

VEER NARMAD SOUTH GUJARAT UNIVERSITY
Udhana Magdalla Road, Surat.

BNYS (Bachelor of Naturopathy and Yogic Sciences)

- ❖ Eligibility – 12th Std. (HSC) Pass or 10th with Diploma in Pharmaceutical science (Ayurved or Conventional)
- ❖ Duration – 4 Years (Eight semesters) including 6 months Internship.
- ❖ Number of admissions – 60 Seats.
- ❖ Fees – 30,000 Rs. Per term.
- ❖ Medium of Teaching – English & Gujarati

Structure of Syllabus

First BNYS (1 Year)

Sr. No.	Subjects	Theory Hours	Practical Hours	Marks	
				Theory	Practical
1	Human anatomy	70	70	100	100
2	Human Physiology	70	70	100	100
3	Nutrition & Dietetics	70	70	100	100
4	Preventive & Social Medicine	70	-	100	

Second BNYS (1 Year)

5	Philosophy & Practice of Naturopathy – I	70	70	100	100
6	Yogic Science – I	70	70	100	100
7	Herbology	70	70	100	100
8	Fundamentals of Ayurveda – I	70	70	100	100
9	Rognidan & Vyadhi Vigyan (dia. & Treat of Dis.) – I	70	70	100	100

Third BNYS (1 Year)

10	Philosophy and Practice of Naturopathy- II	70	70	100	100
11	Fundamentals of Ayurveda - II	70	70	100	100
12	Yogic Science – II	70	70	100	100
13	Prexa dhyam – I	70	70	100	100
14	Rognidan & Vyadhi Vigyan (Diagnostics and Treatment of Diseases)	70	70	100	100

The 30% of marks at each head will be for internal evaluation

For a Passing, Candidate must obtain 50% of Marks in each Passing head.

The weekly work load shall have 4 hrs/paper and 2 hrs per practical

Fourth Year BNYS (1 Year)

First Term		Theory Hours	Practical Hours	Marks	
				Theory	Practical
15	Prexadhyan – II	70	70	100	100
16	Forensic Medicines & Medical Jurisprudence	70	70	100	100
Second Term : Internship					
Three months : In this Institute					
Three months : Other Institute					

Passing Rules

Candidates Securing 50% or more will be declared as Passed in Second Class.

Candidates Securing 60% or more will be declared as Passed in First Class.

Candidates Securing 70% or more will be declared as Passed in First Class with distinction.

Allowed to keep Term :

At any stage, the candidate failing in maximum of 3 heads shall be allowed to keep term in the next following semester. He/She shall have to clear his/her backlog in the next Examination. Candidates result will be withheld till one clears all the previous examinations success fully.

The failing candidate shall be required to appear again for the same examination next term, however, the exemption will be granted in the subject, where the candidate has secured 50% or more marks

Visits & tours

- Medicinal plant identification tour is mandatory, once during the course.

Workshops like

- Herbal remedies preparation workshops
 - Balancing dosha / prakruti / vikruti with natural diet
- Will have to be organized by the institute, once during the tenure of the course.

Case Studies / Clinical training

- History taking

- Clinical Examination
- Yoga therapy including Prexadhyan
- Study of pathological and radiological reports
- Counseling
- Naturopathic treatment based on five elements

Paper – I – Shareera Rachana (Human Anatomy) – I

*Total 200 marks (Theory-100,
Practical-100)*

- I. Regional Anatomy, of :
 1. Upper and lower limb
 2. Thorax abdomen and pelvis
 3. Head and Neck including organs of special Senses.
 4. Vertebral column
 5. Introduction to brain and Nervous system
- II. Surface Anatomy of :
 6. Cardio – Vascular System
 7. Digestive system
 8. Respiratory system
 9. Excretory system
 10. Reproductive system
- III. Regional anatomy of :
 11. Skull as a whole
 12. Endocrine system
 13. Reproductive system
 14. Central Nervous system
 15. Autonomous nervous system
 16. Cranial nerves
- IV. Surface Anatomy of :
 17. Endocrine system
 18. Brain and Central nervous system
 19. Autonomous nervous system
 20. Reproductive system
 21. Reticulo-endothelial system.
- V. Introduction to the Effects of Yogic & Nisargopachariya processes on Defferent body systems.

-: Practicals :-

1. Demonstration of Human Body – Models and Charts
2. Demonstration of Bones, Joints and Human skeleton Models and Charts.
3. Demonstration of Histological Slides of –
Respiratory, Gastrointestinal, Renal, Cardio, Vascular and Reticulo endothelial system and Reproductive system.
4. Demonstration of embryology – Models and charts
5. Demonstration of Brain and spinal cord, Organs of special senses, Cranial nerves.
6. Demonstration of Nadi, Shatchakra
7. Demonstration of Marma
8. Multi media presentations of the above said topics

Paper – II – Human Physiology

Total 200 marks (Theory-100, Practical-100)

1. General physiology :
Cell structure, subcellular units, cell membrane and its properties, transport mechanisms, bio-electrical potentials, body fluids and homeostasis
2. Blood :
Physical properties, composition and function, Haemostasis, coagulation and anticoagulants, blood groups, its applied dimensions, physiological relevance of anaemia and jaundice.
3. Cardiovascular system :
Introduction, organization, functions, description of cardiac cycle, heart sounds, blood pressure, circulation – general and specific pulmonary, cardiac, portal.
4. Respiratory system :
Introduction, organization, functions, mechanics of respiration, lung volume and capacities, alveolar ventilation, pulmonary circulation, functioning and organization of respiratory centres.
5. Digestive system :
 - | Introduction, organization, functions, saliva
 - | Stomach – functions, composition and function of gastric juice, gastric emptying time, regulatory mechanisms.
 - | Pancreas – composition, functions and regulation of pancreatic juice and secretions.
 - | Liver – functions, formation – composition – storage – release – and regulation of bile, entero – hepatic circulation.
 - | Small and large intestine – success entericus, composition – function and mechanism of secretions, functions of colon.

- | Gastro intestinal tract-movements, mastication, deglutition, Peristalsis and vomiting, defecation, hormones, regulation of the movements.
 - | Digestion and absorption of carbohydrates, fats, proteins, vitamins, minerals and water.
6. Excretory system :
- | Introduction, organization and functions
 - | Urinary system – functions and regulatory mechanisms of its various parts and functions.
 - | Skin – functions and regulation, regulation of temperature.
 - | Male & Female Urino-genital.
7. Chemistry and metabolism of carbohydrates, fats, proteins, vitamins, minerals, water and enzymes.
8. Energy metabolism
9. Hemoglobin metabolism
10. Acid – Base Balance.
11. Endocrines :
- ❖ Introduction, organization of endocrine system, classification of hormones, mechanism of hormone actions, regulation of secretions & feedback system, releasing hormones of hypothalamus.
 - ❖ Functions of hormones of :
 - | pituitary
 - | thyroid
 - | parathyroid
 - | adrenal
 - | pancreas
 - ❖ Chemical nature & bio-synthesis of hormones, clinical conditions due to hypo & hyper functions.
12. Reproductive system :

- ❖ Sex determination, differentiation & chromosomal study
- ❖ Male reproductive system
 - | Introduction, organization of the system, gonadotropins & gonadal hormones, functions of testis & spermatogenesis, composition of semen, secondary sex characters.
- ❖ Female reproductive system
 - | Introduction, organization of the system, gonadotropins, functions of ovaries & ovarian hormones, physiology of menstrual cycle, secondary sex characters

 - | Pregnancy, placenta, gestation, parturition, physiological base for laboratory tests of ovulation & Pregnancy, labour.

13. Nerve muscle physiology :

- ❖ Introduction, organization, mechanism of excitability, functional classification of nerve fiber, types of nerve conduction tests.
 - ❖ Introduction to muscles, organization, functional classification of muscles; neuro-muscular junction; physiology of excitation-contraction, clinical study of their hypo-hyper functions.
 - ❖ Sterling's law & its application.
- (a) Central Nervous system :
- ❖ Sensory physiology – functional classification of receptors, sensory modalities and stereo gnosis
 - ❖ Reflexes - functional aspects
 - ❖ Body temperature – regulation, normal temperature, hypothermia, pyrexia
 - ❖ Reticular formation – physiology of reticular formation, EEG & physiology of sleep & wakefulness
 - ❖ Higher functions - learning, speech, memory, behavior & emotions
- (b) Autonomous Nervous system :
- ❖ Introduction, organization & functions of : sympathetic & para-sympathetic nervous system
- (c) Special senses :
- ❖ Physiology of : Olfaction (Smell)
 - Taste
 - Touch
 - Vision
 - Hearing
 -

(d) Effects of Yogic & Nisargopachariya processes

14. Biochemistry :

- ❖ Liver function – tests, detoxification, mechanisms
- ❖ Kidney function – tests, composition of Urine, urea clearance & creatinine clearance
- ❖ Electrolytes metabolism

PRACTICALS

1. Hematology – Estimation of RBC, WBC, T.C., DC., PC, Hb, Blood indices and ESR
2. Bleeding and coagulation time
3. Examination of VCS and pulse
4. Lungs function test including spirometry
5. Stethoscopy
6. Temperature estimations and physiological variations
7. Macroscopic and microscopic examination of urine, stool & semen
8. Determination of blood group
9. Blood pressure estimation
10. Motor function tests
11. Sensory function test
12. Cranial nerves' function test
13. Reflexes
14. Chemical examinations of urine & stool (Biochemical & Pathological)

∴ Reference Books ∴

1. Sushruta Samhita Shareera Sthana (A study of Human body) By D.G.Thatte
2. Sushruta Samhita Sharera Sthana – By B.g.Ghanekar
3. Charaka Samhita Shareera Sthana – Chaukhambha Orientalia
4. Taittiriyanopanishad – Sanskrit Sansthan, Khwaja Qutub – Bareilly.
5. Ayurvediya Kariya Shareera – Vaidya ranjitrai Desai
6. Grants method of anatomy – Grant
7. Regional And Applied Anatomy – R. J. Last
8. Cunningham's Text book of anatomy - Cunningham
9. Medical Embryology – Langman
10. Bailey's Text book of Histology – Bailey
11. Colour atlas of Human anatomy – Mcminn 11nd edition.

12. Principles of Anatomy and physiology – Tortora & Grabovsky
13. Best and Taylor’s physiological Basis of Medical practice
14. Text book of Medical Physiology – Guyton
15. Text book of Bio Chemistry – West & Todd.

Paper – III – Nutrition & Dietetics

Total 200 marks (Theory-100, Practical-100)

Nutrition

1	Calories	17	Vitamin K
2	Proteins	18	Bioflavonoids
3	Lipids (Fats and Cholesterol) (R.H.Dastur	19	Minerals
		20	Sodium
4	Carbohydrates	21	Potassium
5	Vitamin B ₁	22	Iron
6	Riboflavine	23	Calcium (R. H. Dastur)
7	Vitamin B ₆	24	Phosphate
8	Nicotinic Acid	25	Magnesium
9	Folic Acid (H. G. Desai)	26	Manganese
10	Vitamin B ₁₂ (R.H.	27	Iodine
11	Pantothenic Acid	28	Copper

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|----|--|----|----------|
| 12 | Choline, Biotin Inositol and
Paraminoenzoc acid | 29 | Cobalt |
| 13 | Vitamin C | 30 | Chloride |
| 14 | Vitamin A | 31 | Fluoride |
| 15 | Vitamin D | 32 | Water |
| 16 | Vitamin E | | |

OUR FOODS

- | | | | |
|----|------------------|----|--------------------------------------|
| 33 | Wheat | 42 | Fish |
| 34 | Rice | 43 | Vegetables |
| 35 | Pulses and Beans | 44 | Fruits |
| 36 | Soya Bean | 45 | Nuts and Dried Fruits |
| 37 | Maize | 46 | Sweet Foods and Sweetening
Agents |
| 38 | Milletts | 47 | Spices |
| 39 | Milk | 48 | Beverage |
| 40 | Egg | 49 | Alcohol |
| 41 | Meat and Soups | | |

CLINICAL DIETETICS

- | | | | |
|----|--------------------------|----|--|
| 50 | Diet Prescription | 68 | Diabetes Mellitus |
| 51 | Abdominal Surgery | 69 | Gout |
| 52 | Peptic Ulcer | 70 | Kidney Diseases |
| 53 | Flatulence | 71 | Renal Failure : Acute Chronic |
| 54 | Constipation | 72 | Renal Failure : Surgery and Nutrition |
| 55 | Diarrhoea and Dysentery | 73 | Urinary Calculi |
| 56 | Malabsorption Syndrome | 74 | Atherosclerosis and Coronary Heart
Disease (R.H.Dastur) |
| 57 | Ulcerative Colitis | 75 | High Blood Pressure |
| 58 | Liver Diseases | 76 | Congestive Cardiac failure |
| 59 | Jaundice | 77 | Acid and Alkaline Foods |
| 60 | Hepatic Precoma and Coma | 78 | Tube Feeding |
| 61 | Hepatic Cirrhosis | 79 | Intravenous Feeding |
| 62 | Fatty Liver | 80 | Pregnancy and Lactation |
| 63 | Kwashiorkor | | |

64	Gall-bladder Disease	81	Bowel Training and Common
65	Anaemia		Digestive Ailments in Infancy
66	Underweight	82	Diet for Children
67	Obesity	83	Diet in Old Age

Paper - IV – Preventive & Social Medicine

Total 200 Marks (Theory-100, Practical-

100)

1. Evolution of Medicine – Ancient Medicine, Scientific Medicine, Modern Medicine, Medical Evolution

2. Concepts in Community Health –
Concepts of health, Health & Development, Indications of Health. Concepts of Disease, Concepts of Prevention, Disease control & eradication, Public Health, Social Medicine, Community Medicine, Health Services, Planning & Management, Risk Approach, Evaluation of Health Services.
3. General Epidemiology -
Causes of epidemiology, Infectious diseases epidemiology, Disease transmission Immunity, Immunizing agents, Disease prevention & Control, Disinfection, Investigation of an epidemic.
4. Epidemiology of communicable diseases -
 - a. Respiratory infection – Small pox, Varicella, Measles, Rubella, Mumps, Influenza, Diphtheria, Pertussis, Tuberculosis.
 - b. Intestinal infections – Polio, Viral hepatitis, Acute diarrhoeal diseases, Typhoid, food poisoning, Amoebiasis, Ascariasis, Ancylostomiasis, Taeniasis.
 - c. Arthropod – borne infections – Yellow fever, Japanese Encephalitis, Malaria, Filaria, Dangué.
 - d. Surface infections – Rabies, Trachoma, Tetanus, Leprosy, STD, AIDS.
 - e. Rodents Leptospirosis
5. Epidemiology of non-communicable diseases –
Cancer, Cardio-Vascular Diseases, Diabetes, Obesity, Blindness, Accidents, Hypertension, Stroke, Rheumatic Heart Disease.
6. Demography & Family Planning –
Demographic cycle, Population trends, Fertility related statistics, Health aspects of Family Planning, Contraceptive Methods and Delivery system, National Family Welfare Programme.
7. Preventive Medicine in Obstetrics, Pediatrics & Geriatrics –
Antenatal, Intranasal, Postnatal care, Low birth weight, Infant feeding, Growth & Development, Growth chart, under-five clinic, National Health policy, Indicators of MCH care, school health services, Behavioural problems, Geriatrics.
8. Environment & Health – Occupational Health
Purification of Water & Water quality standards, Air, Ventilation, Lighting, Noise, Radiation, temperature & humidity, Housing, Solid wastes disposal & control, Excreta disposal, water carriage system, Modern sewage treatment Entomology – Mosquito,

- Housefly, Lice, itchmite, cyclope, Rat flea, Rodents, insecticides. – Hazards, Pre-placement examination, Measures for General health, protection of workers, prevention of occupational diseases legislations
9. Health planning – Management – International Health organization Planning cycle, management methods & techniques, National Health Policy, Health Planning in India, Five year plan, Health system in India – at Centre, State and District levels, Panchayat Raj, Rural Development Schemes.
 10. Health Care of the Community – Health systems and National Health Programmes. Levels of Health care, Health for all, primary health care, health care delivery, health problems, health care services and systems, voluntary health agencies, National health Programmes .

PRACTICALS :-

1. Insecticides – 10 + models.
2. Universal immunization programme – 10 + models.
3. Communicable diseases – 10 + models.
4. Insect bone diseases – 10 + models.
5. Microscope slides – 10 + models.
6. Environment and sanitation – 10 + models.
7. Statistical charts
8. Field visits.
 - a. Rural health centres.
 - b. Sewage disposal plant.
 - c. Water filtration plant.
 - d. Nature Cure Hospitals.
 - e. Yoga Institutes. etc.,

TEXT BOOKS :-

1. Text book of preventive and social medicine - by J. E. Park & K. Park
2. Text book of preventive and social medicine - by B. K. Mahajan & M. C. Gupta.

REFERENCE BOOKS :-

1. Preventive medicine by Dr. Gosh.
2. Preventive medicine by Dr. Ysapal, Bedi.

REFERENCE PAPERS :-

World health organization programmes papers.

National health programmes papers.

Voluntary health programmes papers.

Red cross programmes papers.

Unicef programmes papers.

Paper – V – Philosophy and Practice of Naturopathy – I

Total 200 Marks (Theory – 100, practical – 100)

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SECTION – I

1. Introduction and History.
2. Physical Properties of Naturopathy components – Water.
3. Physiological basis of naturopathy, sources of the skin, temperature sense toxicity, xenobiotics and concept of detoxification.
4. Production of heat and its distribution in the body, regulation of the body temperature, conditions
That increase and decrease heat production in the body, body heat and body temperature.
5. Importance of water to human body.
6. Physiological effects of temperature on different systems of the body.
 - i. General and physiological effects of heat upon :-

a. Skin	b. Respiration
c. Circulation	d. Nervous system
e. Heat its production, dissipation etc.	f. t a c t i l e a n d

temperature sense.
 - ii. General and physiological effects of cold upon skin, respiration, circulation, nervous system G. I. T., Body temperature and its maintenance, nervous system and circulatory system, digestive system.
7. Reflex areas of the body. Results of the application of hot and cold over reflex areas.
8. Action and reaction, incomplete reaction, conditions that encourage and discourage reaction, internal reaction, thermic reaction, modified thermic reaction.
9. Place of water in prevention.
10. Place of water in acute diseases.
11. Place of water in chronic diseases.

SECTION – II

1. General principles of
 - a. General rules of Hydrotherapy.
 - b. Therapeutic significance of reaction.
 - c. Adaptation of individual cases.
 - d. Exaggeration of symptoms under treatment, the untoward effects and how to avoid them.
 - e. General indications and contra – indications.
2. Therapeutic actions and use of hydrotherapy.
 - a. Classification of Hydratic effects, general principles of excitation and depression.
 - b. Primary excitement effects when to apply and when not to apply.
 1. Local haemostatic effects – hydratic heart tonics.
 2. Cardiac effects – Hydratic heart tonics.
 3. Uterine excitations, emmenagogic effects.
 4. Vesical excitations.
 5. Intestinal excitation, peristaltic effects.
 - c. Secondary excitant effects.
 1. Restorative effects.
 2. Tonic effects – Cold water, physiological effects – cold water, cold water Vs. Medicinal tonics, applications in the following.
 3. Anemia, Neurasthenia Hypochondria, Cerebral congestion, Rheumatism, diabetes

mellitus, valvular heart disease.

4. Calorific effects.
5. Diaphoretic effects. Importance of attention to the skin in chronic disease – alternative or spoliative effects – Hot baths in brights disease, sweating bath in dropsy

and

obesity. Depurative or eliminative effects.

6. Expectorant effects.
7. Diuretic effect – Bright's disease. Uremia.
8. Atonic dyspepsia, hyperacidity.
9. Repulsive and derivative effects, flexion Repulsive methods for combating superficial anemia and for relief of deep congestion method adopted to anemia of deep seated organs, revulsion on analgesic measure.

10. Resolvent effects.

Sedative effects – general sedatives – local sedatives.

- i. Sedatives of the circulatory system – antiphlogestic effects,

inflammation

pneumonia, pleurisy and other acute disorders.

- ii. Nerve sedatives, Hypnotic, Calmative analgesic, Anesthetic, Antispasmodic, Insomnia, Chorea, Spastic paralysis, Exophthalmic goiter, Mania, Epilepsy and various painful conditions

- iii. Anti – thermic and antipyretic effects, relation of heat production and elimination to antipyretic methods, principles that govern the application of hydiatic measures for the reduction of temperature in fevers – methods that may be efficiently employed in various morbid conditions accompanied by raise in temperature – suggestions and

cautions respecting the use of water for antipyretic effects
indications and contraindications.

- iv. Secretary and sedative effects. Prophylactic uses.
 - a. Cold bathing in infancy and early childhood.
 - b. The cold bathing for adults.
 - c. The cold baths for women.
 - d. The cold bath in old age – precautions.

3. The techniques of hydrotherapy : Plain water bath :

Cold hip bath

Shallow bath

Graduate bath

Neutral bath

Non – repulsive bath

Immersion bath

Cold plug bath

Rapid bath, Brand bath, fever bath, River bathing, Sea bathing

4. Various baths and air baths, Russian bath, Turkish bath, stem bath, local steam bath, steam inhalation, hot air bath, local hot air bath, super hot air bath, cold bath, indoor and outdoor baths.

5. Mud Therapy :

Natural mud baths, Full and partial mud packs, Mud plaster, thermal bath, dry pack sand bath.

6. Fomentations and studies :

The hot water bag, the siphon hot water bag, the thermopore, the mustard fomentation, clay and the glycerin poultice, charcoal poultice, cotton poultice.

7. Compresses and Packs :

The wet sheet pack, Cooling pack, Cold shower pack, Sweating pack, Half pack, Hot blanket pack, Evaporating pack very cold compress, Cooling compress, Proximal

compress, Neutral compress, Alternate compress, Repulsive compress, Compress of ten days for injuries and eruptions alternate ten applications to the head and spine, Local packs, wet girdle pack, Dry abdominal bandage.

Abdominal heating compress, Head pack, spinal pack.

Hot and cold renal compress.

Hot and cold gastrohepatic compress.

Hot and cold intestinal compress.

Hot and cold pelvic compress.

Hot and cold abdominal pack.

Hot and cold spinal pack.

Hot and cold pancreatic pack.

SPECIAL FORMS OF COMPRESSES. :

Cephalic compress, Chest pack, Triangular chest pack, Half chest compress, Joint compress, Pelvic pack, Food pack, Cold spinal compress, Towel chest pack, Pericardial or cardiac compress, Hit pack,

leg pack, Perinial compress, Prone packs, Lumbar compress.

8. Internal use of water :

Irrigations and enema (colour flushing)

Cold water drinking, hot water drinking.

Water emetic, Irrigation of ear, Nasal irrigation, Vaginal irrigation, Intra uterine irrigation, Rectal irrigation.

Enema : Hot, warm, cold graduated enema. Coloclyster, Retentive enema, tonic enema, Hydriatic proscriptio making. :

- a. The natural defence of the organism.
- b. Procedures for increasing vital resistance.
- c. Procedures which excite the central ganglia.
- d. Procedures that increase oxidation.

- e. Measures that encourage general and local metabolic activity.
- f. Procedures that increase general blood movement and local blood supply.
- g. Measures that increase heat production.
- h. Measures that increase the elimination of heat.
- i. Measures that increase combat bacterial development of blood.
- k. Measures that increase lessen heat elimination.
- l. Adoption of hydriatic prescription to individual disease.

PRACTICALS :

Demonstration of various therapeutic procedures and treatments in hydrotherapy during clinical

classes at the hospital. At the end of final B.N.Y.S. course, candidate should be in a position to give treatment independently.

* Case studies 25 with record.

TEXT BOOKS :

- 1. Baths - by S. J. Singh
- 2. My water cure - by Sebastian kneipp
- 3. Rational Hydrotherapy - by Dr. J. H. Kellogg

REFERENCE BOOKS :

- 1. Hand book of hydrotherapy - by Shew, Joel
- 2. Hydrotherapy in practice - by Davis, B. C. & Harrisen, R. A.
- 3. Medical Hydrology - by Sidney Licht

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Paper - VI - Yogic Science - I

Total 200 Marks (Theory – 100, practical – 100)

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1. Introduction to Yogic Therapy.
2. Role of Asanas in curing various diseases.
3. Specific importance of Pranayama in curing various diseases.
4. Vital role of Bandhas, Mudras, Dhristis in curing various diseases.
5. Role of Shad – kriyas in curing various diseases, particularly digestive disorders.
6. Role of general exercises.
Viz : Gardening, Swimming, Walking & Bare foot walking in curing general diseases.
7. The effects of various Yogic practices on different systems viz.. Skeletal systems, Endocrine system, nervous system, digestive systems, Respiratory system, Excretory system, Cardio Vascular system, Muscular system, Reproductive system.
8. Yoga and Mental health : Total integration of personality, Correct mental behaviour and attitude, hormonal relationship of body and mind, self content tranquilising effect, Mental, Psychology of spiritual growth, spiritual value, toning judgment, Pure consciousness, Mode of living and disciplined life.
9. Research methods in Yogic therapy, Statistical analysis etc.
10. Yogic therapy for :
 - a. Cardio – vascular diseases.
 - b. Psychic diseases.
 - c. Mental retardation.
 - d. Neuro Muscular diseases.
 - e. Digestive diseases.
 - f. Hormonal diseases.
 - g. Feminine disorders.
 - h. Respiratory diseases.
 - i. Metabolic diseases.

- j. Ophthalmologic disorders.
 - k. Paediatric disorders.
 - l. E. N. T. disorders.
 - m. obstetrics & Gynecological disorders.
11. Meditation and its applications on Psycho Somatic disorders.
 12. Yoga & Relaxation techniques :
 - a. ORT – Quick Relaxation Technique.
 - b. IRT – Instant Relaxation Technique.
 - c. DRT – Deep Relaxation Technique.
 13. Teaching methods of yogs to public, students and patients. Model lesson planning and option of Yoga education system limitations, vidhi and Nishedha (right and wrong)
 14. Workshop on Yogic therapy.
 15. Dissertations.

PRACTICALS :

1. Demonstration & application of various therapeutic procedures and treatments in Yogic therapy during clinical classes at the Hospital. At the end of final B.N.Y.S. Degree Course candidate should be in a position to give Yogic prescription and treatment independently.
2. Case studies 25 with record.

TEXT BOOKS :

1. Yogic therapy by Dr. Vinekar.
2. Yoga for common diseases – Bihar School of Yoga.
3. Yogic therapy or Yogic way to cure diseases – Swami Sivanda Saraswathi.
4. Yoga for digestive diseases – Bihar School of Yoga.
5. Yoga for cardio vascular management – Bihar School of Yoga.
6. Yogic therapy for ophthalmic diseases – by Vivekananda Kendra.

7. Stress management and Yoga by Dr. K. N. Udupu.
8. Yoga for perfect sight – by Dr. R. S. Agarwal.
9. The basis and application of Yoga by Dr. Nagendra.

REFERENCE BOOKS :

1. All research papers by Vivekananda Kendra, Bangalore.
2. Yoga in education by Vivekananda Kendra, Bangalore.
3. New perspective in Stress Management, by Vivekananda Kendra, Bangalore.
4. New Horizons in modern medicine by Vivekananda Kendra, Bangalore.
5. Yoga Meemamsa all volumes – by Kaivalyadhama.
6. Yoga Nidra – Bihar School of Yoga.
7. Collected papers on Yoga – edited by Swami Digamberji.
8. Yoga & Your heart – by Dr. K. K. Datey, Dr. M. L. Gharotes, Soli Pavri.
9. Yogic and tantric medicine – by O. P. Jaggi.
10. Yogic therapy published by the Yoga Institute of Kaivalyadhama.

Paper – VII – Herbology

Total 200 Marks (Theory-100, Practical-100)

I. Medicinal plants of Gujarat

Identification, distribution and knowledge on importance of following medicinal plants is expected.

<i>Azadirachta indica</i>	<i>Clerodendrum inerme</i>
<i>Abrus precatorius</i>	<i>Clerodendrum multiflorum</i>
<i>Acacia catechu</i>	<i>Clerodendrum serratum</i>
<i>Acacia concina</i>	<i>Commiphora wightiana</i>
<i>Acacia nilotica</i>	<i>Costus speciosus</i>
<i>Acacia polyacantha</i>	<i>Crateva nurvala</i>
<i>Adansonia digitata</i>	<i>Cymbopogon citratus</i>
<i>Adhatoda vasica</i>	<i>Desmodium gangeticum</i>
<i>Adenanthera zeylanica</i>	<i>Emblica officinale</i>
<i>Adenanthera pavonina</i>	<i>Ericostema axillare</i>
<i>Aegle marmelos</i>	<i>Erythrina indica</i>
<i>Aloe vera</i>	<i>Euphorbia hirta</i>
<i>Alstonia scholaris</i>	<i>Ficus benghalensis</i>
<i>Andrographis paniculata</i>	<i>Ficus glomerata</i>
<i>Argyreia speciosa</i>	<i>Ficus religiosa</i>
<i>Asparagus adscendens</i>	<i>Ficus virens</i>
<i>Asparagus gonocladus</i>	<i>Gmelina arborea</i>
<i>Asparagus racemosus</i>	<i>Gymnema sylvestre</i>
<i>Bacopa monieri</i>	<i>Kalanchoe pinnata</i>
<i>Basella rubra</i>	<i>Lawsonia inerme</i>
<i>Boerhavia diffusa</i>	<i>Limonia acidissima</i>
<i>Bombax malabarica</i>	<i>Mimosa pudica</i>
<i>Bryophyllum calycina</i>	<i>Mimusops elengi</i>
<i>Butea monosperma</i>	<i>Oroxylum indicum</i>
<i>Calotropis procera</i>	<i>Oxalis corniculata</i>
<i>Calotropis gigantea</i>	<i>Papaver somniferum</i>
<i>Cannabis sativa</i>	<i>Pedaliium murex</i>
<i>Cassia angustifolia</i>	<i>Phyllanthus fraternus</i>
<i>Ceiba pentandra</i>	<i>Piper betel</i>
<i>Centella asiatica</i>	<i>Piper longum</i>
<i>Chlorophytum borivilianum</i>	<i>Piper nigrum</i>
<i>Chlorophytum tuberosum</i>	<i>Plumbago zeylanica</i>
<i>Cissus quadrangularis</i>	<i>Premna integrifolia</i>

Psidium guajava
Pterocarpus marsupium
Rauvolfia serpentina
Rauvolfia tetraphylla
Ricinus communis
Saccharum officinarum
Saccharum spontaneum
Salvadora oleoides
Salvadora persica
Santalum album
Sapindus laurifolius
Saraca asoca
Semecarpus anacardium
Sesbania grandiflora
Smilax zeylanica
Solanum indicum

Solanum xanthocarpum
Sterculia urens
Terminalia arjuna
Terminalia bellirica
Terminalia chebula
Thespesia populnea
Tinospora cordifolia
Tribulus terrestris
Tylophora indica
Uraria picta
Veteveria zizanioides
Vigna radiata var. sublobata
Vitex negundo
Withania somnifera
Zizyphus glabrata
Zizyphus nummularia

III. Nutritional Potential of Conventional and unconventional food material of Gujarat

- *Madhuca indica*
- *Morinda citrifolia*
- *Garuga pinnata*
- *Diospiros melanoxylon*
- *Eugenia jambolana*
- *Eleusine coracana*
- *Hordeum vulgare*
- *Vigna angularis*
- *Pithecellobium aman*
- *Pithecellobium dulce*

IV. Plants of cosmaceutical importance

- *Aloe vera*
- *Santalum album*
- *Hemidesmus indicus*
- *Sapindus laurifolius*
- *Acacia concina*

V. Conservation of medicinal plants

1. Non destructive and sustainable exploitation
2. Cultivation of medicinal plants

- *Withania somnifera*
- *Chlorophytum tuberosum*
- *Andrographis paniculata*
- *Cassia angustifolia*
- *Justicia adhatoda*
- *Cissus quadrangularis*
- *Costus speciosus*

VI. Method and time of collection

VII. Processing and value addition methods

- Underground parts :
 - Roots, tubers
 - Bark
 - Leaves
 - Flowers
- Seed & Fruits
- Exudates & gums
- Wood & wood extracts

VIII. Examples to be studied as under

Underground parts: roots, tubers, suckers

- *Asparagus racemosus*
- *Asparagus adscendens*
- *Chlorophytum tuberosum*
- *Chlorophytum borivillianum*
- *Dashmool (Ideal vs. Reality)*
- *Shemal musli: bombax malabarica*
- *Boerhavia diffusa*
- *Tephrosia purpurea*
- *Withania somnifera*
-

Bark:

- *Terminalia arjuna*
- *Tecomella undulata*
- *Moringa oleifera*

Leaves:

- *Justicia adhatoda*
- *Centella asiatica*
- *Ocimum sanctum*
- *Vitex negundo*
- *Cassia angustifolia*
- *Abrus precatorius*

Flowers:

- *Madhuca indica*
- *Careya arborea*
- *Hibiscus rosasinensis*

Seeds & fruits:

- *Emblica officinale*
- *Embelia tsjerum cottam*
- *Semecarpus anacardium*
- *Terminalia chebula*
- *Terminalia bellirica*
- *Gmelina arborea*
- *Cassia tora*
- *Cassia sophera*

Exudates & Gums:

- *Sterculia urens*
- *Acacia nilotica*
- *Anogeissus latifolia*
- *Bombax malabarica*
- *Commiphora wightiana*
- *Boswellia serrata*

Wood & wood extract:

- *Santalum album*
- *Adenanthera pavonina*
- *Pterocarpus marsupium*
- *Acacia catechu*

Panchang:

- *Eclipta alba*
- *Phyllanthus fraternus*
- *Andrographis paniculata*

IX. Primary health care and herbal treatment with reference to digestive system, dermal system, nervous system, respiratory system, Urinogenital system, skeletal system and sensory organs.

Paper – VIII – Fundamentals of Ayurveda – I

Total 200 Marks (Theory-100, Practical-100)

1. Shrusti Utpatti Kramas; 108 parts; 500 pages
Tigraha + Dhanvantari Nigama Vignana Vigraha 5 RLSZ 6P 5HIYJFIN §ji ENP
2. panch Mahabhoot Shiddhant, MSv5ZDF; FdI IJRFZ
3. Tridosha Shiddhant – NMFGL ji FbI F XZLZ v DFG; NMF4 I+NMF VG[DCFRJTMGM; AW NMF4
5§M5GF
SFZ6Mv, 1F6Mv p5FI P NMF VG[kTGM; AWP NMF; XMWG GF kTVG; FZ SF, P
3 – A I+NMFVFI ZT v NÇ 5§IT IJRFZP
4. Z; v Uj v JLI "v IJ5FS v 5EFU IJRFZ VFI jN N08I F VFQWSD" IJRFZP
5. Z; FIN; %TWFT]IGDF'6 5§I IP
6. D, GL ji FbI F4 1FI v JIaGL, 1F6MP 5§ITGF SFI M'VG[DctJP
7. VFQFW DFE VG[SF, IJRFZP
8. VG5FG IJRFZ v VG5FG Vb, [NMF VFWFIZTP V\$MFWG] VG5FGENYL IJLW ZMJCztJP
9. ; XMWG v; XDG Vj\; FD v IGZFD IRIS; F IJRFZP
10. 5RSD" IJX[; FDFgI; DHP Panchakarma in General.
UjY; NE"0
! P RZS
ZP ; jT
#P JFuEÎ v V pWJ
UjYMGF p5I MUL VXM
\$P I MUZtGFSZ
5P EFJ5§FX
&P XFZUWZ; ICTF

Paper - IX - Rognidan and Vyadhi Vignan (Dia. & Treat of Dis.) – I

Total 200 Marks (Theory-100, Practical-100)

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- ! P NMDF IJ7FIGI v NMDF 5\$M5GF SFZ6Mv , 1F6Mv IRIS; F v ICGIDyIF v VITIMJ >tI FIN VG; FZ
NMDF 5Z 5|EFJP
- ZP WFT]Jlâ 1FDTF , 1F6Mv D, JIâ1FI GF , 1F6Mv NMDF v NQI ; AWP
- #P ; RI v 5\$M5 v 5; Z v :YFG; ZI v jI IST v EN v QFOYJW IS|I FSF, NMDF v NQI ; D)KGF"v
5)~5MjJ|;P
- \$P +6ZMUNDFUM# DFUMzT4 ZMU IJXQFP
- 5P ; FD v IGZFD NMDF , 1F6MP
- &P ZMU 5IZ1F6 GF EFJM V IGNFG v 5)~5 , 1F6 v p5XI vVH5XI v ; d5fI%T IJRFZ
- *P ZMU v 5ZL1FF v 5|I 1F v VGPFG v VF%TM5N% I]ST v YLP
- (P NXIJIW 5IZ1I EFJM V 5\$ITTo4 IJSITTo4 ; FZTo4 ; CGGT0 >tI FINP
-)P p5\$J, 1F6 V VZLQ8 , 1F6 IJRFZP
- !_P GFOL v D)+FIN VQ8 IJW 5ZL1FFP

Paper - X - Philosophy and Practice of Naturopathy – II

Total 200 Marks (Theory–100, Practical–100)

- =====
1. General outline of Nisargopachara Philosophy.
 2. Evolution of universe & man according to ancient texts (Veda, Sankhya, Nyaya, etc.)
 3. Penta elemental concept of Tri – Dosha.
 4. Fundamental principles of Nisargopachara.
 - a. Eastern :
 - i. penta – elements :
 - The principle of Pancha Mahabhuta.
 - Akasha - Definition, Characteristics & Functions.
 - Vayu - Definition, Characteristics & Functions.
 - Agni - Definition, Characteristics & Functions.
 - Jala - Definition, Characteristics & Functions.
 - Pruthvi - Definition, Characteristics & Functions.
 - The principle of Panchikarana / Bhutanupravesch Siddhanta.
 - ii. Sharira Dharma :
 - Ahara.
 - Nindra.
 - Bhaya.
 - Maithuna.
 - iii. penta – elemental concept of Deha Prakruti & its relationship with Tridoshatmaka & Trigunatmaka Prakruti.
 - b. Western :
 - i. Crisis – Healing & Disease.
 - ii. Inflammation.
 - iii. Unity of Disease & Unity of cure.
 - iv. Toxemia theory.
 - v. Upasa tree.
 - vi. Primary & Secondary causes of diseases.

- vii. Arogya, Rakshaka Pancha Tantra – Exercise, Fasting, Diet, Prayer & Water intake.
 - viii. Drug reaction.
 - ix. Constructive & Destructive principles.
 - x. Natural rejuvenation.
 - xi. Encumbrances.
 - xii. Suppression of symptoms & its effects.
 - xiii. Vaccination & its effects.
5. Concept of cleansing according to Nisargopachara, scientific approach towards the penta – elemental theory.
 6. Concept of life, health & disease according to Nisargopachara.
 7. Concept of behaviour according to Nisargopachara.
 8. Comparative study of Nisargopachara with other systems of medicine.
 9. Gandhian view of socio – economic impact of Nisargopachara.

REFERENCE BOOKS :

1. Relevant portions from Rigveda – Aryasamaj Prakashan.
2. Relevant portions from Yajurveda – Aryasamaj Prakashan.
3. Relevant portions from Samaveda – Aryasamaj Prakashan.
4. Relevant portions from Athavaveda – Aryasamaj Prakashan.
5. Relevant portions from Brahman, Aranyak, Sutra Texts – Various Publishers.
6. 108 Upanishads – Khwaja Qutub – Bareilly.
7. Relevant portions from various Puranas.
8. Relevant portions from Charaka, Sushruta, Vagbhatta & other Ayurvedic texts.
9. Prakrutik Ayurvijnana – Dr. Jindal – Republication of kalyana Anka Arogya Seva Prakashan, Modinagar.
10. History and Philosophy of Nature cure – by S. J. Singh.
11. Philosophy and Nature cure – By Henry Lindlhar.
12. Human culture and cure – By Dr. E. D. Babbit.
13. My Nature cure – By M. K. Gandhi.

14. Key to health – M .K .Gandhi.
15. Rama Nama – M. K. Gandhi.
16. The New Science of Healing – By Louis Kuhne.
17. Reture to Nature – Adolf Just.
18. The blood washing method – Dr. Benedict Lust.
19. Impaired health its cause & cure – Dr. J. H. Tilden.
20. The science of facial expression – Dr. Louis Kunhe.

Paper - XI -Fundamentals of Ayurveda – II

Total 200 Marks (Theory-100, Practical-100)

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Paper - XI -Fundamentals of Health Science – II

Total 200 Marks (Theory-100, Practical-100)

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1. Origins of Earth and Life. Interaction of Environmental forces .
2. Principle of Three humours (Tridosha) as advocated by the endemic system of health. Definition of humours, Psycho-somatic disorders, Relationship of Panchmahabhoot and Tridosha, Causes of vitiated dosha, Symptoms and therapy. Relationship of Tridosha with seasons.
3. Type of personalities (Prakriti as manifested by dosha identification)
4. Saptadhatu Ras etc. Excretory science (Mal Vigyan)
5. Ras, Gura, Virya, Vipaka and Prabhav of Materia medica and their actions.
6. The Science of adjuants (Anupan) Types, importance, modification of actions, multifarious actions of a single drug due to change of anupan
7. Compatibility (Sam), In compatibility (Neervan) Amelioration (Sansharvan) concept.
8. Concept of dose, duration and time of drug administration (Posology)
9. Panchkarma as a method of detoxification different methods of Snehan, Swedan, Vaman, Verechan, Basti, Nasya, Raktamokshan etc. Need, administration and expected results.

Paper - XII - Yogic Science - II

Total 200 Marks (Theory-100, Practical-100)

- =====
1. Study of Yoga texts.
 - a) Hatha Yoga Pradipika.
 - b) Gheranda Samhita. (NFZO ; ICTFF)
 2. Astanga Yoga.
 - I . Yama. II . Niyama
 - III . Asanas
 - a) Rules and regulations to be followed for practicing asanas.
 - b) Study and practice of asana - with emphasis on mutagen. Application – Effects – Health – Indication – Contraindication – Indication.
 - c) Anatomical – Physiological aspects of the muscles-nervous – reflexes – neuro-Co-ordination, oxygen debt- portal Physiologica.
 - d) Physiological effects of the Asanas.
 - e) Spiritual values of Asanas.
 - i) Meditative asanas :-
 - 1.) Padmasana 2.) Sidhasana 3.) Swstikasana 4.) Sukasana.
 - ii) Cultural asanas :-

1) Shavasana	2) Sirshasana	3) Viaritakanini	4) Bhadrasana
5) Matsyasana	6) Halasana	7) Bhujangaina	8) Siddhasana
9) Salabhasana	10) Dhanurasana	11) Ardha Machedndrasana	12) Pavanmuktasan
13) Paschimothasana	14) Chakrasana	15) Mayurasana	16) Vajrasana
17) Supta-Vajrasana	18) Yoga-Mudra	19) Rikonasana	20) Simhasana
21) Utakatasana	22) Garudasana	23) Kukutasana	24) Kurmasana
26) Virasana	27) Tulangulasana	28) Makarasana	

Shad-Kriyas (Yoga – Hygiene methods)

- a) Rules and regulations to be followed for precision
 - b) Study and practice of the shad-kriyas with emphasis on my Method-application effects benefit, indication, contra- indications
 - c) Shad-kriyas –six types of internal cleansing method.
 - 1) Trataka 2) Nauli 3) Kapalabhati
 - 4) Nethi 5) Dhouti 6) Besti
 - d) Physiological effects of the shad- kriyas.
 - e) Spiritual values of the shad-kriyas.
 - f) Shad-kriyas its importance and cleaning of the internal parts of the body and its approach towards health.
 - g) Comparative study of shad-kriyas with other systems of the
- iv) Bandhas, Mudras , Dhristies :-
- a) Rules and regulations to be followed for practicing the bandha, Mudras, dhristies.
 - b) Study and practice of the bandhas, mudras, phristisah, emphasis- on Methods – application – effects – benefits – indications – contra - Indication.
 - c) Physiological effects of the bandhas, mudras, dhristies.
 - d) Spiritual values of the bandhas, mudras, dhristies.

IV PRANAYAM :-

- a) Rules and regulations to be followed for practicing various methods of general breathing Exercises and pranayama.
- b) Preparatory breathing exercises.
- c) Appropriate asanas to practice pranayama.
- d) Study & practice pranayama. With emphasis on – Method – application – effects – benefits Indications – contra – indications.
- e) Methods of Pranayama :-

- 1) Kapalabhati 2) Bhastrika 3) Surybhedana 4) Sitkud

5) Sitali

6) Bhramari

7) Murcha.

8) Plavani

f) Physiological effects of Pranayama.

g) Spiritual values of Pranayama.

V Prathyabara – Restraint of the senses.

VI Dharana – Concentration

VII Dhyana - Meditation.

a) Cyclic meditation.

b) Omkar meditation.

c) Vipasana meditation.

d) Transcendental meditation.

VIII Samadhi – Super consciousness.

3. Hatha Yoga

4. Yogic practices in relation to endocrinal activity and homou and General metabolism –
sdietetics.

5. Comparative study of Yoga with physical culture,

6. General rules and regulations for practising onhy

7. Importance of the mind in practicing Yoga and physical

8. Maintenance of health through Natural exercises.

9. General study about Indian and Western physical culture.

10. General study about the Games and sports in relation to meintanoge of health.

❖ PRACITCALs:-

1. a) Asanas b) Pranayama c) Bandhas d) Dhrities.

e) Mudra's f) shad-kriyas.

2. The students should have practice of regular Yoga practicals during the second B.N.Y.S. Degree course. Students should be in a position to practice and demonstrate Yoga practicals inswpwnswrly

3. Practicals with record.

❖ TEXT BOOKS :-

1. Cultural leaders of India - by Publication Division
(Founders of Philosophy) Government of India.
2. Conception of Man edited by S. Radhakrishna and P.T. Raju.
3. Yoga and Indian Philosophy by Karel Warner.
4. Eastern definitions - by Edward Rice.
5. Asanas - by Swami Kuvalyanda.
6. Pranayama - by Swami Kulvayanda.
7. Glimpses of divine light – by S. K. Das.

8. Hatha Yoga Pradipika - by Svamaram.
9. Gheranda Samhita – edited by Swami Digambarji & Dr. M.L. gharola.
10. Siva Sutras – by Jaidev Singh.
(The Yoga of Supreme Identity)
11. The Yoga Sutras of Patanjali – by Fernando Tola – Carmen Dragonela
12. The Upanishad, The Bhagavad-Gita , The dhammapada – by Juan Hassoo
13. Hatha Yoga – by Swami Sivananada Radha.
(The Hidden Language)
14. Yoga – Key to life by James Mc. Cartney.
15. Vadic Conception of Yoga Meditation by Devendra Kapoor.
16. Jainism – by Herbert warren.]
17. Dhammapada – by S. Radhakrishnan.
18. Kriya Yoga – by Swami Satyananda Saraswathi – Bihar School o Yoga
19. Kundalini & meditation – by Arjundas Malik.

❖ REFERENCE BOOKS :-

1. The Gospel of Buddha – by Paul Carus.
2. The Gospel of Sri Ramakrishna – by Mahendranath Gupta.
3. Bhagavad-Gita – As it is – by A.C. Bhakti Vedanta Swami Prabhu
4. Complete works of Swami Vivekananda – by Swami Vivekananda.
5. Complete works of Sri Aurabindo – by Sri Aurabindo.
6. Asparasa Yoga – by Colin A. Code.

7. The serpent power by Sir Joha Woodroff.
 8. The art of Tantra – Philip Rawson.
 9. Seminar on Yoga, Science and Man – by Central Council for Research in Yoga & Naturopathy.
 10. Philosophy of Goraknath with Goraksha – Vyakarana Sangraha by Akshayer Kumar Banerjee.
 11. Asanas, Pranayama, Mudras, Bandhas, - by Swami Satyananda Saraswathi Bihar School of Yoga.
 12. Patanjali Yoga Sutras by Bengali Baba.
 13. An autobiography of a Yogi by Paramahansa Yogananda.
 14. Verses of Vemana by C .P. Brown.
 15. Encyclopedia of Indian Physical Culture edited by D. C. Mujumdad.
 16. Encyclopedia of Health & Physical Culture by Berner Macfedden.
 17. Sixty Upanishad of the Veda by V. M. Bedeka & G. M. Palsule.
(The Upanishads concerned only Yoga)
 18. Hatha Yoga Pradiika by O. Y. Doraswamayya.
 19. Vivekachudamani – by Adi Shankaracharya.
-

Paper – XIII
Preksha Dhyān – I

Part – I : Theory 100 Marks

Part – II : Practical 100 Marks

Part-I Preksha Dhyān : Theory

Unit-I : Basic Principles (आधार और स्वरूप)

(A) प्रेक्षा: परिचय (Introduction)

1. अर्थ व्यंजना (Meaning of Preksha)
2. ध्येय और प्रयोजन (Aim and Object)
3. प्रेक्षाध्यान का स्वरूप (Nature)
4. प्रेक्षाध्यान के अंग (Components of Preksha)
 1. मुख्य अंग
 2. सहायक अंग
 3. विशिष्ट अंग
5. प्रेक्षाध्यान की निष्पत्तियां (Benefits)

(B) प्रेक्षा: साधना और उपसम्पदा (Initiation)

Unit – II Kayotsarga (कायोत्सर्ग)

1. कायोत्सर्ग का वैज्ञानिक दृष्टिकोण (Scientific Basis)
2. कायोत्सर्ग का आध्यात्मिक दृष्टिकोण (Spiritual Basis)
3. प्रयोजन (Raison D'etre)
4. निष्पत्तियां (Benefits)
5. कायोत्सर्ग : विधि

Unit – III Perception of Breathing (श्वास प्रेक्षा)

A. श्वास प्रेक्षा

1. श्वास प्रेक्षा का वैज्ञानिक दृष्टिकोण (Scientific Basis)
2. श्वास प्रेक्षा का आध्यात्मिक दृष्टिकोण (Spiritual Basis)
3. श्वास प्रेक्षा के प्रकार (Types of Perception of Breathing)
4. प्रयोजन (Raison D'etre)
5. निष्पत्तियां (Benefits)
6. विधि (Technique)

B. Scientific Breathing and Mental Concentration

1. Breathing: A Natural Prop for Mental Concentration
2. Mechanism of Breathing
3. Scientific Complete Breathing
4. The Actual Practice

Unit – IV Perception of Body and Internal Trip (शरीर प्रेक्षा और अन्तर्यात्रा)

A. शरीर प्रेक्षा

1. शरीर प्रेक्षा का वैज्ञानिक दृष्टिकोण (Scientific Basis)
2. शरीर प्रेक्षा का आध्यात्मिक दृष्टिकोण (Spritual Basis)
3. प्रयोजन (Raison D'etre)
4. निष्पत्तिया (Benefits)
5. शरीर प्रेक्षा विधि (Technique)

B. अन्तर्यात्रा

1. प्राण : वैज्ञानिक दृष्टिकोण
2. प्राण : आध्यात्मिक दृष्टिकोण
3. प्राण : जैन दृष्टिकोण
4. अन्तर्यात्रा : सिद्धान्त

Unit – V Perception of Psychic Centres (चैतन्य केन्द्र प्रेक्षा)

A. चैतन्य केन्द्र प्रेक्षा

1. चैतन्य केन्द्र प्रेक्षा : आध्यात्मिक दृष्टिकोण (Spiritual Basis)
2. चैतन्य केन्द्र प्रेक्षा वैज्ञानिक दृष्टिकोण (Scientific Basis)
3. चैतन्य केन्द्र प्रेक्षा का प्रयोजन (Raison D'etre)
4. चैतन्य केन्द्र की निष्पत्तियां (Benefits)

B. Neuro-endocrine System & Psychic Centres

C. चैतन्य केन्द्र प्रेक्षा : विधि

Unit – VI Perception of Psychic Colours (लेश्याध्यान)

A. लेश्याध्यान

1. लेश्या का सिद्धान्त (Theory of Psychic Colour)
2. लेश्या और भाव (Psychic Colour & Emotion)

B. लेश्या और आभामण्डल (Aura)

1. आभामण्डल क्या है ?
2. आभामण्डल का स्वरूप
3. आभामण्डल के प्रकार
4. लेश्या और आभामण्डल
5. ईथरिक रिसाव
6. साहसी अवरोधक
7. रंग और आभामण्डल
8. आभामण्डल : विज्ञान का मत
9. आभामण्डल को देखने की विधियां
10. आभामण्डलीय चिकित्सा
11. आभामण्डल और भविष्यवाणियां

Paper - XIV - Rognidan and Vyadhi Vignan
(Diagnostics and Treatment of Diseases)

Total 200 Marks (Theory-100, Practical-100)

!P jI FIWGL 5IZEF0FF4 ; FDfgI IG~56P jI FIW VG[NMDFGMSFI SFZ6 ; AW TPDH NMDF v , 1f6 v jI FIW
, 1f6 IJRFZP

ZP jI FIWGF 5SFZ

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\$P HG5NMU} GF SFZ6 VG[HG5NMU} YL YGFZ jI FIWVMP

5P IGdGMST jI FIWVNG}IJIXQ8 7FGP

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(b) 5F0]

(c) SFD, F

(d) SF;

(e) `JF;

(f) Ppppppppp 5|TxI FI ZFHI 1DF

(g) VIT; FZ

(h) 5pFICSF

(i) VX"

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(s) VFUgTH v VF5; IUSZMUM

(t) DpI :+L ZMUM v ZST5NZ4 V<5FT"J v DGM5Mh >tI FINP

(u) DpI AF, ZMUM v NgTMNE[N HgI IJSFZM ; FgI N]Q8HgI ISFZMGFIE5FS SFD, F4 VIT; FZ4

>T4 X]FD)+4 HJZ >tI FIN

S5MF6HgI jI FIWVM jI FIW1FDtJ V<5TFP

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DFWJ IGNFG

IGNFG IRIS; F C:TFR, S v Z6HLTZFI N] F> 0 VFI]]NS IGNFG IRIS; FS I; wWFgTP v 5]P

ZFDCQFI; CP

VFW]GS IRIS; F IJ7FG GF WDNLعJ[N sVFI]]N v V] M5YL ; DgJI FtDS U]f

Paper - XIV - Rognidan and Vyadhi Vigyan - II
(Diagnostics and Treatment of Diseases)

Total 200 Marks (Theory-100, Practical-100)

1. Definitions and general discussion of Vyadhi diseases. The types of diseases
 - (a) Sharirik, Mansik : Psycho-somatic disorders
 - (b) Nij-Agantu
 - (c) Prakrut-Vikrut etc.
- 2 Immunity & Hyper sensitivity.
- 3 The causes of Epidemics
- 4 Specific knowledge of Pathology in the following diseased conditions.
 - (i) Fever
 - (ii) Anemia
 - (iii) Jaundice
 - (iv) Cough
 - (v) Asthma
 - (vi) T.B.
 - (vii) Diarrhoea
 - (viii) Dysentery
 - (ix) Piles
 - (x) Acidity
 - (xi) Diabetes
 - (xii) Rheumatoid arthritis& Arthritis
 - (xiii) Renal Calculi
 - (xiv) Epilepsy and mental disorders
 - (xv) Skin disorders
 - (xvi) Obesity
 - (xvii) Allergy
 - (xviii) Worms
 - (xix) Infectious diseases
 - (xx) General Gynecological problems
 - (xxi) General paediatric problems
 - (xxii) Deficiency diseases

Reference Books

1. Madhav Nidan
2. Nidan-Chikitsa Hastamalak by R.N.Desai

3. Adhunik Chkitsa Vigyan by Dharadant Vaidh

Suggested practical Work

1. Investigations of stool, urine, blood and sputum
2. General knowledge of X-ray-City scan, NMRI etc.
3. Bio-Chemical Investigations.

Paper - XVI - Forensic Medicine and Medical Jurisprudence

Total 200 Marks (Theory-100, Practical-100)

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A. **Forensic Medicine :-**

1. Definition : Forensic Medicine and its scope.
2. Procedure of giving medical evidence with reference to Indian evidence act.
3. Methods of identification of living and dead body. Race, age, sex etc.,

4. Death – Medico legal aspects, certification of death, sudden death, causes, Medico legal importance signs of death, changes due to death and calculating time of death.
5. Medico-legal autopsy.
6. Medico-legal wounds, their Classification and study and medico-legal aspects.
7. Examination of blood stains, hair and seminal stains.
8. Miscellaneous causes of death from heat, cold, electricity, starvation Anesthetics Death etc.,
9. Violent asphyxial deaths-hanging,
10. Sexual offences :C Impotency and sterility virginity, legitimacy, un-natural offences. Medico legal aspects.
11. Infanticide.
12. Medico-legal aspects of insanity.

B. TOXICOLOGY :-

1. General considerations of poisoning and classification.
 - a. Actions of poison, factors, modifying their action.
 - b. Diagnosis of poisoning.
 - c. Treatment of poisoning in General.
2. Poisons :-
 - a. Corrosives
 - b. Nonmetallic poisons
 - c. Insecticides and weed killers
 - d. Metallic poisons.
 - e. Organic Irritant Poisons.
 - f. Somniferous poisons.
 - g. Inebriat Poisons
 - h. Deliriant poisons
 - i. Drug Dependence
 - j. Food poisoning.
 - k. Spinal Poisons
 - l. Cardiac poisons.
 - m. Asphyxiants
 - n. Miscellaneous.
3. Legal responsibilities : Medical ethics.
4. Responsibilities and duties of the medical practitioners to the State Professional.
5. Un-professional conduct, Mal-practice.
6. The rights and privileges and duties of medical Practitioners.

7. The functions of State-Medical council and its relationship to Indian Medical Council.
8. Medical ethics approved by Indian Medical Council.

PRACTICALS :-

1. Age estimation.
2. Autopsies -10.
3. Skeletal remains.
4. Spotters.
5. Examination of injured.
6. Alcoholic.
7. Psychiatric.
8. Toxicology.

TEXT BOOKS :-

1. Medical jurisprudence – by Modi.
2. A text book of Forensic Medicine – by Narayana Reddy.
3. A text book of Forensic Medicine – by M.R.K. Krishna.

REFERENCE BOOKS :-

1. The essentials of Forensic Medicine - by Dr. C. J. Polson.
- D. J. Gee and B.Knight.
2. Forensic Medicine - by Corden and Shapiro.
3. Principles and practice of Medical Jurisprudence - by Taylor '8.

