

SEMESTER-IV

Course Details-1
Subject Name- Naturopathy
Subject Code- MSY-CT-401

CREDIT: 4	CA: 30	SEE: 70	MM: 100
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Course Objectives:

Study of this Paper will enable learner to

- Discuss principles and science of preventive & healing modalities in naturopathy.
- Prescribe and provide naturopathy for common diseases.

Course Outcomes:

This course targets empowerment of learners to

- Outline philosophy, principles and modalities of naturopathy.
- Interpret science, process and uses of naturopathic modalities related to water, earth, fire, ether and air for health promotion and healing.
- Apply science, process and modalities of massage for disease prevention and healing
- Prescribe and implement naturopathy for various acute and chronic diseases

	BLOCK-1 General Introduction
UNIT-1	A Brief Overview of Nature Cure and Its Basic Ideas.
UNIT-2	Acute and chronic diseases and their underlying causes.
UNIT-3	Principles of Remedial Aggravation and Alien Toxins.
	BLOCK-2 Chromotherapy and Mud
UNIT-1	The importance of mud, its types and characteristics, and its impact on the body, Mud Pack: Back, Throat, Eye, and Abdomen Mud Pack. Mud Bath.



UNIT-2	Sun bath types, their importance, and chromotherapy.
BLOCK-3 Massage and Fasting	
UNIT-1	The definition and meaning of massage, its history, and how it affects different body parts. A Brief Overview of Different Massages.
UNIT-2	The significance of natural food and the distinction between starvation and fasting. Theory, Action, Reactions, and Physical Activity, fasting for Health, Disease: How It Occurs and How to Fast, and Fasting Guidelines.
UNIT-3	Types of fasting include water fasting, juice fasting, fruit fasting, one-meal fasting, long and short fasting, and complete and half fasting.

References

1. Bakhru, H. K. (1991). *The Complete Handbook of Nature Cure* (5th ed.). Jaico Publishing House.
2. Cayleff, S. E. (2016). *Nature's Path: A History of Naturopathic Healing in America*. John Hopkins University Press.
3. Clay, J. H., & Pounds, D. M. (2008). *Basic Clinical Massage Therapy: Integrating Anatomy and Treatment* (2nd ed.). Lippincott Williams & Wilkins. <https://doi.org/10.1139/apnm-2014-0147>
4. Goyal, B. B. (2013). *Secrets of Naturopathy and Yoga* (UK ed.). Sterling Publishers.
5. Hechtman, L. (2012). *Clinical Naturopathic Medicine*. Elsevier.
6. Hoon Debruyne, L. K., Pinna, K., & Whitney, E. (2016). *Nutrition & Diet Therapy* (9th ed.). CENGAGE Learning.
7. James Waslaski. (2012). *Clinical Massage Therapy: A Structural Approach to Pain Management* (M. Cohen, Ed.). Pearson.
8. Johari, H. (1996). *Ayurvedic Massage: Traditional Indian Techniques for Balancing Body and Mind*. Inner Traditions/Bear.
9. Khan, J. R. (2002). *Massage Therapy: The Evidence for Practice* (G. J. Rich, Ed.). Mosby Elsevier.

10. Lavekar, G. S. (Ed.). (2009). *A Practical Handbook of Panchakarma Procedures*. Central Council for Research in Ayurveda and Siddha.
11. Lindlahr, H. (2010). *Nature Cure*. Wexford College Press.
12. Lutz, C. A., Mazur, E. E., & Litch, N. A. (2015). *Nutrition and Diet Therapy* (6th ed.). F. A. Davis Company.

Course Details-2
Subject Name- Disease Specific Pathology- II
Subject Code- MSY-CT-402

CREDIT: 4	CA: 30	SEE: 70	MM: 100
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Course Objectives:

This course targets to

- Explain concept, etiopathogenesis and complications of various noncommunicable diseases and the body's capacity for their healing.
- Discuss cardiovascular, respiratory and renal disorders.
- Discuss pathogenesis of endocrine, nervous, obstetrics and gynaecological disorders.

Course Outcomes:

This course targets empowerment of learners to

- Identify etiopathogenesis factors and markers related to cardiovascular, respiratory, nervous, endocrine, genitourinary disorders/disease.
- Recognize normal and abnormal level of disease specific pathological markers.

	BLOCK-1 Respiratory and cardiovascular pathologies
UNIT-1	Pathophysiology, Morphology, and Impact of Rheumatic Heart Disease and Rheumatic Fever
UNIT-2	The types of hypertension and hypertensive heart disease
UNIT-3	Concept of obstructive and restrictive lung disorders



	BLOCK-2 Endocrine and nervous system disorders
UNIT-1	Reaction patterns, specific cell types, and structural organization
UNIT-2	Disorders of inflammation: tuberculous and pyrogenic meningitis
UNIT-3	Types of Diabetes Mellitus, Pathophysiology, and Pathology
	BLOCK-3 Gynaecologic, Obstetric, and Renal Pathology
UNIT-1	Normal pregnant physiology, pregnancy diagnosis, regular prenatal care, and treatment of common pregnancy symptoms
UNIT-2	prenatal hypertensive disorders
UNIT-3	Anemia during pregnancy: Pregnancy-related heart disease

Reference

1. Andersons. Textbook of Pathology, Volume I & II. C.V. Mosby Company.
2. De Gruchy, G. C., Penington, D., Rush, B., & Castaldi, P. Clinical Haematology in Medical Practice. CBS Publishers & Distributors.
3. Govan, G. A. G. Illustrated Pathology. ELBS Edition.
4. Horbury, T. (2006). Basic Statistics. National Center for HIV/AIDS, Viral Hepatitis, Sexually Transmitted Diseases, and Tuberculosis Prevention.
5. Kumar, V., & Cotran, R. S.
6. Basic Pathology. Saunders.
7. Pathologic Basis of Disease. Saunders Collins.
8. Lazaris, A. C. (Ed.). (2018). Clinical Genitourinary Pathology: A Case-Based Learning Approach. Cham, Switzerland: Springer. <https://doi.org/10.1007/978-3-319-72194-1>
9. Lewin, K. J., Riddell, R. H., & Weinstein, W. M. (2014). Gastrointestinal Pathology and Its Clinical Implications (2nd ed., Vol. I). Philadelphia, PA: Wolters Kluwer Health.
10. Ramnik Sood. Clinical Laboratory Methods. Jaypee.

11. Rubin, E., & Strayer, D. S. (2015). Rubin's Pathology: Clinicopathologic Foundations of Medicine. Philadelphia, PA: Wolters Kluwer.
12. Simpkins, A. M., & Simpkins, C. A. (2011). Meditation and Yoga in Psychotherapy: Techniques for Clinical Practice. Hoboken, NJ: John Wiley & Sons, Inc.
13. Walter, J. B., & Israel, M. S. General Pathology.

Course Details-3
Subject Name- Evidence Based Yoga Therapy-II
Subject Code- MSY-CT-403

CREDIT: 4	CA: 30	SEE: 70	MM: 100
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Course Objectives:

After the completion of the programme, the students should be able to

- Discuss relative contribution of each organ system to the homeostasis.
- Illustrate the physiological response and adaptations to environmental stresses.
- Independently handle a patient to prescribe and administer yoga therapy.

Course Outcomes:

- This course targets empowerment of learners to List physiological principles underlying pathogenesis and management of disorders related to respiratory, cardiovascular, metabolic, neurological and psychic systems.
- Recognize principles and factors of yoga therapy for prevention and managing diseases related to respiratory, cardiovascular, metabolic, neurological and psychic systems.
- Design and implement yoga therapy protocol for prevention and mitigation of the diseases related to above systems.

	BLOCK-1 Respiratory Disorders
UNIT-1	Overview of Respiratory Conditions: Obstructive and Restrictive Types of Respiratory Conditions



UNIT-2	Overview of pulmonary function tests and their underlying theories
UNIT-3	Definition, Pathophysiology, Categorization, Clinical Features, Medical Management, and Yogic Management of Allergic Rhinitis and Sinusitis
BLOCK-2 Metabolic and Cardiovascular Disorders	
UNIT-1	Overview of Cardiovascular Conditions; Definition, Pathophysiology, Categorization, Clinical Features, and Medical Treatment of Hypertension
UNIT-2	Coronary artery disease: Definition, Pathophysiology, Classification
UNIT-3	Ischemic Heart disease
BLOCK-3 Neurological Disorders	
UNIT-1	Migraine: Causes, Classification, clinical features
UNIT-2	Tension headache: Medical management, Yogic Management
UNIT-3	Cerebrovascular accidents: Causes, clinical features, Medical management

Reference books:

1. Balkrishna, A. (2007). *Yoga in Synergy with Medical Science*. Haridwar, India: Divya Prakashan.
2. Balkrishna, A. (2017). *Yoga Vigyanam*. Haridwar, India: Divya Prakashan.
3. Integrated Approach of Yoga Therapy for Positive Health – Nagarathna, R., & Nagendra, H. R. Patanjali Research Foundation. (2015). *Research Publications*. Haridwar, India: Divya Prakashan.
4. Ramdev, S. (2006). *Yoga Sadhana and Yoga Chikitsa Rahasya*. Haridwar, India: Divya Prakashan.
5. Ramdev, S. (2009). *Pranayam Rahasya*. Haridwar, India: Divya Prakashan.
6. Nagarathna, R., Nagendra, H. R., & Narendran, S. (n.d.). *Yoga for Common Ailments and IAYT for Different Diseases*.
7. Swami Koormananda Saraswati. (n.d.). *Yoga for Common Disorders*.

Course Details-4
Subject Name- Complementary and Alternative Therapy (Elective)
Subject Code- MSY-EL-404

CREDIT: 4	CA: 30	SEE: 70	MM: 100
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Course Objectives:

The teaching-learning of this paper will enable learner to

- State concept, prevalence, objectives, types, applications and limitations of CAT&
- Demonstrate knowledge & skills of therapeutics related to acupressure, pranic healing, and dietary supplements for managing some of the common health problems and rejuvenation.

Course Outcomes:

This course targets empowerment of learners to

- Outline mind-body medicine, manipulative-body based therapy, energy healing, acupressure and dietary supplements and herbal remedies.
- Prescribe pertinent mind body practices, massage, pranic healing, acupressure, diet, herbal remedies for the prevention and mitigation of common ailments.

	BLOCK-1 Complementary and Alternative Therapy (CAT)
UNIT-1	Definition, history, significance, goals, types, frequency, and current need application and limitations
UNIT-2	The history, significance, definition, objectives, guiding principles, contributing elements, effects, prevalence, uses, and constraints of mind-body therapy.
UNIT-3	The necessity of mind-body medicine; the connection between mind-body and contemporary medicine: clinical and epidemiological research
	BLOCK-2 Body-Based Manipulative Treatment (MBT)
UNIT-1	Meaning, Definition, Objectives, Principles, Types, Effects, Frequency, Uses, and Constraints



UNIT-2	Meridian Systems, the Chi Clock Cycle, Reflexology, and the Location of Acupoints on the Twelve Major Meridians
UNIT-3	Acupressure: Origin, Significance, Definition, Fundamentals, Five Elements Theory.
BLOCK-3 Energy-Based Medicine	
UNIT-1	Definition, Types, Principles, History, Uses, and Restrictions
UNIT-2	The definition, types (major, minor, and mini), sizes, colors, functions, and effects of their malfunctions of energy centers (ECs);
UNIT-3	Twin meditation, ahartic yoga, sweeping, energizing techniques, and scanning auras or chakras.
BLOCK-4 Biologically Based Products (Herbal Remedies & Supplements)	
UNIT-1	Antioxidants, Gultamine, Glucosoamine Sulfate, Probiotics & Prebiotics, Selenium, Curcumin
UNIT-2	Various vitamins and their natural sources, including tryptophan, omega-3 fatty acid, and their functions
UNIT-3	The preventative and therapeutic uses of panchagavya (cow dung, milk, curd, ghee, and panchagavya ghrīt)
BLOCK-5 Pranic therapies and acupressure	
UNIT-1	CSF, asthma, pneumonia, renal problems, varicose veins, myopias, anxiety, obsessive compulsive disorder, leucorrhoea, menstrual disorders, impotence, infertility, and distress.
UNIT-2	Anaemia, hyperacidity, CAD, low back pain, arthritis, obesity, diabetes, hypertension/hypotension, hyper/hypothyroidism, liver problems, allergies.

Textbook

1. Yuan, C.-S., & Bieber, E. J. (2003). *Textbook of Complementary and Alternative Medicine*. New York, NY: The Parthenon Publishing Group.

Reference books

2. Acharya, B. (2004). *Ausadh Darshan*. Haridwar, India: Divya Prakashan.
3. Acharya, B. (2005). *Ayurveda Jadi-buti Rahasya*. Haridwar, India: Divya Prakashan.
4. Brahmabarchas. (2003). *Nidan Chikitsa*. Haridwar, India: Ved Mata Gayatri Trust.
5. Colledge, N. R., Walker, B. R., & Ralston, S. H. (2010). *Davidson's Principles & Practice of Medicine* (21st ed.). China: Churchill Livingstone, Elsevier.
6. Holford, P., & Burne, J. (2007). *Food is Better Medicine than Drugs*. Great Britain: Piatkus.
7. Holford, P. (2014). *Good Medicine*. Great Britain: Piatkus.
8. Joshi, S. A. (2011). *Nutrition and Dietetics with Indian Case Studies*. New Delhi, India: Tata McGraw-Hill.
9. Lian, Y.-L., Chen, C.-Y., Hammes, M., & Kolster, B. C. (2005). *Pictorial Atlas of Acupuncture: An Illustrated Manual of Acupuncture Points*. Slovenia: h. f. ullmann.
10. Micozzi, M. S. (2015). *Fundamentals of Complementary and Alternative Medicine* (5th ed.). China: Elsevier Saunders.
11. Mohan, H. (2010). *Textbook of Pathology* (6th ed.). New Delhi, India: Jaypee Brothers Medical Publishers (P) Ltd.
12. Patanjali Research Foundation. (2015). *Research Publications*. Haridwar, India: Divya Prakashan.
13. Peeters, J. (2008). *Reflexology*. Bath BA11HE, UK: Paragon.
14. Ramdev, S. (2006). *Yoga Sadhana and Yoga Chikitsa Rahasya*. Haridwar, India: Divya Prakashan.
15. Ramdev, S. (2009). *Pranayam Rahasya*. Haridwar, India: Divya Prakashan.
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17. Sharma, S. (1998). *Jivem Saradm Satam*. Mathura, India: Akhand Jyoti Samsthan.
18. Sharma, S. (2006). *Diagnose, Cure and Empower Yourself by the Currents of Breath*. Haridwar, India: Shri Vedmata Gayatri Trust.



19. Sharma, S. (2010). *Gayatri Mahavigyan* (Combined and revised ed.). Mathura, India: Yug Nirman Yojana Bistar Trust.
20. Sharma, S. (2013). *Chikitsa Upchar Ke Vividh Ayam* (2nd ed.). Mathura, India: Akhand Jyoti Samsthan.
21. Sharma, S. (2013). *Nirog Jeevan Ke Mahatopurna Sutra* (2nd ed.). Mathura, India: Akhand Jyoti Samsthan.

Course Details-4

Subject Name- Brahmsutra and Vivek Chudamani (Elective)

Subject Code- MSY-EL-405

CREDIT: 4	CA: 30	SEE: 70	MM: 100
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Course Objective:

- To understand the concept of four Brahma Vakyas and knowledge of Jnana Yoga and Vivekachoodamani.

Course Outcomes:

- Review Brahmasutra & Viveka Chudamani philosophy
- Review Tattvajnana importance, evolution and involution
- Explain Panch Prana, Panch Kosha as per Vivek Chudamani
- Elucidate concept of Vairagya, Outcomes of Self Realization, Symptoms of Jivanmukta

	BLOCK-1 Introduction to Vedanta and Brahma Sutra
UNIT-1	Brief Introduction to Brahmasutra and its writer
UNIT-2	Explanation of the Sutra - Athato Brahma Jijnasa; Janmadyasya Yatah
UNIT-3	Explanation of the Sutra - Shastrayonitvat; Tattusamanvayat
	BLOCK-2 Vivek Chudamani - I
UNIT-1	Brief Introduction to Vivek Chudamani

UNIT-2	Importance of Tattvajnana, Means of attaining Tattvajnana, Eligibility of Sadhaka
UNIT-3	Sadhana Chatushthaya, Importance of Self Realization, Concept and need of Aparokshanubhuti
BLOCK-3 Vivek Chudamani - II	
UNIT-1	Three Shareer (Physical, Subtle & Causal), Dehasakti-Ninda
UNIT-2	Indriya and Indriya-Vishaya Ninda, Antahkaran Chatusthaya, Anatmanir-upana
UNIT-3	Adhyas and Adhyas Niras, Awaranshakti and Vikshepashakti
BLOCK-4 Vivek Chudamani	
UNIT-1	Panch Prana, Panch Kosha, Ego and Criticism of Egoism
UNIT-2	Negligence of Drishya, Brahma Nirupana, Brahma Bhawana
UNIT-3	Maha Vakya Vichara, Brahma Jagat Ekata, Concept of Brahma

Reference books

1. Berger, D. L. (2005). The Vivekacudamani of Sankaracarya Bhagavatpada: An Introduction and Translation (review). Philosophy East and West, 55(4), 616–619.
2. Brahma Sutra – Shankar Bhasya. Gita Press, Gorakhpur.
3. Vivek Chudamani – Arvindananda Yati. Choukhamba Vidyabhawan, Varanasi, UttarPradesh.
4. Vivek Chudamani. Gita Press, Gorakhpur.

Course Details-5

Subject Name- Practical-II (Disease Specific Pathology)

Subject Code- MSY-CP-406

CREDIT: 2	CA: 15	SEE: 35	MM: 50
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Course Objectives:

Following the completion of the practical training, students shall be able to:

- Demonstrate the laboratory experiments.
- Recognize the normal and abnormal value of a parameter.
- Develop the skill of interpreting the results.

Course Outcomes:

This course targets empowerment of learners to

- Carry out and demonstrate microscopic observation of disease pathology.
- Collect and analyze specimen related to gastric carcinoma, liver cirrhosis and cardiac hypertrophy.
- Carry out laboratory tests of urine, blood sugar, LFT, RFT, and spirometry for PFT.

UNIT 1: Microscopic Observation

Acute myeloid leukemia, Chronic lymphatic leukemia, Anemia: macrocytic, microcytic;
Plasmodium falciparum malaria; Acute appendicitis, Gastric carcinoma, Emphysema,
Cirrhosis of liver, Myocardial infarction, Pulmonary tuberculosis

UNIT 2: Specimen

Gastric carcinoma, Cirrhosis of liver, cardiac hypertrophy, Appendicitis, Fatty liver

UNIT 3: Laboratory Tests

Urine analysis, Random blood sugar, Fasting and Post prandial blood sugar, Liver and Kidney function test in pathological conditions

UNIT 4: Pulmonary Function Tests

Vital capacity, tidal volume and Peak flow rate in pathological conditions

REFERENCE BOOKS:

1. Practical Manual by Harsh Mohan
2. Medical Laboratory Technology– Ramnik Sood

Course Details-6
Subject Name- Practical-II (Evidence Based Yoga Therapy)
Subject Code- MSY-CP-407

CREDIT: 2	CA: 15	SEE: 35	MM: 50
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Course Objectives:

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

- Plan principles, procedure, indications and contraindications of yoga practices.
- Design, demonstrate and apply the yoga practices specific to a particular ailment.

Course Outcomes:

This course targets learner's aptitude development to

- Design and implement disease specific integral yoga therapy protocol.
- To report impacts of implemented YTP targeting specific disease.

UNIT 1: Disease specific techniques for Respiratory Disorders

Set of practices required for respiratory disorders need to be taught.

UNIT 2: Disease specific techniques for Cardiovascular Disorders

Set of practices required for cardiovascular disorders need to be taught.

UNIT 3: Disease specific techniques for Neuro-endocrine Disorders

Set of practices required for Neuro-endocrine diseases need to be taught.

UNIT 4: Disease specific techniques for Psychiatric and Obstetric & Gynaecological Complications

Set of practices required for Psychiatric and Obstetric & Gynaecological complications need to be taught.



Course Details-7
Subject Name- Dissertation
Subject Code- MSY-CP-408

CREDIT: 4	CA: 30	SEE: 70	MM: 100
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Course Objectives:

Following the completion of this project work, students shall be able to:

- Carry out small scale research projects.
- Collect, present, analyze and interpret data.
- Infer and apply research findings.

Course Outcomes:

This course targets empowerment of learner's to

- Design, conduct and report mini research projects.
- Draft and publish research papers in scholarly journals.

Note:

- During this time, candidates are expected to analyse the data with the help of guides.
- Organize and represent the data.
- Write the dissertation and complete the presentation.
- Project II shall be the continuation of Project I

Examination:

- Students shall be examined based on the presentation of project work and the quality of the research work.