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. Hiriyanana M: Outlines of Indian Philosophy, Motilal Banarsidas, Delhi, 2009.
4. Hiriyanana M: Essentials of Indian Philosophy, Motilal Banarsidas, Delhi, 2008.
5. Radhakrishnan S: Indian Philosophy, Oxford University, UK (Vol. I & II) II Edition, 2008.
6. Pandit, M. P.: Introduction to Upanishads: Theosophical Society of India, Adyar, Madras, 1976.
7. Swami Vivekananda : Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga. Advaita Ashrama, Calcutta, 2000
8. Pandit, M. P.: Introduction to Upanishads: Theosophical Society of India, Adyar, Madras, 1976.

Course Name: Postgraduate Diploma in Yoga and Ayurveda(PGDYA)

Semester:

Subject Name: Diet and Nutrition

Subject Code: PGDYA-CT 204 [Check the code of the paper]

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

- Understand the concept of diet and the medical value of nutrition
- Benefits and caloric value of various food groups.
- Understand and practice daily regimen, night regimen and seasonal regimen for health promotion, disease prevention and age reversal.

Total number of Hours: 60		Theory	Tutorial	Practical
Credits		4	0	0
Hours/week		4	0	0
Scheme of Examination				
Total Marks: 100				
Theory: 100			Practical: Nil	
Final Exam (SEE)	Internal Assessment (CT + TA)		Final Exam (SEE)	Internal Assessment (CT + TA/PR)
70	30			

UNIT 1: Basic understanding of food and its importance in terms of nutrition [10Hrs.]

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.

UNIT 2: Basic understanding of different nutrients and its importance [12Hrs.]

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 3: Basic idea of different groups of food available in relation to nutrition [14Hrs.]

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 4: Basic ideology of yoga as recommended for yoga practitioners [14 Hrs.]

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; Importance of Yogic Diet in Yog Sadhana; Yogic Diet and its role in healthy living.

UNIT 5: Classification of diet as recommended from two different schools of thought traditional as well as modern [10 Hrs.]

Ancient & Modern classification, Quality of diet & its relation with Agni, Ayurvedic Concept of Diet: Diet according to the body constitution (Prakriti)- Vata, Pitta and Kapha, Pathaya Aahara-Vihar, Virudha Aahara and Hitkari Samyoga, Anupan, Types of Rasa, Characteristics of Rasa, Aama Rasa.

TEXT BOOKS

1. Acharya Balkrishna: Ayurveda Siddhant Rahasya: Divya Prakashan, Haridwar, 2013.
2. Stanley Davidson & others: Human Nutrition & Dietetics, The English Language Book Society & Churchill Livings, Revised Edition.
3. Swami Satyananda Saraswati: Gheranda Samhita, Pub: BSY Mungher.
4. Swami Kulvyananda: Hath Pradipika, Pub: Kaivalyadhama, Lonawala.
5. Swami Ramdev: Shrimad Bhagavadgita: Geetamrit, Pub: Divya Prakashan.
6. Shrimad Bhagvadgita: Geeta Press.
7. Ramesh Bijlani: Eating Wisely and Well, Rupa Publication India Pvt. Ltd, 2012.
8. Balkrishna, A. (2013). Bhojan Katuhlam. Haridwar, India: Divya Prakashan BooksTM
9. Balkrishna, A. (2017). Yoga Vigyanam. Haridwar, India: Divya Prakashan.
10. Sharma, P. (2007). Caraka Samhita Vol I. Chaukhambha Sanskrit Pratishthan. Varanasi, India: Chaukhambha Orientalia.
11. Sharma, P. V. (1998). Caraka Samhita Vol II (4th ed.). Varanasi, India: Chaukhambha Orientalia.

REFERENCE BOOKS

1. Stanley Davidson & others: Human Nutrition & Dietetics, The English Language Book Society & Churchill Livings, Revised Edition.
2. Dennis Thompson: The Ayurvedic Diet, New age books, New Delhi, 2001.
3. Randolph Stone: A Purifying Diet, Lilawati Bhargav Charitable Trust, Delhi, Revised Edition.
4. World Health Organisation/ World Economic Forum. (2008). Preventing Noncommunicable Diseases in the Workplace through Diet and Physical Activity WHO/World Economic Forum Report of a Joint Event. World Health Organisation/ World Economic Forum, 52. doi:ISBN 978 92 4 159632 9

Course Name: Postgraduate Diploma in Yoga and Ayurveda(PGDYA)

Semester:

Subject Name: Disease specific Pathology

Subject Code: PGDYA-CT 204 [Check the code of the paper]

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

- Understand the aetiopathogenesis of diseases and the concept and the Pathological effect of various non communicable diseases and the body's capacity for healing.
- Have an understanding of the common haematological disorders and the steps necessary to understand them.
- Understand the pathogenesis of gastrointestinal disorders.

Total number of Hours: 60		Theory	Tutorial	Practical
Credits		4	0	0
Hours/week		4	0	0
Scheme of Examination				
Total Marks: 100				
Theory: 100			Practical: Nil	
Final Exam (SEE)	Internal Assessment (CT + TA)		Final Exam (SEE)	Internal Assessment (CT + TA/PR)
70	30			

UNIT 1: Introduction to pathology [10 Hours]

Importance of the study of pathology; Definition of terms; Methods and techniques; Cellular and Tissue changes; Infiltration and regeneration; Inflammations and Infections; Wound healing; Vascular changes; Cellular growth, Neoplasms; Normal and Cancer cell; Benign and Malignant growths; Carcinoma Disturbances of fluid and electrolyte imbalance.

UNIT 2: Hemodynamics changes [15 Hours]

Oedema, Shock, Thrombosis, Embolism, Infarction; Neoplasia: Cell cycle, Hyperplasia, Metaplasia, Hypertrophy, Atrophy, Nomenclature (classification of tumours), Differences between benign and malignant tumours, Aetiopathogenesis of neoplasia (cancer), Signs of malignancy, Chemical and physical carcinogens, Biological carcinogens (RNA & DNA viruses), Spread of tumours (Metastasis), Dysplasia (Carcinoma in-situ), Lab diagnosis of cancer.

UNIT 3: Haematology [20 Hours]

Normal Haematopoiesis, Bone marrow examination, Anaemia (Classification of anaemia); Iron deficiency anaemia, Vitamin B12 deficiency anaemia (megaloblastic anaemia), Pernicious anaemia, Haemolytic anaemia (inherited disorders & acquired), Hereditary Spherocytosis, Hereditary Elliptocytosis, Immune Haemolytic anaemia, Thalassemia, Sickle cell anaemia, Aplastic anaemia, Polycythemia; Agranulocytosis, Leucocytosis — Leukopenia, Leukemoid, Reaction; Leukaemia Lymphomas (Hodgkin's & non-type Hodgkin's; Normal Coagulation mechanism; Thrombocytopenia (ITP); Haemophilia; Christmas Disease—Haemophilia B; Von-willebrand's disease; DIC (Disseminated Intravascular Coagulation), Rh Incompatibility

UNIT 4: Gastrointestinal pathology [15 Hours]

Typhoid, Tuberculosis, Crohn's, Appendicitis; Inflammatory diseases of appendix and large

Amoebiasis, colitis, Bacillary dysentery; Ulcerative Colitis; Ischemic and pseudomembranous enterocolitis, diverticulosis; Malabsorption: Celiac disease, Tropical and other causes; Jaundice Types, Pathogenesis and Differentiation; Hepatitis: Acute and Chronic Etiology, Pathogenesis and pathology; Cirrhosis: Aetiology, Post necrotic, Alcoholic, Metabolic, Pathology, Morphology (Macronodular, Micronodular, Mixed), complications; Portal Hypertension: Types including non-cirrhotic portal fibrosis and manifestations.



REFERENCE BOOKS

1. Pathologic basics of disease- Kumar, Cortan-Saunders Collins

2. Basic Pathology- Kumar, cortan-Saunders
3. Text book of Pathology-Andersons-C.V. Mosby Volume I & II Company
4. General Pathology- Walter & Israel
5. Clinical Laboratory Methods-RAmniksood-Jaypee
6. G.C.DeGruchy Clinical-David Penington-CBS Publishers & Haematology in medical Bryan
Rush Distributors Peter Castaldi
7. Illustrated Pathology-Govans-ELBS Edition 1992

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Course Name: Postgraduate Diploma in Yoga and Ayurveda(PGDYA)

Semester:

Subject Name: Human biology

Subject Code: PGDYA-CT 103 [Check the code of the paper]

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

- To give a basic understanding of the human anatomy.
- To give a basic understanding of the human physiology.

Total number of Hours: 60	Theory	Tutorial	Practical
Credits	4	0	0
Hours/week	4	0	0
Scheme of Examination			
Total Marks: 100			
Theory: 100		Practical: Nil	
Final Exam (SEE)	Internal Assessment (CT + TA)	Final Exam (SEE)	Internal Assessment (CT + TA/PR)
70	30		

UNIT 1: Cell and Tissue, Musculo Skeletal and Digestive system [20 Hrs.]

Cell: Structure & Functions, different cell organelles and their functions; Tissues and Organization of human system;

Musculo-Skeletal System: The Skeletal System: Skeleton, Functions of skeleton, Classification of bones and joints; The Muscular System: structure and functions of different types of muscles;

Digestive system: Mouth, Oral cavity, Pharynx, esophagus, Stomach, Large & small intestine, anus; Associated glands - Liver, Pancreas, salivary glands, Basic physiology of different stages of digestion, absorption and assimilation.

UNIT 2: Excretory, Respiratory and Cardiovascular system [15 Hrs.]

Excretory system: Function and structure of Kidney, Urinary Bladder and Urethra;

Respiratory system: anatomy of the respiratory passages Nose, nasal cavity, pharynx, Trachea, Larynx, bronchi, lungs; process of Respiration, Lung volumes & capacities, basic mechanics of breathing and exchange of gases in alveoli;

Cardiovascular system: Structure of heart, its chamber, valves, function of arteries, vein and capillaries. Systemic and pulmonary circulation; Blood: Composition and Functions. Blood pressure.

UNIT 3: Neuro Endocrine system & Reproductive System [15 Hrs.]

Nervous system: Structure and function of human brain and spinal autonomic nervous system [sympathetic and parasympathetic]; Structure and function: eye, ear, nose, tongue and skin;

Basic understanding about the functions of various endocrine glands-pineal, pituitary, thyroid, parathyroid, thymus, pancreas, adrenal, ovary and testes.

Reproductive System: functional anatomy of male reproductive system and female reproductive system.

UNIT4: Lymphatic and Immune system [10 Hrs.]

Lymphoid organ: Bone marrow, Thymus, Spleen, Lymph node, Composition and function of lymph; Immunity in brief, Types of immunity: Innate immunity and acquired immunity.

TEXT BOOKS

- Tortora, G.J. & Derrickson, B.N. (2009). Principles of anatomy and Physiology-I (14th ed.). Hoboken, NJ: Wiley.
- Guyton, A.C. & Hall, J.E. (2006). Text book of medical physiology (11th ed.). Pennsylvania: Elsevier.
- Ross and Wilson: Anatomy and Physiology in Health and Illness (11th ed.). London: Elsevier.
- Principles of anatomy and physiology-II (14th ed.). Hoboken, NJ: Wiley. Udupa, K. N. (2007).

REFERENCE BOOKS

- Balkrishna, A. (2007). Yoga in synergy with medical science. Haridwar, India: Divya Prakashan Books.
- Coulter, H. D. (2006). Anatomy of Hatha Yoga. Delhi, India: Motilal Banarasidas Books.
- Gore, M.M. (2004). Anatomy and physiology of yogic practices. Lonavala, India: Kanchan Prakashan.
- Gupta, A.P. (2011). Human anatomy and physiology. Agra, India: Sumit Prakashan.
- Manav Sarir Samrachna aur sarir kriya vijyan. New Delhi, India: Japee Brothers Medical Publishers (P) Ltd.
- Malshe, P. C. (2005). Yoga for doctors. Haridwar, India: Antar Prakash Center for Yoga.
- Pandya, K.K. (1998). Human anatomy. Varanasi, India: Krishnadas Academy.
- Ramdev, S. (2006). Yoga Sadhana and Yoga Chikitsa Rahasya. Haridwar, India: Divya Prakashan.
- Ramdev, S. (2009). Pranayam Rahasya. Haridwar, India: Divya Prakashan.

Course Name: Postgraduate Diploma in Yoga and Ayurveda(PGDYA)

Semester:

Subject Name: Indian herbs as remedies for various diseases

Subject Code: PGDYA-CT 103 [Check the code of the paper]

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

- Important Indian Medicinal Herbs

Total number of Hours: 60		Theory	Tutorial	Practical
Credits		4	0	0
Hours/week		4	0	0
Scheme of Examination				
Total Marks: 100				
Theory: 100			Practical: Nil	
Final Exam (SEE)	Internal Assessment (CT + TA)		Final Exam (SEE)	Internal Assessment (CT + TA/PR)
70	30			

UNIT1: Basic understanding of medicinal properties of Indian herbs [60 Hrs.]

This paper includes some of the following Indian medicinal plants:

Amla, Ashwagandha, Brahmi, Giloye, Goharu Chota, Gwar patha Ghritkumari (Aloevera), Isabgol, Harad (Haritaki), Neem-nimb, Nirgundi, Shankhapushpi, Shatavar, Triphla, and Tulsi

TEXT BOOKS

- Secrets of Indian Herbs for Good Health, Acharya Balkrishna, Divya Prakashan.
- Vanaspati Aushadh Vighyan (A Complete Book of Indian Medicinal Herbs) (Hindi), Ramesh Kumar Bhutya (2007).

Semester:

Subject Name: Pharmacotherapeutics

Subject Code: PGDYA-CT 103 [Check the code of the paper]

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

- Understand the basics of disease and current therapy for their treatment

Total number of Hours: 60		Theory	Tutorial	Practical
Credits		4	0	0
Hours/week		4	0	0
Scheme of Examination				
Total Marks: 100				
Theory: 100			Practical: Nil	
Final Exam (SEE)	Internal Assessment (CT + TA)		Final Exam (SEE)	Internal Assessment (CT + TA/PR)
70	30			

Unit 1: Introducing pharmacokinetic and pharmacodynamic concepts [12 Hrs.]

Basic elements of pharmacokinetics, Model of distribution, Chronic administration: Constant-rate infusion, Multiple dosing, Additional considerations: Transporters, Absorption, Displacement, Additional complexities, and Pharmacodynamic considerations.

Unit 2 Modelling concepts in relation to pharmacokinetics [13 Hrs.]

Solutions of system for a given initial injection, repeated medication, truncated infusion,

Solution for special cases: Single compartment, two compartment: clinical bromosulphalein test, repeated penicillin application, compartment model for diabetes mellitus.

Unit 3 Phramacotherapeutics concepts [35 Hrs.]

Respiratory infections, Urinary tract infection, Gastrointestinal infection, Diabetes mellitus, Leukemia, Rheumatoid arthritis, Glucoma, Drug included skin disorders, Constipation and diarrhoea and Pain.

Text Books

- Clinical Pharmacy and Therapeutics- Roger and Walker, Churchill Livingstone publication.
- Mathematical models in Biology and Medicine, J. N. Kapur, East-West Press Private Limited.
- Essentials of Medical Pharmacology, K. D. Tripathi, Jaypee Brothers Medical Publishers (P) Limited.
- Drug-Drug Interactions, A. David Rodrigues, Informa Healthcare USA, Inc.
- Yoga in synergy with medical sciences, Acharya Balkrishna, D

Course Name: Postgraduate Diploma in Yoga and Ayurveda(PGDYA)

Semester:

Subject Name: Fundamentals of Naturopathy

Subject Code: (PGDYA-CT 201) [Check the code of the paper]

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

- To give a basic understanding of the application of yoga as a therapy.
- To give a basic understanding of the other modalities of naturopathy therapy.

Total number of Hours: 60	Theory	Tutorial	Practical
Credits	4	0	0
Hours/week	4	0	0
Scheme of Examination			
Total Marks: 100			
Theory: 100		Practical: Nil	
Final Exam (SEE)	Internal Assessment (CT + TA)	Final Exam (SEE)	Internal Assessment (CT + TA/PR)
70	30		

UNIT 1: Introduction to yoga therapy & naturopathy [10 Hrs.]

General introduction to Yoga therapy and Naturopathy; their definition, meaning, scope and limitations; Comparative study of the Naturopathy & Yoga therapy with other systems of Medicine.

Unit-2: Principles and concepts of yoga therapy & naturopathy [15 Hrs.]

Concept of Health According to WHO and Indian Systems of Medicines i.e. Ayurveda, Yoga, Naturopathy and Siddha Systems of Medicine; Utility and Limitations of these systems in health and healing. Fundamental principles of Naturopathy and Yoga Therapy

Unit-3: Principles involved in naturopathic therapy [10 Hrs.]

Laws of Nature: Pancha- Mahabhootas; Introduction, definition, scope, history, principles of therapies based on five elements: Mud therapy, Hydrotherapy, Sun therapy, diet, massage, Upavasa (Fasting) and their role in health promotion and prevention of diseases.

Unit- 4 Concepts and application of principle of yoga for therapy [35 Hrs.]

Concepts of trigunas, pancha-mahabhutas, pancha koshas, pancha-prana, nadis, chakras, and their role in health and healing. Shuddhi prakriyas in yoga: role of shuddhi prakriyas in preventive and curative health, karma shuddhi (yama, niyama), ghata shuddhi (shatkarma), snayu shuddhi (asana), prana shuddhi (pranayama), indriya and mano shuddhi (pratyahara), mana, buddhi, ahankara and chitta shuddhi (dharana, dhyana and samadhi).

Therapeutic benefits of yogic shatkarma, asanas, pranayama, mudras, bandhas, pranayamas, and meditation techniques.

REFERENCE BOOKS

Patanjali Research Foundation. (2015). Research Publications. Haridwar, India: Divya Prakashan.

Ramdev, S. (2006). Yoga Sadhana and Yoga Chikitsa Rahasya. Haridwar, India: Divya Prakashan.

Ramdev, S. (2009). Pranayam Rahasya. Haridwar, India: Divya Prakashan.

Balkrishna, A. (2007). Yoga in synergy with medical science. Haridwar, India: Divya Prakashan Books

Balkrishna, A. (2017). Yoga Vigyanam. Haridwar, India: Divya Prakashan.

Preeti Goel & Rita Jain: Spectrum of Health (Sports Publications, New Delhi, 2003)

M. M. Gore: Anatomy and Physiology of Yogic Practices (New Age Books, New Delhi, 2008)

Saraswati, S. S. (1995). Asana, Pranayama, Mudra and Bandha. Munger, India: Bihar School of Yoga.

S. D. Dwivedi : Naturopathy for perfect health, Kalpaz Publication Delhi, 2002 Prवेश Handa : Naturopathy and Yoga, Kalpaz Publication Delhi, 2006

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

M.K.Gandhi : The story of my experiment with truth

R.K.Garde : Ayurvedic for Health and Long life Harry Benjamin. : Everybody's Guide to Nature Cure.

Malshe, P. C. (2012). A Medical Understanding of Yoga (2nd ed.). Haridwar, India: Antar Prakash Center for Yoga.

Coulter, H. D. (2006). Anatomy of Hatha Yoga. Delhi, India: Motilal Banarasidas.

Robin, Mel. (2009). A Handbook for Yogasana Teachers. Arizona: Wheatmark.

Course Name: Postgraduate Diploma in Yoga and Ayurveda(PGDYA)

Semester:

Subject Name: Yoga Practicum-I

Subject Code: (PGDYA-CT 106) [Check the code of the paper]

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

- Understand the how to practice and instruct for good yoga postures, breath regulation techniques as well as meditation for overall health.
- To minimize the chances of injury during the practice of yoga
- To understand the specific yoga practice used for a specific disease as a therapy.

Total number of Hours: 60	Theory	Tutorial	Practical
Credits	4	0	0
Hours/week	4	0	0
Scheme of Examination			
Total Marks: 100			
Theory: 100		Practical: Nil	
Final Exam (SEE)	Internal Assessment (CT + TA)	Final Exam (SEE)	Internal Assessment (CT + TA/PR)
70	30		

UNIT 1: Yogic sthula vyayama [10 Hrs.]

12 steps of Yogic Jogging and a series of 12 Yogic Postures: Manduk Asana- Variations 1 & 2, Shashakasana, Bakrasana, Gomukh Asana, Makarasana- Variations 1& 2, Bhujanga Asana Variations 1, 2 & 3, Shalabhasana- Variations 1, 2 & 3, Markatasana- Variations 1, 2 & 3, Pawanmuktasana- Variations 1, 2 & 3, Ardha Halasana, Padvritta Asana- Variations 1 & 2 and Dwichakrikasana- Variations 1 & 2; as recommended by Swami Ramdev. Surya namaskara

UNIT 2: Yogasana [30 Hrs.]

Tadasana, Vrikshasana, Urdhva-Hastottanasana, Kati Chakrasana, Ardha Chakrasana, Pada Hastasana, Trikonasana, Parshva Konasana, Veerabhadrasana, Dandasana, Swastikasana, Padmasana, Vajrasana, Supta Vajrasana, Kagasana, Utkatasana, Gomukhasana, Ushtrasana, Shashankasana, Janusirasana, Paschimottanasana, Bhramacharyasana, Mandukasana, Utthana Mandukasana, Vakrasana, Ardha Matsyendrasana, Marichayasana, Simhasana, Pavanamuktasana, Utthana-padasana, Ardha Halasana, Halasana, Setubandhasana, Sarvangasana, Matsyasana, Chakrasana, Shavasana, Makarasana, Bhujangasana, Shalabhasana, Dhanurasana.

UNIT 3: Shatkarmas [10 Hrs.]

Dhauti (Kunjali Dhauti); Neti (Jalneti, Sutraneeti); Kapalbhathi and its variants; Agnisara.

UNIT 4: Pranayama [10 Hrs.]

Bhastrika, Kapalbhathi, Bahya, Ujjayi, Anulomvilom, Bhramari, Udgeeth and Pranav as recommended by Swami Ramdev.

TEXT BOOKS

1. Swami Dharendra Bhramhachari: Yogic Sukshma Vyayama, Dharendra Yoga Publications, New Delhi, 1980
2. Swami Dharendra Bhramhachari: Yogasana Vijnana, Dharendra Yoga Publications, New Delhi, 1966.

REFERENCE BOOKS

1. Swami Kuvalyananda: Asana, Kaivalyadhama, Lonavla, 1993
2. Swami Satyananda Saraswati: Asana, Pranayama, Bandha, Mudra, Bihar School of Yoga, Munger, 2006
3. Basavaraddi, I.V. & others: YOGASANA: A Comprehensive description about Yogasana, MDNIY, New Delhi, 2011.
4. Basavaraddi, I.V. & others: Yogic Sukshma Evam Sthula Vyayama, MDNIY, New Delhi, 2011.

Course Name: Postgraduate Diploma in Yoga and Ayurveda(PGDYA)

Semester:

Subject Name: Yoga Practicum-II

Subject Code: (PGDYA-CT 206) [Check the code of the paper]

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

- Understand the how to practice and instruct for good yoga postures, breath regulation techniques as well as meditation for overall health.
- To minimize the chances of injury during the practice of yoga
- To understand the specific yoga practice used for a specific disease as a therapy.

Total number of Hours: 60	Theory	Tutorial	Practical
Credits	4	0	0
Hours/week	4	0	0
Scheme of Examination			
Total Marks: 100			
Theory: 100		Practical: Nil	
Final Exam (SEE)	Internal Assessment (CT + TA)	Final Exam (SEE)	Internal Assessment (CT + TA/PR)
70	30		

UNIT 1: Shatkarmas [10 Hrs.]

Dhauti (Kunjal), Vastra dhauti, Danda dhauti, Laghoo and Poorna sankhaprakshalana, Neti (Sutra and Jala), Kapalbhata, Agnisara, Nauli

UNIT 2: Warmup yogic exercises [10 Hrs.]

Yogic Jogging, 12 Health promoting postures as recommended by Swami Ramdev, Suryanamaskar practice classically and in varied forms for prevention and therapy.

UNIT 3: Asanas (Yogic Postures) [30 Hrs.]

Standing Postures: Ardhakati chakrasana, Hastapadasana, Ardhashakrasana, Trikonasana, kati chakrasana, Parivritta trikonasana, Parsvakonasana, Veersana,

Sitting Postures: Paschimottanasana, suptavajrasana, ardhmatsyendrasana, vakrasana, marichasana, malasana, manduk asana, vakrasana, badhakanasana, merudandasana, akarna dhanurasana, gumukhasana, Chakki asana.

Prone Postures: Bhujangasana, sarpasana, nauka asana, Salabhasana, Dhanurasana, Urdhvamukhosvanasana, Makarasana,

Supine Postures: Halasana, Chakrasana, Sarvangasana, Matsyasana, Shavasana, Setubandhasana, pad vritta asana, cycling.

Balancing Postures: Vrikshasana, vakasana, Garudasana, Namaskarasana, Tittibhasana, Natrajasana

UNIT 4: Pranayama [10 Hrs.]

Breath awareness, Diaphragmatic breathing, Abdominal breathing, Bhastrika, Kapalbhati, Anulom-vilom, Nadisodhan, Bahya, Ujjayi, Bhramari, Udgeeth, Ujjai, Sitali, Sitkari, Suryabhedhi.

TEXT BOOKS:

- Balkrishna, A. (2007). Yoga in synergy with medical science. Haridwar, India: Divya Prakashan Books
- Balkrishna, A. (2017). Yoga Vigyanam. Haridwar, India: Divya Prakashan.
- Patanjali Research Foundation. (2015). Research Publications. Haridwar, India: Divya Prakashan Ramdev, S. (2006). Yoga Sadhana and Yoga Chikitsa Rahasya. Haridwar, India: Divya Prakashan.
- Ramdev, S. (2009). Pranayam Rahasya. Haridwar, India: Divya Prakashan.
- Yoga for Promotion of Positive Health, by Dr R Nagarathna, Dr H R Nagendra Published by SVYP, 2002