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Detailed Syllabus

of

BACHELOR OF SCIENCE IN YOGA AND NATUROPATHY (BYN)

(SEMESTER SYSTEM)

MODE : SEMESTER

FIRST SEMESTER

<i>COURSE TITLE</i>	<i>Paper Code</i>	<i>MARKS</i>				
		<i>THEORY</i>		<i>PRACTICAL</i>		<i>TOTAL</i>
		<i>INTERNAL</i>	<i>EXTERNAL</i>	<i>INTERNAL</i>	<i>EXTERNAL</i>	
Basic Of Human Anatomy	BYN/S110	40	60			100
Basic Of Human Anatomy	BYN/S110P			40	60	100
Basic Of Medical Physiology	BYN/S120	40	60			100
Basic Of Medical Physiology	BYN/S120P			40	60	100
Pathology	BYN/S130	40	60			100
Pathology	BYN/S130P			40	60	100
Computer Skills	BYN/S140	40	60			100

SECOND SEMESTER

<i>COURSE TITLE</i>	<i>Paper Code</i>	<i>MARKS</i>				
		<i>THEORY</i>		<i>PRACTICAL</i>		<i>TOTAL</i>
		<i>INTERNAL</i>	<i>EXTERNAL</i>	<i>INTERNAL</i>	<i>EXTERNAL</i>	
Physiology of Nature Cure	BYN/S210	40	60			100
Oga Physiology	BYN/S220	40	60			100
Bio- Chemistry	BYN/S230	40	60			100
Fundamentals of Ayurveda	BYN/S240	40	60			100

THIRD SEMESTER

<i>COURSE TITLE</i>	<i>Paper Code</i>	<i>MARKS</i>				
		<i>THEORY</i>		<i>PRACTICAL</i>		<i>TOTAL</i>
		<i>INTERNAL</i>	<i>EXTERNAL</i>	<i>INTERNAL</i>	<i>EXTERNAL</i>	
Magneto Therapy	BYN/S310	40	60			100
Physiotherapy	BYN/S320	40	60			100
Microbiology	BYN/S330	40	60			100
Yoga Practice	BYN/S340	40	60			100

FOURTH SEMESTER

<i>COURSE TITLE</i>	<i>Paper Code</i>	<i>MARKS</i>				
		<i>THEORY</i>		<i>PRACTICAL</i>		<i>TOTAL</i>
		<i>INTERNAL</i>	<i>EXTERNAL</i>	<i>INTERNAL</i>	<i>EXTERNAL</i>	
Accupressure	BYN/S410	40	60			100
Hydrotherapy	BYN/S420	40	60			100
Fasting Nutriion Dietetics	BYN/S430	40	60			100
Yoga- Practical	BYN/S440	40	60			100

FIFTH SEMESTER

<i>COURSE TITLE</i>	<i>Paper Code</i>	<i>MARKS</i>				
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		<i>THEORY</i>		<i>PRACTICAL</i>		<i>TOTAL</i>
		<i>INTERNAL</i>	<i>EXTERNAL</i>	<i>INTERNAL</i>	<i>EXTERNAL</i>	
Accupnchture	BYN/S510	40	60			100
Community Medicine	BYN/S520	40	60			100
Yoga Culture	BYN/S530	40	60			100
Yoga- Practical	BYN/S540	40	60			100

SIXTH SEMESTER

<i>COURSE TITLE</i>	<i>Paper Code</i>	<i>MARKS</i>				<i>TOTAL</i>
		<i>THEORY</i>		<i>PRACTICAL</i>		
		<i>INTERNAL</i>	<i>EXTERNAL</i>	<i>INTERNAL</i>	<i>EXTERNAL</i>	
Neuro & Organ Anatomy	BYN/S610	40	60			100
Obstetrics And Gynaecology	BYN/S620	40	60			100
Yogic Therapey	BYN/S630	40	60			100
Fasting Therapey	BYN/S640	40	60			100

SEVENTH SEMESTER

<i>COURSE TITLE</i>	<i>Paper Code</i>	<i>MARKS</i>				<i>TOTAL</i>
		<i>THEORY</i>		<i>PRACTICAL</i>		
		<i>INTERNAL</i>	<i>EXTERNAL</i>	<i>INTERNAL</i>	<i>EXTERNAL</i>	
Diagnostic Methods of Yoga & Naturopathy	BYN/S710	40	60	25	75	200
Pediatrics	BYN/S720	40	60	25	75	200
Forensic Medicine & Toxicology	BYN/S730	40	60	25	75	200
Manipultive Therapy	BYN/S740	40	60	25	75	200

EIGHTH SEMESTER

<i>COURSE TITLE</i>	<i>Paper Code</i>	<i>MARKS</i>				<i>TOTAL</i>
		<i>THEORY</i>		<i>PRACTICAL</i>		
		<i>INTERNAL</i>	<i>EXTERNAL</i>	<i>INTERNAL</i>	<i>EXTERNAL</i>	
Management of Disease Through Yoga	BYN/S810	40	60	25	75	200
Management of Disease Naturopathy	BYN/S820	40	60	25	75	200
Modern Diagnostic Methods	BYN/S830	40	60	25	75	200
Emergency & First Aid	BYN/S840	40	60	25	75	200

Maximum Time : 3 Hrs. University Examination : 60 %
 Total Marks : 100 Continuous Internal Assessment: 40 %
 Minimum Pass Marks : 40%

FIRST SEMESTER

BYN/S110

BASICS OF HUMAN ANATOMY

A) Instructions for paper-setter

1. The question paper will be divided into two parts. Part-I will contain subjective questions. This part will carry 60% of the total marks.
2. Part-II will comprise of 10-15 short questions, which will cover the entire syllabus and will carry 40% of the total marks.

B) Instructions for the candidates

1. Candidates are required to attempt Part-I as defined in the question paper and the entire part-II.
2. Use of non-programmable scientific calculator is allowed

COURSE CONTENTS

Skeleton Structures of Bone, Vertebral Column, Upper Extremity, Lower Extremity, superior extremity, inferior extremity, ossification centers, bone of upper limb, radius and ulna, surface marker of thorax abdomen, head and neck.

BYN/S110 P

BASICS OF HUMAN ANATOMY

The laboratory course will comprise of exercises on what is learnt in the theory classes of the same course i.e. CMLT 110.

A) Instructions for paper-setter

1. The question paper will be divided into two parts. Part-I will contain subjective questions. This part will carry 60% of the total marks.
2. Part-II will comprise of 10-15 short questions, which will cover the entire syllabus and will carry 40% of the total marks.

B) Instructions for the candidates

1. Candidates are required to attempt Part-I as defined in the question paper and the entire part-II.
2. Use of non-programmable scientific calculator is allowed

COURSE CONTENTS

General information:- The cell, membrane potential, some common terms used in physiology.

Blood:- Red blood corpuscles, hemoglobin, the leucocytes, immunity, origin and function of lymphocytes, reticulate endothelial system, the platelets, homeostasis, coagulation of blood, the plasma proteins, blood groups.

Digestive system:- introduction to digestive system. Elementary functional anatomical considerations, the salivary glands, the stomach and its secretion, pancreas, the bile, the small intestine, movement of the alimentary tract, gastrointestinal hormones, apud cells.

Respiratory system:- Functional anatomy, ventilation, control of ventilation, exchange of gases between the alveoli and pulmonary capillary blood, carriage of O_2 and CO_2 by the blood and their exchange at the tissue level, applied and environment physiology Defense mechanism. Changes with age.

The laboratory course will comprise of exercises on what is learnt in the theory classes of the same course i.e. CMLT 120.

PATHOLOGY

BYN/S130

A) Instructions for paper-setter

1. The question paper will be divided into two parts. Part-I will contain subjective questions. This part will carry 60% of the total marks.
2. Part-II will comprise of 10-15 short questions, which will cover the entire syllabus and will carry 40% of the total marks.

B) Instructions for the candidates

1. Candidates are required to attempt Part-I as defined in the question paper and the entire part-II.
2. Use of non-programmable scientific calculator is allowed

COURSE CONTENTS

The Cell in Health and Disease:- Introduction to Pathology, Cellular Structure and Metabolism, Etiology and Pathogenesis of Disease, Intracellular Accumulations and Disorders of Metabolism, Amyloidosis, Degenerations and Cell Death.

Inflammation and Healing, Immunity and Hypersensitivity, Infection and infestation:- Inflammation-Acute and Chronic, Granulomatous Inflammation, Healing, immunity and Hypersensitivity, Infection and Infestation.

Fluid and Haemodynamic Derangements:- Derangements of Body Fluids and Electrolytes, Haemodynamic Disorders due to Deranged Blood Volume, Haemodynamic Disorders of Obstructive Nature, Ischaemia and Infarction.

Growth Disorders and Neoplasia:- Adaptive Disorders of Growth, General Aspects of Neoplasia, Etiology and pathogenesis of Neoplasia, Clinical Aspects of Neoplasia, Common Specific Tumors.

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BYN/S130 P

PATHOLOGY

The laboratory course will comprise of exercises on what is learnt in the theory classes of the same course i.e. CMLT 130.

A) Instructions for paper-setter

1. The question paper will be divided into two parts. Part-I will contain subjective questions. This part will carry 60% of the total marks.
2. Part-II will comprise of 10-15 short questions, which will cover the entire syllabus and will carry 40% of the total marks.

B) Instructions for the candidates

1. Candidates are required to attempt Part-I as defined in the question paper and the entire part-II.
2. Use of non-programmable scientific calculator is allowed

COURSE CONTENTS

Hardware & Software: CPU, RAM, SSD, Operating Systems, System Software's, and Application Software. Inside Computers, Computer Systems.

Input-Output devices: Monitor Keyboard, Mouse, System Unit, Printer, and Scanner.

Storage devices: Floppy disk, Hard disk, Cartridge tape, CD-ROM

Printers: Dot-Matrix, Inkjet, LaserJet, Colour printer, High speed printer, Label printer, Plotters.

PROGRAMMING LANGUAGE: -Compiler, Assembly Language, Machine Language.

Graphical user interface: Windows 3x, Program manager, Main & accessories program groups, multitasking.

SECOND SEMESTER

BYN/S210

PHILOSOPHY OF NATURE CURE

PART-1

1. Philosophy in its holistic approach to human life the body, mind and spirit.
2. Composition of the human body, according to -Ayurveda, Naturopathy, Yoga, Modern Medicine, Homoeopathy and History and fundamental principles of Naturopathy.
3. Ayurvedic approach towards Naturopathy.
4. Philosophy of Indian Naturopaths like Mahatma Gandhi. Vinoba Bhave, S.J.Singh.
5. Philosophy of Foreign Naturopaths like Arnold Rickli. Louis Kunhe. Adolf just.
6. Laws of Nature — Pancha Maha Bhutas, Shareera Dharmas — Ahara, Nidra Bhaya, Maithun, Inflammation and different stages and Natural rejuvenation.
7. Definition of Prakri and its types.
8. Unity of disease, Unity of cure and unity of treatment. How nature cures?
9. Foreign matters and accumulation of toxins in the body and its importance in elimination through different ways or channels.
10. Definitions and methods of treatment in nature cure for destructive principles, healing crisis, disease crisis, acute diseases and chronic diseases, toxemia and encumbrances.
11. Definition and maintenance of nature's positive principles of health.
12. Importance of the physical, mental and spiritual hygiene.
13. Personal life and prevention of diseases.

PART-2

Diagnostic procedures in Naturopathy — Facial, Diagnosis, Iris Diagnosis, Chromo diagnosis and Spinal Diagnosis.

1. Introduction to Hydrotherapy — Properties and various forms in which water is used for therapy, effect of different temperature of body and treatments — Hip Bath, Arm Bath Spinal Bath, steam Bath, Foot Bath, immersion Bath, Enema.
2. Introduction to Mud Therapy — Collection to composition of mud. Preparation of pack, types of application and Effects of mud on the body.
3. Magnets; types, application and precaution.
4. Introduction to Manipulative therapy — Brief introduction to Massage, Chiro-Practice, Osteopathy and Acupressure and Effects of Manipulative Techniques on body.
5. Fasting Therapy — History and types of fasting, effects of fasting and how to break a fast.
6. Introduction to Chromo therapy — Primary and secondary colors and their properties and treatment equipment in Chromo therapy.
7. Introduction to Nutrition — Definition and importance and carbohydrates, fats, proteins, vitamins, minerals and trace elements, availability and function and their importance.
8. Natural Diet — Raw diet and its benefits, sprouts and its benefits, advantages and disadvantages of cooked and uncooked food and diet for different diseases and ages.
9. Arogya Rakshak Pancha Tantra, its importance for healthy living.
10. Vaccination and its effects.
11. Old age problems and their management.
12. Natural contraceptive methods.

PART- 1

1. General Introduction: Yoga Philosophy Definition, Concepts, Aims & Objectives and its importance in modern sociological life.

PART- 2**A. GHERANDA SAMHITA**

1. The seven exercises, the six purificatory processes, four internal Douts.
2. Bahiskrita Douti — Danta Douti, Danta mula douti, jihva shodhana douti, Karma douti, Hrid douti, Danda douti, Vastra douti, Uamana douti and Mulashodhana
3. Basus — jala & Stala.
4. Neti and Trataka.
5. Asanas as prescribed in the original text.
6. Mudras and its benefits as prescribed in the original text
7. Pratyahara.
8. Pranayama.
 - (a) Place, Time, Six seasons experiencing of seasons moderation of diet, prohibited foods.
 - (b) Types of pranayama, purification of nadis, kinds of Kumbhaka, vayus and their seats.
9. Dhyana Yoga — Sthula Dhyana, Jyotir Dhyana, Sukshma Dhyana and Samadhi Yoga as mentioned in the original text.

1. Hydrogen ion concentration, acids, bases, henderson hasepbasch equation.
2. Amino acids - classification, structure properties & side chains.
3. Peptides - biological importance of peptides structure of insulin.
4. Protiens - definition, boilological importance, classification & properties structure of protiens, coagulation & denaturasation of protiens.
5. Elimantary aspects of the structure of collagen, myoglob1n & haemoglobin
6. Enzymes - definition classification, specificity. Co-enzymes, co-factors & activators, dygnostic importance of enzymes & iso-enzymes,
7. Carbohydrates - definition, classification & biological importance & function.
8. Lipids- definition, classification & biological importance.
 - (A) composition of triglycerol, waxes.
 - (b) fonctions of phospholiplds, spongiolipids & glycolipids.
 - (c) functions of fatty acids- properties of saturated & unsaturated fatty acids.
9. Nucleic acids- definition, classification, composition & biological importance of nucleic acids, purines & pyrimidine bases.
10. Vitamins-definition & classification, minerals- calcium, phosphorus, iron, copper, zinc, magnesium, manganese, lead, mercury, arsenic, metal toxicity, flourine & iodine.
11. Digestion & absorption of carbohydrates, lipids & protiens, biochemistry of blood - synthesis & degradation of haeme, function of haemoglobin, abnormal haemoglobin, jaundice, importance, functions & separation of plasma protiens. Functions of immunoglobulins,
 1. Regulation of ph of blood, role of kidney & lungs in maintaining ph of blood, acidosis & alkalosis.
12. Liver function- liver function test, detoxification, machanism, kidney function test- composition of urine, urea cleaning & creatinine clearance.
13. Basal metabolic rate & its inpotrance, calor1f1c values of food & unbalanced diet, protien energy malnutrition, essential fatty acids, dietary habits & diseases, biochemistry of starvation.

Brief history and introduction of Ayurveda.

Astangas of Ayurveda.

Shareera vigyan

- (a) Sapta Dhatus - Rasa, Rakta, Mamsa, Meda, Asthi, Majja and Suktra.
- (b) Tridosha Vigyan: Vata - Pitta - Kapha.
- (c) Mala Vigyan: Mala — Mootra — Sweda,
- (d) Ojas (vital force), Vyadhi Kshamatwa.
- (e) Different Kinds of agnis — Jatharaagnis. Bhootaagnis, Dhatwaagnis.
- (f) Concept of Atma.
- (g) Marma Vigyan – Strotas, Nadi and Kostas.

Prakriti Vigyan.

Swastha Vritta, Dinacharya, Ratricharya, Ritucharya, Vegadharanam and Sadvarta.

Bhaishaya Kalpana, Panch vidha kashya kalpana.

Roga vigyan

- (a) Vyadhi and classification
- (b) Nidana Pachaka Nidana, Poorva Roopam, Upasayam and Samprapti.

Shodhana Karma Panch Karma) Poorva, Pradhana and Paschyaat Sansarjana Karma.

Importance of Pathva Apathya Vichara in Ayurveda.

HERBOLOGY

1. Emblica Officinalis
2. Cassia Fistula
3. Ficus Glomerata
4. Vetiveria Zizanioides
5. Cinnamomum Camphora
6. Morsardica Charantia
7. Tribulus Terrestris
8. Myristica Fragrans
9. Cuminum Cyminum
10. Sesamum Indicum
11. Ocimum Sanctum
12. Punica Granatum
13. Coriandrum Sativum
14. Allium Cepa
15. Azadirachta Indica
16. Piper Longum
17. Psoralea Corylifolia
18. Taxus Baccata
19. Aegle Marmelos
20. Semecarpus Anacardiuni
21. Phyllanthus Niruri
22. Piper Nigrum
23. Trigonella Foenum - Graecum
24. Santhalam Album
25. Allium Sativum
26. Mimosa Pudica
27. Acorus Calamus
28. Asparagus Racemosus
29. Rauwolfia Serpentina
30. Curcuma Longa
31. Terminalia Chebula
32. Ferula Narthex
33. Syzygium Aramaticum
34. Terminalia Belerica

THIRD SEMESTER

BYN/S 310

MAGNETO THERAPY

AIR THERAPY

1. Composition of Air —Night and Day composition.
2. Ozone in the atmosphere and 'Air Pollutants, their acceptable value.

SUN THERAPY (HELIO THERAPY)

1. History of Sun Therapy.
2. Physiological and Chemical Properties of Sunlight.
3. Effect of sunlight on vegetable and Micro — organisms.
4. Rejuvenation and curing diseases.
5. General sun bath.
6. Dr.Rikidi's method of sun bath.
7. Dr. Kunhe's methods of sun bath.
8. Sun bath through wet pack.
9. Sun bath of children and aged persons.
10. Sun bath with leaves — Atapsnana.
11. Oil sun bath (Abhyanga snana).
12. Ill-effects of excess exposure to Sunlight — Sun stroke, sun burn, carcinoma of the skin etc.
13. Practice of Exercise in Sunlight
14. Proper tanning practices — Dosage, Duration and Physiological effects etc.

CHROMOTHERAPY

1. Introduction — Historical Highlight, Hormomc laws of the universe and solar family.
2. Theory of light and its force.
3. The source of light- the sun forming sources — the solar atmosphere- sun power— colour effects- influence of sunlight on skin, muscles, digestive organs and bones.
4. Chromo-chemistry- character of spectrum analysis, materials discovered by the spectroscop- spectrum of gry and natural colours-chromatic repulsion and attraction.
5. chromo-diagnosis and chromo hygiene.
6. Chromo-therapeutics-the healing power of colour, healing power of red, Yellow, orange, blue, green and violet, non-spectral colours, sun-stroke-action of sun light on-micro-organisms.
7. Directions to be followed during treatment with light.
8. Chromotherapy prescription for different diseases

MAGNETOTHERAPY

1. Introduction- Definition of Magneto therapy, Historical highlights and use of magnets upheld by Naturopathy.
2. Effects of magnetism on living organism.
3. Medical influence of magnetic field Rheumatoid arthritis, hemiplegics, arthralgia, Neuralgias.

4. Technique of application of magnets- North and South Pole, local treatment and general treatment of various common diseases.
5. Magnetized water and magnetized oils - Magnetized water in nature influence of magnetic field on the properties of water, methods of preparation of magnetized water, dosage and therapeutic effect of magnetized water- method of preparation of magnetized oils and their application and therapeutic effects.
6. Advantage of Magneto- therapy

Magneto therapy is a natural treatment — Use of Magnets as a Preventive device.

BYN/S 320 PHYSIOTHERAPY

1. Mechanics: Force, Gravity, Line of gravity. Centre of gravity in human body, base, Equilibrium, Axes and planes.
2. Mechanical Principles: - Lever, Order of Lever examples in human body, Pendulum, spring.
3. Introduction to exercise Therapy.
4. Starting positions: - Fundamental starting positions, derived position, Muscle work for all the fundamental starting positions.
5. Classification of movements in details:
 - (a) Voluntary movements
 - (b) Involuntary movements
6. Active and passive movements.
7. Techniques of relaxation, Principle of obtaining relaxation in various positions.
8. Types, factor responsible for good posture, factor for poor development of good posture, principles and techniques of re-education, walking aids.
9. Definition of co-ordinated movements, in-co-ordinated movements, principles co-ordinated movements, techniques of co-ordination exercise.
10. Analysis of normal gait with muscles work, various pathological gaits.
11. Crutch Gait: - Introduction, Crutch Measurement, Various type of crutch gait details).
12. Neuro muscular facilitation techniques, functional re-education.

ELECTROTHERAPY

1.
 - (a) Shortwave Diathermy
 - (b) Microwave Diathermy
 - (c) Ultrasonic therapy
 - (d) Interferential Therapy
2.
 - (a) Infrared radiation therapy.
 - (b) Ultraviolet radiation therapy.
 - (c) Basic principles of transcutaneous nerve stimulation and interferential therapy.

15. General Bacteriology
 - (a) Historical Introduction and Morphology.
 - (b) Sterilization and Disinfection.
16. Immunology
 - (a) Infection and Immunity, Antigens & Immunoglobulin.
 - (b) Immunodeficiency diseases.
3. Systemic Bacteriology
 - (a) Streptococcus, Staphylococcus and Pneumococcus, Gonococcus, Meningococcus, Corynebacterium, Clostridium, Hemophilus, Bordetella, Mycobacterium, Spirochaete, Yersinia, Chlamydia, Enterobacteriaceae, Nonsporing, Amoeba, Vibrio.
4. Parasitology
 - (a) Protozoology — Entamoeba and Plasmodium,
 - (b) Helminthology — Ankylostoma, Ascariasis, Taenia, Wuchereria.
5. Virology
 - (a) General Properties of virus and their diagnosis.
 - (b) Herpes, Adenovirus, Picorna, Hepatitis virus, Rubella and Poxvirus, Rabies virus, Poliovirus, HIV, Bacteriophage.
6. Mycology
 - (a) General characters and methods used for study and diagnosis of fungal infections.
 - (b) Superficial Mycoses, systemic mycoses, Candidiasis, Aspergillosis, Mycetoma, Rhinosporidiosis.
7. Applied Microbiology
 - (a) Diagnostic methods in common diseases
 - (i) Meningitis, UTI, PUO, Gastroenteritis, Respiratory infection.
 - (ii) Urogenital infections, pyogenic infections, nosocomial infections, Infections of Ear, Eye and Oral Cavity.
 - (b) Bacteriology of water, Milk and Air.

1. Difference between yogic and Non — yogic practices like Asanas and other exercises, Pranayama and other breathing exercises, Yogic relaxation techniques and other relaxation techniques and yogic meditation and other methods of meditation.
2. Rules and regulation for the practices of yogic methods.
3. Physical practices — Surya Namaskars, Spinal Exercises, Abdominal Exercises, Yogic Suksma and sthoola vyayamas, Pavanamuktasana series, (anti-rheumatic and anti-gastric) .-. Shaktibandha series, Eye exercises and Asanas, Bandhas and Mudras as mentioned in the Gheranda Samhita and Hatha Yoga Pradeepika.
4. (A) Breathing practices: Tiger breathing, Dog breathing, Snake breathing, Locust breathing, Rabbit breathing, hands in and out breathing, hands stretch breathing, sectional breathing, Shashankasana breathing.
(B) Pranayamas as mentioned in the Gheranda Samhita and Hatha Yoga, Pradeepika (Anuloma- Viloma, Nadi Shudhi, Bhastrika, Bhramari, Sitkari, Ujjayi, Kevali)
(C) Clansing Practices: Jalaneti, Sutraneti, Kunjal, Vatradhouti, Danda- dhouti, Kapalabhati, ShankhaPrakshalana, Nauli and tratoka.
5. Relaxation Techniques: Yoga Nidra, Instant Relaxation Technique, Quick relaxation technique, deep relaxation
Technique and Biofeed back technique.
6. Meditation Techniques: Om Meditation, Cyclic meditation Transcendental Meditation, Vipassana Meditation, Zen meditation, raja Yoga Meditation, Prekash Mediation etc.

FOURTH SEMESTER

BYN/S 410 ACCUPRESSURE

1. History of accupressure.
2. Principle of accupressure.
3. Procedure of accupressure
4. Disease of eye
 - (a) glaucoma
 - (b) night blindness, day blindness, color blindness.
 - (c) diplopia
 - (d) cataract
5. Disease of ear
 - (a) otitis media
 - (b) tinnitus
6. Disease of mouth, throat & nose.
 - (a) tonsillitis
 - (b) adenoids
 - (c) sore throat
 - (d) tooth ache
 - (e) gingivitis
 - (f) sinusitis
 - (g) epistaxis
7. Cervical pain, shoulder pain, lumbar pain, sciatica
8. Disease of heart
 - (a) hypertension & hypotension
 - (b) angina pectoris
9. Respiratory disorders
 - (a) asthma
 - (b) bronchitis
 - (c) cough
10. Disorder of digestion
 - (a) disease of liver
 - (b) jaundice
 - (c) gall stone
11. Disease of kidney & urinary stone
 - (a) kidney stone
 - (b) stone in urinary bladder
 - (c) enlarged prostate gland
 - (d) bed wetting
 - (e) Diabetes mellitus
12. Disorders of joints, bones, & muscles
 - A) arthritis
 - B) rheumatic fever
 - C) gout
 - D) ankylosing spondylitis
 - (e) pain in knee joints
13. Severe headache
 - (a) migraine

14. Special problems of women
 - (a) leucorrhoea
 - (b) menopause
 - (c) sterility
 - (d) sexual abnormality
 - (e) miscarriage - spontaneous abortion
15. Special problems of men
 - (a) impotence
 - (b) premature ejaculation
 - (c) loss of sexual desire
 - (d) enlarged prostate gland
16. Disorders of brain & nervous system
 - (a) facial paralysis
 - (b) bell's palsy
 - (c) epilepsy
 - (d) polio
17. Mental problem
 - (a) depression
 - (b) anxiety
 - (c) hysteria
 - (d) mental tension

BYN/S 420 HYDROTHERAPY

1. Introduction & history of hydrotherapy.
2. Physical properties & chemical composition of water.
3. Importance of water in human body.
4. Hydrotherapy in acute & chronic diseases.
5. Hydrotherapy in emergency conditions.
6. Function of magnesium sulphate- use of hydrotherapy.
7. The techniques of hydrotherapy
 - (a) cold hip bath - kellogg's & kunhes sitz bath.
 - (b) shallow bath for males, females hand & ram bath.
 - (c) graduate bath footbath, hot & cold alternative.
 - (d) nature bath leg bath.
 - (e) non revulsive bath.
 - (f) immersion bath.
 - (g) cold plunge bath.
 - (h) whirl pool bath.
 - (i) aeration bath.
 - (j) viechy spray bath.
 - (k) rapid bath. Brand bath, fever bath, river bath, sea bath.
8. Various bath & air bath, russian bath, turkish bath. Steam bath, steam inhalation, hot air bath, local hot air bath, Hot air bath, cold air bath, indoor & outdoor baths.
9. Fomentation, compression & packs:- the hot water bag, the Water bag, the thermopore, the mustard fomentation, clay Puoltice, charcoal poultice cotton poultice.

10. The wet sheey pack, colling pack, cold shower pack, sweating Dry pack, half pack, hot blanket pack, evoporation pack, very Compress, proximal compress, neutral compress, altenative Revulsive compress, compress of ten days for injuries & Alternative ten applications to be head & spine, local packs, Girdle pack, dry abdominal bandage.
- (a) abdominal heating compress head pack, spine pack.
 - (b) hot & cold gastro-hepatic compress.
 - (c) hot & cold heart compress, hot & cold lung compress,
 - (d) hot & cold renal compress.
 - (e) hot & cold intestinal compress.
 - (f) hot & cold pelvic compress.
 - (g) hot & cold abdominal pack.
 - (h) hot & cold spinal pack
 - (i) hot & cold heat pancreatic pack

Special forms of compress: - cephalic compress, chest pack, triangular Chest pack, half chest compress, joint compress, pelvic pack, foot Pack, cold spinal compress, towel chest pack pericardial/cardiac compress, hip pack, leg pack, perineal compress prone packs, lumber compress.

11. Internal use of water: irrigatoin & enema (cold flushing)

Cold water drinking, hot water drinking, water emetic, irrigation of ears. Nasal irrigation, vaginal irrigation, intra-uterine irrigation, rectal irrigation.

Enema:- hot, warm, cold, graduate enema

- (a) procedures that increases oxidation.
- (b) measures that encourage general & local metabolic activity.
- (c) procedures that increase general blood movement & local blood supply.
- (d) measures that increase heat production.
- (e) measures that increase the elemination of heat.
- (f) measures that combat bacteria development in blood.
- (g) measures that increase/lessen heat elemination.
- (h) hydriatic incompatisllty.
- (i) adaptatoin of hydriatic presplration of individual diseases.
- (j) hyorothepey as a means of rehablition & health promotion measures.
- (k) emergency treatments in hydrothepey.

12. Mud therepy:

- (a) introduction of mud therepy.
- (b) classification of mud for theraputic use.
- (c) precautions of storing mud.
- (d) methods of treatment of mud - applications, packaging, hot poulties, effect of body.
- (e) natural mud bath, full & partial mud packs, mud plaster, thermal bath, dry pack & sand pack & sand baths.
- (f) cosmatic use of mud

BYN/S 430**FASTING NUTRITION DIETETICS**

Physiology of fasting and starvation.

- (a) general physiology
- (b) effect on metabolism of carbohydrates, fats & proteins during fasting & starvation.
- (c) difference between hunger & appetite.

Rules & regulations of sane fasting & therapeutic fasting.

Definition & classification of fasting in different aspects.

- (a) general classification of fasting (religious, political & therapeutic).
- (b) methods & types of therapeutic fasting (dry, water, juice, saline, monodiet (kalpa), fruit, intermittent, preventive weekly etc.).

Nutritional assessment, social aspects of the nutrition

- (a) human nutritional requirements.
- (b) nutrition in pregnancy, lactation, infancy, childhood & adolescence.
- (c) nutrition & immunity.

Nutritional deficiency diseases, preventive & curative approach.

BYNS-440**YOGA-PRACTICAL****THEORY**

Students are required to perform 20 different asanas during session.

FIFTH SEMESTER

BYN/S 510 ACUPUNCTURE

1. Definition of Acupuncture.
2. History of Acupuncture.
3. The traditional Chinese Diagnosis Method.
4. Contraindication and complication of Acupuncture.
5. The concept of meridians.
 - (a) Lung meridians (Lu meridians)
 - (b) Large intestine (L I meridians)
 - (c) Stomach meridians (St Meridians)
 - (d) Spleen meridians (Sp meridians)
 - (e) Heart meridians (Li meridians)
 - (f) Small intestine (S I meridians)
 - (g) Urinary bladder (U B meridians)
 - (I) Kidney meridians (K meridians)
 - (i) Pericardium meridians (P meridians)
 - (j) Sanziao meridians (Sj meridians)
 - (k) Gallbladder meridians
 - (l) Liver meridians (Liv meridians)
 - (m) Du meridians
 - (n) Hen meridians
6. Auricular Therapy
Scalp Acupuncture
Treatment of following disease
Head ache, Facial paralysis, Hemiplegic, Paraplegia, Asthma, Hypertension, Nausea & Vomiting, Leucorrhoea, Frozen shoulder, Psoriasis, Night blindness, Hysteria, Sexual impotence, Low back ache, Pain in knee joint, Warts, Sciatica Pain, Alopecia Areata, Cervical spondylosis.

BYN/S 520 COMMUNITY MEDICINE

1. Concept in community Health Concepts of health & Development, concepts of prevention Disease control & Eradication, public Health, Social medicine, community medicine, Health services, planning and management, Development of Health services.
2. Epidemiology of communicable Diseases-
 - (a) Respiratory infection — Small pox, Varicella, Measles, Rubella, Mumps, Influenza, Diphtheria, Pertusis, Tuberculosis.
 - (b) Intestinal infections — Polio, Viral hepatitis, cholera, acute diarrhea Diseases, Typhoid, Food poisoning, Amoebiasis, Ascariasis, Ancylostomiasis Taeniasis.
 - (c) Yellow fever, Japanese Encephalitis, Malaria, Filaria,
 - (d) Rabies Trachoma, Tetanus, Leprosy, STD, AIDS
3. Epidemiology of non-communicable diseases — Hypertension, Cancer, CardioVascular Diseases, Obesity, Blindness, Rheumatic Heart Disease and Accidents.
4. Demography & Family planning — Demographic cycle, population trends, Fertility Related statistics, Health aspects of family planning, Contraceptive methods and Delivery system, National family welfare programme,

5. Health planning — Management — International Health Organization.
6. Healthy care of community — Health system and National Health programmes.

PRACTICAL

1. Insecticides
2. Universe immunization programme
3. Environment and sanitation
4. Field visits
 - (a) Rural Health Centre.
 - (b) Sewage Disposal plant.
 - (c) Water filtration plant.
 - (d) Nature care Hospitals.

REFERENCE BOOKS

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

BYN/S 530 YOGA CULTURE

1. Rules and Regulations for the practice of Yoga Techniques.
2. Physiological effects of various asanas on different system of the body such as skeletal, Respiratory muscular, cardiovascular, etc in general.
3. Research on Physiological aspects of Yogasanas, Pranayama, Meditation, Concentration, Relaxation techniques, Kriyas etc.
4. Surya Namaskar and its importance in health and diseased conditions.
5. Yoga for Personality Development.
6. Yoga for Women Emphasis on Yogic practices during pregnancy.
7. Mudras & Banda's their neuron-muscular & glandular effects on the body.
 - (a) Theory of PRANAYAMS & Types of Pranayana & their functions.
 - (b) Types of pranayams & Suryabheda, Ujjayi, Sheet Kari, Sitali, Rhastrika, Bbramari, theory and practice.
 - (c) Importance of Pratyaharas.
8. Yoga and Religion.
9. Role of Yoga, Yoga teaching methods, yogic training and physical fitness.

REFERANCE BOOKS

1. Encyclopedia of Indian Physical culture by D.C.Majumdar.
2. Yoga — The science of holistic living V.K yoga publications.
3. A complete illustrated book of yoga by Swami Vishnu Devananda.

BYN/S 540 YOGA PRACTICAL

1. Difference Asanas According to Yoga.
2. Exercise with meditations.

SIXTH SEMESTER

BYN/S 610

NEURO & ORGAN ANATOMY

Central Nervous System

Cerebrum

Cerebellum

Mid Brain & Brain Stem

Spinal Cord

Thalamus & Hypothalamus

Cranial Nerves, Lymphatic System

Sympathetic & Parasympathetic Nervous System

Endocrine System-Pituitary, Thyroid & Parathyroid, Adrenal Gland

Eye, Ear, Tongue, Nose, Liver, Spleen, Pancreas

Fetal Circulation, Placenta, Umbilical Cord Heart, Superior Venacava, Inferior Venacava Aorta

Twining & Ta Ge+esis

Kidney, Ureter, Urinary Bladder, Urethra

Larynx, Trachea, Lungs

Oesophagus, Stomach, Small & Large Intestine Vermifonn Appendix

Male & Female Genital Organ

BYNS-620

OBSTETRICS AND GYNAECOLOGY

Anatomy and physiology of female generative organs and pelvis. Maturation and fertilization of ovum.

Diagnosis of pregnancy. DifferenTial diagnosis of pregnancy. Foetus in normal pregnancy and Ante-natal care.

Physiology and stages of Labour and \mechanism of labour.

Hyperemesis gravidarum. Anaemia in pregnancy, Diseases of urinary system. Diabetes in pregnancy, Diseases and abnormalities of fetal membrane and placenta, Abortion, Ectopic premancv. Ante-partum haemorrhage, placenta previa and P.E.T (pre-eclampic toxoemia).

Occipito — Posterior position. Breech presentation, prolapse of the cord, compound presentation. Multiple pregnancy. contracted pelvis, Management of labour in contracted pelvis and complications of 311 stage of labour.

Asphyxia neonatorum. pre-term bab\ and congenital malformations.

Obstetrical Operations like Forceps, Caessarprean section and Induction of abortion and labour.

Puerperal Infections.

Ultrasonogram in Obstetrics and Contraception- Types procedures.

Gynaecological diagnosis.

Diseases of Vulva.

1. Role of Shatkriyas in health management,
2. Logic therapy for Cardio — Vascular Jseases. Psychic diseases, Mental retardation diseases, metabolic disorders. Ophthamological diseases, Paediatric disorders, E N T disorder. Obstetrics & Gynaecological disorders.
3. Meditation & its applications on ps chosomatic disorders.
4. Therapeutic effects of Yoga relaxation techniques:
 - (a) Quick relaxation technique
 - (b) Instant relaxation technique
 - (c) Deep relaxation technique
 - (d) Yoga nidra
5. Correction of displaced Nabbi.
6. Therapeutic benefits of Yogic sukshma vyayam, shaktibandha series, pavanamuktaana series.
7. Advanced techniques of yoga Therapy.
8. Pranic Healing & Reiki Therap Basics only)
9. Yoga and Mental health — Total integration of personality, correct mental behaviour and attitude, harmonial relationship of body and mind, self content.
10. Yoga & Diet.
11. Personality: Nature, development & integration, Stress — its causes, effects and control, Historical perspective, identifying psychological disorders like Anxiety disorders. Dissociative Disorders, Somato form disorders, Sexual Disorders, Mood Disorders, Personality Disorders, Schiziphrenia. Therapy for psychological disorders like psychotherapy- Nature and Forms. Yoga as a form of Psychotherapy, Therapy of Interpersonal relations and Behaviour therapy and methods of administering questionnaires & their scoring, Pain analogue scale, personality questionnaire, etc.

BYN/S 640 FASTING THERAPY

1. 1.Introduction:
 - A. Theory of fasting in animals.
 - B. Fasting of Ancient India, history of fasting in India and Foreign Country.
 - C. Science and Fasting.
2. The Philosophy of Fasting
The philosophy of sane fasting and philosophy of Therapeutic Facing
 - A. Life its existence in connection with health and diseases.
 - B. Theory and Physiological facts of fasting.
 - C. Objections commonly raised in fasting therapy.
 - D. Pros and Cons of fasting.
3. Physiology of Fasting and Starvation.
 - A. General Physiology.
 - B. Effect on metabolism of carbohydrates, fats and proteins during and starvation.
 - C. Difference between fasting and starvation.
 - D. Difference between hunger and appetite.
4. Rules & Regulations of Sane Fasting and Therapeutic Fasting.
5. Definition and Classification of Fasting in different aspects.
 - A. General classification of Fasting (Religious, Political and Therapeutic)
 - B. Methods and types of therapeutic fasting (Dry, Water, Juice, Saline, Monodiet (Kalpa), Fruit, Intermittent, Preventive weekly etc.)
6. Hygienic Auxiliaries of Fasting
 - A. Air and Breathing, Enema, Bathing, Clothing, Water Drinking, Exercise, Fasting and Mental influence.
7. Study of Patients During and after Fasting.
 - A. Crises during fasting and their management.
 - B. Physiological effects of fasting.
 - C. Study of the tongue, the breath, the temperature and pulse etc.
 - D. The loss and the gain of weight.
 - E. How and when the break the fast.
 - F. Diet after the fast.
8. Indication and contraindication of Fasting.
9. Therapeutic aspects of Fasting
 - A. Fasting in acute diseases.
 - B. Fasting in chronic diseases.
 - C. Role of fasting in various diseases.
 - D. Obesity and fasting.
 - E. Fasting for preservation of health and prevention of diseases.

SEVENTH SEMESTER

BYN/S710 DIAGNOSTIC METHODS OF YOGA & NATUROPATHY

THEORY:

1.
 - Introduction to the science of facial expression
 - Characters of Healthy Body - Normal Functions and Normal figure.
 - Foreign Matter theory:-
 - Definition of foreign matter, the process of accumulation of foreign matter in the body, encumbrance and changes caused in the body due to the accumulation of foreign matter and General Pathology of foreign matter.
2.
 - The nature: origin and cure of diseases of children for their unity and developments.
 - Bad habits support the accumulation of foreign matter in the body like tobacco, alcoholic drinks, coffee and tea-opium.
 - Drug addictions - Pethedine heroin, injection etc., suppression of diseases v/s elimination of morbid and diseased germs from the system.
3.
 - Types of Encumbrance – Front Encumbrance, right side Encumbrance, Front & right side Encumbrance, Left side Encumbrance, Mixed or Whole Encumbrance, their descriptions, general characters & possible diseases in the concerned Encumbrance & their treatment.
4. Diagnosis of the diseases of the following internal organs:
 - Pneumonia
 - Pleurisy
 - Bronchitis
 - Asthma
 - Angina Pectoris
 - Heart Attack
 - Acute Myocardial Infarction
 - Coronary Artery Blockage
 - Jaundice
 - Gall Stone
 - Hepatitis
 - Cirrhosis of Liver
 - Splenomegaly
 - Diabetes
 - Kidney Stone
 - Renal Failure

- Urinary Tract Infection
- Prostate Enlargement
- Encephalitis
- Meningitis
- Cervical Spondylitis
- Migraine
- Epilepsy

5.

- Process of elimination of foreign matter.
 - Importance of Nature Cure treatments and the digestive process natural dietetics.
- The Importance of Nabhi Pareeksha, the methods of Nabhi Pareeksha & the techniques of correction.
- Introduction to Iridology
 - Definition of Iridology
- Instructions in Methods of Application:-
 - Technique in Iris reading - The normal and abnormal Iris, colour of the Iris
 - Study of density of the iris
- Case histories according to Iridology.

PRACTICALS:

- Clinical classes and Demonstrations in the Nature Cure Hospital
- Case studies 50 with Record, Demonstration of Equipments.

RECOMMENDED TEXT BOOKS:

- Science of Facial Expression- By Louis Kuhne
- The New Science Healing- By Louis Kuhne
- The Science and Practice of Iridology- By Bernard Jensen
- Iridiagnosis and Other Diagnostic Methods -By Henry Lindlahr

BYN/S 720 PEDIATRICS

THEORY:

1.

- Growth & Development
 - Factors affecting growth
 - Growth Table & Growth Chart
- Disorders of Growth & Development
 - Cause of short stature
 - Learning Disabilities
- Nutrition
 - Nutritional Disorders
 - Under Nutrition
 - Vitamin Deficiencies

2.

- New Born Infants
 - Normal Full Term New Born Infants
 - Prevention of prenatal Hazards
 - Physiological Jaundice of the New Born
 - Respiratory Distress in the New Born
 - Neonatal Seizures
 - Congenital Malformations
 - Anemia
 - Bleeding Disorders
 - Immunity & Infections
 - Immuno-deficiencies:
 - Prophylactic Immunisation
 - Program on immunization of following diseases:
 - T. B.
 - Diphtheria Pertusis
 - Polio
 - Hepatitis B
 - Measles Mumps Rhinosis (MMR)
 - Typhoid Fever
- Fluid & Electrolyte Disturbances
 - Principles in Management of Dehydration
 - Regulation of Body Water Electrolytes Acid Base

3.

- Gastrointestinal System
 - Vomiting
 - Constipation
 - Abdominal Pain

- Acute Chronic Diarrhea
- Hepatomegaly
- Jaundice

- Disorders of Cardiovascular System
 - Congestive Heart Failure
 - Rheumatic Fever
 - Hypertension in Children

- Respiratory System
 - Cold & Cough
 - Nasal Discharge
 - Sore Throat
 - Epistaxis
 - Pneumonia & Bronchitis
 - Bronchial Asthma
 - Foreign Body Aspiration

4.

- Disorders of Kidney & Urinary Tract
 - Renal Function in Neonatal & Infants
 - Hematuria
 - Urinary Tract Infection
 - Renal Failure

- Central Nervous System
 - Bacterial & Tubercular Meningitis
 - Coma
 - Convulsion & Epilepsy
 - Cerebral Palsy
 - Mental Retardation

- Disorders of Muscles & Joints
 - Muscular Dystrophies
 - Rheumatoid Arthritis

5.

- Endocrine & Metabolic Disorders
 - Diabetes Mellitus
 - Obesity
 - Goiter
 - Delayed Puberty

- Disorders of the skin
 - Diaper Rash
 - Urticaria
 - Eczema
 - Dandruff

PRACTICALS

- Case studies (25) with record
- Visit to pediatrics ward in the Hospital

RECOMMENDED BOOKS

- Text book of pediatrics by P.S.N. Menon
- Essential Pediatrics by O.P. Ghai

BYN/S 730

FORENSIC MEDICINE & TOXICOLOGY

THEORY:

1.
 - Definition of Forensic Medicine and its scope
 - Procedure of giving medical evidence with reference to Indian evidence act.
 - Methods of identification of living and dead body - Race, Age, Sex etc
 - Death - Medico legal aspects, certification of death, sudden death, Medico legal importance, signs of death, changes due to death and calculating time of death.
2.
 - Medico-legal autopsy
 - Medico-legal wounds, their classification and study and medico-legal aspects
 - Examination of blood stains, hair and seminal stains
 - Miscellaneous cause of death from heat, cold, electricity, starvation etc
 - Violent asphyxial deaths-hanging, strangulation, suffocation and drowning
3.
 - Sexual offences: - Impotency and sterility, Virginity, Legitimacy, Un-natural offences, Medico legal aspect
 - Infanticide.
 - Medico-legal aspects of insanity.
4.
 - Toxicology
 - General consideration of poisoning and classification
 - Action of poison, factors, modifying their action
 - Diagnosis of poisoning
 - Treatment of poisoning in General.
 - Poisons: -
 - Corrosives, Non-metallic, Metallic, Organic Irritant, Somniferous Inebriant, Deliriant, Spinal, Cardiac poisons, Insecticides and Weed killers, Food poisoning, Asphyxiants and Drug Dependence
 - Legal responsibilities: Medical ethics.

5.

- Responsibilities and duties of the Medical practitioners to the State Professional secrecy and privileged communication.
 - Un-professional conduct, Mal-practice.
 - The rights and privileges and duties of Medical practitioners.

PRACTICALS:

- Age estimation
- Skeleton remains
- Spotters
- Examination of injured Alcoholic
- Psychiatric and Toxicology.

REFERENCE BOOKS:

- Medical Jurisprudence By Modi
- A text Book of Forensic Medicine By Narayana Reddy
- A text Book of Forensic Medicine. By M.R.K. Krishna
- The Essential of Forensic Medicine-By Dr. C.J. Poison D.J. Gee and B. Knight
- Forensic Medicine- By Corden and Shapiro
- Principles and practice of Medical Jurisprudence By Taylor's

BYN/S 740

MANIPULATIVE THERAPY

THEORY:

1.

- Introduction and History of Massage.
 - Rules, Regulations and Characteristics of Massage
 - Structure especially concerned in massage and part of the body to be specially studied for the purpose are as follows:
 - Skin, Muscular System, Heart and Circulation, Nervous System and Skeletal system including joints

2.

- Effects of the pressure of hand and lubricants on the following systems :-
 - Skin
 - Muscular System - Nutrition and Development, Excitation of 'M', contraction of 'M' and Increase of muscular electro-excitability, removal of the fatigue from muscle
 - On the ligaments and skeletal
 - On the circulatory system
 - On the nervous system
 - On respiration - increase of respiratory activity and increase of tissue respiration
 - On GIT - improvement in appetite, improvement in secretion of digestive fluid, absorption and improvement in peristalsis,
 - Excretory System

- Powdered Massage - Merits and demerits.

3.

□ Massage (Side effects and benefits)

- Basic therapeutic massage techniques, indication and contraindications c massage while applying to the patients.
- Massage and its effects - Nutrition, Haematogenesis, Phagocytosis, Increase in the number of blood corpuscles and Absorption of increased inflammator exudates, change in the weight of the person, obese or emaciated.
- Different Massage manipulations, classifications and their detail explanation, uses and contra-indications, ii) Manipulative treatments in stress management,
- Shiastu in manipulative therapy (Acupressure)
- Manipulation and life extension
- Dry Brush massage.

4.

□ Movement of Joints:-

- Flexion, Extension, Abduction, Adduction, Supination, Circumduction and Deviations - Medical and Lateral
- Massaging in local areas under special circumstances:-
- Massage of Abdomen
- Massage to Liver
- Massage to Stomach
- Massage to Heart
- Massage to Head
- Massage to Spine
- Special type of Massage in different diseases.

5.

□ Massage to women, infants and children and elderly person.

- Massage for prevention of diseases and maintenances of natural beauty.
- Ayurvedic Massage - terminology, Methods and Manipulations

PRACTICALS:-

- 35 demonstration classes
- 10 demonstration in Panchkarma
- Each student should do 35 massages

TEXT BOOKS:-

- Massage Books - By George Downing
- Massage - By Constant Young
- Massage Therapy - By Dr. J.H. Kellog
- The complete Book of Massage - By Clare Maxwell Hudson
- Panchakarma Treatment of Ayurveda - By T.L. Devaraj
- Brain Massage, Revitalize mind body - By Howell, Kelly.

EIGHTH SEMESTER

BYN/S 810

MANAGEMENT OF DISEASE THROUGH YOGA

THEORY

Cause, Symptoms & Treatment of following diseases:

1. Headache
2. Hernia & Hydrocele
3. Hypertension
4. Heart Diseases
5. Hepatitis
6. Hysteria & Fainting
7. Acidity
8. Allergy
9. Asthma
10. Anemia
11. Arthritis
12. Appendicitis
13. Anxiety
14. Black Water Fever
15. Beriberi
16. Constipation
17. Cervical Spondylitis
18. Cough & Cold
19. Coronary Heart Disease
20. Carbuncle
21. Colitis
22. Diarrhoea
23. Diabetes
24. Duodenal & Gastric Ulcer
25. Dyspepsia
26. Displacement of the Uterus
27. Eczema
28. Fever
29. Gas Trouble
30. Goiter
31. Gall Stone
32. Gonorrhoea
33. Insomnia
34. Itches
35. Impotency
36. Influenza
37. Cholera
38. Kidney Stone
39. Leucoderma
40. Lumbago
41. Leprosy
42. Menstrual Disorders
43. Menopause
44. Mental Health
45. Malaria
46. Nervous Debility
47. Obesity
48. Old Age Problems
49. Piles
50. Polio
51. Psoriasis
52. Premature Graying Hair
53. Pleurisy
54. Pneumonia
55. Pyorrhoea
56. Sciatica
57. Stress
58. Sterility
59. Spleen Disorders
60. Tonsillitis
61. Thinness
62. Varicose Veins
63. Typhoid
64. Tooth Trouble
65. Tuberculosis
66. Tumour

PRACTICES:

- Study of 100 cases with record
- Visit to the yoga Ward in hospital

REFERENCE BOOKS:

- Preksha Yoga by Dr. J. P. Mishra
- Yoga Therapy by Dr V. K. Ahluwalia
- Yoga se Rog Nivaran by Swami Shivananda Saraswati

BYN/S 820 MANAGEMENT OF DISEASE THROUGH NATUROPATHY

THEORY:

Cause, Symptoms & Treatment of the following Diseases:

- | | | |
|-------------------------------|-------------------------------|----------------------------------|
| 1. Acne | 27. Cough | 53. Hypoglycemia |
| 2. Alcoholism | 28. Dandruff | 54. Impetigo |
| 3. Allergies | 29. Defective Vision | 55. Indigestion |
| 4. Amnesia | 30. Dental Caries | 56. Influenza |
| 5. Anaemia | 31. Depression | 57. Insomnia |
| 6. Anal Fissure | 32. Dermatitis | 58. Intestinal Worms |
| 7. Anorexia Nervosa | 33. Diabetes | 59. Jaundice |
| 8. Appendicitis | 34. Diarrhoea | 60. Kidney Stone |
| 9. Arteriosclerosis | 35. Diphtheria | 61. Leucoderma |
| 10. Arthritis | 36. Dropsy | 62. Low Blood Pressure |
| 11. Asthma | 37. Dysentery | 63. Malaria |
| 12. Backache | 38. Eczema | 64. Measles |
| 13. Boils | 39. Epilepsy | 65. Meningitis |
| 14. Bronchitis | 40. Falling of Hair | 66. Mumps |
| 15. Cancer | 41. Fatigue | 67. Muscle Cramps |
| 16. Cataract | 42. Gastritis | 68. Neuasthenia |
| 17. Cervical
Spondylosis | 43. Gastro-Enteritis | 69. Neuritis |
| 18. Chicken Pox | 44. Glaucoma | 70. Nephritis |
| 19. Cholera | 45. Goitre | 71. Obesity |
| 20. Cirrhosis of the
Liver | 46. Gout | 72. Osteoporosis |
| 21. Colitis | 47. Headache &
Migraine | 73. Parkinson's Disease |
| 22. Common Cold | 48. Heart Disease | 74. Peptic Ulcer |
| 23. Common Fever | 49. Hiatus-Hernia | 75. Piles |
| 24. Conjunctivitis | 50. High Blood
Cholesterol | 76. Pleurisy |
| 25. Constipation | 51. High Blood Pressure | 77. Pneumonia |
| 26. Corns | 52. Hydrocele | 78. Premature Graying of
Hair |
| | | 79. Prostrate Disorders |

80. Psoriasis
81. Pyorrhoea
82. Rheumatism
83. Rickets
84. Ringworm
85. Scabies
86. Sciatica
87. Scurvy
88. Sexual Impotence

89. Sinusitis
90. Sore Throat
91. Stomatitis
92. Stress
93. Stroke
94. Styes
95. Thinness
96. Thyroid Fever
97. Thyroid Disease

98. Tonsillitis
99. Tuberculosis
100. Urticaria
101. Varicose Veins
102. Venereal Diseases
103. Warts
104. Whooping Cough

PRACTICES

- Study of 150 cases with record
- Visit to the Naturopathy Ward in Hospital

REFERENCE BOOKS

- Nature Cure by Dr. H. K. Bakhrui
- Naturopathy by Dr. Om Prakash Sexena

BYN/S 830 MODERN DIAGNOSTIC METHODS

THEORY:

1.
 - Examination of the Patient:
 - Approach to a Patient
 - History taking and case sheet writing
 - Symptomatology
 - Examination of Vital Data
 - Importance of height, weight, abdominal girth

2.
 - General physical examination
 - Examination of breasts, back, spine and genitals
 - Systemic examination of the patient like Abdomen (Digestive system), Cardiovascular System, Respiratory System, Renal system (urinary system), Central nervous system, Locomotor system, Examination of ear, nose and throat and Gynecological examination for female only
 - Provisional Diagnosis

3.
 - Routine and Special Laboratory Investigations for urine, stools
 - Blood examination like Peripheral smear, Total WBC count, differential WBC count E.S.R. Hb%, Blood Sugar, Blood urea, serum uric acid, Serum lipid profile, Serum Creatinine liver function last
 - Radiological Investigation and Contrast Radiography
 - ECG - Electrocardiography, Echo-cardiography, Coronary angiography and - Electro-encephalography (EEG)

4.
 - Diagnostic Thoracocentesis
 - Thyroid T3, T4, TSH estimation.

5.
 - Ultra – sonography
 - Computerised tomographic scan (CT scan)

PRACTICAL:

- History Taking & Physical Examination of cases
- Case Sheet writing in different general cases

REFERENCE BOOKS:

- Hutchison's Clinical Methods
- Manual of Clinical Methods –by S. P. Shanker
- Clinical Diagnosis –by jal Vakil

THEORY:

1.
 - General principles of First Aid, Wounds, Control of haemorrhage, Epistaxis, Shock Classification and treatment, Dog bite, Snake bite, Scorpion sting, Burns and Scalds, Heat exhaustion, heat stroke and fainting, frost bite, Fractures, dislocations, sprains and strains, Poisoning, Epileptic fits, convulsions in children, Aspiration of foreign body, Artificial respiration, Bandages of different types and Unconsciousness and general principles
 - Acute myocardial infarction, Cardiogenic shock, Cardiac arrhythmias and Cardiac arrest
2.
 - Haemoptysis, Status asthmaticus, Spontaneous pneumothorax and acute respiratory failure
 - Acute vomiting, Perforation of Peptic Ulcer, Haemetemesis and Hepatic Precoma and coma
3.
 - Acute renal failure, renal colic and Haematuria
4.
 - Thyroid crisis, Adrenal crisis. Diabetic Keto-acidosis and coma and Hypoglycemia
5.
 - Syncope, Acute peripheral circulatory failure, acute reaction and hypothermia

PRACTICAL:

- History taking and physical examination of cases
- Case sheet writing in different general cases (25)

RECOMMENDED BOOKS:

- First Aid - By L.C. Gupta
- Medical Emergency –by S. P. Gupta