

# GURUKUL EDUCATIONAL AND RESEARCH INSTITUTE

## DIPLOMA IN NATUROPATHY

### Subject and Syllabus



2022-23

# Syllabus

## DIPLOMA IN NATUROPATHY

DURATION:- 2 YEAR

### 964 FUNDAMENTAL OF YOGA

#### **BLOCK I**

##### **Concept of Yoga**

- Unit 1. Yoga its Meaning, Definition & Objectives
- Unit 2. Scope & Significance of Yoga
- Unit 3. Different between yogic & non yogic system of exercise.
- Unit 4. Introduction of Patanjali Yoga Sutra

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#### **BLOCK II**

##### **Discipline & Obstacles in Yoga**

- Unit 1. Prayer, Place & Timing
- Unit 2. Diet for Yoga Practitioner
- Unit 3. Disciplines in Yogic Practices
- Unit 4. Obstacles in the Path of Yoga Practice

#### **BLOCK III**

##### **Brief Introductions**

- Unit 1 Raja yoga (Astang Yoga)
- Unit 2 Hatha yoga

Unit 3 Karma yoga, Gyana Yoga

Unit 4 Bhakti yoga, Mantra Yoga.

## **BLOCK IV**

### **Brief Introductions of Hatha Yogic Practices**

Unit 1. Shatkarma

Unit 2. Asana

Unit 3. Pranayama

Unit 4 Mudra-Bandha

## **BLOCK V**

### **Eminent Yogis: Life Sketch & their Contribution for Yoga**

Unit 1 -Maharshi Patanjali and Maharshi Yagyavalkya

Unit 2 Adi Shankaracharya, and Gorkhanath

Unit 3 Ramkrishna Parmhansa and Swami Vivekanand

Unit 4 Acharya Shri Ram Sharma and Swami Kuvalyanand

**965 ANATOMY PHYSIOLOGY AND YOGA**

## **BLOCK I**

### **Introduction**

Unit 1. Human Body- Meaning and its Importance in Yoga & Naturopathy

Unit 2. Deferent concept of Human Body

Unit 3. Cell Structure & Function

Unit 4. Tissues: Types, Structure & Function.

## **BLOCK II**

### **General information, Different parts, Structure, Function & Effect of Yogic practices**

Unit 1. Skeletal System- General Information, Different parts, Structure

Unit 2. Skeletal System- Function and Effect of Yogic practices

Unit 3. Muscular System- General Information, Different parts, Structure

Unit 4. Muscular System- Function and Effect of Yogic practices

### **BLOCK III**

#### **General information, Different parts, Structure, Function & Effect of Yogic practices**

Unit 1. Respiratory System - General information, Different parts, Structure

Unit 2. Respiratory System - Function and Effect of Yogic practice

Unit 3. Circulatory System- General Information, Different parts, Structure

Unit 4. Circulatory System - Function and Effect of Yogic practices

### **BLOCK IV**

#### **General information, Different parts, Structure, Function & Effect of Yogic practices**

Unit 1. Digestive System- General Information, Different parts, Structure

Unit 2. Digestive System- Function and Effect of Yogic practice

Unit 3. Excretory System- General Information, Different parts, Structure

Unit 4. Excretory System- Function and Effect of Yogic practices

### **BLOCK V**

#### **General information, Different parts, Structure, Function& Effect of Yogic practices**

Unit 1 Nervous System- General Information, Different parts, Structure

Unit 2. Nervous System- Function and Effect of Yogic practice

Unit 3. Endocrine System - General information, Different parts, Structure

Unit 4. Endocrine System - Function and Effect of Yogic practices

# **966 HOLISTIC HEALTH & YOGA THERAPY**

## **BLOCK I**

### **Introduction of Holistic Health**

- Unit 1. Concept of Health and Disease
- Unit 2. Concept of Holistic Health
- Unit 3. Importance of Health in Human life
- Unit 4. Yogic Principle of Healthy Living

## **BLOCK II**

### **Introduction of Yoga Therapy**

- Unit 1. Therapy- meaning and classification.
- Unit 2. Yoga Therapy- definition & Concept.
- Unit 3. Principles and Constituents of Yoga Therapy.
- Unit 4. Limitations of Yoga Therapy

## **BLOCK III**

### **Different Approaches of Holistic Health**

- Unit 1. Maharshi Patanjali's Approach to Holistic Health
- Unit 2. Hath Yogic Approach to Holistic Health
- Unit 3. Geeta's Approach to Holistic Health
- Unit 4. Ayurveda's Approach to Holistic Health

## **BLOCK IV**

### **Yoga & Naturopathy management of following diseases**

- Unit 1. Indigestion and Hyper acidity
- Unit 2. Constipation and Back Pain
- Unit 3. Arthritis and Spondylitis

Unit 4. High Pressure and Low Blood Pressure

## **BLOCK V**

### **Yoga & Naturopathy management of following diseases**

Unit 1. Diabetes Obesity

Unit 2. Asthma and Bronchitis

Unit 3. Stress and Anxiety

Unit 4. Insomnia and Depression

## **967 NATUROPATHY: PRINCIPLES & TECHNIQUES**

### **BLOCK I**

#### **Introduction of Naturopathy**

Unit 1. Meaning & Definition of Naturopathy.

Unit 2. Brief history of Naturopathy.

Unit 3. Principles of Naturopathy.

Unit 4. Basic elements of Naturopathy.

### **BLOCK II**

#### **Hydrotherapy**

Unit 1. General Principles of Hydrotherapy

Unit 2. Importance of water, Properties of water

Unit 3. Different uses of water in therapy.

### **BLOCK III**

#### **Mud Therapy & Other Therapies**

Unit 1. Mud Therapy: Properties of mud, Types of mud

Unit 2. Preparation of mud for therapy & Different uses of mud for therapy.

Unit 3. Sun therapy: Importance of sun rays

Unit 4. Different uses of sun rays.

## **BLOCK IV**

### **Massage & Fasting**

Unit 1. Importance of Massage

Unit 2. Techniques & Effects of Massage

Unit 3. Meaning & Importance of Fasting

Unit 4. Types of fasting and their benefits

## **BLOCK V**

### **Diet**

Unit 1. Meaning and definition of Diet, Ancient & Modern classification

Unit 2. Balance Diet

Unit 3. Components of Diet- Carbohydrate, Protein, Fat, Vitamin, Minerals, Water

Unit 4. Diet as a Therapy

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