

# 2022-23

## ADVANCE DIPLOMA YOGA AND NATUROTPATHY



GURUKUL  
EDUCATIONAL AND  
RESEARCH INSTITUTE

Subject and Syllabus

# **ADVANCE DIPLOMA YOGA AND NATUROTPATHY**

## **300 YOGA PARICHAYA**

**DURATION:- 1 YEAR**

### **UNIT - I**

- Origin of Yoga & its brief development .
- Meaning of Yoga & its importance .
- Yoga as a Science of Art [ Yoga Philosophy ] .
- Meaning of meditation and its types and principles .

### **UNIT – II**

- Classification of Yoga / Types of Yoga .
- Hatha Yoga , Raja Yoga , Laya Yoga , Bhakti Yoga , Gyan Yoga , Karma Yoga .
- Asthang Yoga .

### **UNIT – III**

- Principles of Yoga Practices .
- Meaning of Asana , its types and principles .
- Meaning of Pranayama , its types and principles .
- Meaning of Kriya its types and principles .

### **UNIT – IV**

- Yoga therapies and modern concept of Yoga .
- Naturopathy , Hydrotherapy , Electrotherapy ,
- Messothetapy , Acupressure , Acupuncture .
- Meaning and importance of prayer .
- Psychology of mantras .
- Different mudras during prayers .

## **301 ANATOMY PHYSIOLOGY FOR YOGA PRACTICES**

### **UNIT – I**

- Introduction of human body and its system .
- Definition of Anatomy and Physiology and importance in Yoga Practices .
- Respiratory System .
- Digestive System .
- Endocrine System .

### **UNIT – II**

- Classification of Asanas and its Mechanism .
- Cultural Asana [ Standing , Sitting , Supine , Prone position & Topsy – Turvy ].
- Meditative Asana and Relaxative Asana .
- Nervous System .
- Circulatory System .

### **UNIT – III**

- Introduction of Kriya , Bandha and Mudra .
- Importance of Kriya and its scientific approach .
- Importance of Bandha and its scientific approach .
- Importance of Mudra and its scientific approach .

### **UNIT - IV**

- Effect of Asanas on various System .
- Difference between Asana and Exercise .
- Difference between Pranayama and deep breathing
- Yogic Diet .

## **302 YOGA THERAPY**

- Yoga therapy-meaning , concept and areas ,limitations , aim of Yoga Therapy .
- Principles of Yoga Therapy .
- Tools for Yoga Therapy – [ Yama , Niyama , Asana , Pranayama , Shatkarma , Mudra-Bandha , Dhyana ]

- Importance of Yoga Therapy in modern times .

#### UNIT –II

- Concept of Pancha Prana , Shatchakra , concept of Panchakosha .
- Rules and limitations of Yoga Therapy in different diseases .
- Classification of Yoga classes , important rules for Yoga Therapist , rules for patient .
- Relation between therapist - patient .

#### UNIT –III

- Causes , Symptoms and Yogic management for some common disorders
- Respiratory disorders – Asthma , Cold .
- Digestive disorders – Constipation , Indigestion .
- Circulatory disorders – High blood pressure , Low blood pressure .
- Skeletal system – Arthritis , Cervical spondylitis .

#### UNIT –IV

- Causes , Symptoms and Yogic management for some common disorders
- Reproductive system – impotency and sterility .
- Endocrine System – Diabetes , Thyroidism , Obesity .
- Meaning & Definition of Mental Health , elements which effect mental health .
- Causes , Symptoms and Yogic treatment of following diseases – Stress , Depression .

### **303 REMEDIAL THERAPY OF DISEASES**

#### **Alimentary System**

- Acidity
- Gastritis
- Constipation
- Colitis
- Piles
- Indigestion

#### **Respiratory System**

- Bronchitis

- Bronchial Asthma

### **Cardio – Vascular System**

- Ischaemic Heart Disease
- Myocardial Infarction

### **Endocrine System**

- Hypothyroidism
- Hyperthyroidism

### **Menstrual Disorders**

- Amenorrhoea
- Dysmenorrhoea
- Cryptomenorrhoea
- Menorrhagia
- Metrorrhagia

### **Diseases of Bones & Joints**

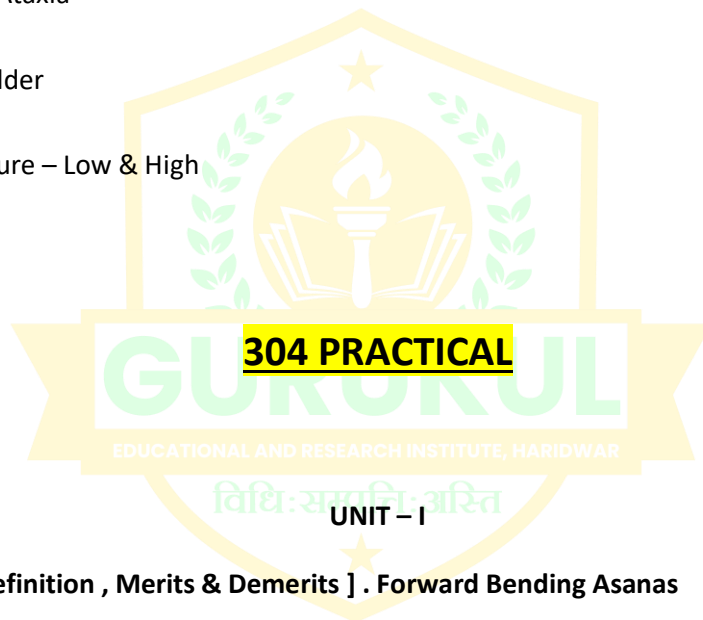
- Osteo Arthritis
- Back Ache
- Arthritis
- Rheumatism
- Sciatica
- Spondylosis [ Lumbar & Cervical ]

### **Other Diseases**

- Sprain
- Strain
- Synovitis
- Bursitis
- Planter Fascitis
- Tenosynovitis
- Sub Calcaneal Bursitis
- Rotator Cuff Impingement Syndrome
- LBP [ Low Back Pain ]
- Supra Spinatus Tendinitis
- Deltoid Fibrosis
- Deltoid Ligament Rupture
- Tennis Elbow



- Golfer's Elbow
- Fracture & Dislocation
- Sinusitis
- Tonsillitis
- Pharyngitis
- Diabetes – Mellitus & Insipidus.
- Insomnia
- Obesity
- Tabes Dorsalis
- Epilepsy
- Parkinson Disease
- Myasthenia Gravis
- Friedreich's Ataxia
- Anaemia
- Frozen Shoulder
- Slipped Disc
- Blood Pressure – Low & High
- Migraine



#### **List of Asanas :- [ Definition , Merits & Demerits ] . Forward Bending Asanas**

- Ardha Kurmasan
- Vekasan
- Sasangasan
- Paschimottanasan
- Pada Hastasan
- Halasan
- Navi Asan

#### **UNIT - II**

#### **Back Bending Asanas**

- Bhujangasan
- Ustrasana

- Dhanurasan
- Ardha Chandrasan
- Salavasan
- Matsyasan
- Eka Pada Salavasan or Ardha – Salavasan
- Supta Bajrasan
- Purna Bhujangasan
- Setu Bandhyanasan
- Chakrasan or Ardha – Chakrasan
- Sayana Sukhasan
- Naukasan
- Makarasan

### UNIT – III

**Others i.e. Lying , Side Bending , Spinal Twisting , Mixing Etc. & Also Dhyanasan**

- Paban Mukhtasan
- Gomukhasan
- Singhasan
- Aakarna Dhanurasan
- Utthan Padasan
- Sarvangasan
- Upa Bistwa Pabanmukhtasan
- Utthita Paschimottanasan
- Parswa Chandrasan
- Sayana Padmasan
- Utthita Padasan By – Stages
- Baddha Konasan
- Sayana Paschimottanasan
- Bir Bhadrasan

### UNIT – IV

**Pranayama ( Definition with Merits & Demerits )**

- Definition of Pranayama
- Lists of Pranayamas

**A. Yoga Deep Breathing :**

- Bajrasan Deep Breathing
- Ardha Kurmasan Deep Breathing

- Paban Muktasana Deep Breathing
- Bhujangasana Deep Breathing
- Ardha Supta Bajarasana Deep Breathing

## **B. Nari Sodhan**

Anulom Vilom Pranayama or Alternate Nostril Breathing

Nari Suddhi or Nari Sodhan Pranayama

## **C. Miscellaneous :**

- Kapalabhati
- Kumbhak Pradhan Pranayama
- Bhramana Pranayama
- Urdha – Bhramana Pranayama
- Sahaja Pranayama – 1 to 10
- Professor Anil Das's Bibhakti Pranayama .

## **UNIT - IV**

### **Lists of Mudras & Bandhs [ Definition with Merits & Demerits ]**

- Ashwini Mudra
- Yoga Mudra

1. With Breathe – in Yoga Mudra

2. With Breathe – out Yoga Mudra

- Mulabandha Mudra
- Shakti Chalana Mudra
- Tri Bandha Mudra
- Nadi
- Kula – Kundalini

### **Aim of Yoga with Sat – Chakra**

- Muladhara Chakra
- Swadhisthana Chakra
- Manipura Chakra
- Anahata Chakra
- Visuddha Chakra
- Ajna Chakra

Sahasrara