BNYS 4th

YOGA THERAPY

Subject Title : YOGA THERAPY (Duration : 12 Months)

Subject Code : BNYS – T 401 & BNYS – P 401

Subject	Theory	IA	Total	Practical	Viva voce	IA	Total	Grand Total Marks
Yoga Therapy	80	20	**100**	60	30	10	**100**	**200**

*IA - **Internal Assessment**

GOALS AND OBJECTIVES

Goal:
The goal of teaching Yoga Therapy to undergraduate students is to provide them with comprehensive knowledge of Yoga and the physiological effects of various yogic practices and utilisation of the same for therapeutic purposes.

Course Objectives:

- Describe the physiological effects of various yogic practices like kriyas, asana, Pranayama's, mudras, bandhas, Drishti's, Guided relaxation and Meditation;
- Define rules and regulations of Yoga to be followed;
- Understand the therapeutic aspects of Yoga as applied to different disease conditions;
- Understand contraindications and indications of yogic practices in order to efficiently use Yoga as a therapy
- Understand the concept of health and disease in yogic lore and role of stress in disease causation and management of the same with Yoga;
- Understand importance of food according to Yoga;
- Delineate the importance of Yoga and mental health;

Course Outcomes (Cos) :
After the completion of the course, the student shall be able to:

- **CO 1 -** Utilise knowledge of Yoga therapy in managing various diseases;
- **CO 2 -** Demonstrate usage of therapeutic aspect of Yoga in Promotive, preventive, curative and rehabilitative therapy.
- **CO 3 -** Institute remedial measures in Yoga for various disease conditions.

Integration:
At the completion of training, the student should be able to integrate knowledge of Yoga and efficiently utilize the same for therapeutic purposes.

THEORY

1. Introduction to Yogic Therapy / Basis of 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, Drishti's, in curing various diseases
5. Role of Shat kriyas in curing various diseases
6. Role of general exercises in health and diseases
7. Sudarshan Kriya and other modern variants
8. The effects of various Yogic practices on different systems (skeletal system. endocrine system, nervous system, digestive system, respiratory system. excretory system, cardiovascular system, muscular system, reproductive system)
9. Research methods in yogic therapy, statistical analysis etc.
10. Yoga therapy for
    1. Cardiovascular diseases
    2. Psychiatric disorders
    3. Musculoskeletal disorders
    4. Nervous system disorders
    5. Gastrointestinal disorders
    6. Hormonal diseases
    7. Respiratory diseases
    8. Metabolic diseases
    9. Ophthalmologic disorders
    10. Paediatric disorders
    11. ENT Disorders
    12. OBG disorders
11. Meditation and its applications on psychosomatic disorders
12. Yoga and relaxation techniques
    i. QRT- Quick Relaxation Technique
    ii. IRT- Instant Relaxation Technique
    iii. DRT - Deep Relaxation Technique
13. Teaching methods of Yoga to public, students and patients. Model lesson planning and adoption of Yoga in education system, limitations, Vidhi and Nishida (right and wrong) (4 Hrs)
14. Advanced techniques of Yoga therapy (CM, PET, MSRT, MIRT, MEMT, VISAK, ANAMS, and SMET etc.)
15. Subtle Energy Medicine
16. Yoga and Mental Health: Total integration of personality. Correct mental behaviour and attitude, hormonal relationship of body and mind, self-content tranquilizing effect. Psychology of spiritual growth and spiritual value reasoning and judgment, pure consciousness, mode of living and disciplined life
17. Drishti
18. Stress management through Yoga
19. Applied Psychology
    1. Historical perspective, identifying disorders
    a. Anxiety disorders
    b. Dissociative disorders
    c. Somatoform disorders
    d. Sexual disorders
    e. Mood disorders
    f. Personality disorders
    g. Schizophrenia

21. Therapy for psychological disorders: psychotherapy, therapy interpersonal relations, behaviour therapy
20. Lesson planning and teaching methods in Yoga

PRACTICAL

i. LSP – Laghu Shanka Prakshalana
ii. QRT – Quick Relaxation Technique
iii. IRT – Instant Relaxation Technique
iv. DRT – Deep Relaxation Technique
v. TM – Transcendental Meditation
vi. CM – Cyclic Meditation
vii. SKY – Simplified Kundalini Technique
viii. SMET–Self Management of Excessive Tension
ix. PET – Pranic Energisation Technique
x. MSRT – Mind Sound Resonance Technique
xi. MIRT – Mind Imagery Technique
xii. MEMT – Mastering the Emotions Technique
xiii. VISAK–Vijana Sadhana Kaushala
xiv. ANAMS – Ananda Amrita Sincana

Reference books:

1. Dainandin Yogabhyaskram – Acharya Balkrishnaji
2. Pranayam Rahasya – P.P. Swami Ramdevji
3. Science Studies Pranayama – Patanjali Research Institute
4. Yoga in Synergy with Medical Sciences – Acharya Balkrishnaji
5. Yoga Darshan - P.P. Swami Ramdevji
6. Yoga – its Philosophy and Practice - P.P. Swami Ramdevji
7. Yoga Vigyanam - Acharya Balkrishnaji
8. Yoga Samanya Gyan - P.P. Swami Ramdevji
9. Yogic Therapy – Vinekar
10. Yogic Therapy – Garde
11. Treatment of Common Diseases through Yoga-Swami Satyananda Saraswati
12. Seminar on Yoga, Science and Man-CCRYN, Delhi

HYDROTHERAPY & CLAYTHERAPY

Subject Title : HYDROTHERAPY & CLAYTHERAPY (Duration : 12 Months)

Subject Code : BNYS – T 402 & BNYS – P 402

Subject	Theory	IA	Total	Practical	Viva voce	IA	Total	Grand Total Marks
Hydrotherapy & Claytherapy	80	20	**100**	60	30	10	**100**	**200**

*IA - **Internal Assessment**

GOALS AND OBJECTIVES

Goals:

The goal of teaching Hydrotherapy and Clay Therapy to undergraduate students is to provide them with comprehensive knowledge of treating diseases using water and mud, and the physiological effects of various kinds of such applications, and utilization of the same for therapeutic purposes

Course Objectives:

- Describe the properties and chemical composition of water and mud used for therapeutic purposes, physiology of the skin, production of heat and body temperature regulation, which are essential as a foundation for hydrotherapy.
- Illustrate physiological effects of hot and cold water upon the different systems of the body and applications to reflex areas;
- Explain action and reaction mechanisms and physiology, with their effects and uses
- Demonstrate use of water in preservation, acute diseases, chronic diseases
- Show in-depth knowledge of general principles of hydrotherapy, therapeutic applications of water, along with therapeutic actions, indications and contra-indications; and classification of mud, storing of mud, modes. of mud treatment, cosmetic uses of mud and research updates in hydrotherapy and mud therapy
- Demonstrate techniques and procedures of various types of hydriatic applications

Course Outcomes (Cos) :

After the completion of the course, the student shall be able to:

- **CO 1 -** Utilise knowledge of hydrotherapy and mud therapy in managing various diseases;
- **CO 2 -** Demonstrate usage of therapeutic aspect of hydrotherapy and mud therapy treatments in Promotive, preventive, curative and rehabilitative therapy.
- **CO 3 -** Institute and evaluate remedial measures in hydrotherapy for various disease conditions in clinical as well as research settings.

Integration:

At the completion of training the student is able to integrate knowledge of hydrotherapy in various diseases and efficiency utilizes the same for therapeutic purposes.

THEORY

1. **Introduction and History**
2. **Physical properties and chemical composition of water**
3. **Physiological basis of Hydrotherapy: the skin and its anatomical construction, functions of skin, temperature sense**

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 water on different systems of the body**
   i. General and physiological aspects of heat upon: Skin, Respiration, Circulation, Nervous system, Heat and its production-dissipation etc, Tactile and temperature sense
   ii. General and physiological effects of cold upon: Skin, Respiration, Circulation, Nervous system, GIT, body temperature and its maintenance, circulatory system
7. **Reflex areas of the body results of application of hot and cold over reflexareas**
8. **Actions and reaction, incomplete reaction conditions that encourage internal reaction, thermal reaction, modified thermal reaction**
9. **Place of water in preservation**
10. **Place of water in acute diseases**
11. **Place of water in chronic diseases**
12. **Magnesium sulphate- use in Hydrotherapy**
13. **General principles of Hydrotherapy**
    i. General rules of hydrotherapy
    ii. Therapeutic significance of reaction
    iii. Adaptation of individual cases
    iv. Exaggeration of symptoms under treatment, the untoward effects and how to avoid them
    v. General indications and contra-indications
14. **Therapeutic actions and use of Hydrotherapy**
    I. Classification of Hydriatic effects, general principles - excitation and depression
    II. Primary excitant effects-when to apply and when not to apply
        i. Local haemostatic effects - hydriatic heart tonics
        ii. Cardiac effects - Hydriatic heart tonics
        iii. Uterine excitations,emmenagogic effects
        iv. Vesical excitations
        v. Intestinal excitation, peristaltic effects
    III. Secondary excitant effects
        i. Restorative effects
        ii. Tonic effects of cold water, physiological effects of cold water, cold water vs. medical tonics, application in the following: anaemia, neurasthenia, rheumatism, diabetes mellitus, valvular heart diseases
        iii. Calorific effects
        iv. Diaphoretic effects
        v. Importance of attention to the skin in chronic diseases - alternative andqualitative effect - hot baths in Bright's diseases, sweating baths in Dropsy and Obesity. Depurative or Eliminative effects, Toxaemia inRheumatism
        vi. Expectorant effects
        vii. Diuretic effects - Bright's Disease, Uraemia-eclampsia
        viii. Atomic dyspepsia, hyperacidity
        ix. Revulsive and derivative effects, fluxion, revulsive methods forcombating superficial anaemia and for relief of deep congestion method adopted to anaemia of deep-rooted organs revulsion on analgesic method
    IV Resolvent effects

a. Sedative effects-general sedatives - local sedatives:Sedatives of circulatory system – antiphlogistic effects, inflammation,pneumonia, pleurisy, otheracute disorders
b. Nerve sedatives, hypnotic, calmative, analgesic, anaesthetic, antispasmodic, insomnia, chorea, spastic paralysis, exophthalmia. goitre, mania, epilepsy and various painful conditions
c. Antithermic and antipyretic effects, relation to heat production and heat elimination to antipyretic methods, principles that govern the application of hydriatic measures for the reduction of temperature in fevers, methods that may be efficiently employed in various morbid conditions accompanied by rise in temperature - suggestions, effects. indications and contraindications
d. Secretory and sedative effects prophylactic use Cold bathing in infancy and early childhood, cold bathing for adults, cold baths for women, cold baths in old age - precautions

15. The techniques

i. Water Baths
   a. Plain water bath
   b. Cold hip bath
   c. Kellogg's and Kuhne's Sitz bath
   d. Shallow bath – for males and females
   e. Arm and foot bath
   f. Graduated bath
   g. Natural bath
   h. Non-revulsive bath
   i. Immersion bath
   j. Cold plunge
   k. Whirlpool bath
   l. Aeration bath
   m. Vichy spray bath
   n. Rapid bath
   o. Brand bath
   p. Fever bath
   q. River bathing
   r. Sea bathing

ii. Various baths and air baths
   a. Russian bath
   b. Turkish bath
   c. Steam bath
   d. Local steam bath
   e. Steam inhalation
   f. Hot air bath
   g. Local hot air bath
   h. Super-hot air
   i. Cold air bath
   j. Indoor and outdoor bath

iii. Pool therapy
   a. Introduction
   b. Principles of treatment Part I and Part II
   c. Physiological and therapeutic effects of exercise in warm water
   d. Indications and contraindications
   e. Dangers and precautions

iv. Douches
   a. Cold Douche
   b. Hot Douche
   c. Neutral douche
   d. Alternative douche
   e. Underwater douche
   f. Contrast douche
   g. Horizontal douche
   h. Cephalic Douche
   i. Lumbar Douche
   j. Fan Douche
   k. Rain Douche or Shower Douche
   l. Hepatic Douche
   m. Circular Douche and semi-circular Douche
   n. Cerebrospinal Douche
   o. Plantar Douche
   p. Percussion Douche
   q. Scotch Douche

v. Packs and compresses
vi. Procedures that increase oxidation
vii. Measures that encourage general and local metabolic activity
viii. viii. Procedures that increase general blood movement and local blood supply
ix. Measures that increase heat production
x. Measures that increase the elimination of heat
xi. Measures that combat bacterial development of blood
xii. Measures that increase/lessen heat elimination
xiii. Hydriatic incompatibility
xiv. Adoption of hydriatic prescription of individual disease
xv. Hydrotherapy as a means of rehabilitation and health promotion
xvi. Emergency treatments in Hydrotherapy

16. Mud Therapy:

i. Introduction to Mud therapy
ii. Classification of Mud for therapeutic use
iii. Precautions for storing mud
iv. Methods of treatment of mud
   a. Applications
   b. Packing
   c. Hot poultices
v. Effect of Mud on different systems of body
vi. Types of mud therapy applications
   a. Natural mud bath
   b. Full and partial mud packs
   c. Mud plaster
   d. Thermal bath
   e. Dry pack
   f. Sand pack and sand baths
vii. Cosmetic uses of mud
viii. Research updates

PRACTICAL

1. Demonstration of various therapeutic effects, procedure and treatments in Hydrotherapy during clinical classes at the Hospital
2. At the end of the Final BNYS course, candidate should be in a position to give treatments independently
3. 5 case documentation of all hydriatic applications
4. Clinical dissertation on case studies with minimum sample size of 20patients on one general and two local applications

Text Books:

1. Baths- SJ Singh
2. My Water Cure- Sebastian Kneipp
3. Rational Hydrotherapy- JH Kellogg
4. Healing clay – Michael Abserra
5. Our Earth Our Cure- Raymond Dextroit
6. Handbook of Hydrotherapy – Shaw Joel
7. Medical Hydrology – Sidney Licht

FASTING & DIET THERAPY

Subject Title : FASTING & DIET THERAPY (Duration : 12 Months)

Subject Code : BNYS – T 403 & BNYS – P 403

Subject	Theory	IA	Total	Practical	Viva voce	IA	Total	Grand Total Marks
Fasting & Diet therapy	80	20	**100**	60	30	10	**100**	**200**

*IA - **Internal Assessment**

GOALS AND OBJECTIVES

Goals:

The goal of teaching Fasting and diet therapy to undergraduate students is to provide them with comprehensive knowledge of diet management and fasting therapy and utilization of the same for therapeutic purposes.

Course Objectives:

- Describe definitions and historical highlights of fasting therapy through the centuries, including fasting employed in different religions;
- Classify fasting according to duration, purpose, type, etc;
- Define rules and regulations of fasting to be followed:
- Understand the metabolism of fasting
- Understand contraindications and indications of fasting in order efficiently use fasting as a therapy;
- Understanding Calorie Restriction: Concept, Method, Prevailing basic Clinical-applied evidence
- Understand the concept of dietetic principles in Naturopathy, understand food combinations and health, including dietary requirements for different age groups, including pregnant and lactating women;
- Describe importance of various components of diet, such as dietary fibre, vitamins, minerals, etc;
- Explain auxiliary concepts of dietetics such as food hygiene, etc.

Course Outcomes (Cos) :

After the completion of the course, the student shall be able to:

- **CO 1 -** Utilise knowledge of fasting therapy and dietetics in managing various diseases;
- **CO 2 -** Demonstrate usage of therapeutic diets and fasting therapy in Promotive, preventive, curative and rehabilitative therapy.

Integration: At the completion of training, the student should be able to integrate knowledge of fasting therapy and dietetics and efficiently utilise the same for therapeutic purposes

THEORY

1. Fasting

i. Definition
ii. Historical highlights
    a. Indian: According to Vedas, Ayurveda, Epics and other pioneer in Naturopathy
    b. Western
iii. Evidence of fasting in animals and its benefits
iv. Fasting in different religions
v. Classification of fasting and its effects, limitations, according to
    a. Duration (Short, long, intermittent, weekly)
    b. Purpose (Preventive, therapeutic, religious, political)
    c. Type (Dry, water, juice, monodiet)
vi. Starvation-pathological features in different organ systems
vii. Physiological changes of fasting in short, long, intermittent, dry, water, juice (lemon honey, tender coconut, sugarcane juice, alkaline juices, honey water etc.) and monodiet fasting.
viii. Difference between hunger and starvation
ix. Rules and regulations for administering fasting
x. Rules and regulations for selection of patient for fasting
xi. Hygiene and auxiliaries of fasting
xii. Sane fasting
xiii. Do's and don'ts of fasting
xiv. Metabolism of fasting
xv. Preparation of individuals for fasting
xvi. Psychological effects and barriers for fasting
    a. Crises during fasting therapy and its management
    b. Significance of enema during fasting and its physiology
    c. Significance of fasting in fever
    d. Fasting for preservation of health
    e. Contraindications and limitations of fasting
xvii. Research updates on fasting

2. Dietetics

i. Concept of health in naturopathy
ii. Dietetic principles in naturopathy
iii. Concept of wholesome diet`
iv. Medical values of food
v. Natural qualities / properties / characters of foods in naturopathy/ Ayurveda / modern nutrition
vi. Natural food and health
    a. Importance of green vegetables, other vegetables, fruits and ingredients
    b. Chemical composition of different raw juices and their effects and uses
    c. Wheat grass, beetroot, cabbage, cucumber, garlic, papaya, mango, pineapple, pumpkins etc. Comparison with raw and cooked food
    d. Sprouts, nutrition and method.
vii. Food combination and health

viii. Naturopathic hospital dietetics and classification
ix. Disease management for different diseases
x. Food allergies and diet
xi. Seasonal changes
xii. Dietary requirements for pregnancy, lactation and infancy
xiii. Food hygiene and health
xiv. Methods of cooking-nutrient losses and preservation
xv. Dietary fibre and its therapeutic effects
xvi. Customs and traditions of eating
xvii. Emotional states and diet

PRACTICAL

1. Visits to different diet departments of naturopathy and modern medicine hospitals
2. Menu planning using natural foods and raw diet in general
3. Demonstration of different sprouts
4. Preparation of low-cost balanced diet for different population groups using natural foods
5. Visit to different nutrition centres like CFTRI, Mysore, NIN, Hyderabad etc
6. Canteen duties at different naturopathy hospitals
7. Study of 20 fasting cases
8. Case studies of 10 with records

Textbooks

1. Fasting for Healthy and Long Life – Carrington
2. Fasting Cure - Lakshman Sharma
3. Fasting - The Ultimate Diet - Allan Cott
4. Mucusless Diet Healing System - Arnold Ehret
5. The Fasting Cure (Classic Reprint) - Upton Sinclair
6. Fasting Can Save Your Life - Herbert M. Shelton
7. Davidson and Passamore Human Nutrition – Passamore
8. Clinical Dietetics and Nutrition - FP Antia
9. Normal Therapeutic Nutrition - Corinne Robinson
10. Essentials of Food and Nutrition – Swaminathan
11. Sprouts-JD Vaish Yoga Samsthan
12. Science and Art of Food and Nutrition - Herbert Shelton
13. Nutritive Values of Indian Foods - NIN (Hyderabad)
14. Publications NIN, Hyderabad

CHROMOTHERAPY & MAGNETOTHERAPY

Subject Title : CHROMOTHERAPY & MAGNETOTHERAPY (Duration : 12 Months)

Subject Code : BNYS – T 404 & BNYS – P 404

Subject	Theory	IA	Total	Practical	Viva voce	IA	Total	Grand Total Marks
Chromotherapy & Magnetotherapy	80	20	**100**	60	30	10	**100**	**200**

*IA - **Internal Assessment**

GOALS AND OBJECTIVES

Goal:

The goal of teaching Chromo therapy & Magneto therapy to undergraduate students is to provide them with comprehensive understanding of philosophy, science and modes of applications of colors and magnets in preventive, curative and rehabilitative therapy.

Course Objectives:

- Demonstrate basic understanding of principles along which colors and magnets can be used as therapeutic agents, along with history of therapeutic uses of colors and magnets;
- Understand bio-magnetism, electro-magnetism, properties of magnets, mechanisms of action of magnets on the human body, magnetic overload, charging, modes of application, etc. and apply this knowledge to therapeutically use magnets;
- Be aware of the contraindications and harmful effects of colors and magnets;
- Illustrate classification of colors, physics of light, electromagnetic spectrum, pathway of vision, human aura, chakras, heliotherapy, colour breathing, chromo charging, and latest research, applying the same to disease management;

Course Outcomes (Cos) :

After the completion of the course, the student shall be able to:

- **CO 1 -** Diagnose various diseases and disorders of the body and mind using the principles of colour diagnosis;
- **CO 2 -** Outline and implement a plan of treatment using colors and magnets as therapeutic tools
- **CO 3 -** Evaluate the therapeutic values of colors and magnets in treatment of various diseases
- **CO 4 -** Utilize latest research finding in improving his/her professional practice

THEORY

MAGNETOBIOLOGY

1. Introduction to Magnetotherapy

1. Definitions of magneto therapy
2. Historical highlights
3. Vedic references related to magneto therapy
4. Biomagnetism
5. Effects on plants, birds and animals.

6. Effects on mankind vii. Principle's electromagnetism

2. Magnets and Magnetism

i. Types of magnets
   a. Natural
   b. Artificial
   c. Permanent
   d. Electromagnets

ii. Classification of magnets according
   a. Power
   b. Shapes
   c. Clinical use

iii. Physical properties of magnets
   a. Magnetic permeability
   b. Ferromagnetic materials
   c. Antiferromagnetic materials
   d. Paramagnetic materials
   e. Diamagnetic materials

3. Magnetic field and its impact on biological systems

a. Measurement of magnetic field
b. Mechanism of action of magnets in the body
c. Properties effects and corresponding features of north & south poles
d. Maintenance of permanent magnets
e. Magnetic field deficiency syndrome
f. Magnetic overload
g. Earth as a huge magnet
h. Effect of biomagnetism in various organ systems

4. Use of Magnets in Therapy

a. Modes of application of magnets
   i. General
   ii. Local
   iii. Different kinds of magnetic devices used in application of therapy
   iv. Magnetic charging, mechanism, dosage and its effect and limitations
      - Water
      - Oil
      - Milk & Honey

b. Magnetic therapy through shad chakras
c. Contraindications, complications, and limitations of magneto therapy.
d. Harmful effects of EMF and measures for minimizing it.

COLOUR THERAPY.

5. Introduction to Colour Therapy

I. Definition of colour therapy
II. Historical highlights
   a. Ghadiyali's principle
   b. Babbitt postulates
   c. Modern history of color therapy
III. Classification of colors
IV. How do rainbows form

6. Biophysics of Light

i. Physics of light
   a. Electromagnetic spectrum
ii. Pathway of vision and color sensing
iii. The human aura and colors
iv. Relation of colors with shad chakras
v. Impact of color sense on emotions and psychology
vi. Therapeutic effect of colors

7. Sun Therapy/Heliotherapy

i. Introduction to Sun therapy
ii. Health benefits.
iii. Physiological and chemical properties of sunlight
iv. Modes of application, plantain leaf sun bath, chromo thermoleum
v. Procedure, precaution, indication and limitations.
vi. Various methods of Sun Bathing
   a. Dr.Riklis's method of Sun bath
   b. Dr.Kuhne's method of sun bath

8. Advanced colour therapy.

i. Photo chemotherapy
ii. Photo biological colored lighting to produce immune regulation
iii. Color breathing
iv. Chromo charging of water, oil honey and food stuffs. And their effect on health and disease.
v. Limitation and contraindications of chromo therapy
vi. Research updating related to chromo therapy

9. Airtherapy

1. Composition of Air – Night and day composition
2. Ozone in the atmosphere.
3. Air Pollutants ,their acceptable values
4. Physiology of respiratory system
5. Airbaths (cold and hot)
6. Theory of Pancha Pranas and Nadis

PRACTICAL

i. Procedural standards/guidelines for application of magnets
ii. General application - lead system of application
iii. Local application
   a.high power magnets
   b.Medium power magnets
   c.Low power magnets
   d. Specialized magnetic devices
iv. Case documentation and application of magneto biology and color therapy at least 20 cases
v. Application of different colors
   a. Chromo disc
   b. Chromo lens
   c. Chromo thermoleum

d. AthapaSnana
e. Sun therapy/Heliotherapy

RECOMMENDED BOOKS:

1. The Book of Magnetic Healing by Roger Coghill
2. Magnet Therapy - By Ghanshyam Singh Birla and Colette Hemlin
3. Color Therapy - Jonathan Dee and Lesley Taylor
4. Healing with Color-Theo Gimbel
5. The Power of Color - Dr. Marton Walker

PHYSIOTHERAPY

Subject Title : PHYSIOTHERAPY (Duration : 12 Months)

Subject Code : BNYS – T 405 & BNYS – P 405

Subject	Theory	IA	Total	Practical	Viva voce	IA	Total	Grand Total Marks
Physiotherapy	80	20	**100**	60	30	10	**100**	**200**

*IA - **Internal Assessment**

GOALS AND OBJECTIVES

Goals:

The goal teaching Physiotherapy undergraduate students is to provide them with the knowledge and skills needed for utilizations of physical medicine for therapeutic, rehabilitative purposes.

Course Objectives:

- Define principles of physics that act as a foundation for physical medicine
- Describe exercise therapy detail, including starting positions, movements and their strength, joint movement, relaxation, posture, ordination, walking aids, neuromuscular facilitation, suspension therapy and therapeutic applications, including allied modalities like treatments cryotherapy;
- Understand electrotherapy terms fundamentals, principles, laws of electricity magnetism, practical and theoretical aspects electrotherapeutic applications, such faradic and galvanic currents, high. frequency currents, ultrasound, radiation therapy (IR & UV), TENS and IFT

Course Outcomes (Cos) :

After the completion of the course, the student shall be able to:

- **CO 1 -** Demonstrate usage of therapeutic applications physical Promotive, preventive, curative rehabilitative therapy, focusing on rehabilitation.
- **CO 2 -** Institute remedial measures in Yoga for various disease conditions.

Integration:

At the completion of training, the student should be able to integrate knowledge of various treatments used in Physical Medicine and efficiently utilize the same for rehabilitative and therapeutic purposes.

THEORY

1. **Exercise therapy**
   i. Basic Physics in Exercise Therapy
      a. Mechanics: Force, gravity, line of gravity, centre of gravity in human body, base, equilibrium, axes and planes
      b. Mechanical Principles: lever, order of lever, examples in human body. pendulum, spring
   ii. Introduction to exercise therapy
   iii. Starting positions: Fundamental starting positions, derived positions, muscle work for all the fundamental starting positions
   iv. Classification of movements in detail
      a. Voluntary movements
      b. Involuntary movements

v. Active movements
vi. Passive movements.
vii. Muscle strength: Anatomy and physiology of muscle tissue, causes of muscle weakness/paralysis, types of muscle work and contractions, range of muscle work, muscle assessment, Principles of muscle strengthening/re-education, early re-education of paralyzed muscles
viii. Joint movement: Classification of joint movements causes for restriction of joint movement, prevention of restriction of joints range of movement. Principles of mobilization of joint in increasing the range of motion. Technique of mobilization of stiff joint.
ix. Relaxation: Techniques of relaxation, Principles of obtaining relaxation in various positions
x. Posture: types, factors responsible for good posture, factors for poor development of posture
xi. Coordination exercises: Definition of coordinated movements, in coordinated movements, Principles of coordinated movements, technique of coordination exercise.
xii. Gait: Analysis of normal gait with muscles work, various pathological gaits.
xiii. Crutch gait: introduction, crutch measurement, various types of crutch gait in detail\
xiv. Neuromuscular facilitation techniques, functional re-education. Suspension therapy: Principles of suspension, types of suspension therapy. Effects and uses of suspension therapy with their application either to mobilize a joint to increase joint range of motion or increase muscle power. explaining the full details of the components used for suspension therapy
xv. Myofascial Release Therapy and related therapies used in Sports Medicine
xvi. Therapeutic applications

2. Electrotherapy

i. Electrical fundamentals
   a. Physical principles
   b. Structure and properties of matter
   c. Molecular atom, proton, neutron, electron, ion etc.
ii. Electrical energy
   a. Nature of electricity current
   b. Static electricity
   c. Electric potentials generated by cell
iii. Ohm's Law
iv. Joule's law
v. Magnetic energy
   a. Nature and property of a magnet
   b. Magnetic Induction
   c. Shaw rule
   d. Maxwell's corkscrew rule
vi. Electromagnetic induction
   a. Principle and working of choke
   b. Coil
   c. Transformer
   d. Rectification of AC to DC
   e. Metal oxide rectifier

vii. Semiconductor : Diode and Triode
viii. Valves
ix. Principles of working in a capacitor : Details of charging and discharging etc.
x. Transistors
xi. Measurement of current intensity
xii. EMS and power
xiii. Moving coil millimetre and voltmeter
xiv. Low frequency currents
    a. Nature and principles of production of muscles stimulating currents
    b. Types of low frequency currents used for treatment
    c. Therapeutic electric stimulation
    d. Iontophoresis
    e. Phonophoresis
xv. Preparation for electrotherapy : Preparation of apparatus
xvi. Patient treatment technique - Stimulating muscles of extremity, back and face through the motor
xvii. Faradic and Galvanic currents
xviii. High frequency current treatments
    a. Physics of high frequency currents
    b. Principles
    c. Biophysics of heat physiology and cold.
    d. Production, physiological and therapeutic effects and uses.
    e. Technique of treatment, dangers and precautions, contraindications of Ultrasonic therapy
xix. Principles of radiation therapy points
    a. Physics of radiation therapy
    b. Laws governing radiation: Production, physiological and therapeutic effects, uses, techniques of treatment, dangers and precautions, contraindications etc. of:
        i. IRR therapy
        ii. UV therapy
    c. Basic principles of TENS and IFT
    d. Laser Therapy
xx. Wax therapy
    a. Physics of wax therapy
    b. Physiological and therapeutic effects and uses
    c. Techniques of application

PRACTICAL ELECTROTHERAPY

i. Interrupted/modified DC
    a. Stimulation of muscles directly
    b. Diagnostic tests:
        - FG test
        - SD curve

- Fatigue test

c. Uses of surged Faradism and interrupted Galvanism in various peripheral nerve lesions
   - Neuropraxia
   - Axonotmesis
   - Neurotmesis

ii. High Frequency current treatment

a. UV radiation: Setting up of apparatus selection of lamps technique of application of UVR for various conditions like test dose, general body bath, acne vulgaris, alopecia areata and totalis
b. PRACTlis, ulcers, psoriasis, rickets and general debility patients.
c. Ultrasonics: Setting up of apparatus, selection of dose, and technique of application of various conditions and to various parts of the body.
d. Laser setting up apparatus including selection of method. technique, preparation of patient, checking contraindications, application for various conditions and parts of the body.

PRACTICAL EXERCISE THERAPY

1. Demonstration and practice of active and passive movements
2. Demonstration and practice of putting suspension to shoulder joint and elbow joint in upper limbs, hip and knee joints in lower limbs for all movements. Demonstration of total suspension.
3. Muscle strength: Demonstration practice of strengthening re-education of weak/paralyzed muscles of both upper and lower extremity, individual group muscles, abdominal muscle exercises
4. Joint movement: Demonstration and practice of techniques to improve joint range of motion of hip joint, knee joint, ankle and foot, shoulder, elbow joint, radio- ulnar joint, wrist, etc
5. Demonstration and practice of free exercise to improve joint range of motion (Small joint, e.g.: Hand, fingers, toes, etc).
6. Demonstration and practice of all crawling exercises, faulty posture, correcting techniques etc.
7. Demonstration of various pathological gaits.
8. Measurement of crutches, walking aids, strengthening muscles, crutch balance, demonstration and practice of all crutch gaits.
9. Breathing exercises: Demonstration and practice of diaphragmatic localized expansion exercises.
10. Passive stretching Techniques of passive stretching to sternomastoid muscle, shoulder abductors, elbow flexors, supinator, wrist and finger flexors in upper limbs, passive stretching to hip flexors, adductors, iliotibial band, tensor fascia, quadriceps, knee flexors, tend Achilles, etc.

Reference Books

1. Principles of Exercise therapy - Dina Gardiner
2. Tidy's Physiotherapy
3. Cash's Textbook of Physiotherapy
4. Clayton's Electrotherapy

ACUPUNCTURE, ACUPRESSURE, REFLEXOLOGY PRANIC HEALING & REIKI

Subject Title : ACUPUNCTURE, ACUPRESSURE, REFLEXOLOGY PRANIC HEALING & REIKI
(Duration : 12 Months)

Subject Code : BNYS – T 406 & BNYS – P 406

Subject	Theory	IA	Total	Practical	Viva voce	IA	Total	Grand Total Marks
Acupuncture, Acupressure, Reflexology Pranic healing & Reiki	80	20	**100**	60	30	10	**100**	**200**

*IA - **Internal Assessment**

GOALS AND OBJECTIVES

Goal:

The goal of teaching acupuncture to undergraduate students is to provide them with a comprehensive understanding of the science and art of Acupuncture, Acupressure, and related therapies.

Course Objectives:

- Illustrate the definition of Acupuncture;
- Understand the principles and historical highlights of Acupuncture;
- Explain the concepts and theories behind the mechanism in which acupuncture works, both traditional and modern;
- Demonstrate a basic understanding of procedures of different styles of Acupuncture and related therapeutic modalities, such as traditional Acupuncture, scalp Acupuncture, Auriculotherapy, Acupuncture anesthesia, Reflexology, Ozone therapy, Acupressure, etc.;
- Describe basic and advanced tools used in acupuncture;
- Be aware of the contraindications and dangers of Acupuncture, so as to avoid these in his/her professional practice.

Course Outcomes (Cos) :

After the completion of the course, the student shall be able to:

- **CO 1 -** Diagnose common disease and the disorders using diagnostic techniques employed in Acupuncture, such as Tongue Diagnosis, Pulse Diagnosis, etc.
- **CO 2 -** Demonstrate skill in topographically locating meridians and acupuncture points on the human body
- **CO 3 -** Perform needling and other essential skills in delivering acupuncture therapy to a patient.

- **CO 4 -** Plan, implement and evaluate Acupuncture sessions with expertise in his/her professional practice.

Integration:

At the completion of training, the student should be able to comprehensively understand the traditional and modern approaches to acupuncture and effectively utilize the same in preventive, primitive, curative and rehabilitative clinical practice as well as research projects.

THEORY:

1. **Definition, Concepts of Acupuncture**
2. **Traditional and modern theories of Acupuncture**
3. **Materials and methods of Acupuncture**
4. **Principles of Acupuncture**
5. **Rules for the selection of Acupuncture points**
6. **Contraindication and complications of Acupuncture**
7. **The concept of meridians:**
   i. Lung Meridian (Lu)
   ii. Large intestine Meridian (LI)
   iii. Stomach Meridian (St)
   iv. Spleen Meridian (Sp)
   v. Heart Meridian (H)
   vi. Small intestine Meridian (SI)
   vii. Urinary bladder Meridian (UB)
   viii. Kidney Meridian (K)
   ix. Pericardium Meridian (P)
   x. Triple Warmer Meridian (TW)
   xi. Gall Bladder Meridian (GB)
   xii. Liver Meridian (Liv)
   xiii. Governing vessel Meridian (GV)
   xiv. Conceptional vessel Meridian (CV)
   xv. Extra Meridian
8. **The Extraordinary points**
9. **Examination methods of traditional Chinese Medicine.**
10. **Auriculotherapy**
11. **Scalp Acupuncture**
12. **Moxibustion.**
13. **Types of stimulation in Acupuncture.**
    i. Manual stimulation
    ii. Electro Acupuncture
14. **Acupuncture therapeutics.**
15. **Acupuncture anesthesia**
16. **Reflexology & Ozone therapy**
    i. Reflexology, history, and development.
    ii. How does reflexology work
    iii. Body and its reflex zones
    iv. Application, indication, and contraindication, preventive effects of reflexology.
17. **Acupressure**
    i. What is Acupressure
    ii. Origin and development

iii. Physiological effects
iv. Therapeutic uses of Acupressure

18. Pranic healing & Reiki

19. Acupuncture therapeutics.

20. Acupuncture anesthesia

21. Reflexology & Ozone therapy

1. Reflexology, history, and development.
2. How does reflexology work
3. Body and its reflex zones
4. Application, indication, and contraindication, preventive effects of reflexology.

22. Acupressure

1. What is Acupressure
2. Origin and development
3. Physiological effects
4. Therapeutic uses of Acupressure

23. Pranic healing & Reiki

PRACTICALS

1. Demonstration of needling techniques, moxibustion, and electro stimulation
2. Each student should give treatment for at least 20 patients during the practical.

BOOKS

1. Clinical Practice Of Acupuncture – AL Agarwal
2. Clinical Acupuncture – Dr. Anton Jayasurya
3. Principles And Practice Of Acupuncture – Dr. JK Patel
4. Health In Your Hands – Devender Vora
5. Clinical Acupuncture And Moxibustion – Liu Gong Wang
6. Fundamental Of Acupuncture And Moxibustion – Liu Gong Wang /Akiro Hyodo
7. Advanced Acupuncture Therapy – Arjun L Agarwal, Govind N Sharma
8. Classical Acupuncture – The Standard Textbook – Porket. Hempen, The China Academy
9. Reiki :Empowerment Through Reiki – Paula Horan
10. Reiki – Energy Medicine – Libbi Barnett &Maggie Chamber With Susan Davidson
11. Pranic Healing:Pranic Healing Using Breathing With Healing Mantras – Dr. LR Chowdhary
12. Advanced Pranic Healing – Choakok Sui
13. The Ancient Science And Art Of Pranic Crystal Cleaning – Choakok Sui

MINOR SURGERY, FIRST AID AND EMERGENCY MEDICINE

Subject Title : MINOR SURGERY, FIRST AID AND EMERGENCY MEDICINE
(Duration : 12 Months)
Subject Code : BNYS – T 407 & BNYS – P 407

Subject	Theory	IA	Total	Practical	Viva voce	IA	Total	Grand Total Marks
Minor Surgery, First aid and Emergency Medicine	80	20	**100**	60	30	10	**10**	**200**

*IA - **Internal Assessment**

GOALS AND OBJECTIVES

Goal:

The goal of teaching First Aid and Emergency Medicine to undergraduate students is to provide them with the skills and knowledge required to manage medical emergencies efficiently.

Course Objectives:

- Illustrate working knowledge about Golden hour
- Describe quick assessment and recognition of emergency
- Demonstrate specific first aid measures and emergency treatments used for handling emergency cases before and after diagnosis of the condition

Course Outcomes (Cos) :

After the completion of the course, the student shall be able to:

- **CO 1 -** Demonstrate usage of first aid procedures in various emergency situations
- **CO 2 -** Describe assessment of emergencies and treatment of the same with suitable procedures.
- **CO 3 -** Possess the knowledge and skills to perform Basic Life Support procedures in the Golden Hour.
- **CO 4 -** Able to assess the severity of an emergency condition so as to act in accordance and take necessary steps to prevent further complications.

Integration:

At the completion of training, the student should be able to effectively use his/her knowledge of assessment and management of medical emergencies in his/her professional practice.

THEORY

Minor surgery:

A brief outline of the following

1. Wounds, Tissue, Repair & Scars
    a) Wounds
    b) Tissue Repair
    c) Classification
        - Acute Wounds
        - Chronic Wounds
    d) Scars
    e) Magnematics

2. Nutritional Support and Rehabilitation
    - Nutrition–Malnutrition its effect
    - Assessment & Management.
    - Methods of Feeding
    - Parental Nutrition, Monitoring Feeding Regimens
    - Rehabilitation

3. Sports–related Injuries & their Management.

Classical View-

- Shalya Tantra Utpatti, Parampara and Development
- Trividh Karma, Ashta Vidh Shastra Karma
- Yogya Vidhi (Practical Training)
- Marma Aghaat (Shock)
- Kshar Karma
- Agni Karma
- Vrana and Vrana Bandhan
- Raktamokshan and Jalaukavacharan (Leech Therapy)

First Aid

1. General Principles of First Aid
2. Wounds, Control of hemorrhage, Epistaxis
3. Shock–Classification and treatment.
4. Dog bite, Snake bite, Scorpion sting
5. Burns and Scalds
6. Heatexhaustion, heat stroke and fainting, frostbite.
7. Fractures, dislocations, sprains and strains
8. Poisoning .
9. Epilepticfits, convulsions in children
10. Aspiration of foreign body.
11. Artificial respiration.
12. Bandages of different types.
13. Unconsciousness and general principles of treatment.

REFERENCETEXTBOOKS:-

1. Hutchinson's clinical methods
2. Manual of Clinical Methods - By P.S. Shankar
3. Clinical diagnosis - By Jal Vakil
4. Clinical Methods - By Chamberlin
5. First Aid - By Red Cross Society
6. First Aid - BySt.John Ambulance Association
7. First Aid - By L.C. Gupta and others
8. Bailey and love's short practice of Surgery.
9. Shalya Tantra (Part I & II) - By Dr. Vinita Tyagi

PRACTICALS

1. History taking and physical examination of cases
2. Case sheet writing in different general cases (25)
3. Demonstration tour of an ultra modern Super – specialty Hospital in Naturopathy and Yogic Science

HOSPITAL MANAGEMENT & RESEARCH METHODOLOGY

Subject Title : HOSPITAL MANAGEMENT & RESEARCH METHODOLOGY
(Duration : 12 Months)
Subject Code : BNYS – T 408

Subject	Theory	IA	Total	Practical	Viva voce	IA	Total	Grand Total Marks
Hospital Management & Research Methodology	80	20	**100**	-	50		**-**	**150**

*IA - **Internal Assessment**

GOALS AND OBJECTIVES

Goal:

The goal of teaching Hospital Management & Research Methodology to undergraduate students is to provide them with the latest updated scientific, knowledge in the field of Naturopathy and Yoga and introduce them to research methodology.

Course Objectives:

- Describe research methodology under process, materials and methods, design of a study, literature review, ethics, sampling, measurement tools, data organisation, statistics, data analysis, reliability and validity, etc, and implement this knowledge in practically designing, conducting, evaluating and publishing a study.
- Illustrate statistics and probability theory,
- Use technological aids for preparing research reports;
- Demonstrate knowledge about inter-disciplinary research

Course Outcomes (Cos) :

After the completion of the course, the student shall be able to:

- **CO 1 -** Prepare a research study, conduct, evaluate and publish it
- **CO 2 -** Interpret research findings and analyse whether data is significant or not;

Integration:

At the completion of training, the student should be able to integrate knowledge of clinical Naturopathy and Yoga with skills in research methodology to conduct and publish research studies in the field, to help shift the basis of Naturopathy and Yoga to an evidence-based science.

THEORY

Hospital Administration

1. The Hospital administrator – Role and Responsibilities
2. Profile of an effective Hospital Administrator

Managerial Skills

1. Planning
2. Information System
3. Communication
4. Decision Making
5. Monitoring and Evaluation
6. Managing Time
7. Meetings

Hospital Organisation

1. Hospital Organization – Structure and Function
2. Hospital Committees

The Hospital

1. Role of Hospital in HealthCare
2. Hospital Planning and design
3. Special Features of Nature cure Hospital, Qualities of Therapist, Hospital Atmosphere, Scientific Attitudes, Awareness of Scope, and Limitations of nature cure.
4. Newer Technology in Treatment, Through Naturopathy

The Clinical Services & Clinical Supportive Services

1. The Medical Staff Organization, interaction with patients.
2. Radiological Services
3. Laboratory Services

The Nursing Services

1. Nursing Service

Specialised Service

1. Casualty services
2. Disaster, Be prepared
3. Outpatient Services
4. Day Care
5. Diagnostic Services
6. Medical Records

Human Resources

1.Personnel

Materials Management

1. Materials Management

Finances

1. Finances
2. Activity based costing in Hospital
3. Economics of H.M.

Quality Assurance

1. Quality Management in our Hospitals
2. Medical Audit

Infection Control

1. Control of Hospital acquired infection.

Ethics And Law

1. Ethics
2. Laws Applicable to Hospitals
3. Consumer Protection Act, 1986.

Indian Health Policy

1. Research Methodology

1. The research processes. Methodology and methods.
2. The design of a study.
3. Literature review.
4. Ethics of research.
5. Types of common designs. Their advantages and disadvantages
6. Sampling
7. The experimental and quasi-experimental methods. Correlation studies
8. Measurement tools: Observations, questionnaires and others
9. Data organization in Excel and SPSS
10. Descriptive statistics. Measures of central tendency, measures of dispersion. Correlation coefficients.
11. Graphical representations of data. Simple graphs, the box and whiskers plot
12. Reliability. The different ways of measuring reliability
13. Validity. Types of validity.

2. Inferential Statistics and Probability Theory

1. Inferential statistics - populations and samples.
2. Elementary concepts in probability theory
3. The normal distribution. Z-values and probability
4. Calculating probabilities when population parameters are known m

3. Research Reports

1. Microsoft word, excel and power point
2. Reading research reports
3. Writing research reports
4. Presentations

4. Other streams

1. Inter-Disciplinary Research
2. Introduction to research in Management studies
3. Introduction to research in Education, History, and Anthropology
4. Introduction to research in social studies and Humanity
5. Introduction to research in Linguistics
6. Introduction to research in Jurisprudence
7. Introduction to research in science and technology

PRACTICAL

1. Dissertation on any one research study (basic or clinical with sample size of minimum 10), Presentation of dissertation.
2. Research paper interpretation and presentation
3. Single case study from hospital

TEXT BOOKS:

1. Kothari, C.R.: Research Methodology, Methods Techniques (Vishwa Prakashan, New Delhi, 1985)
2. Telles, S.: Research Methods (Swami Vivekananda YogaPrakashan, Bangalore)

References:

1. Robin Monro: Yoga research bibliography scientific studies on Yoga and meditation (Yoga Biomedical Trust, England 1989)
2. Michael H. Cohen: Complementary and Alternative Medicine: Legal Boundaries and regulatory Perspectives (Paperback - Aug 19, 1997)
3. Jerrold H. Zar: Biostatistical Analysis person education.
4. Russell A. Jones: Research Methods in the Social and behavioural science (Sinauer Associates, Saunderland's Massachusetts)
5. A.K. Singh: Tests, Measurements and Research Methods in Behavioural Sciences (Bharati Bhavan Publishers)
6. J.N.S. Matthews: An Introduction to randomized controlled clinical trials (Arnold, London)
7. J.S.P. Lumley: Research: Some Ground Rules W. Benjamin (Oxford University Press)
8. Herman J. Ader: Research Methodology in the life, behavioural and social Sciences Gideon J. Mellebeegh (SAGE Publications).

FUNDAMENTAL PRINCIPLES OF INTEGRATED SYSTEM OF MEDICINE –5th

Subject Title : FUNDAMENTAL PRINCIPLES OF INTEGRATED SYSTEM OF MEDICINE –5th (Duration : 12 Months)

Subject Code : BNYS – T 409

Subject	Theory	IA	Total	Practical	Viva voce	IA	Total	Grand Total Marks
Fundamental principles of integrated system of medicine – 5th	80	20	**100**	-	50	-	**50**	**150**

*IA - **Internal Assessment**

GOALS AND OBJECTIVES

Goal:

The goal at giving knowledge about the basics of Ayurveda which are important to identify the cause of disease and guide to follow healthy lifestyle to prevent and treat disease. It also provides a knowledge of History of Ayurveda and in order to be able to study, understand, comprehend and utilize the knowledge contained in Indian traditional texts in their professional practice, especially in the field of Yoga.

Course Objectives:

- Understand origin , history ,important of Ayurveda.
- Understand Principles behind Shalya Tantra Utpatti & Shalya Vigyana
- Understand Fundamental viewpoints of Kaya Chikitsa, Bheshaj.

Course Outcomes (Cos) :

At the end of the course, the student will be able to:

- **CO 1 -** Describe the various principles of Ayurveda - Shalya Tantra & Vigyana.
- **CO 2 -** Explore the information about various Marma.
- **CO 3 -** Elucidate the history of Ayurveda - Kaya Chikitsa, Bheshaj

THEORY

1. **Basics of Shalya Vigyana 1st**
    - Shalya Tantra Utpatti, Parampara and Development
    - Trividh Karma, Ashta Vidh Shastra Karma
    - Yogya Vidhi (Practical Training)

- Marma Aghaat (Shock)
- Kshar Karma
- Agni Karma
- Vrana and Vrana Bandhan
- Raktamokshan and Jalaukavacharan (Leech Therapy)

2. Basics of Shalya Vigyana 2nd

- Vrana Shopha
- Manya Vikara
- Sira Vikara
- Dhamani Vikara
- Snayu Vikara
- Vriddhi Roga – Antra Vriddhi and Mutra Vriddhi

3. Basics of Kaya Chikitsa

- Definition of Kaya Chikitsa, Bheshaj; their types
- Chikitsa Chatushpad, Rog Rogi Pariksha, Asht Sthan Pariksha
- Chikitsa Sutra and Management of Samanayaja and Nanatmaja Disease
- Dvividhopakram, Shadavidhopakrama
- Definition and Knowledge of Pathya-Apathya with examples of diseases of various systems.
- Detailed description of Chikitsa Sutra and Management of Jwara and its types.
- Chikitsa sutra and Management of the disease of different srotas.

RECOMMENDED BOOKS:

1. Ayurveda Siddhant Rahasya/ A Practical Approach to Science of Ayurveda – Acharya Balakrishna
2. Ashtang Hridayam – Acharya Balkrishnaji