

University of Patanjali,  
Haridwar, Uttarakhand.

**Bachelor of Naturopathy and Yoga Science (B.N.Y.S.)**

**Syllabus of BNYS**



## INTRODUCTION

Patanjali Yogpeeth has been established on dated 4/2/2004, to promote the traditional knowledge of Vedic system of health and healing. The common masses have accepted and realized the efficacy of Indian traditional systems of Yoga, Naturopathy and Ayurveda. Especially, the integrated approach to overcome the Corona Pandemic Crisis. The Mother Nature has all resources to maintain health and harmony of all the living organisms in this world. But we, human beings in the name of civilization, modernization and technical advancement, adopted and habituated to unnatural lifestyle and going against Natural Laws of Health. In this Era of Modernization, the prevalence of psychosomatic disorders, Infections and Autoimmune diseases are in rage and losing the Innate Immunity.

The demand for traditional and integrated methods towards health and healing has been increased. Therefore, Param Pujya Swami Ramdevji and Param Shraddey Acharya Balkrishna ji have given the clarion call “**BACK TO NATURE**” and propounded to promote traditional and integrated therapeutic academic program. University of Patanjali established Faculty of Naturopathy and Yoga Science, under which 6 years BNYS medical UG program started. The main objective to start BNYS medical degree course is to blend Indian culture, heritage, traditional knowledge of Naturopathy, Yoga Philosophy & Practices with an integrated approach in medical science.

First BNYS is divided into 2 parts BNYS 1<sup>st</sup>A of 6 months consists of Physics, Chemistry, Biology and Sanskrit & BNYS 1<sup>st</sup>B 1 ½ year duration, and consists of pre-clinical subjects that describe about Yoga and Naturopathy principles, Human Anatomy, Physiology, Biochemistry, Philosophy of Nature cure, Fundamental principles of integrated system of medicine 1<sup>st</sup> and 2<sup>nd</sup>, Philosophy and Practice of Yoga and Sanskrit. Second BNYS is one year duration consisting Para-clinical subjects like – Pathology, Microbiology, Community Medicine, Basic Pharmacology, Yoga and Physical Culture-I, Diagnostic Method in Yoga & Naturopathy, Fundamental principles of integrated system of medicine 3<sup>rd</sup> and Modern Diagnostic Methods. Third BNYS is of one year duration and consists of Para-clinical and Yoga – Naturopathy clinical subjects include Forensic Medicine and Toxicology, Fundamental principles of integrated system of medicine 4<sup>th</sup>, Manipulative Therapy, Community Medicine, Yoga & Physical Culture II, Nutrition & Herbology, Psychology & Basic Psychiatry and Obstetrics & Gynecology. Final or 4<sup>th</sup> BNYS is of one year duration, and consists of intense clinical subjects like Yoga Therapy, Hydrotherapy & Claytherapy,

Fasting & Diet therapy, Chromotherapy & Magnetotherapy, Physiotherapy, Acupuncture, Acupressure, Reflexology Pranic healing & Reiki, Fundamental principles of integrated system of medicine 5<sup>th</sup> , Minor Surgery, First aid and Emergency Medicine and Hospital Management.

To procreate competent Naturopathy physicians, Board of studies of Naturopathy and Yoga science & Academic council of Patanjali University, with the approval of Revered Yog Rishi Pujya Swami Ramdevji and Ayurveda Shiromani Pujya Acharya Balkrishnaji restructured the BNYS course syllabus and admission criteria. Yoga being one of the core subjects in BNYS, all Yoga Sutras explained in the Sanskrit language. To retain the real meaning and convey the complete essence of each sutra, The August management of University of Patanjali initiated the reforms in BNYS admission criteria by allowing few percentages of seats to the students with Sanskrit and other streams of +2. For such students the **University of Patanjali** is conducting 6 months bridge course. **This is in similarity to pre-tib course in Unani Medicine.** In this bridge course, students study all subjects of Science and Sanskrit language. The bridge course is pre-requisite and designed to fill the gap between science and arts students to get admission into BNYS under University of Patanjali.

### **GOALS OF BNYS COURSE**

1. Recognize the health needs of the community, and carry out professional obligations ethically and in keeping with the objectives of the National Health Policy
2. Develop the skills in most of the competencies and training that are required to deliver the Naturopathy and Yoga health care system
3. Become aware of the contemporary advances and developments in the discipline concerned;
4. Acquire a spirit of scientific inquiry and is oriented to the principles of research methodology and epidemiology,
5. Become proficient in their profession by developing scientific temper and improve educational experience;
6. Identify social, economic, environmental, biological and emotional determinants of health in a given case and take them into account while planning therapeutic, rehabilitative, preventive and promotive measures/strategies;
7. Plan and devise measures in Naturopathy and yoga for the prevention and rehabilitation of patients suffering from disease and disability;

8. Demonstrate skills in documentation of individual case details as well as morbidity data relevant to the assigned situation;
9. Play the assigned role in the implementation of national health programs, effectively and responsibly;
10. Organize and supervise the chosen/assigned health care services demonstrating adequate managerial skills in the clinic/hospital or the field Situation;
11. Develop skills as a self-directed learner; recognize continuing educational needs, select and use appropriate learning resources;
12. Demonstrate competence in basic concepts of research methodology and epidemiology, and be able to critically analyze relevant published research literature;
13. To implement all National health policies;
14. Work towards realization of Health for all, as a national goal through naturopathy and yoga;
15. To follow the medical ethics and to fulfill the social and professional responsibilities as a Naturopathy and Yoga Physician through drugless therapies;
16. Be competent in the practice of holistic medicine with expert knowledge and experience in promotive, preventive, curative and rehabilitative aspects of diseases;
17. Become proficient in their profession by developing scientific temper and improve educational experience;

### **INSTITUTIONAL GOALS**

After the medical undergraduate program, the students must:

1. Be able to expertly diagnose and manage common diseases and health problems of individuals as well as community, work with the health team as a fully qualified doctor at primary, secondary or tertiary levels, with his/her clinical experience and skills in history, physical examination and relevant investigations;
2. Be proficient in promotive, preventive, curative and rehabilitative medicine and therapy for common health issues;
3. Be adept in different therapeutic modalities and their administration;
4. Develop a humane attitude towards one's clients and understand economic, environmental, social, psychological and cultural factors that influence health;

5. Enjoy an urge for self-improvement, directed towards advanced expertise or research in any chosen area of health care;
6. Have enough knowledge about implementation of National Health Programs and the basic factors required for the same, which are as follows;
  - a. Family Welfare and Maternal and Child Health (MCH);
  - b. Sanitation and Water Supply;
  - c. Prevention and Control of communicable and non-communicable diseases;
  - d. Immunization;
  - e. Health education;
7. Possess management skills in human resources, materials and resource management in health care delivery;
8. Be competent in recognizing community health issues and design, institute curative and preventive measures and evaluate the outcome of these measures, thus working towards resolving these issues;
9. Be able to work successfully in a variety of health care settings;
10. Develop integrity, responsibility, reliability, dependability and compassion, which are characteristics required for successful professional life; 11. Develop leadership and communication skills to work as leading investigator or clinician in health care team.

#### **OBIJECTIVES OF MEDICAL GRADUATE TRAINING PROGRAMME**

1. To effectively integrate the conventional basic sciences (e.g., human physiology) with the traditional medical systems and to enhance the understanding of their effects and therapeutic potential;
2. To provide state of the art learning facilities (e.g., audio visual aids, interactive learning systems) to conceptualize the ancient medical system;
3. To run advanced laboratories under each department (basic and clinical sciences) for effective experimental training and research;
4. To explore the possibilities of promoting effective integrated medical practice at conventional medical facilities attached to the institute; 5. To provide the best possible clinical setting for clinical training and research;

5. To prepare every Yoga and Naturopathic physician with an in depth understanding of Basic sciences, superior clinical training and with an outlook for research and development;

## **NORMS RELATED BNYS COURSE**

### **Course of Study**

The duration of the course shall be 6 years (six years). The course shall include a period of regular study of five (5 years, followed by a compulsory rotatory internship of one year. The period of regular study shall be divided into five phases - first year of two years which is divided into BNYS 1<sup>st</sup> A of 6 months and BNYS 1<sup>st</sup> B of 1 ½ year , and the Second, Third and Final years of one year each of the B.N.Y.S. Medical Degree Course respectively.

### **Attendance**

A candidate shall be considered to have satisfied the requirement of attendance for each Part/Phase if he/she attends not less than 80 per cent of the theory and practical classes actually conducted up to the end of the Phase in that subject. Such a candidate having shortage of attendance shall be required to attend 80 per cent of the theory and practical classes actually held up to the end of the term by repeating that subject of that Part/Phase during a subsequent term.

## **SCHEME OF EXAMINATION**

The examination/s shall be held as per the date of Examination notified by s University: There should be one Internal & One External Examiner for all practical and Viva exams for each subject. A candidate shall register for term/year, when he/she appears for the first time to the examination of that Part.

### **Internal Assessment**

There shall be an internal assessment which follows broadly the principles enunciated by the University in each subject for which 20 per cent of the marks are set apart these will be added in the final grade in the University examinations. There shall be minimum of two assignments and two periodical tests in all subjects of each year assess the progress of the candidate. If a candidate fails in an Examination, his/her internal assessment shall be assessed again as if he/she is a regular student for the second attempt only.

### **Theory**

Minimum of 3 examinations is recommended. The examination preceding the university examination may be similar to the University Examination. Average marks of the better of the two

notified internal examinations should be reduced to the marks allotted for internal assessment for each subject and should be sent to the university.

### **Practical**

A minimum of one clinical test may be conducted at the end of each ward postings in all the clinical subjects, Assistant professor and above or lecturer with five years of teaching experience can conduct internal assessment examination. Average of best two examination marks should be taken into consideration while calculating the marks of internal assessment. The internal assessment marks of both theory and practical obtained by the candidates should be sent to university at least 15 days prior to the commencement of the theory exams.

### **Eligibility for examination:**

A candidate who has passed in all the subjects of First B.N.Y.S. Medical Degree examination shall be eligible to be promoted to Second B.N.Y.S. Medical Degree course. A candidate is eligible for carry over facility only if he/she has appeared for all the subjects of that particular examination.

First year to Second Year - 3 subjects carry Over, second year to Third year - 3 subjects carry over, Third Year to Final year-3 subject Carry over.

Completion of the degree should not go beyond 11 years from the date of admission.

### **Criteria for Pass**

To be eligible for promotion to BNYS 1<sup>st</sup> B, the candidate has to complete and pass in all the subjects. The candidate is declared to have been successful provided he/she secures minimum 50% and above in subjects. To be eligible for promotion to the II, III & IV years, the candidate has to complete and pass in all the subjects of 1, II & III years with an exemption of one subject in each year. The candidate is declared to have been successful passed, if he/she secures minimum 50% and above in theory, 50% and above in practical.

**Declaration of Class**

A candidate who passes all the subjects of one examination in the first attempt only be eligible for a class. No class or rank shall be declared for candidate who does not pass any examination in the first attempt, and such a candidate shall be eligible only for a pass class.

**Note: A candidate who passes in all the subjects of any Examination only in first attempt shall be eligible for First class with Distinction /First/Second Class**



# Bachelor of Naturopathy and Yoga Science (B.N.Y.S.)

## (A Six years Degree Course)

**MEDIUM OF INSTRUCTION: - English, Hindi and Sanskrit**

### CURRICULUM

**BNYS 1<sup>st</sup> A**  
**Duration : 6 months**

S.No.	Subject	Duration of Study
1.	Physics	6 months
2.	Chemistry	6 months
3.	Biology	6 months
4.	Sanskrit	6 months

S.No.	Subject	Paper Code Theory	Paper Code Practical
1.	Physics	PBNYS – T 101	-
2.	Chemistry	PBNYS – T 102	-
3.	Biology	PBNYS – T 103	-
4.	Sanskrit	PBNYS – T 104	-

B.N.Y.S. 1 <sup>st</sup> A (6 MONTHS)									
S. No	Subject	Theo ry	IA	Viva voce	Total	Practical	IA	Total	Grand Total Marks
1.	Physics	70	20	10	100	-	-	-	100
2.	Chemistry	70	20	10	100	-	-	-	100
3.	Biology	70	20	10	100	-	-	-	100
4.	Sanskrit	70	20	10	100	-	-	-	100

\*IA - Internal Assessment

## B.N.Y.S. 1<sup>st</sup> B

**Duration: 18 months**

Part -1		
S.No.	Subject	Duration of Study
1.	Biochemistry	12 months
2.	Philosophy and Practice of Yoga	12 months
3.	Sanskrit	12 months
Part -2		
1.	Human Anatomy – I	18 months
	Human Anatomy – II	
2.	Human Physiology –I	18 months
	Human Physiology – II	
3.	Philosophy of Nature cure – I	18 months
	Philosophy of Nature cure – II	
4.	Fundamental principles of integrated system of medicine -I	18 months
	Fundamental principles of integrated system of medicine -II	

**Practical's :** Biochemistry, Philosophy and Practice of Yoga, Anatomy, Physiology & Philosophy of Nature Cure.

Part -1			
S.No.	Subject	Paper Code Theory	Paper Code Practical
1.	Biochemistry	BNYS – T 101	BNYS – P 101
2.	Philosophy and Practice of Yoga	BNYS – T 102	BNYS – P 102
3.	Sanskrit	BNYS – T 103	-
Part -2			
1.	Human Anatomy – I	BNYS – T 104A	BNYS – P 104
	Human Anatomy – II	BNYS – T 104B	
2.	Human Physiology –I	BNYS – T 105A	BNYS – P 105
	Human Physiology – II	BNYS – T 105B	
3.	Philosophy of Nature cure – I	BNYS – T 106A	BNYS – P 106
	Philosophy of Nature cure – II	BNYS – T 106B	
4.	Fundamental principles of integrated system of medicine -I	BNYS – T 107A	-
	Fundamental principles of integrated system of medicine -II	BNYS – T 107B	

**B.N.Y.S. 1<sup>st</sup> B**  
**Duration: 18 months**

<b>Part -1 (12 MONTHS)</b>									
<b>S. No</b>	<b>Subject</b>	<b>Theory</b>	<b>IA</b>	<b>Total</b>	<b>Practical</b>	<b>Viva voce</b>	<b>IA</b>	<b>Total</b>	<b>Grand Total Marks</b>
<b>1</b>	Biochemistry	80	20	<b>100</b>	60	30	<b>10</b>	<b>100</b>	<b>200</b>
<b>2</b>	Philosophy and Practice of Yoga	80	20	<b>100</b>	60	30	<b>10</b>	<b>100</b>	<b>200</b>
<b>3</b>	Sanskrit	80	20	<b>100</b>	-	50	-		<b>150</b>
<b>Total</b>									<b>550</b>

<b>S. No</b>	<b>Subject</b>	<b>Theory</b>	<b>IA</b>	<b>Total</b>	<b>Practical</b>	<b>Viva-Voce</b>	<b>IA</b>	<b>Total</b>	<b>Grand Total Marks</b>
<b>1</b>	Human Anatomy – I	80	20	<b>200</b>	60	30	10	<b>100</b>	<b>300</b>
	Human Anatomy – II	80	20						
<b>2</b>	Physiology-I	80	20	<b>200</b>	60	30	10	<b>100</b>	<b>300</b>
	Physiology –II	80	20						
<b>3</b>	Philosophy of Nature cure-I	80	20	<b>200</b>	60	30	10	<b>100</b>	<b>300</b>
	Philosophy of Nature cure –II	80	20						
<b>4</b>	Fundamental principles of integrated system of medicine -I	80	20	<b>200</b>	-	50	-	-	<b>250</b>
	Fundamental principles of integrated system of medicine –II	80	20						
<b>Total</b>									<b>1150</b>

\*IA - Internal Assessment

## B.N.Y.S. 2<sup>nd</sup>

**Duration : 12 months**

S.No.	Subject	Duration of Study
1.	Pathology-I	12 months
	Pathology-II	
2.	Microbiology	12 months
3.	Yoga and Physical Culture-I	12 months
4.	Diagnostic Method in Yoga & Naturopathy	12 months
5.	Modern Diagnostic Methods	12 months
6.	Basic Pharmacology	12 months
7.	Fundamental principles of integrated system of medicine –3 <sup>rd</sup>	12 months

**Practical's :** Pathology, Microbiology, Yoga & phy. culture, Diagonostic Methods in N&Y, Modern Diagnostics.

S.No.	Subject	Paper Code Theory	Paper Code Practical
1.	Pathology-I	BNYS – T 201 A	BNYS- P 201
	Pathology-II	BNYS – T 201 B	
2.	Microbiology	BNYS – T 202	BNYS- P 202
3.	Yoga and Physical Culture-I	BNYS – T 203	BNYS- P 203
4.	Diagnostic Method in Yoga & Naturopathy	BNYS – T 204	BNYS- P 204
5.	Modern Diagnostic Methods	BNYS – T 205	BNYS- P 205
6.	Basic Pharmacology	BNYS – T 206	-
7.	Fundamental principles of integrated system of medicine –3 <sup>rd</sup>	BNYS – T 207	-

**B.N.Y.S. 2<sup>nd</sup>**  
**Duration : 12 months**

<b>B.N.Y.S. 2<sup>nd</sup> (12 MONTHS)</b>									
<b>S. No</b>	<b>Subject</b>	<b>Theory</b>	<b>IA</b>	<b>Total</b>	<b>Practical</b>	<b>Viva voce</b>	<b>IA</b>	<b>Total</b>	<b>Grand Total Marks</b>
<b>1.</b>	Pathology-I	80	20	<b>200</b>	60	30	10	<b>100</b>	<b>300</b>
	Pathology-II	80	20						
<b>2.</b>	Microbiology	80	20	<b>100</b>	60	30	10	<b>100</b>	<b>200</b>
<b>3.</b>	Yoga and Physical Culture-I	80	20	<b>100</b>	60	30	10	<b>100</b>	<b>200</b>
<b>4.</b>	Diagnostic Method in Yoga & Naturopathy	80	20	<b>100</b>	60	30	10	<b>100</b>	<b>200</b>
<b>5.</b>	Modern Diagnostic Methods	80	20	<b>100</b>	60	30	10	<b>100</b>	<b>200</b>
<b>6.</b>	Basic Pharmacology	80	20	<b>100</b>	-	50	-	<b>50</b>	<b>150</b>
<b>7.</b>	Fundamental principles of integrated system of medicine –3 <sup>rd</sup>	80	20	<b>100</b>	-	50	-	-	<b>150</b>
<b>Total</b>									<b>1400</b>

**B.N.Y.S. 3<sup>rd</sup>**  
Duration: 12 months

S.No.	Subject	Duration of Study
1.	Forensic Medicine & Toxicology	12 months
2.	Community Medicine	12 months
3.	Psychology & Basic Psychiatry	12 months
4.	Obstetrics & Gynecology	12 months
5.	Yoga & Physical Culture II	12 months
6.	Nutrition & Herbology	12 months
7.	Manipulative Therapy	12 months
8.	Fundamental principles of integrated system of medicine – 4 <sup>th</sup>	12 months

**Practical's** : Forensic Medicine & Toxicology, Community Medicine, Obstetrics & Gynecology, Yoga & Physical Culture II, Nutrition & Herbology, Massage, Chiropractice, Osteopathy & Aromatherapy.

S.No.	Subject	Paper Code Theory	Paper Code Practical
1.	Forensic Medicine & Toxicology	BNYS – T 301	BNYS- P 301
2.	Community Medicine	BNYS – T 302	BNYS- P 302
3.	Psychology & Basic Psychiatry	BNYS – T 303	-
4.	Obstetrics & Gynecology	BNYS – T 304	BNYS- P 304
5.	Yoga & Physical Culture II	BNYS – T 305	BNYS- P 305
6.	Nutrition & Herbology	BNYS – T 306	BNYS- P 306
7.	Manipulative Therapy	BNYS – T 307	BNYS- P 307
8.	Fundamental principles of integrated system of medicine – 4 <sup>th</sup>	BNYS – T 308	-

**B.N.Y.S. 3<sup>rd</sup>**  
Duration: 12 months

<b>B.N.Y.S. 3<sup>rd</sup> (12 MONTHS)</b>									
S. No	Subject	Theory	IA	Viva voce	Total	Practical	IA	Total	Grand Total Marks
1.	Forensic Medicine & Toxicology	80	20	30	<b>130</b>	60	10	<b>70</b>	<b>200</b>
2.	Community Medicine	80	20	30	<b>130</b>	60	10	<b>70</b>	<b>200</b>
3.	Psychology & Basic Psychiatry	80	20	50	<b>150</b>	-	-	-	<b>150</b>
4.	Obstetrics & Gynecology	80	20	30	<b>130</b>	60	10	<b>70</b>	<b>200</b>
5.	Yoga & Physical Culture II	80	20	30	<b>130</b>	60	10	<b>70</b>	<b>200</b>
6.	Nutrition & Herbology	80	20	30	<b>130</b>	60	10	<b>70</b>	<b>200</b>
7.	Manipulative Therapy	80	20	30	<b>130</b>	60	10	<b>70</b>	<b>200</b>
8.	Fundamental principles of integrated system of medicine – 4 <sup>th</sup>	80	20	50	<b>150</b>	-	-	-	<b>150</b>
<b>Total</b>									<b>1500</b>

**B.N.Y.S. 4<sup>th</sup>**  
Duration: 12 months

S.No.	Subject	Duration of Study
1.	Yoga Therapy	12 months
2.	Hydrotherapy & Claytherapy	12 months
3.	Fasting & Diet therapy	12 months
4.	Chromotherapy & Magnetotherapy	12 months
5.	Physiotherapy	12 months
6.	Acupuncture, Acupressure, Reflexology Pranic healing & Reiki	12 months
7.	Minor Surgery, First aid and Emergency Medicine	12 months
8.	Hospital Management	12 months
9.	Fundamental principles of integrated system of medicine – 5 <sup>th</sup>	12 months

**Practical's :** Except Hospital Management & Administration all other subjects have practical.

S.No.	Subject	Paper Code Theory	Paper Code Practical
1.	Yoga Therapy	BNYS – T 401	BNYS- P 401
2.	Hydrotherapy & Claytherapy	BNYS – T 402	BNYS- P 402
3.	Fasting & Diet therapy	BNYS – T 403	BNYS- P 403
4.	Chromotherapy & Magnetotherapy	BNYS – T 404	BNYS- P 404
5.	Physiotherapy	BNYS – T 405	BNYS- P 405
6.	Acupuncture, Acupressure, Reflexology Pranic healing & Reiki	BNYS – T 406	BNYS- P 406
7.	Minor Surgery, First aid and Emergency Medicine	BNYS – T 407	BNYS- P 407
8.	Hospital Management & Research Methodology	BNYS – T 408	-
9.	Fundamental principles of integrated system of medicine – 5 <sup>th</sup>	BNYS – T 409	-



<b>B.N.Y.S. 4<sup>th</sup> (12 MONTHS)</b>									
<b>S. No</b>	<b>Subject</b>	<b>Theory</b>	<b>IA</b>	<b>Total</b>	<b>Practical</b>	<b>Viva voce</b>	<b>IA</b>	<b>Total</b>	<b>Grand Total Marks</b>
1.	Yoga Therapy	80	20	100	60	30	10	100	200
2.	Hydrotherapy & Claytherapy	80	20	100	60	30	10	100	200
3.	Fasting & Diet therapy	80	20	100	60	30	10	100	200
4.	Chromotherapy & Magnetotherapy	80	20	100	60	30	10	100	200
5.	Physiotherapy	80	20	100	60	30	10	100	200
6.	Acupuncture, Acupressure, Reflexology Pranic healing & Reiki	80	20	100	60	30	10	100	200
7.	Minor Surgery, First aid and Emergency Medicine	80	20	100	60	30	10	100	200
8.	Hospital Management & Research Methodology	80	20	100	-	50	-	-	150
9.	Fundamental principles of integrated system of medicine – 5 <sup>th</sup>	80	20	100	-	50	-	-	150
<b>Total</b>									<b>1700</b>

\*IA - Internal Assessment