

Academic

THE TAMIL NADU

Dr. M.G.R. MEDICAL UNIVERSITY

**69, ANNA SALAI, GUINDY,
CHENNAI - 600 032.**



**REGULATIONS FOR THE
BACHELOR OF NATUROPATHY
AND YOGIC SCIENCES**

2003

Approved by the XXIV Meeting of the Standing
Academic Board held on 11.12.2002

and

also in the XXVIII Standing Academic Board
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YOGIC SCIENCES
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CONTENTS

Sl. No.	Description	Page No.
---------	-------------	----------

I. REGULATIONS

1.	Short Title and Commencement	1
2.	Aims and Objectives	1
3.	Minimum Eligibility criteria for Admission	1
4.	Age limit for Admission	3
5.	Duration of the course	3
6.	Commencement of the course	4
7.	Commencement of Examination	4
8.	Cut-off date for admission to Examination	4
9.	Enrolment of candidate	4
10.	Registration	5
11.	Medium of Instruction	5
12.	Curriculum	5
13.	Working days in an academic year	5
14.	Attendance required for admission to examination	5
15.	Re-admission after break of study	6
16.	Submission of Laboratory record note books	6
17.	Internal Assessment	7
18.	Retotalling of Answer papers	7
19.	Exemption from Re-Examination in a subject	7

20. Carry-over of failed subjects	8
21. Migration / Transfer	8
22. Subjects of study	9
23. Restructured question pattern in general	11
24. Distribution of Marks	12
25. Internship (Compulsory postings)	16

II. Syllabus - I BNYS

26 Part I - 1. Biochemistry	18
2. Philosophy & Practice of Yoga	24
Part II 1. Human Anatomy I	29
Human Anatomy II	31
2. Human Physiology I	35
Human Physiology II	42
3. Philosophy of Nature cure I & II	50

27. Syllabus - II BNYS

1. Pathology I & II	58
2. Microbiology	67
3. Yoga & Physical Culture-I	70
4. Diagnostic Methods in Naturopathy	75
5. Diagnostic Methods in Modern Medicine	79
6. Basic Pharmacology	82

28. **Syllabus - III BNYS**

1. Forensic Medicine & Toxicology	87
2. Community Medicine	91
3. Psychology & Basic Psychiatry	95
4. Obstetrics & Gynecology	98
5. Yoga & Physical Culture - II	102
6. Nutrition & Herbology	105
7. Massage, Chiropractice, Osteopathy & Aromatherapy	112

29. **Syllabus - IV BNYS**

1. Yoga Therapy	121
2. Hydrotherapy	125
3. Fasting & Diet Therapy	133
4. Chromo therapy & Magneto therapy	141
5. Physiotherapy	147
6. Acupuncture, Acupressure, Reflexology, Reiki & Pranic healing	153
7. Minor Surgery, First Aid & Emergency Medicine	156
8. Hospital Management	162

30. **Internship** 165

The Tamil Nadu Dr. M.G.R. Medical University

CHENNAI

REGULATIONS OF THE UNIVERSITY

In exercise of the powers conferred by Section 44 of the Tamil Nadu Dr. M.G.R. Medical University, Chennai, Act, 1987 (Tamil Nadu Act 37 of 1987), the Standing Academic Board of the Tamil Nadu Dr. M.G.R. Medical University, Chennai hereby makes the following regulations:-

1. SHORT TITLE AND COMMENCEMENT : -

These regulations shall be called "THE REGULATIONS FOR THE BACHELOR OF NATUROPATHY AND YOGIC SCIENCES (B.N.Y.S.) DEGREE COURSE OF THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY, CHENNAI".

They shall come into force from the academic year 2003-04.

The Regulations and Syllabus are subject to modification by the Standing Academic Board from time to time.

2. AIMS AND OBJECTIVES

The course is aimed at overcoming the lack of properly trained personnel in the field of Naturopathy and Yogic Sciences experienced at present and to fulfill the need of therapists in Yoga and Nature cure with a proper scientific background in sufficient numbers.

3. MINIMUM ELIGIBILITY CRITERIA FOR ADMISSION

(a) Candidates seeking admission to the Bachelor of Naturopathy and Yogic sciences course should have passed at

the qualifying examination (Academic stream) after a period of 12 years of study (10 + 2) with the following subjects: Physics, Chemistry, Biology (Botany, & Zoology) with community wise eligibility marks as detailed below :

As per G.O.Ms.No.140, Health and Family Welfare Department, dated 19.6.2003 and as approved in the XXVI SAB dated 16.12.2003.

<u>Sl.No.</u>	<u>Community</u>	<u>Minimum Eligibility marks</u>
1.	O.C	Minimum of 60% marks in Biology or Botany and Zoology taken together. 60% marks in each of Physics and Chemistry. Aggregate should not be less than 140 out of 200.
2.	B.C	Minimum of 60% marks in Biology or Botany and Zoology taken together. 60% marks in each of Physics and Chemistry. Aggregate should not be less than 130 out of 200.
3.	M.B.C	Minimum of 55% marks in Biology or Botany and Zoology taken together. 55% marks in each of Physics and Chemistry. Aggregate should not be less than 120 out of 200.
4.	S.C / S.T.	Minimum of 40% marks in Biology or Botany and Zoology taken together. 40% marks in each of Physics and Chemistry. Aggregate should not be less than 80 out of 200.

The above modifications shall take effect for the candidates admitted from 2003-04 batch admission onwards.

(b) Candidate who have passed any qualifying examination other than the Higher Secondary Course examination conducted by the Government of Tamil Nadu shall obtain an Eligibility Certificate from the University by remitting the prescribed fees along with the filled in application form and the original certificates as required before seeking admission to any one of the affiliated institutions.

4. AGE LIMIT FOR ADMISSION

Candidate should have completed the age of 17 years at the time of admission or would complete the said age on or before 31st December of the year of admission to the first year B.N.Y.S. course.

5. DURATION OF THE COURSE

Duration of the course will be 4 ½ years with 1 (one) year internship. The course will be divided into four parts.

1st BNYS - 1½ Years (18 Months)

Part I - 12 Months

Part II - 18 Months

2nd BNYS - 1Year (12 Months)

3rd BNYS - 1Year (12 Months)

4th BNYS - 1Year (12 Months)

After completing the course successfully, a graduate will have to undergo internship for a period of one year. Degree will be awarded only after satisfactorily completing the one-year period of internship.

6. COMMENCEMENT OF THE COURSE

The academic year for B.N.Y.S. course shall commence from 1st August of the year.

7. COMMENCEMENT OF EXAMINATION

August 1st / February 1st

Theory examinations not to be held on Saturday and Sunday. If the date of commencement of the examination falls on public holiday, the next working day will be the date of commencement of examinations.

8. CUT – OFF DATE FOR ADMISSION TO EXAMINATION:

The candidates admitted upto 30th September shall be registered to take up their I Professional Part-I examination during August of the next year and Part –II examinations during February of the subsequent year.

All kinds of admissions shall be completed on or before 30th September of the academic year. There shall not be any admissions after 30th September, even if seats are vacant.

9. ENROLLMENT OF CANDIDATES:

The candidates admitted provisionally shall apply to this University by the College for Enrollment within 7 days from the date of admission in a prescribed form, which shall be downloaded from the University Web Site "www.tnmmu.ac.in" along with provisional admission card issued by the College/ Selection Committee, Eligibility Certificate for Non-Higher Secondary Course and other State candidates for the course and a fee of Rs.125/- or that may be prescribed by the authorities of the University from time to time.

10. REGISTRATION:

A candidate admitted in **I B.N.Y.S.** degree course in any of the affiliated Institution of this University shall register his/her name by submitting the prescribed application form for Registration duly filled, along with the prescribed fee and an undertaking in the format, as in Annexure I of the Regulation for re-admission after break of study to the Controller of Examinations of this University through the Head of the affiliated Institutions within 60 days from the cut-off date prescribed for **B.N.Y.S** course for admission.

11. MEDIUM OF INSTRUCTION

The Medium of instruction for the BNYS degree course shall be in English.

12. CURRICULUM

The curriculum and syllabus for the course shall be as prescribed by the Standing Academic Board from time to time.

13. WORKING DAYS IN AN ACADEMIC YEAR

Each academic year shall consist of not less than 200 working days.

14. ATTENDANCE REQUIRED FOR ADMISSION TO EXAMINATION

a) No candidate shall be permitted to appear for any one of the parts of **B.N.Y.S.** examinations unless he has attended the course in the subject for the prescribed duration/hours of study in an affiliated institution recognised by this University and produce necessary certificate of study, attendance,

satisfactory conduct and progress from the Head of the Institution.

b) A candidate is required to put in minimum 75 % of attendance as mandatory in both theory and practical separately in each subject before admission to the examination, including Yoga practical class for one hour daily through out the course.

c) A candidate lacking in the prescribed attendance and progress in any one subject in theory and practical shall not be permitted for admission to the entire examinations in the first appearance.

15. RE-ADMISSION AFTER BREAK OF STUDY

For the students admitted from 2003-04 batch onwards, please refer separate Re-admission after Break of Study Regulations of this University.

16. SUBMISSION OF LABORATORY RECORD NOTE BOOKS

At the time of practical examination, each candidate shall submit to the Examiners his / her laboratory note books duly certified by the Head of the Department as a bonafide record of the work done by the candidate.

The concerned Head of the Department shall evaluate the practical record (Internal Evaluation) and the practical record marks shall be submitted to the University 15 days prior to the commencement of the theory examinations.

In respect of failed candidates, the marks awarded for record at previous examinations will be carried over for the subsequent examination or the candidates shall have the option to improve his performance by submission of fresh records.

17. INTERNAL ASSESSMENT

A minimum of four written examinations shall be conducted in each subject during an academic year and the average marks of three best performances shall be taken into consideration for the award of sessional marks.

A minimum of three practical examinations shall be conducted in each subject during an academic year and an average of two best performances shall be taken into consideration for award of sessional marks.

A failed candidate in any subject should be provided an opportunity to improve his sessional marks by conducting a minimum of two examinations in theory and practical separately and the average may be considered for improvement.

The Internal assessment marks (both in written and practical taken together) should be submitted to the University duly endorsed by the Head of the Institutions 15 days prior to the commencement of the theory examinations.

18. RETOTALLING OF ANSWER PAPERS:

There is ^{no} provision for Revaluation of Answer papers and only retotalling of Answer papers in the failed subject is allowed.*

19. EXEMPTION FROM RE-EXAMINATION IN A SUBJECT

Candidate who failed in the examination but obtained pass marks in any subject shall be exempted from re-examination in that subject(s).

* XXVIII SAB dt. 22.12.2004.

20. CARRY – OVER OF FAILED SUBJECTS

- a) A candidate is permitted to carry over only one first B.N.Y.S. subject to the second B.N.Y.S. course.
- b) A candidate should complete all the I and II BNYS subjects before entering into III BNYS course.
- c) The candidate shall be permitted to carry over any one III BNYS failed subject before entering into IV B.N.Y.S.

21. MIGRATION / TRANSFER

Migration / Transfer of candidates from one recognised institution to another recognised institution of this university shall be granted on the following conditions:

- a) All Migration/Transfers are subject to the approval of the Vice-Chancellor.
- b) Transfer shall be effected only at the beginning of the academic year.
- c) The Transfer application should be in the prescribed form as stipulated by the University and sent through proper channel to the Academic Officer within three months of publication of the results or admission to the course.
- d) Transfers can be effected during any year of study after fulfilment of the regulations of this University.
- e) Transfers will be effected subject to the condition that the sanctioned strength of that institution in that particular year is not exceeded.

f) The Provision of combination of attendance shall be granted to the transferee for admission to the examination of this University on satisfactory fulfilment of the regulations of this University.

22. SUBJECTS OF STUDY

I B.N.Y.S.

Duration

Hours

Part - I

- | | | |
|-------------------------------------|--------|-----------|
| 1. Biochemistry | 1 year | 200 hours |
| 2. Philosophy & Practice of
Yoga | 1 year | 200 hours |

Part - II

- | | | |
|--|-----------|-----------|
| 1. Human Anatomy
Human Anatomy-II | 1 ½ years | 300 hours |
| 2. Human Physiology-I
Human Physiology-II | 1 ½ years | 300 hours |
| 3. Philosophy of Nature Cure-I
Philosophy of Nature
Cure-II (including fundamentals
of ayurveda, Siddha, Unani,
Homoeopathy and Allopathy) | 1 ½ year | 300 hours |

II B.N.Y.S.

Duration

Hours

- | | | |
|--------------------------------|--------|-----------|
| 1. Pathology-I
Pathology-II | 1 year | 200 hours |
| 2 Microbiology | 1 year | 200 hours |

3. Yoga & Physical Culture - I	1 year	200 hours
4. Diagnostic methods in Naturopathy	1 year	200 hours
5. Diagnostic methods in Modern Medicine	1 year	200 hours
6. Basic Pharmacology	1 year	200 hours

III B.N.Y.S.

	<u>Duration</u>	<u>Hours</u>
1. Forensic Medicine & Toxicology	1 year	200 hours
2. Community Medicine	1 year	200 hours
3. Psychology & Basic Psychiatry	1 year	200 hours
4. Obstetrics & Gynecology	1 year	200 hours
5. Yoga & Physical Culture II	1 year	200 hours
6. Nutrition & Herbology	1 year	200 hours
7. Massage, Aromatherapy, Chiropractice & Osteopathy	1 year	200 hours

IV B.N.Y.S.

	<u>Duration</u>	<u>Hours</u>
1. Yoga Therapy	1 year	200 hours
2. Hydrotherapy & Clay Therapy	1 year	200 hours
3. Fasting & Diet therapy	1 year	200 hours
4. Chromo therapy & Magneto therapy	1 year	200 hours
5. Physiotherapy	1 year	200 hours

- | | | |
|---|--------|-----------|
| 6. Acupuncture, Acupressure, Reflexology, Reiki, & Pranic healing | 1 year | 200 hours |
| 7. Emergency medicine, minor surgery, & first aid | 1 year | 200 hours |
| 8. Hospital Management | 1 year | 200 hours |

23. RESTRUCTURED QUESTION PATTERN IN GENERAL:-

The following examination pattern uniformly for the BNYS course which shall come into force for all the candidates who have to appear for the examination in all years of studies commencing from 1st July 2003 onwards.

	<u>Marks per paper</u>	<u>Time</u>
20 MCQ each mark (20x1) :	20 marks	20 mts
Two Essay question – each 15 marks (2x15) :	30 marks	
Ten Short Notes – each 5 marks (10x5) :	50 marks	2.40 hrs
TOTAL	100 Marks	3 hrs

(XXIV Meeting of SAB held on 11.12.2002 and 122nd G.C. meeting held on 27.12.2002)

24. DISTRIBUTION OF MARKS

First B.N.Y.S. 1 ½ year (18 months)

Paper	UE Marks W	IA Marks P	TOTAL O I R A			
Part I						
1. Biochemistry	100	50	20	20	10	200
2. Philosophy & Practice of Yoga	100	50	20	20	10	200
Part II						
1. Human Anatomy-I	100					
Human Anatomy-II	100	50	20	20	10	300
2. Human Physiology-I	100					
Human Physiology-II	100	50	20	20	10	300
3. Philosophy of Nature Cure – I	100					
Philosophy of Nature cure - II (Including fundamentals of Ayurveda, Siddha, Unani, Homoeopathy and Allopathy)	100	50	20	20	10	300
Grand Total						1300

Second B.N.Y.S. 1 year (12 months)

Paper	UE Marks		IA Marks			TOTAL
	W	P	O	IA	R	
1. Pathology I	100					
Pathology II	100	50	20	20	10	300
2. Microbiology	100	50	20	20	10	200
3. Yoga & Physical Culture I	100	50	20	20	10	200
4. Diagnostic Methods in Naturopathy	100	50	20	20	10	200
5. Diagnostic Methods in Modern Medicine	100	50	20	20	10	200
6. Basic Pharmacology	100	—	—	—	—	100
Grand Total						1200

Third B.N.Y.S. 1 year (12 months)

Paper	UE Marks		IA Marks			TOTAL
	W	P	O	IA	R	
1. Forensic Medicine & Toxicology	100	50	20	20	10	200
2. Community Medicine	100	50	20	20	10	200

3. Psychology & Basic Psychiatry	100	—	—	—	—	100
4. Obstetrics & Gynaecology	100	50	20	20	10	200
5. Yoga & Physical Culture - II	100	50	20	20	10	200
6. Nutrition & Herbology	100	50	20	20	10	200
7. Massage, Chiropractice Osteopathy & Aromatherapy	100	50	20	20	10	200
Grand Total						1300

Fourth B.N.Y.S. 1 year (12 months)

Paper	UE Marks			IA Marks		TOTAL
	W	P	O	IA	R	
1. Yoga Therapy	100	50	20	20	10	200
2. Hydrotherapy & Clay Therapy	100	50	20	20	10	200
3. Fasting & Diet Therapy	100	50	20	20	10	200
4. Chromo therapy & Magneto therapy	100	50	20	20	10	200
5. Physiotherapy	100	50	20	20	10	200

6. Acupuncture, Acupressure, Reflexology, Reiki, & Pranic healing	100	50	20	20	10	200
7. Minor Surgery, First Aid & Emergency Medicine	100	50	20	20	10	200
8. Hospital Management	100					100
Grand Total						1500

UE Marks - University Examination Marks

W - Written

O - Oral

P - Practical

**IA - Internal Assessment / Terminal Assessment / Day
to Day Evaluation**

R - Record Marks

MARKS QUALIFYING FOR A PASS

50 % of marks in the University written exam - 50 / 100

50 % of marks in the University Practical Exam - 25 / 50

35 % of marks in the aggregate of Internal

Assessment & Record

- 35 %

Minimum.

50 % of marks in the aggregate of Written, Practical, Oral, IA & Record and should attend all the subjects.

NOTE:

A qualified person in the specific field should strictly teach the following subjects in the B.N.Y.S. course.

- | | | |
|--|---|-----------------------------------|
| a) Basic Pharmacology | - | M.B.B.S. /
M.D. (Pharmacology) |
| b) Modern Diagnostic Methods | - | MBBS / M.D.
(General Medicine) |
| Emergency Medicine,
Minor Surgery & first Aid | - | M.S. / M.D. |

25. INTERNSHIP :

Time allocation to each discipline is approximate and shall be guided more specifically by the actual experience obtained.

COMPULSORY POSTINGS	DURATION
----------------------------	-----------------

- | | |
|--|--------------|
| 1. Nutrition, Fasting, Dietetics & Herbology | : One month. |
| 2. Massage, Aromatherapy, Chiropractice & Osteopathy | : One month. |
| 3. Hydrotherapy, and Clay therapy | : One month. |
| 4. Reiki & Pranic Healing | : 15 days. |
| 5. Chromotherapy and Magnetotherapy | : 15 days. |
| 6. Accupuncture, Accupressure & Reflexology | : 15 days. |
| 7. Yoga therapy | : One month. |

8. Diagnostic Methods in Naturopathy & Yoga
& Modern Diagnostic Methods : One month.
9. Obstetrics & Gynaecology with
Family Welfare Planning : One month.
10. Community Medicine : One month.
11. Minor Surgery, First Aid & Emergency
Medicine : One month.
12. Physiotherapy : One month.
13. Psychology and Psychiatry : One month.
14. Dissertation submission and presentation: 15 days.

Bachelor of Naturopathy and Yogic Sciences

(A Five & half years Degree Course)

(B.N.Y.S.)

CURRICULUM AND SYLLABUS

I B.N.Y.S. (18 months)

Part-I

<u>SL. NO.</u>	<u>Subject</u>	<u>Duration of Study</u>
1.	Biochemistry	12 months
2.	Philosophy and Practice of Yoga	12 months

Part - II

1.	Human Anatomy I Human Anatomy II	18 months
2.	Human Physiology I Human Physiology II	18 months

3. Philosophy of 18 months

Nature Cure-I

Philosophy of

Nature Cure-II

(Including fundamentals of Ayurveda)

Siddha, Homeopathy, Unani & Allopathy)

Practicals: Biochemistry, Anatomy, Physiology, PNC, & PPY

BIOCHEMISTRY

(Duration of study – First two terms of first

B.N.Y.S. – 12 months)

Theory

01. Introduction and Prospects.
02. Hydrogen ion concentration, acids, bases, buffers, Henderson – Haselbasch Equation.
03. Principles of colorimetry, Paper chromatography and Electrophoresis.
04. Amino acids – classification, structure, properties and side chains of amino acids.
05. Peptides – Biological importance of peptides structure of Insulin.
06. Proteins – Definition, Biological importance, classification and properties, structure of proteins, coagulation and denaturation of proteins.
07. Elementary aspects of the structure of collagen, Myoglobin and Hemoglobin.

08. Enzymes – Definition, classification, specificity, co-enzymes, co-factors and activators. Diagnostic importance of enzyme and iso-enzymes.
09. Carbohydrates – Definition, classification and biological importance, Monosaccharides – classification, properties and stereo isomerism, oligosaccharides – importance of Disaccharides.
10. Polysaccharides – Functions.
11. Lipids – Definition, classification and biological importance.
1. Simple lipids: Composition of Triglycerol, Waxes.
 2. Compound Lipids: Function of Phospholipids, spongiolipids, & glycolipids.
 3. Derived lipids: Functions of fatty acids – properties of saturated and unsaturated fatty acids.
12. Nucleic acids: Definition, classification, composition and biological importance of nucleic acids, purines and pyrimidine bases.
- Structure of DNA.
- Structure, function and types of RNA.
13. Vitamins – Definition and classification. Brief account of source, biochemical function and deficiency diseases.

Vitamin antagonists.

Hypervitaminosis.

14. Minerals – Calcium, Phosphorous, iron, copper, zinc, magnesium, manganese, lead, mercury, arsenic and metal toxicity, fluorine and iodine.
15. Cell and sub cellular structures
Cell membrane, its composition, function of sub cellular structures, transport across cell membrane, active and facilitated diffusion.
15. Metabolism – Digestion and absorption of carbohydrates, lipids, proteins and nucleic acids.
16. Metabolisms – Digestion and absorption of carbohydrates, lipids, proteins and nucleic acids
17. Carbohydrate Metabolism – Glycogenesis, glycogenolysis and Krebs's cycle, glycolysis, pyruvate oxidation, citric acid cycle, Gluconeogenesis, Metabolism of Fructose and Galactose, regulation of metabolic pathways, disorders of carbohydrate metabolisms, regulation of blood sugar, glucose tolerance test, diabetes mellitus.
18. Biological oxidation – Oxidative phosphorylation.
19. Lipid Metabolism – Lipogenesis, synthesis of fatty acids, de-saturation, phospholipids, Bio-synthesis of lecithin, Cephalin and their breakdown oxidation of fatty acids, formation and utilisation of ketone bodies, ketosis, synthesis and breakdown of cholesterol, disorders of lipid metabolism, outlines and formation and functions of prostaglandin's and leucotrienes, fatty liver and lipotropic factors.
20. Metabolism of proteins and amino acids – Breakdown of tissue proteins, amino acids pool, general metabolism of amino acids, disposal of ammonia, urea cycle formation of

glutamate and glutamine, disorders of amino acids metabolism.

21. Purine and Pyrimidine metabolism – Outline of synthesis and breakdown of purine and pyrimidine Disorders of metabolism of purine and pyrimidine.
22. Biochemical genetics and protein synthesis – Replication, transcription, reverse transcription viruses, oncogenes, post transcription modification.
23. Biochemistry of blood – Outline of synthesis and degradation of heme, functions of Hemoglobin, abnormal hemoglobin, jaundice, importance, functions and separation of plasma proteins, Functions of immunoglobulins, regulation of pH of blood, role of kidney and lungs in maintaining pH of blood, acidosis and alkalosis.
24. Liver function – Liver function tests, De-toxification, mechanisms.
25. Kidney Function tests – composition of urine, urea clearance and creatinine clearance.
26. Energy metabolism (BMR) – Basal metabolic rate and its importance, calorific values of food or unbalanced diet, protein energy malnutrition (PEM), Essential fatty acids, dietary habits and diseases, biochemistry of starvation.
27. Electrolytes and water metabolism.

PRACTICALS

SECTION I

1. Indicators
2. Reactions of Monosaccharides – glucose and fructose.
3. Reactions of disaccharides – lactose, maltose and sucrose.
4. Reactions of polysaccharides – starch and dextrin
5. Reactions of proteins – albumin, casein and gelatin.
6. Coagulation and precipitation reactions of proteins.
7. Reaction of non-protein-nitrogen (N P N) – Urea, Uric acid and creatinine.
8. Analysis of Milk.
9. Normal constituents of urine.
10. Analysis of abnormal urine.

SECTION II

1. Demonstration of:
 - a) Blood sugar
 - b) Blood urea
 - c) Total serum protein
 - d) Total serum calcium
 - e) Total serum cholesterol
 - f) Total serum bilirubin

2. Demonstration of:
 - a) Sugar in CSF
 - b) Proteins in CSF
 - c) Chlorides in CSF
3. Determination of albumin, urea and sugar in urine.
4. Demonstration of SGOT and SGPT
5. Demonstration of principles of :
 - a) Colorimetry and colorimeter
 - b) Paper chromatography
 - c) Electrophoresis
 - d) Glucose tolerance test (GTT)
 - e) Flame Photometry

Note:

1. Section I – the students in biochemistry laboratory shall conduct I Practicals.
2. Section – II of practical shall be conducted by teaching staff as a part of demonstration / seminar in the laboratory.

Recommended Books:

1. Hyper's review of physiological chemistry – by Harper.
2. Textbook of Biochemistry – by West and Todd.
3. Laboratory manual of biochemistry – by Pattabhiraman and Acharya.
4. Laboratory manual in biochemistry – by Rajgopal and Ramkrishnan.

PHILOSOPHY AND PRACTICE OF YOGA (Duration 12 months)

1. What is Yoga, & various definitions of Yoga.
2. History of Yoga, (relative chronology, Yoga before the time of Patanjali, Indus valley civilization, Veda, Brahmanas, Upanishads, Epics, Puranas and Smriti literature).
3. Original system of Yoga (Hiranyagrbha-yoga)
 - a) Sankhya and yoga b) Buddhism and yoga c) Jainism and yoga
 - d) Systematisation of yoga by sage patanjali e) Contribution of Vyasa's commentary to patanjali yoga.
4. Post patanjalian developments in Yoga.
5. Contemporary yoga, scientific and textual research studies.
6. Patanjali's astanga yoga
7. Outlines on Branches of yoga - Raja, hatha, jnana, karma, bhakti, mantra, kundalini and laya.
8. Introduction to Yogasanas
 - a) Definitions for Yogasanas, Animal postures
 - b) Yogasanas and prana
 - c) Yogasanas and Kundalini
 - d) Yogasanas and the body mind connection
 - e) Yogasanas and exercises.
9. Classification of yogasanas - beginners group, intermediate group, advanced group, dynamic and static yogasanas.
10. Rules and regulations for Yogasanas.

11. Introduction to Pranayama

- Definition
- Pranic Body
- Prana and life style
- Breath, health and pranayama
- Breathing and life span
- Pranayama and spiritual aspirant

12. Rules and Regulations for the Pranayama Practice.

Yogasanas - Practise

- Tadasana
- Tiryakatadasana
- Vrksana
- Utthita Trikonasana
- Parivrtta Trikonasana
- Virabhadrasana
- Utkatasana
- Padangusthasana
- Padahasthasana
- Samakonasana
- Dwikonasana
- Utthita lolosana
- Dolosana
- Ardha chakrasana
- Katichakrasana
- Padamool
- Garudasan
- Prarambhik sthiti
- Raju Karshanasana
- Gatyatmakmeru vakrasana

21. Chakkichalanasana
22. Nauka Sanchalanasana
23. Kashta Takshanasana
24. Namaskarasana
25. Kawa chalasana
26. Udarakarashanasana
27. Gomukasana
28. Sukhasana
29. Ardha padmasana
30. Padmasana
31. Siddhasana
32. Siddha yoni asana
33. Dhyana veerasana
34. Simhasana
35. Vajrasana
36. Ananda madrisana
37. Padadhirasana
38. Bharasana
39. Veerasana
40. Marjari Asana
41. Vyagrasana
42. Shashankasan
43. Pranamasana
44. Ardha Ushitvasana
45. Ustrasana
46. Supta Vajrasana
47. Parvatasana
48. Paschimottanasan
49. Janu Sirshasana
50. Meru Wakrasana
51. Ardhamatsyendrasana
52. Sedu bandasan
53. Naukasan

54. Ardha Pawanamuktasan

55. Pawanamuktasan

56. Sedubandasana

57. Badda Padmasana

58. Yogamudrasana

59. Bhujangasana

60. Ardha Shalabasan

61. Shalabasan

62. Dhanurasan

63. Chakrasana

64. Vipareetha karni

65. Sarvangasana

66. Matsyaasana

67. Makrasana

68. Shavasana

69. Halasan

Exercises:

1. Joint movements - Loosening Exercise.

2. Neck and shoulder exercises.

3. Eye exercises.

Breathing Exercises:

a) Natural breathing

b) Abdominal breathing

c) Thoracic breathing.

d) Clavicular breathing.

Pranayama

a) Yogic breathing.

b) Nadishodhana pranayama

c) Anuloma, viloma and pratiloma pranayama.

Meditation

Kriyas

- a) Neti - Jala & Sutra
- b) Gajakarni.

BOOKS RECOMMENDED: -

1. The history of yoga – vivian worthinton
 2. The psychology of yoga – Taimni.
 - 3.. The science of yoga – (do)
 - 4.. Yoga & Indian philosophy –karel warner
 5. The basis and application of yoga-Dr. Nagendra.
(Vivekananda Kendra)
 6. Jnana Yoga, Bhakti Yoga,Karma Yoga, Raja Yoga – By
Swami vivekananda
 - 7.. Narada Bhakti Sutras.
 8. Asanas.
 9. Pranayama (Kaivalyadhama lonavla publications)
 10. Asana, Pranayam, Kriyas.
 11. Pranayama – Vivekananda kendra
 12. Yoga philosophy in relation to other system of philosophy –
S.N. Dasgupta.
 13. Yoga Deepika – B.K.S. Iyengar.
 14. Psychology – Florance C. Kenip.
 15. Asana,Pranayama,Mudra Bandha - Bihar School of
Yoga,Munger.Bihar
 - 16.Yoga- Mimamsa journal (Back
Volumes),Kaivalyadama,Lonavala
 17. Hatha Yoga Pradhibika - BSY
-

HUMAN ANATOMY – I

(Duration of study – 18 months)

I. GENERAL INTRODUCTION:

Importance of the study of Anatomy

1. Definitions & Sub divisions
2. Systems of the body
3. Structure of the cells
4. Terminology, Anatomical positions, Planes, & Surfaces.

II. RELATED HISTOLOGY & EMBRYOLOGY OF: -

1. Upper limb
2. Thorax
3. Abdomen and pelvis

III. OSTEOLOGY : (Including Ossification & Related Histology)

1. Types of Bones.
2. Classification of Bones.
3. Description of various bones of:
 - a) Upper limb
 - b) Thorax
 - c) Abdomen and pelvis
 - d) Vertebral column including cervical region

IV. ARTHROLOGY:

1. Classification of Joints
2. Construction of Joints
3. Description of various joints of:
 - a) Upper limb
 - b) Thorax
 - c) Pelvis
 - d) Vertebral column

V. MYOLOGY:

1. Types of Muscles
2. Muscles of Upper limb, Thorax, Abdomen and Pelvis
3. Origin, insertion, Blood supply, nerve supply and actions of these muscles

VI. RESPIRATORY SYSTEM:

1. Upper respiratory tract – Nose, Pharynx, larynx
2. Trachea & Bronchial tree.
3. Lungs
4. Pleura
5. Mediastinum

VII. CARDIO VASCULAR SYSTEM:

1. Heart – Position, Surface anatomy and its description.
2. Great vessels – Aorta, Pulmonary trunk, superior vena cava, inferior vena cava and their branches.
3. Arteries and Veins – Structure of arteries and veins, important arteries & veins of the body.

VIII. DIGESTIVE SYSTEM:

Oral cavity, Teeth, Hard palate, Soft palate, Esophagus, Stomach, Small Intestine (Duodenum, Jejunum & Ileum) Large intestine (Caecum, Appendix, ascending colon, transverse colon, descending colon, sigmoid colon, rectum), Anal canal, Anus, Liver, Gall bladder, Bile duct, Pancreas, Spleen, Peritoneum, Mesentery and their position in the abdominal quadrants.

IX. URINARY SYSTEM:

1. Kidneys: position, surfaces, internal structures.
2. Ureters
3. Urinary Bladder
4. Male Urethra
5. Female Urethra

X. LYMPHATIC SYSTEM:

Description of: Lymph, Lymph glands, Lymph ducts, Thoracic duct, and Cysterna chyli.

XI. DISSECTION / DEMONSTRATION OF DISSECTED PARTS OF:

1. Upper limb
2. Thorax
3. Abdomen and Pelvis

NOTE:

The Principal of the concerned colleges requested to make necessary arrangements for providing Human cadavers in the Anatomy Department for teaching I BNYS degree course students:

(XXV Meeting of SAB held on 25-06-2003 and 126th Meeting of G.C. held on 30-07-2003).

HUMAN ANATOMY – II

(Duration of study – 18 months)

I. RELATED HISTOLOGY & EMBRYOLOGY OF:

1. Lower limb
2. Head and Neck

3. Brain
4. Cranial nerves
5. Organs of Special senses.

II. OSTEOLOGY: (including Ossification and related Histology)

Description of various bones of:

- a) Lower limb
- b) Skull as a whole
- c) Individual Cranial bones of skull

III. ARTHROLOGY:

Description of various joints of:

- a) Lower limb
- b) Skull
- c) Skull & Vertebral column

IV. MYOLOGY:

Description of various muscles of:

- a) Lower limb
- b) Head
- c) Neck

(Origin, Insertion, Blood Supply, Nerve supply and actions of these muscles)

V. REPRODUCTIVE SYSTEM:

1. Male Reproductive organs:

Scrotum, Penis, Glands, Testes, Vas deferens, Spermatic cord,

Epidermis, Seminal vesicles, Ejaculatory duct, Prostate gland etc.,

2. Female Reproductive system:

a) External genital organs:

Vulva, Clitoris, vagina.

b) Internal genital organs:

Uterus, Cervix, Fallopian tubes, Ovaries, Ligaments of Uterus & Ovaries.

c) Mammary glands

VI. ENDOCRINE SYSTEM:

Description of:

Pituitary, Pineal, Thyroid, Parathyroid, Thymus, Spleen, Pancreas, Suprarenal, Ovaries & Testes.

VII. NERVOUS SYSTEM:

Division of nervous system, central nervous system, peripheral nervous system, cerebral hemispheres, Mid brain, pons, medulla oblongata, Cerebellum, spinal cord, Autonomic nervous system.

- Meninges: Dura mater, Arachnoid mater
- C.S.F.
- Ventricular system
- Cranial nerves
- Spinal nerves
- Important plexuses: Cervical, Brachial, Lumbar & Sacral Plexuses and description of their nerves.

VIII.ORGANS OF SPECIAL SENSES:

- Tongue
- Nose
- Eye ball & associated structures, Lacrimal apparatus
- Ear: Description of external ear, middle ear and internal ear.
- The integumentary system: Description of skin & its appendages.

IX. DISSECTION / DEMONSTRATION OF DISSECTED PARTS OF:

1. Lower limb
2. Head & Neck
3. Brain & Spinal Cord
4. Organs of Special senses.
5. Cranial nerves.

PRACTICALS:

I. HISTOLOGY:

1. Fresh tissue preparations and staining exercises of tissues specified under histology.
2. Demonstration of histological slides of: -
 - a) Respiratory System
 - b) Gastrointestinal system
 - c) Renal system
 - d) Reproductive system
 - e) Endocrine system

II. DEMONSTRATION OF EMBRYOLOGICAL MODELS & CHARTS

For the purpose of written theory examination, the syllabus is divided as follows:

ANATOMY I:

1. Regional Anatomy, Histology, embryology, Myology, Anthology & Osteology of:

- a) Upper limb
- b) Thorax
- c) Abdomen & Pelvis

ANATOMY II:

1. Regional Anatomy, Histology, Embryology, Myology, Anthology & Osteology of:

- a) Lower limb
 - b) Head & Neck
2. Brain & Spinal cord
3. Special senses

PHYSIOLOGY - I

(Duration of study – 18 months)

THEORY

I. GENERAL PHYSIOLOGY –

- 1. Cell Structure
- 2. Subcellular units
- 3. Cell membrane and its properties
- 4. Transport mechanisms
- 5. Bioelectrical potentials
- 6. Body fluids and homeostasis.

II. **BLOOD** – Physical properties, composition and functions of blood.

1. Plasma proteins
 - a) Normal values
 - b) Origin and methods of separation
 - c) Functions and variations in health and disease.
2. Bone marrow
 - a) Formed elements
 - b) Composition and functions
3. Erythrocytes
 - a) Morphology and variations in health and disease.
 - b) Development of erythrocytes.
 - c) Site and stages in development
 - d) Necessary factors
 - e) Regulation of development of erythrocytes
 - f) Life-Span and fate of erythrocytes
 - g) Erythrocytes sedimentation rate (ESR)
4. Hemoglobin
 - a) Structure, synthesis, function and metabolism
 - b) Types of hemoglobin.
5. Anemia – Definition and classification
6. Jaundice – Definition and classification
 - a) Role and function of spleen.
7. Leucocytes
 - a) Classification, morphology, development and functions
 - b) Variation in health and disease.

8. Thrombocytes

- a) Origin, morphology and functions
- b) Variation in health and disease

9. Haemostasis

- a) Mechanism of haemostasis, coagulation of blood
- b) Fate of clot and disorders of clotting.

10. Anticoagulants

- a) Mechanism of action and clinical applications

11. Blood group

- a) Classification
- b) ABO and RH system
- c) Blood transfusion, indication and hazards

12. Lymph and tissue fluids

- a) Lymph and reticular system
- b) Principles of immune system

- c) Cellular and humoral immunity

III. CARDIOVASCULAR SYSTEM

Historical perspective, organisation of cardiovascular system

1. Heart: -

- a) Structure and properties of cardiac muscle
- b) Cardio metabolism
- c) Innervation of heart, junctional tissue of heart.
- d) Regeneration and spread of cardiac impulse

2. Electrocardiography: -
 - a) Enthovan's Law
 - b) Various ECG leads, normal ECG and its interpretation.
 - c) Cardiac Arrhythmias and heart blocks.
 - d) Cardiac Vector.
3. Cardiac cycle
 - a) Pressure and volume changes (mechanical events)
 - b) Heart sounds and stethoscope
 - c) Principles of echo-cardiograph
 - d) Measurement and regulation of cardiac output
4. Heart sounds
 - a) Description, Causation and relation to other events in cardiac cycle.
 - b) Clinical significance of heart sounds.
5. Blood Pressure
 - a) Definition, regulation and factors influencing B.P.
 - b) Measurement of blood pressure.
 - c) Physiology of hemorrhage and shock.
6. Circulation
 - a) Blood vessels
 - b) Physical principles of blood flow, regulation of blood flow.
 - c) Jugular venous pulse tracing, radial pulse tracking.
 - d) Coronary, cerebral, renal and pulmonary circulation.
 - e) Splanchnic, cutaneous and capillary circulation.
 - f) Cardiovascular changes in altitude and exercise.

IV. RESPIRATORY SYSTEM

Introduction, internal and external respiration, physiological anatomy of respiratory system.

1. Mechanics of respiration
 - a) Inspiration and expiration.
 - b) Role of respiratory muscles and thoracic cage.
 - c) Pressure and volume changes during respiration.
 - d) Work of breathing, lung compliance and its significance in health and disease.
2. Lung volumes and capacities
 - a) Lung volumes and capacities and their measurements.
 - b) Respiratory minute volume and maximum voluntary ventilation.
3. Alveolar Ventilation
Composition of atmospheric, inspired, alveolar and expired air.
4. Pulmonary circulation
 - a) Pulmonary circulation, ventilation – perfusion relationship.
 - b) Diffusion of gases across pulmonary membrane.
 - c) Oxygen uptake, transport and delivery.
 - d) Carbon dioxide uptake, transport and delivery.
5. Organization of the respiratory centers
 - a) Nervous and chemical regulation of respiration
 - b) Classification and characteristics of hypoxia, cyanosis, asphyxia, hyper apnea, hypooapnea, dysnoea, apnoea and orthopnea and periodic breathing.

- c) Respiratory aspects of high altitude.
- d) Physiology of acclimatization and hyperbarism.
- e) Respiratory / pulmonary function tests.
- f) Non – respiratory functions of lungs.
- g) Artificial respiration.

V. DIGESTIVE SYSTEM

1. Introduction, organization and plan of digestive system.
2. Saliva
 - a) Composition, functions, regulation of secretion.
 - b) Methods of study of above aspects of saliva.
3. Stomach
 - a) Functions of stomach
 - b) Composition and functions of gastric juice.
 - c) Regulation of secretion and mechanics of HCL secretion.
 - d) Gastric emptying time and its regulation.
 - e) Methods of study of gastric function and its supplied aspect.
4. Pancreas
 - a) Composition and functions of pancreatic juice.
 - b) Regulation of pancreatic secretion.
 - c) Methods of study of pancreatic secretion.
5. Liver
 - a) Function, formation, storage and emptying of bile.
 - b) Composition, function and regulation of release of bile.
 - c) Entero-hepatic circulation.
 - d) Tests for liver function.

6. Small intestine
 - a) Succus entericus.
 - b) Composition, function and mechanism of secretions.
7. Large Intestine
 - a) Functions.
8. Gastro – intestinal hormones
 - a) Release and functions.
9. Gastro – intestinal movements
 - a) Mastication, deglutition and vomiting
 - b) Movements of stomach and small intestines
 - c) Movements of large intestine and defecation.
 - d) Regulation of movement and methods of study.
10. Digestion and absorption of carbohydrates, fats, proteins and vitamins, minerals and water.

VI. EXCRETORY SYSTEM

- 01) General introduction, organs of excretion with special emphasis on evolution of excretory mechanisms.
- 02) Renal system – Functional anatomy and renal circulation.
- 03) Nephron –
 - a) Mechanism of urine formation, glomerular filtration, tubular function.
 - b) Concentration and acidification of urine.
 - c) Composition of normal urine, and abnormal constituents of urine.
 - d) Renal function tests.

04) Non – excretory functions of kidney

a) Physiology of micturition and its abnormalities.

05) Skin – Structure and functions.

PHYSIOLOGY – II

(Duration of study – 18 months)

VII. ENDOCRINES

01. Introduction – hormones, evolutionary back – ground and organisation of endocrine control systems.

02. Methods of study

a) Classification of hormones and mechanism of hormone action.

b) Regulation of hormone secretion and feed-back system.

03. Hypothalmo-hypophyseal system
Releasing hormones.

04. Active principles

a) Chemical nature, biosynthesis, role of action.

b) Control of secretion, excretion and its applied aspect.

c) Clinical study of their hypo – and hyper function.

d) Laboratory diagnosis of pituitary (anterior and posterior) glands, thyroid, parathyroid, adrenal cortex and medulla and islets of langerhans.

VIII. REPRODUCTIVE SYSTEM

01. Physiology of reproduction

a) Introduction to physiology of reproduction.

- b) Sex determination and sex differentiation and chromosomal study.

02. Male reproductive system

- a) Growth, development and structure of testes.
- b) Gonadotropins and gonadal hormones.
- c) Functions of testes and spermatogenesis.
- d) Composition of semen.

03. Female reproductive system

- a) Ovary, gonadotropins.
- b) Structure of ovary, and corpus luteum.
- c) Functions of ovary, ovarian hormones.
- d) Physiology of menstruation cycle and physiology of pregnancy.
- e) Physiology of placenta, gestation and parturition.
- f) Physiological basis of tests for ovulation and pregnancy.

04. Physiology of lactation.

IX. NERVE MUSCLE PHYSIOLOGY

01. Neurone

- a) Morphology and measures of excitability.
- b) Classification and properties of nerve fibres.

02. Muscle

- a) Types of muscle and their properties and morphology
- b) Neuro-muscular junction, excitation-contraction coupling.
- c) Clinical study of their hypo – and hyperfunction.
- d) Myasthenia gravis.
- e) Starling's law its applications.

X. CENTRAL NERVOUS SYSTEM

01. Structural and functional organisation of central nervous system.
02. Neuron
Neuroglia, functional types of neurons.
03. Cerebro – spinal fluid
 - a) Formation, circulation, functions of CSF.
 - b) Methods of collection of clinical significance of CSF.
04. Synapse
 - a) Types of synapses and their structure.
 - b) Sympathetic transmission.
 - c) General properties of neuro-transmitters.
05. Sensory Physiology
 - a) Classification and general properties of receptors
 - b) Sensory modalities and stereognosis.
06. Reflexes
 - a) Reflex and general properties of reflexes (with examples)
07. Ascending tracts
 - a) Origin, course, termination and functions.
 - b) Specific reference to pain pathway and physiology of pain
08. Organisation of motor system
 - a) Pyramidal and extra-pyramidal systems
 - b) Upper and lower motor neurones and their lesions.

- c) Brown sequard syndrome.
 - d) Syringomyelia.
09. Cerebellum
- a) Functional anatomy, connections and functions.
 - b) Effects of lesions and tests for cerebellar function.
10. Basal ganglion
- a) Functional anatomy, connections and functions.
 - b) Diseases of basal ganglion and its clinical evaluation.
11. Vestibular apparatus
- a) Functional anatomy, connections and functions.
 - b) Effects of lesions and their assessment.
 - c) Physiology of maintenance and regulation of muscle tone, posture and equilibrium.
 - d) Decerebrated rigidity and righting reflexes.
12. Thalamus
- a) Functional anatomy, connections and functions
 - b) Effects of lesions of hypothalamus.
13. Hypothalamus
- a) Functional anatomy, connections and functions
 - b) Effects of lesions of hypothalamus
14. Body temperature regulation
- a) Normal body temperature, pyrexia and hypothermia.
15. Cerebral cortex
- a) Functional anatomy.

b) Methods of study of cortical functions.

16. Limbic system

a) Functional anatomy, connections and functions.

17. Reticular formation

a) Physiology of reticular formation.

b) EEG, physiology of sleep and wakefulness.

1. Higher functions

a) Learning, speech, memory, behavior and emotions.

XI. AUTONOMIC NERVOUS SYSTEM

01. Sympathetic nervous system.

02. Parasympathetic nervous system.

XII. SPECIAL SENSES

01. Smell

a) Physiology of olfaction and olfactory discrimination.

b) Olfactory pathway and defects of olfaction.

02. Receptors, primary taste sensation and taste pathway

03. Vision

a) Functional anatomy of eye, extra and inner-ocular muscles.

b) Errors of refraction and its correction, visual acuity.

c) Physiology of aqueous humor.

d) Cornea, lens, intraocular pressure, accommodation.

e) Retina, rhodospin cycle, dark and light adaptation.

- f) Visual pathways and effects of lesions in visual pathways
- g) Field of vision, perimetry, binocular vision
- h) Iris and pupillary reflexes.
- i) Colour vision, colour blindness and tests for colour blindness.
- j) Formation and circulation of tears, lacrimal glands.

04. Hearing

- a) Functional anatomy of ear, function of external ear.
- b) Physiological functions of middle ear.
- c) Impedance matching and tympanic reflex.
- d) Functional anatomy of internal ear, cochles, organ of cort.
- e) Auditory pathways and auditory cortex.
- f) Frequency analysis, sound localisation, defects of hearing.
- g) Audiometry, tests for conduction defects, Aphasia.

Note: For the purpose of written theory examination, the syllabus is divided as follows: -

Theory paper – I

Consisting of chapters on general physiology, blood, cardiovascular system, respiratory system and digestive system and excretory system.

Theory paper – II

Consisting of chapters on Endocrine system, reproductive system (male and female), nerve muscle physiology, central nervous system, autonomic nervous system and special senses.

PRACTICAL

SECTION – C

PART – I

I. Hematology experiments: -

01. Collection of blood, study of fresh drop of blood, effects of isotonic, hypertonic and hypotonic saline on RBC's
02. Enumeration of RBC's (RBC count.)
03. Estimation of hemoglobin
04. Packed cell volume (PCV) and blood indices.
05. Determination of Erythrocyte sedimentation rate (ESR)
06. Enumeration of WBC (Total count)
07. Differential WBC count (Differential count)
08. Determination of blood groups (ABO system)
09. Determination of clotting time and bleeding time.
10. Enumeration of platelets (Platelet count)

II. Human Physiology Experiments

01. Recording of blood pressure in human beings and study of effects of exercise on blood pressure.
02. Electrocardiography (Demonstration)
03. Clinical examination of CVS and radial pulse.
04. Determination of tidal volume, inspiratory reserve volume, expiratory reserve volume, inspiratory capacity, expiratory capacity, vital capacity and forced expiratory volume.

(All experiments are to be arranged for demonstration)

05. Stethoscopy, normal body temperature and its physiological variation.

06. Pulse, respiration and temperature chart with correlation.
07. Clinical examination of respiratory system.
08. Plethysmography.
09. Clinical examination of CNS
 - a) Motor functions.
 - b) Sensory functions.
 - c) Cranial nerves.
 - d) Reflexes – superficial and deep.
10. Determination of vital capacity and maximum ventilatory volume with spirometry (Demonstration)

Note: - The above 10 human physiology experiments are to be conducted with demonstration as a joint venture by physiologists and the clinical faculty, if necessary.

PART – II

(Only demonstration to students)

I. AMPHIBIAN EXPERIMENTS (MUSCLE): -

01. Staff of commonly used apparatus in experimental physiology for muscle experiments.
02. Gastronemius – Solatio preparation of frog.
03. Recording simple muscle twitch from G.S. preparation of frog.
04. Effects of successive stimuli on G.S. preparation of frog.

II. AMPHIBIAN EXPERIMENTS (HEART)

01. Recording a cardiogram.
02. Effect of warmth and cold on sinus venosus of frog's heart.
03. Effects of 1st and 2nd stannius ligature on frog's heart.
04. Effect of cat-ions Na, K and chloride.

Recommended text books for physiology

01. Text book of medical physiology – by A.C. Guyton
02. Review of Medical Physiology – by W.F. Gamong.
03. Concise text book of medical physiology – Choudhary.
04. Text book of physiology – by C.S. Chatterjee.

Reference books

01. Best and Taylor's physiological basis of Medical practice.
02. Practical physiology – by Ghaj
03. Practical physiology – by Ranade.

PHILOSOPHY OF NATURE CURE - PAPER -I

(Duration of study 18 months)

1. a) What is Nature cure
b) Definitions of Nature Cure and History of Naturopathy
2. Three fold constitution of man
3. Two fold attitude of mind and soul
4. Symphony of life
5. Basic Principles of Nature Cure
6. Laws of Nature
7. Violations of Nature
8. Catechism of Nature Cure
 - a) Constructive Principle
 - b) Destructive Principle

- c) Health
- d) Disease
- e) Acute disease
- f) Chronic disease
- g) Healing crisis
- h) Disease crisis
- i) Cure
- j) Normal/Natural

9. Philosophy and History of Indian Naturopaths

- a) Mahatma Gandhiji
- b) Vinoba Bhave
- c) Krishnam Raju
- d) Laxman Sharma
- e) B.Venkat Rao
- f) Vitlaldas Modi
- g) Acharya Pacha Venkatrammaiah
- h) S.J.Singh
- i) Kulranjan Mukherjee
- j) Dinshamehta

10. Philosophy and History of Foreign Naturopaths

- a) Hippocrates
- b) Vincent Priesnitz
- c) Sebastian Kneipp
- d) Louish Kunhe
- e) Henry Lindlhar
- f) Herbert Shelton
- g) J.H.Kellog
- h) Adolf just

- i) Sigmund Freud
 - j) Arnold Riikli
 - k) John II Tilden
 - l) The School of Salerno
 - m) Aesculpins
 - n) Bernard Macfeddon
 - o) Bernard Jenson
 - p) Arnold Ehret
 - q) Paracelsus
 - r) Ignatz van peczely
 - s) F.W.Collins
 - t) R.M.Mclain
11. Primary causes of disease and its manifestations:
12. Unity of disease and Unity of cure.
13. a) Inflammation and its different stages
b) Suppression during the different stages of inflammation.
14. Nature cure in relation with pancha maha bhutas
15. Healing from within
16. Differences between functional and organic diseases
17. Conservation of Vitality.
18. How to acquire natural immunity
19. Ways to pray
-

PHILOSOPHY OF NATURE CURE - PAPER - II

Duration of Study 18 Months

1. Arogya Raksha Panchatantras and their importance in prevention of disease and maintaining good health.
2. Properties of Water, Mud, Air, Sunlight.
3. Health is positive and Disease is Negative.
4. Importance of physical and mental hygiene.
5. Scientific relaxation and normal suggestion.
6. Toxins and anti toxins in Nature cure way.
7. Vaccination & their effects on human body and mind
8. Old age problems and natural rejuvenations.
9. Family planning by natural therapeutics.
10. Role of diet and yoga in nature cure.
11. Nature cure Vs. Modern medicine.
12. An introduction to Nature cure diagnostic methods
 - a) Facial diagnosis
 - b) Iridiagnosis
 - c) Spinal analysis
 - d) Chromo diagnosis.
13. Outlines on a) Regular habits for health b) Rest and Relaxation c) Live food - Nature diet (Satvic, Tamasic, Rajasik) d) Fasting e) Exercises.

14. Basic concepts in Nutrition and balanced diet.
15. Outlines on a) Enema b) Hip Bath c) Spinal bath d) Steam bath e) Foot bath f) Mud Pack g) Water drinking h) Fomentation I) Infra Red Rays.

16. Fundamentals of Ayurveda

- a) Introduction to Ayurveda
- b) Origin and History of Ayurveda
- c) Important works on Ayurveda
- d) Astanga of Ayurveda
- e) Panchabhoota Siddhantha
- f) Shareera Vignana
Sapta Dhatus, Tridosha Vignana, Mala Vignana, Ojas,
Types of Agnis
- g) Prakriti Vignana

Classification of individuals into seven categories.

- h) Swastha Vrittam
Dinacharya, Rastricharya, Ritucharya, Vegadharanam,
Sadvritha
- i) Asta Vida ahara sevana
- j) Outlines on Roga Vignana
- k) Outlines on Chikitsa Siddhantha
- l) Pathya Apathyavichara
- m) Outlines on Dravyas - Rasa, Guna, Veerya, Vipaka,
Prabhava etc.
- n) Shareera Dharma

17. Fundamentals of Siddha

- a) History of Siddha
- b) Basic Principles of Siddha

c) Methods of treatment in Siddha practice

18. Fundamentals of Homoeopathy

- a) Introduction
- b) History
- c) Basic Principles
- d) Preparation of Homeo medicines
- e) Mother Tincture, Trituration, Potency
- f) Dosage and frequency
- g) Remedies for day to day illness.

19. Fundamentals of Unani

- a) Introduction
- b) History
- c) Basic Principles
- d) Treatment methods.

20. Fundamental of Allopathy

- a) Introduction
- b) History
- c) Principles

PRACTICALS: -

- I Students should be introduced to various treatment procedures used in Naturopathy.
- II. Students should have knowledge of giving various treatments.
- III. Demonstration of:
 - (a) **Live Food** (Natural Diet /Raw diet).
 - (b) Sathvic & boiled diet.
 - (c) Ways of serving, various special diets.
 - (d) Salad Preparation

- IV. Practicals with record.
- V. Visiting to various Nature cure Clinics/hospitals.

TEXT BOOKS: -

- 1. Philosophy of Nature cure - By Henry Lindlahr.
- 2. Practice of Nature Cure - By Henry Lindlahr.
- 3. Human Culture and Cure - By Dr. E.D. Babbit
- 4. Practical Nature Cure - By Dr. K. Laxmanasarma
- 5. History and Philosophy of Nature Cure - By S.J. Singh
- 6. My Nature Cure - By M.K. Gandhi
- 7. Natural health care – A to Z - By Belinda Gran
- 8. Introduction to Natural Hygiene - Herbert M. Shelton
- 9. Panchatantra - By Dr.Venkat Rao
- 10. The Science of facial expression - By Dr. Louis Kuhne

REFERENCE BOOKS: -

- 1. My Nature cure or practical Naturopathy - By S.J. Singh
- 2. The story of my experiment with truth - By M.K. Gandhi
- 4. Ayurvedic for health and long life - By Dr. R.K. Garde
- 5. Everybody's guide to Nature cure - By Harry Benjamin
- 6. Prayer - By M.K. Gandhi
- 7. Diet and Diet Reforms - By M.K. Gandhi
- 8. Nature Cure - J.M. Jussawalla

9. Healing from within - ,,
10. Swarthavritta vijyana - R.H. Singh
11. Fundamentals of Ayurveda - K.N. Udupa
12. Ramnarayana vaidya - Arogya Prakash
13. Vaidya Mahabir prasad pandy - Chikitsa Tatva Dipika
14. Ramprakash pathak - Padanatha Vijnana
15. Gems of Siddha Medicine - by Dr. Ram Murthy
16. Thirukural - by Valluvar
17. Homeopathy- The complete handbook - by Dr. K.D.S. Dhama & Dr. (Mrs.) Suman Dhana

II B.N.Y.S. – 12 MONTHS

SL. No.	Subject	Duration of study
1.	Pathology -I	
	Pathology- II	12 months
2.	Microbiology	12 months
3.	Yoga and Physical Culture- I	12 months
4.	Diagnostic Methods in Naturopathy	12 months
5.	Modern Diagnostic Methods	12 months
6.	Basic Pharmacology	12 months

Practicals: Pathology, Microbiology, Yoga & phy. culture, Diagnostic Methods in N&Y, Modern Diagnostics. _____

PATHOLOGY – I

(Duration of study – 12 months)

THEORY

I. General Pathology: -

1. History and scope of pathology

- a) Definition and various branches in pathology
- b) Scientific study of disease and methodology

2. The cell and the reaction of cell, tissue and organ to injury

- a) Structure of cell and its functions
- b) Causes and nature of cell injury
- c) Toxic substances, physical agents and lack of nutrients.
- d) Infectious agents & Parasites.
- e) Immune mechanisms and genetic defects.

3. Reactions of cell to injurious agents

- a) Lethal injury – necrosis and gangrene
- b) Sublethal injury –
 - i) Cloudy swelling
 - ii) Fatty changes in liver, heart and kidney.
 - iii) Glycogen infiltration and hyaline degeneration.
 - iv) Lipoid degeneration Goucher's disease.
 - v) Muroid degeneration.
- c) Excessive or abnormal accumulations: -
 - i) Amyloid
- d) Pathological calcification

4. Inflammation and repair: -

- a) Definition, classification and nomenclature.
- b) Acute inflammation

Vascular and cellular phenomenon, cells of exudates chemical mediators and tissue change in acute inflammation cardinal signs of acute inflammation.

Fate, types and systemic effects of acute inflammation

5. Chronic Inflammation: -

- a) Difference between acute and chronic inflammation.
- b) Definition of Granuloma.

6. Wound Healing: -

- a) Restitution, regeneration and repair.
- b) Repair of epithelial and mesenchymal tissue.
- c) Primary union and secondary union.
- d) Mechanism involved and factors modifying repair process.

6-A. Gangrene: - Causes, Dry Gangrenes, moist gangrene, gas gangrene.

7. Granulomas: -

- a) Classification of granulomas.
- b) Tuberculosis, genesis and fate of tubercle, primary and secondary tuberculosis.
- c) Definition, classification and pathology of leprosy.
- d) Acquired primary, secondary and tertiary stages of syphilis.
- e) C N S syphilis, C V S syphilis and gumma, congenital syphilis.
- f) Actinomycosis, maduramycosis and rhinosporidiosis.

8. Fluid and Hemo Dynamics changes (circulatory disturbances)

- a) Hyperemia, congenital and hemorrhage.
 - b) Thrombosis, embolism, DIC
 - c) Ischemia, Infarction and shock.
9. Immunopathology: -
- a) Basic pathological mechanism in autoimmune disorders.
 - b) Concepts of immunodeficiency disorders.
 - c) Pathology of AIDS.
10. Growth and its disorders: -
- a) Definition of agenesis, aplasia, atrophy, hyperplasia, hypertrophy, hypoplasia, metaplasia.
 - b) Concept of dysplasia, anaplasia and carcinoma-in-situ.
11. Neoplasia -
- a) Definition, classification and nomenclature.
 - b) Characteristic features of benign and malignant tumors
 - c) Route of spread of malignant tumors.
 - d) Grading and staging of cancers and pre – cancerous conditions.
 - e) Carcinogenesis and carcinogens.
 - f) Effect of tumor on host, and effect of host on tumors.
 - g) Laboratory diagnosis of cancer – Biopsy, exfoliative cytology, and prognostic prediction in cancer.
 - h) Description of common tumors like – Fibroma, Lymphoma, Lipoma, Angioma, Leiomyoma and Fibrosarcoma, Lymphosarcoma, Liposarcoma, Angiosarcoma and Leiomyosarcoma.
 - i) Embryonal tumors like teratoma and retinoblastoma.
12. Mineral and pigment metabolism: -
- a) Pathology of melanin pigment.
 - b) Pathology of hemoglobin and its derivatives.
 - c) Hemosiderosis and hemochromatosis.

13. Genetic disorders: -

- a) Klinefelter's syndrome, Turner's syndrome, Down's syndrome.

PATHOLOGY – II

(Duration – 12 Months)

II. Systemic Pathology –

1. Disorders of RBC –

- a) Definition, morphologic and etio-pathologic classification of anemias.

- b) Iron deficiency anemia, B12 and folate deficiency anemia,

- c) Concept and classification of hemolytic anemias.

- d) Polycythemia.

- e) Laboratory investigations in anemia.

2. Disorders of WBC: -

- a) Leukopenia, Leukocytosis.

- b) Leukaemia, Agranulocytosis and Tropical eosinophilia.

3. Coagulation and Bleeding disorders: -

- a) Structure, function and pathology of platelets.

- b) Definition and classification of blood dyscrasias.

- c) Laboratory investigation in bleeding disorders.

4. Diseases of Cardiovascular system –

- a) Arteriosclerosis and Atherosclerosis.

- b) Aneurysm.

- c) Vasculitis and thromboangitis obliterans.

- d) Rheumatic heart disease, endocarditis, myocardial infarction.
 - e) Congenital heart diseases, pericarditis.
 - f) Congestive cardiac failure.
5. Diseases of respiratory system: -
- a) Lobar pneumonia, bronchopneumonia, pulmonary tuberculosis,
 - b) Atelectasis, bronchiectasis and pneumoconiosis
 - c) Chronic – obstructive pulmonary disease (COPD)
 - d) Bronchial asthma, chronic bronchitis.
 - e) Acute respiratory distress syndrome (ARDS)
 - f) Tumors of lung and pleura.
6. Diseases of Gastro-intestinal system: -
- a) Pleomorphic adenoma of salivary gland.
 - b) Barret's esophagus.
 - c) Gastritis and peptic ulcer and tumors of stomach.
 - d) Inflammatory bowel diseases – crohn's disease ulcerative colitis, typhoid ulcer, tumors of small intestine.
 - e) Megacolon and tumors of colon.
 - f) Malabsorption syndrome, tropical sprue and coeliac disease.
 - g) Amoebiasis, bacillary – dysentery and intestinal tuberculosis.
7. Disease of liver, biliary tract and pancreas.
- a) Liver function tests and hepatic failure, viral hepatitis.
 - b) Cirrhosis of liver, tumors of liver.
 - c) Cholecystitis, gall stones.
 - d) Acute pancreatitis, diabetes mellitus.

- e) Cystic fibrosis (mucoviscidosis)
- f) Liver abscess and alcoholic liver.
- g) Indian childhood cirrhosis.

8. Diseases of kidney: -

- a) Renal function tests, renal failure, polycystic kidney.
- b) Acute glomerulonephritis, crescentic, glomerulonephritis membranous glomerulonephritis, nephrotic syndrome.
- c) Chronic glomerulonephritis, acute tubular necrosis.
- d) Pyelonephritis, kidney in hypertension.
- e) Urolithiasis, tumors of kidney and pelvis.

9. Diseases of Male Genital system: -

- a) Orchitis and testicular tumors,
- b) Nodular hyperplasia of prostate, carcinoma of prostate.
- c) Carcinoma of penis and lesions of penis.

10. Disease of Male genital system –

- a) Endometrial hyperplasia, adenomyosis and endometriosis.
- b) Carcinoma of cervix, tumors of ovary.
- c) Pelvic inflammatory diseases.
- d) Carcinoma and other diseases of vulva.

11. Disease of Breast: -

- a) Fibrocystic disease and tumors of breast
- b) Gynaecomastia.

12. Endocrine pathology: -

- a) Pituitary, aoromogaly, hyopothyroidism, & Grave's disease.
- b) Thyroiditis, tumors of thyroid and thyroid function test.
- c) Hypoparathyroidism and hyperparathyroidism
- d) Hyperplaisa and adenoma of parathyroid.
- e) Adrenal gland, addison's disease, cushing's syndrome.
- f) Pheochromocytoma, neuroblastoma.

13. Musculo-skeletal pathology: -

- a) Osteomyelitis and Osteoporosis.Poliomyelitis,
- b) Rickets and Osteomalacia.
- c) Osteitis fibrosa cystica and paget's disease, fibrous dysplasia.
- d) Tumors of bone.
- e) Rheumatoid arthritis, Gout.OA,Classification of Arthritis-all types
- f) Myasthenia gravis and progressive muscular dystrophy.

14. Diseases of Nervous system: -

- a) Menengitis, Tumors of CNS.
- b) Tumors of peripheral nerves.
- c) Encephalitis.
Peripheral neuritis,
Parkinsonism
Alzhemiers disease
Foot drop

15. Diseases of Lymph nodes and spleen –

- a) Lymphadenopathy.
- b) Malignant Lymphomas and spleenomegaly

16. Pathology of Skin: -

- a) Squamous cell carcinoma, basal cell carcinoma.
- b) Malignant melanoma.
- c) Warts, molluscum contagiosum.
- d) Superficial and deep fungal diseases.

Acne

Psoriasis

Dermatitis-all types

Eczemas-all types

III. Clinical Pathology Including clinical Hematology –

1. Sample collections for various hematologic and clinical pathologic investigations and anti – coagulants used.
2. Theoretical aspects of HB estimation, hematocrit, blood indices ESR and normal values in hematology.
3. Blood grouping, concept of blood groups.
 - a) Selection of donor, major and minor cross-matching
 - b) Blood transfusion, diseases transmitted by transfusions
 - c) Coomb's test.
4. CSF analysis.
5. Semen analysis.
6. Urinalysis and microscopy.
7. Liver function tests.
8. Renal function tests.
9. Glucose tolerance test.
10. Exfoliative cytology.

PRACTICAL

- I. Hematology: -
 1. Blood groups (A B O system)
 2. Estimation of hemoglobin
 3. Enumeration of RBC's (R B C Count)
 4. Total leucocyte count (Total count)
 5. Differential leucocyte count (D C)
 6. Peripheral smear staining and reporting.
 7. Absolute eosinophil count
 8. Demonstration of: -
 - a) Hemograms in anemia –
 - i) Iron deficiency anemia
 - ii) Macrocytic anemia
 - iii) Macrocytic anemia
 - iv) Hemolytic anemia
 - b) Hemograms in Leukaemias –
 - i) Acute types
 - ii) Chronic types
 9. Slide Study of: -
 - a) Acute myeloid leukaemia
 - b) Chronic myeloid leukaemia
 - c) Chronic lymphatic leukaemia
- II. Clinical pathology: -
 1. Urine analysis.
 2. Semen analysis.
 3. Pregnancy tests.
 4. Liver function tests.
 5. Fractional test meal.
 6. Glucose tolerance test
 7. CSF analysis

Recommended Text Books for Pathology: -

1. Pathological basis of disease - By Robbins,
Cotran and Kumar
2. Text Book of Pathology - By N.C. Dey

Reference Books: -

1. Text book of Pathology - By Anderson
2. Systemic pathology - By Symmers
3. Medical Laboratory Technology - By Ramnik Sood

MICROBIOLOGY

(Duration of study – 12 Months)

THEORY

1) General Bacteriology: -

- a) Historical Introduction
- b) Morphology and Physiology of Bacteria.
- c) Sterilization and Disinfections.
- d) Cultivation of Bacteria.
- e) Bacterial Growth and Multiplication.
- f) Basic principles of Bacterial genetics.

2) Immunology: -

- a) Infection and Immunity
- b) Immunoglobulins and Immune response.
- c) Immune system and antigen-antibody response.
- d) Complement and other serological tests.
- e) Hypersensitivity

- f) Basic principles of auto-immunity
- g) Immuno Deficiency disease.

3) Systemic Bacteriology: -

a) Streptococcus, Straphylococcus and pneumococcus, gonococcus, Meningococcus, corynebacterium, clostridium, Hemophilus, Bordetella, Mycobacterium, spirochaete, Yersinia, Chlamydia, Tetanus, salmonella type, paratyph

b) Neisseria, Bacillus, Enterobacteriaceae I and II, Coliform proteos, shigella, salmonella, vibrio, Brucella, Tuberculosis, Mycoplasma, rickettsiaceae.

4) Parasitology: -

1. Helminthology – Enterobius, vermicularis
2. Stool Examination for Parasites.
3. Blood examination for parasites.

a) Protozoology –

Entamoeba and Plasmodium

b) Helminthology –

Ankylostoma, Ascariasis, Taenia, Wucheria

5) Virology: -

- a) General properties of virus and their diagnosis.
- b) Herpes, Adenovirus, Picorna, Hepatitis Virus.
- c) Poxvirus, Rabies Virus, Poliovirus, HIV, Bacteriophage.
- d) Measles, Small pox, Chicken pox, mumps.

6) Mycology:-

- a) General characters and methods used for study and diagnosis of fungal infections.
- b) Superficial mycoses, Systemic Mycoses, Candidiasis, Aspergillosis, Rhinosporidiosis.

7) Applied Microbiology :-

- a) Normal bacterial flora of human body.
- b) 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.
- c) Bacteriology of Water, Milk and Air

PRACTICALS: -

Demonstration of culture media demonstration of sterilization Techniques Systemic-Identification of the pathogen from the give clinical material based on staining, property, cultural characters, biochemical and serological tests.

Immunology – interpretation of the given immunological test.
Agglutination – slide, tube and passing agglutination precipitation – VDRL

Elisa

Parasitology – stool examination for ova and cyst saline and iodine preparation direct and concentration techniques.

Blood smear for malarial parasite microfilaria and others parasites identification and Interpretation of the parasites (Adult and Larva for Ms)

Text Books: -

- 1) Text Book of Microbiology - By R. Anantha Narayana & C.K. JayaramPaniker
- 2) Parasitology - By Jayaram Paniker
- 3) Bacteriology - By Dey
- 4) Text Book of Microbiology - By Chakravarthi

Reference Books: -

- | | |
|--|----------------------------|
| 1) Parasitology | - By Chatarjee |
| 2) Practical Microbiology | - By R. Cruick Shank |
| 3) Clinical Microbiology | - By Bailey & Scott |
| 4) Medical Laboratory – Manual
for Tropical Countries | - By Monica
Cheesbrough |

YOGA & PHYSICAL CULTURE – I

(Duration of study – 2 terms of second B.N.Y.S. – 12 Months)

PART I

1. Rules and regulations for the practice of all Yogic techniques—Asanas, Pranayamas, Mudras, Bandhas, Kriyas.
2. Differences between Yogic and physical Exercises
3. Physiological effects of various asanas on different systems of the body such as Skeletal, Respiratory, Muscular, Cardio-vascular, etc. In general (both long term and short term effects) may be studied. The effect of abrupt discontinuation of the practices may also be studied.
4. Research on Physiological aspects of Yogasanas, Pranayama, Meditation, Concentration, Relaxation techniques, Kriyas, etc. and other Yogic techniques done by the Kaivalyadhama school from the 1920's till date. Other research work published in indexed journals should also be studied.
5. Surya namaskar and its importance in health and diseased conditions.
6. Mudras & Bandhas – their neuro-muscular & glandular effects on the body.

7. Theory of Pranayamas: Types of Prana & their functions.

Nadi: Ida, Pingala, Sushumna and Upanadis.

All Types of Pranayamas: Suryabjeda, Ujjayi, Sheetkari, Sitali, Bhastrika, Bhramari, Moorchha and Plavini etc.—
Physiological and Psychological effects of Pranayamas.

8. Physiological and spiritual importance of shatkriya practice.

9. Physiological effects of Shanka Prakshalana

10. Importance of Pratyaharas.

11. Techniques of Dharana.

12. Psycho-physiological effects of meditation.

- a) Religious methods (Saguna and Nirguna methods)
- b) Zen meditation
- c) Gurujapa
- d) Transcendental meditation
- e) Preksha meditation
- f) Om meditation
- g) Brahma Kumari's meditation
- h) Vipassana Meditation. And also other types of Meditations.

13. KUNDALINI YOGA

Kundalini – the basis of Yoga.

Science and Kundalini.

Different Chakras, its seat, its qualities and method to awaken different chakras.

Physiology and Psychology of Kundalini yoga.

Misunderstanding about Kundalini and sex.

Symptoms of Kundalini.

Kundalini Chakras – Innate Lifestyle Governors of specific personality patterns.

Symptoms & Signs of Kundalini awakening phenomenon.

Part - II

1. Yoga for personality development.
2. Yoga and Education
3. Yoga for women. Emphasis on Yogic practices during pregnancy.
4. Yoga for the elderly.
5. Role of Yoga in the education of gifted children.
6. Yoga for Children.
7. Misconceptions of Yoga.
8. Yoga teaching methods.
9. Yogic training and physical fitness.
10. Psychology of Yoga in comparison to modern psychology
11. Yoga Philosophy and Sadhana.
12. Science of Yoga as a holistic system in comparison to modern medicine, Naturopathy, Ayurveda, Homeopathy, Unani and Siddha.
13. Yoga and Stress Management.
14. Macro & Micro concepts of Panchamahabootas.

15. Yoga and Consciousness
16. Yoga and Science
17. Yoga & Religion.
- 18 **ASANAS:** Procedure, Indications, CI and Caution For all I
BNYS Asanas, also Eka pada pranamasana, Natavarasana,
Sirasana, Mayurasana.
- 19 **PRANAYAMAS:** Procedure, Indications, CI, and Caution for
Sheetali, Sheetkari, Bhramari Bhastrika, Kapalapati,
&Surya Bed Pranayama
- 20 **BANDHA:** Introduction, Bandas&granthis

Procedure, Indications, CI, and Caution for Jalandra, Moola, and
Maha Bandha

21. **MUDRA:** Indroduction, Mudra &Ppana, Scientific look at
Mudras, Five groups of Mudras in
detail. All the 25 Mudras.
Producedure, Indication, CI, and caution for all
mudras. **Practicals** on 18,19,20 & 21

REFERENCE BOOKS

1. An autobiography of a Yogi – by Paramahansa Yogananda
2. Yoga as philosophy & religion – by S.N. Dasgupta
3. Yoga – The science of holistic living – V.K. Yoga
4. New Perspectives in stress management – Swami Vishnu
5. A complete illustrated book of Yoga – Swami Vishnu
devananda
6. Encyclopedia of Indian Physical culture – by D.C. Mujumdar
7. Preksha Meditation – by Acharya Tulsi

8. Light on Yoga – by B.K.S. Iyengar
9. Light on Pranayama
10. Kundalini – by Gopi Krishna
11. Kundalini and meditation – by Arjundas Malik
12. Meditation and mantras – by Swami Vishnu Devananda
13. The Serpent power – by John Woodroff
14. Meditation from the Tantras – by Swami Nishalananda Saraswati.
15. Meditation according to Vedanta – by Swami Siddeshwarananda
16. Yoga mimansa – by Lonavala publications
17. The Twelve Principle Upanishads – By Dr. E. Roer, R.L. Mitra, E.B. Cowell
18. The message of the Upanishads – Swami Ranganathananda
19. Vivekacudamani – Shri Chandrashekhara Bharati Swamiji (Bharatiya Vidya Bhawan Publications)
20. All the Publications of BSY, Munger, Bihar.

DIAGNOSTIC METHODS IN NATUROPATHY

(Duration of study – 12 Months)

THEORY

1. Introduction to the science of facial expression.
 - a) Historical highlights.
 - b) Definition and scope of the science of facial expression.
2. Character of the Healthy Body: -
 - a) Normal functions.
 - b) Normal figure.
3. Foreign matter theory: -
 - a) Definition of foreign matter.
 - b) The process of accumulation of foreign matter in the body.
 - c) Encumbrance.
 - d) Changes caused in the body due to the accumulation of foreign matter.
 - e) General pathology of foreign matter.
4. The nature, Origin and cure of diseases of children and their unity.
5. Bad habits supports the accumulation of foreign matter in the body – tobacco, alcoholic drinks, coffee, tea, opium, etc. Drug additions – Pethedine, heroin, injection etc., Suppression of diseases v/s elimination of morbid and diseased germs from the system.
6. Types of encumbrance – Front encumbrance, right – side encumbrance front and right – side encumbrance, left

side encumbrance and mixed or whole encumbrance, their description, general characters and possible diseases in the concerned encumbrance and their treatment.

7. Diseases of the internal organs and their treatment.
8. Process of elimination of foreign matter
 - a) Importance of Nature Cure treatments
 - b) The digestive process – natural dietetics.
 - c) Artificial outlets of elimination
9. Methods to be followed to increase the vitality of the body.
10. The importance of Nabhi Pareeksha, the methods of Nabhi Pareeksha & the techniques of correction.

IRIDIAGNOSIS: -

1. Introduction of Iridology
 - a) Definition of Iridology
 - b) Historical highlights.
 - c) Comparison of other systems (Allopathy) Homeopathy, Ayurveda, Unani (etc.,) Diagnostic methods.
 - d) Anatomy of the Iris.
 - e) Theory in application.
 - f) The theory of healing crisis.
 - g) A uniform division and classification of diseases.
 - h. Philosophical phase
 - i. Theoretical phase
2. Instructions in methods of application: -
 - I. A. Technique in Iris reading
 - B. The normal and abnormal Iris, color of the Iris.
 - C. The Vibratory theory

- II. Study of density of the Iris
- III. Key to Iridology
 - A. Iris charts brought up to date.
 - B. Zone areas
 - C. Sectional Division
3. Comparison of fermentation & inflammation
4. Interpretations of Iris manifestations
 - I.
 - A. Types of inflammation
 - B. Inherent lesions and weaknesses.
 - C. Acidity and Catarrh
 - D. Toxic settlements
 - E. Nerve Rings
 - F. The lymphatic rosary
 - G. Injuries and operations
 - H. Itch or psora sports in the iris – the scurf rim
 - I. The radii – solaris
 - J. Tumours
 - K. The sodium ring
 - L. Anemia in the extremities and in the brain
 - M. Drugs and chemicals appearance in the Iris and their Polsonous effects in the body – Arsenio, Bismuth, Bromides, Coaltar products, Ergot, Glycerin, Iodine, Iron, Lead, Mercury, Opium, Phosphorous, Quinine, Salicylic acid, Sodium, Strychnine, Sulphur, Turpentine, Vaccines etc.
 - II. The iris reveals the cause of disease.
5. Case histories according to Iridology

Vabhi Chakra yoga and Swara Vigyan

Nadi Vignanam

6. Advance research in Iridology
 - a. Reflex areas and remote symptoms
 - b. Stomach and intestinal disorders, the principal causes, principle disorders – remedial measures.

PRACTICALS:

Clinical classes and demonstrations in the nature cure Hospital.
Case studies 25 with record. Demonstrating the Equipments.

Recommended Text Books:

1. Science of Facial Expressions - By Louis Kuhne
2. The new science of healing - By Louis Kuhne
3. The science and practice of Iridology - By Bernard Jensen
4. Iridagnosis and Other Diagnostic Methods. - By Henry Lindlahr

REFERENCE BOOKS:

1. Iridology: A guide to Iris analysis and preventive Health Care – By Adam J Jackson
2. Iridology: How to discover your own pattern of health and well being through the eye – By Dorothy Hall
3. Iridology: A complete guide to diagnosing through the Iris and All related forms of treatment – by Davidson Farida.
4. Iridology: Alternative Health Series – Adam J. Jackson
5. Vision of Health: Understanding Iridology – By Jenson, Bernard and Booden, Donald
6. Eyes Talk: Through Iridology Better Health – By Vriend John
7. Yogic Sukshma Vyayama :Swami Dharendra Brahmachari.

DIAGNOSTIC METHODS IN MODERN MEDICINE

(Duration of study – 12 Months)

THEORY

Clinical Diagnosis

I. Examination of the Patient: -

1. Approach to a patient.
2. History taking and case sheet writing
3. Symptomatology
4. Examination of Vital Data.
5. Importance of height, weight, abdominal girth.
6. General physical examination.
7. Examination of breasts, back, spine and genitals.
8. Systemic examination of the patient
 - a) Abdomen (Digestive system)
 - b) Cardiovascular system
 - c) Respiratory system
 - d) Renal system
 - e) Central nervous system
 - f) Locomotors system
 - g) Examination of ear, nose and throat
 - h) Gynecological examination

9. Provisional diagnosis.

II. Routine and Special Investigations: -

1. Laboratory investigation
 - a) Urine analysis.
 - b) Stool examination
 - c) Blood examination

- i) Peripheral smear, Total WBC count. Differential WBC counts.
 - ii) Erythrocyte sedimentation rate (E.S.R.), Hb estimation.
 - iii) Blood sugar, Blood Urea, serum uric acid, serum cholesterol, serum lipid profile, serum creatinine.
2. Radiological Investigation: -
- a) Plain X – Ray - chest
 - b) K.U.B.
 - c) Lumbar and cervical spine.
 - d) Skull and paranasal sinuses
 - e) Joints
3. Contrast Radiology: -
- a) Barium Swallow, barium meal and barium enema.
 - b) Cholecystography
 - c) Pyelography
 - d) Angiography
 - e) Brochogram
4. Electrocardiography
5. Echo – cardiograph
6. Coronary angiography's
7. Electro – encephalography
8. Bio-chemical investigations: -
- a) Liver function tests
 - b) Creatinine clearance test
 - c) Vanillo-mandelic acid (VMA) excretion test in urine
 - d) SGOT and SGPT

e) LDH

f) CPK

9. Diagnostic Paracentesis.

10. Diagnostic Thoracocentesis

11. Lumbar puncture and CSF analysis

12. Radioactive iodine up-take studies.

13. Thyroid T3, T4, TSH estimation

14. Diagnostic skin tests.

15. Endoscopic procedures.

16. Ultra – sonography

17. Computerized topographic scan (CT scan)

18. MRI

19. PET

20. Doppler study

III. Final Diagnosis

Text Books:

1. Hutchinson's clinical methods
2. Manual of clinical methods - P.S. Shankar
3. Clinical diagnosis - Jal Vakil
4. Clinical Methods - Chamberlin
5. Physical diagnosis - Gollwalla
6. Horrisons principles of internal medicine

PRACTICALS:

1. History taking and physical examination of cases.
2. Case sheet writing of different types of cases (25)
3. Demonstration of equipments and instruments used for investigation in modern diagnostics.
4. Demonstration tour of an intra modern super-specialty hospital to view the latest technique of modern diagnosis.

BASIC PHARMACOLOGY

(Duration of study – 12 Months)

I. GENERAL PHARMACOLOGY:

1. The Nature and Sources of drugs
2. Routes of drug administration
3. Absorption and bioavailability of a drug:
 - Factors affecting drug absorption & its bioavailability
4. Distribution of a drug in the body:
 - Plasma concentration
 - Drug Storage
 - Placental transfer
5. Fate of the drug
6. Drug excretion
7. Drug receptors
8. Mechanism of action of a drug.
 - Types of drug action
9. Adverse reaction to drug.
10. Drug Toxicity in Man:
 - Drug Intolerance
 - Haemopoietic toxicity
 - Hepatotoxicity
 - Nephrotoxicity

- Abnormalities of taste & smell
- Behavioral toxicity
- Production of a disease.
- Electrolyte disturbances
- Endocrine disturbances
- Skin toxicity
- Carcinogenesis
- Teratogenicity
- Drug dependence

11. Treatment of acute drug poisoning.

12. Factors modifying the effects of a drug.

13. Role of Placebo.

14. Drug Interactions.

II. Brief description of the following drugs:

(Their mode of action, dosage, adverse reaction, the method of tapering their dosage, including the adverse effects with the abrupt stoppage of their use)

1. Drugs acting on the C.N.S.:

- General sedatives, Hypnotics.
- Anaesthetics, Barbiturates, alcohols
- Anticonvulsant drugs.
- Opioid & Non-Opioid analgesics
- Analgesics, Antipyretics & Non Steroidal Anti-inflammatory drugs (NSAID)
- CNS stimulants – Xanthine alkaloids (caffeine)
- Stimulants of the spinal cord – Strychnine

Psychopharmacology:

- Anti-anxiety drugs – Meprobamate, Benzodiazepines, Chlormethiazole.
- Anti-depressant drugs – Classification, actions, adverse reaction (Monoamine oxidase inhibitors, Tricyclic compounds, Carbamazepine, Lithium)
- Drug induced psychiatric syndromes.
- Psychotogenic drugs – LSD, Mesca'line, cannabis

2. Local Anesthetics – adverse reactions

3. Drugs action on ANS:

a) Adrenergic drugs:

Catecholamines, Isoprenalline.

Noncatecholamines – Ephedrine, Amphetamine etc.

b) Adrenergic Blocking Agents – Alpha receptor blocking agents, Beta blockers

c) Cholinergic Blocking drugs – Belladonna alkaloids (Atropine)

d) Skeletal Muscle relaxants – Diazepam, Baclofen, Dantrolene

e) Anti-Parkinsonian drugs – Levodopa, Amantadine.

4. Biogenic Amines & Polypeptides:

- Histamine & Antihistamine drugs
- Angiotensin, Kinins, Leukotrienes, Cytokines & Prostaglandins

5. Drugs used in Respiratory disorders:

a) Expectorants, Central cough suppressants, Antitussives, mucolytic agents.

b) Pharmacotherapy of Bronchial Asthma & Rhinitis:

- Drug therapy during an acute attack
- Prevention of acute attacks
- Treatment of Status Asthmaticus

- Treatment of Acute Respiratory failure
 - Treatment of Chronic Persistent Asthma
 - Drug therapy of Rhinitis.
6. Cardiovascular drugs:
 - a) Digitalis
 - b) Pharmacotherapy of cardiac arrhythmias – Sodium channel blockers, beta blockers, Potassium channel blockers, Calcium channel blockers.
 - c) Pharmacotherapy of Hypertension – Clonidine, alpha methyl dopa, Guanethidine, Reserpine, Phentolamine etc.
 7. Drugs acting on Blood & blood forming organs:
 - a) Drugs effective in iron deficiency anaemias.
 - b) Treatment of Acute Iron Poisoning.
 8. Water, Electrolytes & drugs affecting Renal functions:
 - a) Nutritional supplementation therapy.
 - b) Diuretic & Anti diuretic drugs.
 9. Drugs used in GIT disorders:
 - a) Appetizers, Digestants, Carminatives, Appetite suppressants & Agents lowering serum lipids.
 - b) Emetics, drug therapy of vomiting & diarrhoea
 - c) Pharmacotherapy of constipation.
 - d) Pharmacotherapy of Peptic ulcer.
 10. Chemotherapy:
 - a) Sulfonamides, Cotrimoxazole, Nitrofurans
 - b) Penicillins & Antibiotics effective against Gram positive organisms.

- c) Antibiotics effective against Gram negative organisms.
 - d) Antibiotics effective against both Gram Positive & gram negative organisms.
 - e) Tetracyclines, Chloramphenicol & antifungal agents.
 - f) Chemotherapy of UTI, STD, Tuberculosis, Leprosy, Malaria, Amoebiasis, Viral infections, Helminthiasis, Malignancy
 - g) Antiseptics & Disinfectants
11. Drugs used in Endocrine disorders:
- a) Thyroid & anti thyroidal drugs.
 - b) Insulin & oral Antidiabetic drugs.
 - c) Adrenal cortical steroids.
 - d) Gonadotropins, Estrogens, Progestins
 - e) Antifertility agents & Ovulation including drugs.
12. Pharmacotherapy of Gout and Rheumatoid Arthritis.
13. Therapeutic Gases – oxygen and Carbon Dioxide
14. Vitamins
15. Immunotherapy, Immno-suppressants & Immuno – stimulants.

TEXT BOOKS RECOMMENDED:

1. Pharmacology & Pharmacotherapeutics - R.S. Satoskar
S.D. Bhandarkar
S.S. Ainapure
2. Essentials of Medical Pharmacology - K.D. Tripathi

III B.N.Y.S. – 12 Months

SL.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.	Massage, Chiropractice, Osteopathy And Aromatherapy	12 months

Except Psychology&psychiatry, all the other subjects have practical.

FORENSIC MEDICINE

(Duration of study – 12 months)

A) Forensic Medicine: -

1. Definition: Forensic Medicine and its scope.
2. Procedure of giving medical evidence with reference to Indian evidence act.
3. Methods of Identification of living and dead body. Race, age, sex etc.
4. Death – Medico legal aspects, certification of death, sudden death, causes, Medico legal importance signs of death, changes due to death and calculating time of death.
5. Medico – legal autopsy.
6. Medico – legal wounds, their classification and study and medico – legal aspects.

7. Examination of blood stains, hair and seminal stains.
8. Miscellaneous causes of death from heat, cold, electricity, starvation etc.
9. Violent asphyxial deaths – hanging, strangulation, suffocation and drowning.
10. Sexual offences: - Impotency and sterility, Virginity, Legitimacy, Un-natural offences, Medico legal aspects.
11. Infanticide.
12. Medico – legal aspects of insanity
13. Forensic Psychiatry
14. Definition, police inquest, difficulties in detection of crime, legal procedure in criminal courts and their powers oath, medical evidence, medical certificate, dying declaration.
15. Rules of giving evidence, professional secrecy.
16. Post mortem examinations.
17. Death – signs of death cadaveric rigidity and spasm, putrefaction, estimation of time since death.
18. Death from asphyxia, differences between hanging and strangulation, suffocation and drowning.
19. Death from burns and scalds and lighting.
20. Rape and unnatural offences.
21. Abortion, pregnancy and delivery, miscarriage.
22. Law in relation to a medical man, medical ethics, duties, professional privilege and responsibilities.

B) TOXICOLOGY: -

1. General considerations of poisoning and classification.
 - a) Actions of poison, factors, modifying their action.
 - b) Diagnosis of poisoning.
 - c) Treatment of poisoning in General.

2. Poisons: -

- a) Carrosives
- b) Non-metallic poisons
- c) Insecticides and Weed Killers
- d) Metallic poisons
- e) Organic Irritant poisons
- f) Somniferous poisons
- g) Inebriant poisons
- h) Deliriant poisons
- i) Drug Dependence
- j) Food poisoning
- k) Spinal poisons
- l) Cardiac poisons
- m) Asphyxiants
- n) Miscellaneous

3. Legal responsibilities: Medical ethics.
4. Responsibilities and duties of the medical practitioners to the State, professional secrecy, and privileged communication.
5. Un-professional conduct, Male-practice.
7. The rights and privileges and duties of medical practitioners.
8. The functions of state-medical council and its relationship to Indian Medical Council.
9. Medical ethics approved by Indian Medical council.

PRACTICALS: -

1. Age estimation.
2. Autopsies – 10

3. Skeleton remains.
4. Spotters.
5. Examination of injured.
6. Alcoholic.
7. Psychiatric.
8. Toxicology.

TEXT BOOKS: -

1. Medical jurisprudence - By Modi
2. A text book of Forensic Medicine - By Narayana Reddy
3. A textbook of forensic medicine - By M.R.K. Krishna

REFERENCE BOOKS: -

1. The essentials of forensic medicine - By Dr. C.J. Polson
D.J Gee and B. Knight
2. Forensic Medicine - By Corden and Shapiro
3. Principles and practice of Medical Jurisprudence - By Taylor's

COMMUNITY MEDICINE

(Duration of study – 12 Months)

1. Evolution of Medicine – Ancient Medicine, Scientific Medicine, Modern medicine, Medical Evolution.

2. Concepts in Community Health -

Concepts of Health, Health & Development. Indicators of Health. Concepts of Diseases, concepts of prevention, disease control & Eradication. Public Health, Social Medicine, Community Medicine, Health services, Planning & Management, Risk approach, evaluation of health services.

3. General Epidemiology –

Introduction, Measurement of Mortality & Morbidity, Epidemiologic Methods – Descriptive Studies, Analytical Studies, Intervention Studies, Association & Causation, Uses of Epidemiology, Infection Diseases Epidemiology, Disease Transmission Immunity, Immunising Agents, Disease Prevention & Control, Disinfection, Investigation of an Epidemic.

4. Genetics.

5. Screening of Diseases -

Concepts, Uses, Criteria for screening, Sensitivity & Specificity.

6. Epidemiology of communicable Diseases –

- a) Respiratory Infections – Small Pox, Varicella, Measles, Rubella, Mumps, Influenza, Diphtheria, Pertusis, Tuberculosis.
- b) Intestinal Infections – Polio, viral hepatitis, cholera,

- Acute Diarrhoeal Diseases, Typhoid, Food poisoning, Amobiasis, Ascariasis, Ancylostomiasis, Taeniasis.
- c) Arthropod – bone infectoins –
Yellow fever, Japanese Encephalitis, Malaria, Filaria.
- d) Surface Infections – Rubies, Trachoma, Tetanus, Leprosy, STD, AIDS.
7. Epidemiology of non-communicable diseases -
Cancer, Cardio-vascular, diseases, diabetes, obesity, blindness, Accidents, Hypertension, Stoke, Rheumatic Heart Disease.
8. Demography & Family planning -
Demographic cycle, population trends, fecility related statistics, health aspects of family planning, contraceptive methods and delivery system, National family welfare programme.
9. Preventive Medicine in Obstetrics Paediatrics & Geriatrics – Antenatal, Intranatal, Postnatal care, Low Birth weight, Infant Feeding, Growth & Development, Growth Chart, Under Fives clinic, National Health Policy, Indicators of MCH care, School Health Services, Behavioral problems, Gariiatrics.
10. Environmental Health - & Occupational Health
Purification of Water & Water Quality Standards, Air, Ventilation, Lighting, Noise, Radiation, Air Temperature & Humidity, Housing, Solid Wastes Disposal & Control, Excretory Disposal, Water Carriage System, Modern Sewage Treatment, Entomology – Mosquito, Housefly, Lice, Itchmite, Cyclopes, Rat Flea, Rodents, Insecticides – Ilazards, Diseases, Pre-placement examination, Measures for general health, protection of workers, prevention of occupational diseases, legislation.

11. Basic medical Statistics -

Censuses, Vital Events, Legislation, SRS, Notification of Diseases, Measures of Dispersion & centring, Sampling, Tests of significance, correlation & regression.

12. Health Education and communication -

Objectives, Principles, Aids, Practice of Health Education, Planning and Evaluation.

13. Health planning – Management – International Health Organisations.

Planning cycle, Management Methods & Techniques, National Health policy, Health planning in India, Five Year plans, Health systems in India – at Center, State and District Levels, Panchayat Raj, Rural Development Schemes.

14. Health Care of Community – Health System and National Health Programmes

Levels of Health Care, Health for all, primary health care, health care delivery, health problems, health care services and systems, Voluntary Health Agencies, National Health Programmes.

15. Nutrition and Health:

Classification of food, vitamin, mineral, carbohydrate, protein, fat, energy balance, balanced diet, nutritional problems in public health low birth N+ Pem, xerophthalmia, Nutritional anaemia, IDP, Endemic furosis, Lathyrism, Nutritional factors in selected disease. Assessment of Nutritional status, Nutritional surveillance. Social aspects of Nutritional food hygiene, food borne disease.

16. Personal Hygiene:

- 1) Sun Bathing , 2) Hygiene of eating and drinking,
- 3) Rest, sleep, recreation and work, 4) Personal Cleanliness,
- 5) Mental Hygiene, 6) Health Destroying Habits Pan, Suspan, Ganga, Drinks, Smoking, Coffee, Tea etc.
- Mental Health
- Health Programmes in India.

PRACTICALS: -

1. Insecticides - 10 + models.
2. Universal Immunization Programme - 10 + models.
3. Communicable Diseases - 10 + models.
4. Insect Bone Diseases - 10 + models
5. Microscope Slides - 10 + models
6. Environment and Sanitation - 10 + models
7. Statistical Charts
8. Field Visits
 - a) Rural health Centers.
 - b) Sewage Disposal Plant.
 - c) Water Filtration Plant
 - d) Nature cure Hospitals.
 - e) Yoga Institutes etc.

TEXT BOOKS: -

1. Text Book of preventive and Social Medicine. - By J.E. Park & K. Park
2. Text book of Preventive and Social Medicine. - By B.K. Mahajan & M.C. Gupta

REFERENCE BOOKS:

1. Preventive Medicine By Dr. Gosh
2. Preventive Medicine By Dr. Yeshpal, Bedi.

REFERENCE PAPERS: -

World Health Organization Programmes Papers.

National Health Programmes Papers.

Voluntary health Programmes Papers.

Red Cross Programmes Papers

Unicef Programmes Papers

PSYCHOLOGY & BASIC PSYCHIATRY

(Duration of study – 12 Months)

PART – I

- I. Definition and brief history of Psychology.
- II. Biology of Behavior:- Typical behavior patterns, Sociobiology, Brain, and behavior.
- III. Sensory process and perception.
 1. Vision, Hearing, Smell, taste, Skin senses.
 2. Perceptual Process – Attention, form perception, visual depth perception, consultancy, Movement perception, Plasticity, individual differences.
- IV. Principles of Learning:

Classical conditioning, Instrumental conditioning, cognitive learning etc.
- V. Memory: Theories about Memory, Forgetting, and Amnesia, Improving your memory.

VI. Thinking and Language:

The thinking process, Concepts, Problems solving, Decision making, Creative thinking, Language Communication.

VII. Motivation: Theories of Motivation, Biological Motivation, Social motives, Motives to know and to be effective, Frustration and conflict of motives.

VIII. Emotion and Stress:

Expression and perception of Emotions, Physiology of emotion, Stress, Theories of Emotion.

IX. Social Perceptions, Influences and Relationship: Social perception, social influence social relationships.

X. Attitudes: The Nature of attitudes, The measurement of attitudes, Attitude theories, Factors in attitude change, attitudes & Behavior, Behavior & Attitudes.

XI. Development during infancy & Childhood: Methods of studying development, infancy, Early childhood, and later childhood.

XII. Development during Adolescence, Adulthood and Old age: Adolescence, Youth, Early and Middle adulthood, Old age.

XIII. Psychological Assessment and Testing:

Psychological tests, The Nature of intelligence and assessing intelligence, individual differences in intelligence, testing for special aptitudes, personality assessment, Behavioral assessment.

XIV. Personality: Type and Trait theories of personality, Dynamic personality theories, learning & Behavioral theories of personality, Humanistic theories.

XV. Abnormal Psychology: (Psychiatry)

1. Abnormality in everyday life.
2. The language of Abnormality.
3. General causes of abnormal Behavior.
4. Classifying Psychological Disorders:
 - a) Clinical syndromes: Brain Syndrome, Psychoses, Neuroses.
 - c) Personality Disorders.
5. Psychoneuroses.
6. Hysteria, Anxiety State and Neurasthenia.
7. Other forms of Psychoneuroses (OCD, Phobias etc.)
8. Treatment of Psychoneuroses – Psychotherapy and its procedures, Other therapies.
9. Psychoanalysis and related schools.
10. Psychoses.
11. Schizophrenia.
12. Manic – Depressive Psychoses.
13. Involitional Melancholia and Parania
14. Alcoholic Mental Disorders.
15. Toxic and Organic Psychoses.
16. Epilepsy.
17. Mental Deficiency
18. Antisocial personalities and crime.

XVI. Therapy for Psychological distress:

1. Positive Psychotherapy & other Psychotherapies:
Psychoanalysis, Behavior therapy, Logo therapy, Conversation therapy, Gestalt therapy, and Primal therapy, Transactional analysis.
2. Positive Psychotherapy and its practical application for various conditions.

XVII. Co-relation of Psychology, Mental Health and yoga.

BOOKS RECOMMENDED:

1. Introduction to Psychology – Clifford T. Morgan & Richard A. King
 2. Abnormal Psychology – James D. Page
 3. Positive Psychotherapy – Nossrat Pesseschian
 4. Psychology, Mental Health and Yoga – A.S. Dalal
 5. General Psychology – J.P. Guilford
 6. A brief Introduction to Psychology – Clifford T. Morgan
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OBSTETRICS AND GYNAECOLOGY

(Duration of study – 12 Months)

THEORY

Section – A

1. Basic Anatomy & Physiology:
 - a) Anatomy and Physiology of female generative organs and pelvis.
 - b) Maturation and fertilization of ovum.
 - c) Development of placenta.
 - d) Embryology of uterus.
2. Physiology of Pregnancy: -
 - a) Maternal changes due to pregnancy.
 - b) Diagnosis of pregnancy
 - c) Differential diagnosis of pregnancy
 - d) Foetus in normal pregnancy
 - e) Ante-natal care.

3. Physiology of Labour: -

- a) Causation and stages of labour.
- b) Mechanism of labour
- c) Conduct of normal labour

4. Physiology of Puerperium

- a) Phenomena of normal puerperium
- b) Care of Puerperium
- c) Care of new – born child.

5. Pathology of Pregnancy: -

- a) Hyperemesis gravidarum
- b) Venereal diseases
- c) Anemia in pregnancy
- d) Diseases of urinary system
- e) Diabetes in pregnancy
- f) Diseases and abnormalities of fetal membranes and placenta
- g) Abortion
- h) Ectopic Pregnancy
- i) Ante-partum hemorrhage
- j) Placenta Previa
- k) Abruptio Placenta
- l) Hydatidiform mole
- m) Chorion – carcinoma
- n) Toxemia of pregnancy
- o) Pre-eclamptic toxemia
- p) Hydramnios
- q) Oligo Hydramnios

6. Pathology of Labour: -

- a) Occipito – posterior position
- b) Breech presentation
- c) Prolapse of the cord, compound presentation.
- d) Multiple pregnancy
- e) Contracted pelvis, cephalo, pelvis disproportion
- f) Management of labour in contracted pelvis
- g) Complications of 3rd stage of labour
- h) Face presentation
- i) Brow presentation
- j) Transverse presentation

7. Affection of New-Born

- a) Asphyxia neonatorum
- b) Pre-term baby
- c) Congential malformations.

8. Obstetrical Operations: -

- a) Forceps
- b) Caesarean section
- c) Induction of abortion and labour

9. Pathology of Puerperium: -

Pueroperal infections

10. Miscellaneous: -

- a) Perinatal mortality and maternal mortality
- b) Post-dated pregnancy
- c) Placenta insufficiency
- d) Control of contraception
- e) Medical Termination of Pregnancy
- f) Pre-term labour
- g) Ultra sonogram in Obstetrics

Section – B

1. Gynaecological diagnosis.
2. Malformation of female generative organs
3. Disease of vulva.
4. Diseases of vagina
5. Sexually transmitted diseases in female.
6. Diseases of urinary system
7. Trophoblastic diseases.
8. Disorders of menstruation
9. Prolapse of uterus
10. New growths of Uterus, Ovaries, Tuber, Cervix, Ext. Genitalia
11. Endometritis – Acute & Chronic
12. Vesico – vaginal Fistula
13. Endometriosis and adenomyosis
14. Diseases of ovary
15. Pelvic inflammatory diseases.

PRACTICALS

1. History taking of ante-natal and gynaecological cases
2. Demonstration of physical examination of ante-natal and Gynaecological cases.
3. Demonstration of Conductive labour, normal delivery and use of minor instruments during delivery.
4. Demonstration of various equipments used in obstetrics and Gynaecology.
5. Case-history writing of ante-natal and gynaecological cases (25)

RECOMMENDED TEXTBOOKS: -

1. Clinical Obstetrics - By Mudaliar and Menon
2. Text Book of Obstetrics - By C.S. Dawn
3. Shaw's Text Book of Gynaecology
4. Text book of gynaec — c.s.dawn
5. text book of ob — dutta

YOGA AND PHYSICAL CULTURE - II

(Duration of study – 12 Months)

1. Patanjali Yoga Sutras:
 - a) The first two chapters in detail i.e. Samadhi Pada & Sadhana Pada
 - b) A brief summary of Vibhuti Pada & Kaivalya Pada
2. Hatha Yoga Pradipika – Full text with necessary reference to Gharenda Samhita & Siva Samhita
3. Yoga in relation to sports, games, social & political life.
4. Psychic physiology of Yoga
 - a) Definition of Charka, b) Description of 7 charkas c) Ida, pingala & sushmana, d) Pranic currents & the breath, e) Altering the flow of nostrils & breath f) Purpose of hata yoga g) Nadis & nervous system h) sensitivity and awareness
5. Eye exercises – benefits, methods, and precautions.
6. Physiological aspects of Asana.

7. Shat Kriyas – Comparative study of shat kriyas with other systems of medicine.
7. Types of exercises a) Isotonic & Isometric
8. Physiological effects of exercises on cvs, respiratory, Muscular, Joints, Skin, ENT.
9. Physical exercises for health & fitness ; a) Introduction, b) Who should stretch c) when to stretch d) why to stretch e) How to stretch f) relaxing stretches for i. Back, legs ,feet ,and ankles ii. Hips ,Hamstring ,Low back. g) Stretching ex. For elderly, h) Stretching Ex. For i. Abdominal muscles , ii. Arms, chest , iii. Ankles, legs, knee , thigh, fore arm (i) Techniques of walking, Running, Cyclining, j) Caring Back
10. SWARA YOGA

PRACTICALS:

1. Stretching Exercises

1. Loosing exercises (Shitilikarana Vyayama and Breathing exercises)
2. All Asana of I & II B.N.Y.S. plus advanced postures from yoga Deepika,
3. Pranayama (as in I & II B.N.Y.S.)
4. Kriyas – (as in I & II B.N.Y.S.)
 - a) Dhouti – Vastra, Danda
 - b) Gajakarani – (Vaisara Dhouti)
 - c) Nauli – all the three types
 - d) Shankaprakshalana – laghu & maha shankaprakshalana
 - e) Basti

5. Meditation:
 - a) Omkara
 - b) Cyclic
 - c) Vipassana
6. Techniques like:
 - a) Self Management of Excessive Tension (SMET)
 - b) Pranic Energisation Technique (PET)
 - c) Mind Sound Resonance Technique (MSRT)
7. Yoga Nidra (Short and long sessions)

BOOKS RECOMMENDED:

1. Joints & Glands Exercises — Sri Swami Rama, Rudolph M. Ballentine
2. Our Eyes — Aurobindo Ashram
3. Perennial paths of Yoga — Kumar kaul
4. The science of Yoga – Taimini
5. Commentary on Patanjali yoga Sutras – Taimini
6. Hatha Pradipika – Kalvalyadhama publications, Ionawala.
7. Yoga nidra
8. Kundalini Yoga, Swara Yoga } Bihar
school of Yoga, Munger.
9. Tantra yoga
10. Asana
11. Pranayama – V.K. Publications
12. Psychology – Horensce C. Kenipp
13. Religiousness in yoga theory and practice – TKV Desikachar
14. Research Papers – Kaivalya Dhama
(publications in yoga Mimamsa – all papers related to

physiological effects of Yoga)

15. YOGA IN Education – Dr. Nagendra (Vivekananda Kendra publications)
 16. Vipassana – Goenka.
 17. Anatomy and Physiology of Yoga – Dr. M.M. Gore
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NUTRITION & HERBOLOGY

(Duration of study – 12 Months)

PART - I NUTRITION

THEORY

1. Introduction of Nutrition
 - a) History of Nutrition
 - b) Food, Nutrition & Health Introduction
 - c) The nutritional basis of life
 - d) Life in connection with food
 - e) Composition of body in relation to nutrition.
2. Nutrients and their functions
3. Non-Nutrition composition of foods
4. Foods and their nutrition content
5. Effect of processing on nutritive value of foods
6. Nutrient requirements and recommended dietary allowances
7. Habitual diets in India and their adequacy
8. Nutritional deficiencies, their prevention and control
9. Dietary Guidelines

10. Cholesterol

- a) Components of the food and their classification
- b) Carbohydrates
- c) Proteins
- d) Lipids
- e) Vitamins
- f) Minerals and trace elements
- g) Water and electrolytes
- h) Metabolism and energy needs of the body
- i) Energy balance and the regulation of the body weight
- j) Enzymes

11. A. Food groups

- 1) Cereals
- 2) Millets and coarse grains
- 3) Pulses
- 4) Green leafy vegetables
- 5) Other vegetables
- 6) Roots and tubers
- 7) Fruits
- 8) Milk and milk products
- 9) Sugar and Jaggery
- 10) Honey
- 11) Fats and Oils
- 12) Spices and condiments
- 13) Nuts and Oil seeds
- 14) Fats & oils

B. . Nutritive value of food ingredients commonly used in India

12.. Food and Toxins in food

- a) Infective agents and toxins in food
- b) Adulteration of foods

- c) Food additives
- d) Health hazards of added chemicals in foods
- e) Nutrition and infection

13.. Nutritional diagnosis

6. Public health and nutrition

- a) Education in Nutrition
- b) Nutritional programme
- c) Nutrition survey and methodology
- d) Balanced diets
- e) Nutritional assessment, social aspects of the nutrition
- f) Fortification and enrichment
- g) Exercise in balanced diet
- h) Nutrition is relaxation to disaster management
- i) Nutritional requirements of special groups

7. Nutrition in health

- a) Human nutritional requirements
- b) Nutrition in pregnancy, location, infancy, childhood and adolescence
- c) Nutrition and immunity

8. Nutritional deficiency diseases, preventive and curative approach

9. Nutrition in disease and disorders of mal-nutrition

10. Study about adverse effect of alcohol.

11. Dietary Fibre – Definition, Types, Composition, Uses, Contra Indication

12. Recommended dietary allowances for Indians as per ICMR

PRACTICALS

1. Visit to the nutrition departments and wards in hospital
2. Field visits – nutrition surveys and diet surveys
3. Formation of the low cost balanced diets for different population

Recommended textbooks

1. Davidson and Passmore Human Nutrition and Dietetics – by Passmore, Eastwood
2. Clinical Dietetics and nutrition – by E.P. Kantia
3. Normal and therapeutic nutrition – by Corinne H. Robinson Marilyn R. Lawler.
4. Essentials of food and nutrition – by Swaminathan
5. Foundations of normal and therapeutic nutrition – by Randall. T
6. Nutrition and dietetics – by Subhangini Joshi
7. Sprouts – by J.D. Vaish, Yoga Samasthan
8. Medical secrets of your food – by Aman.
9. Nutritive value of Indian foods – by NIN B.S. Narasinga Rao
10. Food for health — A P Dewan
11. Nutritive values of Indian foods — NIN ,ICMR, Hyderabad-7.
12. All the publications of NIN, Hyderabad –7.

Reference books

1. Diet and Nutrition — DR.Elizabeth evans
1. Food and Nutrition by Gupta
2. Modern nutrition in Health and disease – by shills
3. Human Nutrition – by Maxine E. Mc. Divitt and Sumati Rajgopal
4. Superior Nutrition – by Herbert M. Shelton

5. All publications on Nutrition – by National Institute of Nutrition, Hyderabad.
6. Periodicals of Indian Journals of Medical Research.
Indian Journal of Nutrition and Dietetics
Nutrition survey of India
A complete guide to Vitamin – Edited by J.I. Rodale and Staff
Nutrition Chaney and Ross
The complete Book of food and nutrition – by J.I. Rodale and staff

PART – II

HERBOLOGY

- I. Introduction to Herbology.
- II. The following herbs are to be studied with respect to their source and therapeutic uses. Botanical details shall be avoided.

1. Acorus Calamus
2. Adethoda Vasica
3. Allium Capa
4. Allium Sativum
5. Aloe Vera
6. Amaranthus hypochondriacus
7. Asparagus racemosus (Shatavari)
8. Azadirachta Indica
9. Benincasa hispida
10. Calendula Officinalis
11. Caica papaya
12. Carum carvi
13. Catharanthus roseus (vinca rosea)
14. Chamaemelum nobile (Chamomile)
15. Cinchona officinalis
16. Cinnamomum Zeylanicum

17. Citrus aurantifolia (lime)
18. Citrus aurentium (orange)
19. Citrus limon (lemon)
20. Citrus reticulata (Tangerine)
21. Coriandrum sativum
22. Commiphora mukul
23. Cucurbita maxima
24. Cuminum cyminum
25. Curcuma longa
26. Daucus carota
27. Digitalis lanata
28. Dioscorea deltoidea
29. Eclipta alba
30. Elettaria cardamomum
31. Emblica officinalis
32. Eugenia caryophyllate (Syzygium aromaticum)
33. Ferula assa-foetida
34. Ficus cerica
35. Ficus glomerata
36. Foeniculum vulgare
37. Gaultheria Procumbens
38. Gloriosa Superba
39. Glycyrrhiza glabra (liquorice)
40. Hepatica nobilis
41. Hibiscus rosa-sinensis
42. Hordeum vulgare
43. Jasminum sambac
44. Lawsonia inermis / L.alba(henna)
45. Mentha spicata
46. Momordica charantia
47. Moringa oleifera

48. *Murraya koenigii*
49. *Myristica fragrans*
50. *Nelumbo nucifera* (lotus)
51. *Nigella sativa*
52. *Ocimum sanctum*
53. *Oryza sativa*
54. *Panax ginseng*
55. *Phyllanthus emblica*
56. *Piper longum*
57. *Piper nigrum*
58. *Plantago indica*
59. *Punica granatum*
60. *Rauvolfia serpentina* (Sarpagandha)
61. *Ricinus communis*
62. *Rosemarinus officinalis*
63. *Santalum album*
64. *Salvia officinalis*
65. *Sesamum Indicum*
66. *Syzygium aromaticum*
67. *Tamarindus indica*
68. *Terminalia chebula*
69. *Thymus vulgaris*
70. *Trigonella foenum – graecum*
71. *Vitis vinifera*
72. *Withania somnifera* (Ashwagandha)
73. *Zingiber officinale*

MASSAGE, CHIROPRACTICE, OSTEOPATHY AND AROMATHERAPY

(Duration of study – 12 Months)

1. Introduction and History of Massage
2. Rules, regulations and characteristics of Masseur
3. Structure especially concerned in massage and parts of the body to be specially studied for the purpose are as follows:
 - a) Skin
 - b) Muscular System
 - c) Heart and Circulation
 - d) Nervous System
 - e) Skeletal system including joints
4. Effects of the pressure of hands and lubricants of the following systems: -
 - a) Skin
 - b) Muscular System
 - Nutrition and Development
 - Excitation of 'M' contraction of 'M'
 - Increase of muscular electro-excitability, removal of the fatigue from muscle.
 - c) On the ligaments and skeletal system
 - d) On the circulatory system
 - e) On the nervous system
 - f) On respiration – increase of respiratory activity and increase of tissue respiration
 - g) On GIT – Improvement in appetite, improvement in secretion of digestive fluids, absorption and improvement in peristalsis.

- h) Excretory system
 - i) Powdered Massage – merits and demerits.
5. Getting crisis through massage (Side effects and benefits)
 6. Basic therapeutic massage techniques, indication and contraindications of massage while applying to the patients.
 7. Massage and its effects: -
 - a) Nutrition
 - b) Haematogenesis
 - c) Phagocytosis
 - d) Increase in the number of blood corpuscles
 - e) Absorption of increased inflammatory exudate, change in the weight of the person, obese or emaciated.
 8. i) Different massage manipulations, classification and their detailed explanation, uses and contra-indications.
 ii) Manipulative treatment in stress management.
 iii) Shiatsu in manipulative therapy (Acupressure)
 iv) Manipulation and life extension
 v) Dry brush massage
 9. Movements of Joints: -
 - i) Flexion
 - ii) Extension
 - iii) Abduction
 - iv) Adduction
 - v) Supination
 - vi) Circumlocution
 - vii) Deviations – Medical and Lateral
 - viii) Opposition

12. Massaging in local areas under special circumstances: -

- a) Massage to Abdomen
- i) Massage to Liver
- ii) Massage to Stomach
- b) Massage to heart
- c) Massage to Head
- d) Massage to Spine
- e) Special types of Massage in different diseases.

13. Massage to women

14. Massage to infants and children

15. Massage for prevention of diseases and maintenance of natural beauty

16. Ayurvedic Massage –Terminology, Methods and Manipulations

17. CHIROPRACTICE:

Origin & aims of chiropractice

X – Ray technique and Chiropractice

Importance of spine in Chiropractice

Physiological effects of Chiropractice

Spinal Manipulative Therapy

Chiropractice Examination

Treatments in various Diseases

18. OSTEOPATHY: -

Definition & the basic principles of Osteopathy

Relation of Osteopathy to musculo – skeletal system

PRACTICALS: -

1. 35 Demonstration classes
2. 10 Demonstrations in Panchakarma
3. Each student should do 35 massages

TEXT BOOKS: -

1. Massage Book - By George Downing
2. Massage - By Constant young
3. Massage Therapy - By Dr. J.H. Kellog
4. The complete book of massage - By Clare Maxwell Hudson
5. Step by Step Massage - By Carole Mc. Gilvery and Gini Reed
6. The Book of massage - By Luinda Lidel
The Complete Step – by –
Step with Sarathomas,
carola Guide to eastern
and western
Berb Ford Cooke and
Techniques
Anthony Porta
7. Massage to common ailments - By Penny Rich
8. Baby Massage.
The Magic of Loving Touch - By Auckett, Anelia D

9. Natural Healing from Head to Toe - By Aihara, Cornellia & Aihara, Herman
10. Massage Works - By D. Baloti Lawrence and Lewis harrison
11. Manual of Osteopathy Practice - By Alan Stoddard
12. Alternative Chiropractice - By Susan Moore
13. Massage (Ayurvedic) - By Achanta Laxmipathy

REFERENCE BOOKS: -

1. The Panchakarma Treatment of Ayurveda - By T.L. Devaraj
2. Chirotherapy: A Text of Join Movements - By Hesse P. De.
3. Massage Therapy: The Holistic way to Physical and mental health - By Jackson richard
4. Book of Massage and Aromatherapy - By Facroix Nity and Achieving complete relaxation and wel being - Seager, Shoron With massage and essential oils
5. Brain Massage, Revitalize mind body - By Howell, Kelly

PART – II

AROMATHERAPY

1. Definition, Origin and History of Aromatherapy
2. Essential Oils.
 - i. Types of Essential Oils.
 - ii. Extraction of Essential Oils – Distillation, Cold Pressing or expression, Solven Extraction.
 - iii. Storage of essential Oils.
 - iv. How to recognize an essential oil.
 - v. How to select Aroma Oils.
 - vi. How essential oil works
 - vii. Carrier oils – Almond Oil, Apricot kernel oil, Avocado oil, Carrot oil, Corn Oil, Primrose oil, Grapeseed oil, Hazelnut Oil, Jojoba Oil, Olive Oil, Peanut Oil, Safflower oil, sesame oil, soya been oil, sunflower oil.
3. Different methods of using essential Oils:

Inhalation, Diffusers, Vaporizers, Massage, Baths, Foot bath, Pot pourii, Compresses, Oral intake, beauty treatment, room sprays, insect repellents etc.
4. Description of different Essentials Oils & their benefits.
 - Amrette Seed
 - Aniseed
 - Angelica
 - Basil
 - Bergamot
 - Black Pepper
 - Camphor

- Cardamom
- Chamomile
- Clove Bud
- Cedar Wood
- Cypress
- Clay Sage
- Eucalyptus
- Fennel
- Frankincense
- Geranium
- Ginger
- Juniper berry
- Lavender
- Lemon
- Lemon Grass
- Marjoram
- Neroli
- Orange
- Palmarosa
- Peppermint
- Patchouli
- Petitgrain
- Pine
- Rose
- Rosemary
- Sandalwood
- Tarragon
- Tea Tree
- Thyme [White]
- Vetiver
- Ylang Ylang

5. The best essential oils:

- a) The five fragrance categories – Green, floral, citrus, Woody & Spicy.
- b) Mixing of Aroma Oils, equipment required for mixing oils.

6. Aroma Oils for common problems:

Acne, Anxiety, Athlete's Foot, Arthritis, Back Ache, Bites & Stings, Breathing Problems, Bunion, Bruises, Burns, Chicken Pox, Chilblains, Poor Circulation, Cold, cough, Cramps, Cuts & Abrasions, Dandruff, Depression, Dermatitis, Psoriasis, Eczema, Fatigue, Fluid Retention, Fungal Infection, Hair Loss, Oily hair, Dry Hair, Hang over, Head ache, Herpes, household cleansers, Indigestion, influenza, Insomnia, Insect Repellents, Measles, Menopause, Nausea, obesity, Excess Sweating, PMT, Rheumatism, Sexual Problems, Skin Problems, Stress, Sun Burn etc.

7. Specific features of Aroma Oils:

Analgesic, Antidepressant, Anaphrodisiac, Anti-inflammatory, Antiseptic, Antiviral, Astringent, Aphrodisiac, Bactericide, Cephalic, Chalagogue, Cytophylatic, Deodorant, Detoxifying, Diuretic, Emmenagogue, Expectorant, Febrifuge, Fungicidal, Hepatic, Hyper-tensive, Hypotensive, Hypnotic, Immuno-stimulant, Nervine, Sedative, Stimulant, Tonic

8. Precautions for the use of Aroma Oils:

Skin Patch Test

To test Essential Oils in its pure state.

9. Ill effects of aroma oils – in Eyes, Toxic effects, Allergic effects etc.
10. Careful handling of essential oils.
11. Contraindications:
 - a) Oils to be avoided – Phototoxic or Photosensitive oils, Oils to be avoided in pregnancy, oils that cause skin irritation etc.
 - b) Oils Contraindicated in – Asthma, Anorexia, Cancer, Epilepsy, Hypertension, Hypotension, Liver disease, Peptic Ulcers.

BOOKS FOR REFERENCE:

1. All you wanted to know about Aromatherapy – Lalitha Sharma
2. AROMATHERAPY – JULIE SADLER
3. Health and Beauty through Aromatherapy – Blossom Kochhar.
4. Ayurveda and Aromatherapy – Dr. Light Miller & Dr. Bryan Miller.

IV B.N.Y.S. – 12 Months

Sl.No.	Subject	Duration of Study
1.	Yoga Therapy,	12 months
2.	Hydrotherapy & Clay therapy	12 months
3.	Fasting & Diet therapy	12 months

- | | | |
|----|--|-----------|
| 4. | Chromo therapy &
Magneto therapy | 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 |

Except Hospital Management all other subjects have practical

YOGA THERAPY

(Duration of study – 12 Months)

01. Introduction to yogic therapy / Basis of yogic therapy.

02. Role of general exercises

Viz: - Gardening, Swimming, Streching Ex., Aerobic Ex., Walking & Bare foot walking in curing general diseases

03. Research methods in yogic therapy, Statistical analysis etc.

04. Yogic therapy for: -

- a. - Cardio-vascular diseases
- b. Psychic diseases
- c. Mental retarded diseases
- d. Neuro Muscular diseases
- e. Digestive diseases

- f. Hormonal diseases
 - g. Respiratory diseases
 - h. Metabolic diseases
 - i. Ophthalmologic disorders
 - j. Paediatric disorders
 - k. E.N.T. disorders
 - l. Obstetrics & Gynaecological disorders
10. Meditation and its applications on psychosomatic disorders
12. Relaxation & its Techniques
- a) Art of relaxation
 - b) Training the mind
 - c) Experiences in yoga Nidra
 - d) Yoga nidra & Brain
 - e) Symbols of the unconscious
 - f) Emerging into Samadhi
 - g) Practice of yoga Nidra
 - h) QRT – Quick Relaxation Technique
 - (i) IRT – Instant relaxation technique
 - J) 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 Nisheda (right and wrong)
14. Workshop on Yogic therapy
15. Desertations
16. Advanced techniques of Yoga therapy
17. Yoga and Mental health – Total integration of Personality, correct mental behavior and attitude, harmonial relationship of

body and mind, self content tranquilising effect, Mental, Psychology of spiritual growth, spiritual value, toning judgement, pure consciousness, mode of living and disciplined life.

18. Applied Psychology: -

- a. Stress – Its causes, effects and control.
 - b. Historical perspective, identifying psychological disorders.
 - i) Anxiety disorders.
 - ii) Dissociative Disorders
 - iii) Somato form disorders
 - iv) Sexual disorders
 - v) Mood disorders
 - vi) Personality disorders
 - vii) Schizophrenia
 - c. Therapy for psychological disorders psychotherapy, therapy of Interpersonal relations, behavior therapy
19. Correction of displaced Nabhi.
20. Therapeutic Benefits of Yogic sukshma vyayam, sthula vyayam, Shakti Bandha series, sudarshana kriya.
21. Yoga & diet.(Yogic Diet)

REFERENCE BOOKS: -

- 1) Yogic Therapy - Dr. Vinekar, Govt. of India Publication
- 2) Yogic Therapy - Dr. Giarde
- 3) Treatment of Common Diseases - Swami Satyananda Saraswati through yoga

- 4) Seminar on yoga,
Science & Man - CCRYN, Delhi publication
- 5) Yoga Nidra - Swami Satyananda Saraswati
Bihar School of Yoga
- 6) The ancient science
and art of Pranic
Healing - Chao Kok Sui
- 7) yoga for healing - Dr.P.S. Venkateswaran
- 8) Pranic Psychotherapy - Choa Kok Sui
- 9) Psychology - Robert A. Baron
- 10) Garifield Spl.
Psychotherapy - John wiley & Sons
- 11) Hand Book of Behavior
Modification - Plenum Press
& Therapy
- 12) Stress and Mental
Disorders - Garrett J.E., Raven
Press, New York
- 13) Counseling and
Guidance - Adams J.T., Mac Millon Co.,
- 14) Stress Management
Research Papers - V.K. Yoga, Bangalore
- 15) All Bihar School of yoga Publications

HYDROTHERAPY & CLAY THERAPY

(Duration of study – 12 Months)

PAPER 1

01. Introduction and history.
02. Physical properties and chemical composition of water.
03. Physiological basis of Hydrotherapy

The skin and its anatomical construction, functions of the skin, temperature sense.

04. 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.

05. Importance of water to human body.

06. Physiological effects of water on different systems of the body

- i) General and Physiological aspects of heat upon: -
 - a. Skin
 - b. Respiration
 - c. Circulation
 - d. Nervous system
 - e. Heat and its production, dissipation etc.
 - f. Tactile and temperature sense.
- ii) General and physiological effects of cold upon skin, respiration, circulation, nervous system, G.I.T., Body temperature and its maintenance, nervous system and circulatory system, digestive system.

07. Reflex areas of the body, results of the application of hot and cold over reflex areas.
08. Actions and reaction, incomplete reaction, conditions that encourage and discourage reaction, internal reaction, thermic reaction, modified thermic reaction.
09. Place of water in preservation.
10. Place of water in Acute diseases.
11. Place of water in chronic diseases.
12. Magnesium sulphate – use in Hydrotheraphy.

PART II

01. General principles of Hydrotherapy
 - a) General rules of Hydrotherapy
 - b) Therapeutic significance of reaction.
 - c) Adaptation of individual cases.
 - d) Exaggeration of symptoms under treatment, the untoward effects and how to avoid them.
 - e) General indications and contra-indications.
02. Therapeutic actions and use of Hydrotherapy
 - a) Classification of Hydriatic effects, General principles excitation and depression.
 - b) Primary exitent effects when to apply and when not to apply.
 1. Local haemostatic effects – Hydriatic heart tonics
 2. Cardiac effects – Hydratic heart tonics.
 3. Uterine excitations, emanogogic effects.
 4. Vesical excitations.
 5. Intestinal excitation, peristaltic effects.

c) Secondary excitant effects: -

1. Restorative effects
2. Tonic effects of cold water, physiological effects of cold water. Cold water Vs. Medical tonics, application in the following.
3. Anemia, Neuresthenia, Hypochondria, Cerebral congestion, Rheumatism, Diabetes mellitus, Valvular heart diseases.
4. Calorific effects.
5. Diaphoretic effects

Importance of attention to the skin in chronic diseases – alternative & qualitative effect – Hot baths in brights diseases, sweating baths in dropsy and obesity. Depurative or eliminative effects, Toxemia in Rheumatism.

6. Expectorant effects.
7. Diuretic effects – Brights disease. Uraemia – eclampsia.
8. Atomic Dyspepsia, Hyperacidity.

Revulsive and derivative effects, flexion, revulsive methods for combating superficial anemia and for relief of deep congestion method adopted to anemia of deep seated organs revulsion on analgesic measure.

d) Resolvent effects

Sedative effects – general sedatives – local sedatives.

- i) Sedatives of the circulatory system - antiphlogestic effects, inflammation, pneumonia, Pleurasy and other acute disorders.
- ii) Nerve sedatives, Hypnotic, calmative, analgesic

anesthetic, antispasmodic, insomnia, chorea, spasticparalysis, exophthalmic, goiter, mania, epilepsy and various painful conditions.

iii) Anti-thermic 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 and effects, indications and contra – indications.

iv) Secretory and sedative effects prophylactic uses.

a. Cold bathing in infancy and early childhood.

b. The cold bathing for adults.

c. The cold baths for women.

d. The cold bath in old age – precautions.

03. The techniques of

Hydrotherapy: -

Plain water bath: -

Cold hip bath - Kellog's & Kunhe's sitz bath

Shallow bath - for males, females hand and arm

Graduated bath bath, footbath, hot and cold
alternative leg bath

Natural bath

Non revulsive bath

Immersion bath

Cold plunge bath

Whirl pool bath

Aeration bath

Viechy spray massage

Rapid bath, Brand bath, Fever bath, River bathing, Sea bathing.

04. Various baths and air baths, Russian bath, Turkish bath, Steam bath, Local steam bath, Steam inhalation, Hot air bath, Local hot air bath, Super hot air bath, Cold air bath, Indoor and out-door baths.

05. 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 contra-indications.
- e. Dangers and precautions

06. Douches: -

Cold Douche

Hot Douche

Neutral Douche

Alternative Douche

Under water Douche

Contrast Douche

Horizontal Jet

Caphalic Douche

Lumbar Douche

Fan Douche

Rain Douche or Shower Douche

Heptic Douche

Circular Douche and Semi circular Douche

Cerebrospinal Douche

Plantar Douche

Percussion Douche

Scotch Douche

Revulsive douche
 Ascending Douche
 Calliper Douche
 Filliform Douche
 Fog Douche
 Massage Douches
 Shoulder douche
 Thoracic Douche
 Abdominal Douche
 Anal douche
 Perineal Douche
 Pulmonary Douche
 Cardiac Douche
 Gastric Douche
 Enteric Douche
 Renal Douche
 Articular Douche
 Vapor Douche

07. Fomentation and Stupes: -

The hot water bag, the siphon hot water bag, the thermopore, the mustard fermentation, clay and glycerine poultice, charcoal poultice, cotton poultice.

08. Compresses and Packs: -

The wet sheet pack, cooling pack, cold shower pack, sweating pack, dry pack, half pack, hot blanket pack, evaporating pack, very cold compress, proximal compress, neutral compress, alternate compress, revulsive compress, compress of ten days for injuries and eruptions, alternative ten applications to the head and spine, local packs, wet girdle pack, dry abdominal bandage.

Abdominal heating compress, Head pack, Spinal pack
 Hot and Cold heat compress, Hot and cold lung compress
 Hot and cold gastro hepatic compress
 Hot and cold renal compress
 Hot and cold intestinal compress
 Hot and cold pelvi compress
 Hot and cold abdominal pack
 Hot and cold spinal pack
 Hot and cold pancreatic pack

SPECIAL FORMS OF COMPRESS: -

Caphalic compress, Chest pack, Triangular Chest pack,
 Half chest compress, Joint compress, Pelvic pack, Foot pack,
 Cold spinal compress, Towel chest pack, Pericardial or cardiac
 compress, Hip Pack, Leg pack, Perineal compress, prone packs,
 Lumbar compress.

09. Internal Use of water: -

Irrigation's and enema (Colon Flushing)
 Cold water drinking, Hot water drinking
 Water emetic, Irrigation of ear, Nasal
 Irrigation, Vaginal Irrigation, Intra-uterine irrigation,
 Rectal irrigation

Enema: - Hot, Warm, Cold, graduated enema

Coloclyster, Retentive enema, Tonic Enema

Hydriatic Prescription Making: -

- a. The natural defence of the organism.
- b. Procedures for increasing vital resistance
- c. Procedures which excite the central ganglia

TEXT BOOKS: -

1. Baths - By S.J. Singh
10. My Water Cure - By Sebastian Kneipp
11. Rational Hydrotherapy - By Dr. J.H. Kellog
12. The Healing Clay - Michel Abserra
13. Our Earth and Cure - Raymond Dextroit

REFERENCE BOOKS: -

1. Hand Book of Hydrotherapy- By Shew, Joel
2. Hydrotherapy in Practice - By Davis, B.C.
& Harrison, R.A.
3. Medical Hydrology - By Sidney Licht

FASTING THERAPY & DIET THERAPY

(Duration of Study – 12 Months)

I. Introduction:

1. Theory of fasting in animals
2. History of Fasting
 - a) Fasting in Ancient India
 - b) History of Fasting in India
 - c) History of Fasting in foreign Countries
 - d) Historical highlights of Fasting

3. Science and Fasting

II. The Philosophy of Fasting

1. The philosophy of Sane Fasting

2. Philosophy of Therapeutic Fasting

- a) Life its existence in connection with health and diseases.
- b) Nature of disease.
- c) Theory and Physiological facts of fasting.
- d) Objections commonly raised in fasting therapy
- e) Pros and Cons of fasting

III. Physiology of Fasting and Starvation

- 1) General Physiology
- 2) Source and metabolism of carbohydrates, fats and proteins during fasting and starvation.
- 3) Difference between fasting and starvation
- 4) Difference between hunger and appetite.

IV. Rules & Regulations of Sane Fasting and Therapeutic Fasting

V. Definition and classification of Fasting

- 1) Definition of fasting in different aspects
- 2) General classification of Fasting (Religious, Political and Therapeutics)
- 3) Methods and types of therapeutic fasting (Dry, Water, Juice, Saline, Monodiet (Kalpa), Fruit, Intermittent, Preventive, Weekly etc.,)

VI. Hygienic Auxiliaries of Fasting

- 1) Air and Breathing
- 2) Enema
- 3) Bathing
- 4) Clothing
- 5) Water Drinking
- 6) Exercise
- 7) Mental influence

VII. Study of Patients During and After Fasting

1. Crises during fasting and their management.
2. Physiological effects of fasting
3. Physiological aspects
4. Study of the tongue, the breath, the temperature and pulse etc.
5. The loss and the gain of weight
6. How and when to break the fast.
7. How to break the fast

VIII. Indications and contraindications of Fasting

1. Fasting in acute diseases
2. Fasting in chronic diseases
3. Role of fasting in various diseases
4. Obesity and fasting
 - a. Definition and assessment of obesity & Types
 - b. Aetiology
 - c. Treatment
5. Fasting for preservation of health and prevention of diseases.

IX. Results of Fasting

Practicals: -

Study of 50 fasting cases

Case study 25 with record

TEXT BOOKS: -

1. Fasting for healthy and long life - By Hereward Carrington
2. The Fasting cure and Vital Economy - By Lakshmana Sharma
3. Fasting Can Save Your Life - By Herbert M Shelton
4. The Effects of Fasting - By Dorald Upton
5. Fasting as a way of life - By Allan Coll M.D.
6. Fasting Can Renew Young life - By Herbert M. Shelton
7. Scientific Fasting - By Hazzard, Linda Burfield
8. Fasting for regeneration - By Seaton, Julia

REFERENCE BOOKS: -

1. The Philosophy of fasting - By Edward Eaul Purinton
2. Vitality, Fasting and Nutrition - By Hereward Carrington
3. The Fasting Cure - By Upon Simelair
4. The Fast - Way of Health - By Harold R. Brown

5. Fasting the Master Remedy
6. Fast for Health - By John Joseph Picker
7. The Biology of the Human Starvation - By Keys, Ancel
8. Fasting Story No. 1 - By Health Research
9. Fasting Story No. 2 - By Health Research
10. Rational Fasting - By Ehret Arnold
11. Explaining Fasting - By Forstor, Roger
12. Hints on Fasting Well - By Carrington, Hereward etc.,

DIET THERAPY

1. Concept of Health in Naturopathy
2. Dietetic principles in Naturopathy
3. Concept of wholesome diet
4. Medical values of foods
5. Natural qualities / properties / character foods in Naturopathy / Ayurveda / Modern nutrition
6. Natural food and health
 - a) Importance of green vegetables, other vegetables, fruits and the ingredients.
 - b) Chemical composition of different raw juices and their effects and uses

Wheat grass, Beet root, Cabbage, Carrot, Cucumber, Lattuce,

Garlic, Onion, Lemon, Papaya, Pineapple, Mango, tomato, Pomogranate, Grapes, Apple, Bitter ground, Ashgourd, Knolkhol, Pumpkins etc.

- c) Sprouts, their nutritive values and methods of sprouting.
 - d) Food values in raw states, germinated form and cooked form.
 - e) Comparison with raw and cooked foods
7. Food combination and health
 8. Health and herbs
 9. Naturopathic Hospital Dietetics and their classification
 10. Disease management with diet
Diabetes, Renal diseases, Anemia, PEM, Peptic Ulcer, Constipation, Malabsorption Syndrome, Liver disease like Jaundice, Fatty liver etc. HBP, LBP, Atherosclerosis, Gall Bladder disease, Cancer, T.B. and Arthritis, obesity, Heart dises etc
 11. Food allergy and dietary management
 12. Dietary modification for specific condition
 13. Dietary reaction for a different population groups with special reference to pregnancy, Lactation, infancy
 14. Seasonal changes in the dietary pattern in Ayurveda / Naturopathy and Modern nutrition.
 15. Food hygiene and health
 16. Methods of cooking and nutrient losses and preservation.

17. Naturopathic approach towards vegetarian and non-vegetarian food
18. Harmful effects of the food colors, preservatives, pesticides, artificial manures.
19. Dietary fibre and its therapeutic effects (e.g. constipation, Ano-rectal disorders, colonic disorders, GIT disorders, D.M. etc.)
20. Geriatric nutrition and diet.
21. Diet and exercise, sports, games, athletics
22. Paediatric Nutrition
23. Nutrition and life span
24. Green vegetables and fruits
25. Non-vegetarian diet its positive and negative aspects in Naturopathy.
26. Customs and manners of eating different views, Effects of emotional state of food utilisation.
27. Kalpa therapy in Naturopathy: grapes, mango, matha, milk, etc.

PRACTICALS

1. Visits to the diabetic department of the hospital.
2. Menu planning using natural foods and raw foods in general patients.
3. Demonstration of sprouts
4. Preparation of low cost balanced diet for different population groups using natural foods.

5. Modification of normal diet in consistency – Liquid full soft
6. Canteen duties at nature cure hospital
7. Knowledge of Sathvic food preparation at nature cure hospital.
8. Visit to different nutrition centres like NIN, Hyderabad, CFTRI (Mysore)

Recommended Text Books

1. Davidson and Passamore Human Nutrition and Dietetics – by Passmore, Eastwood
2. Clinical Dietetics and Nutrition – by E.P. Antia
3. Normal and Therapeutic nutrition – by Carinne H. robinson, Marilyn R. Lawler.
4. Essentials of food and nutrition – By Swaminathan
5. Foundations of Normal and Therapeutic nutrition – by Randall Teltal
6. Nutrition and dietetics – by Subhangini Joshi
7. Sprouts – by J.D. Vaish, Yoga Samsthan
8. Medical Secrets of your food – by Aman
9. Diet & Nutrition -Rudolph ballentine

Reference Books

1. Food and Nutrition – by Gupta
2. Modern Nutrition in Health and diseases – by shills
3. Human Nutrition – by Maxine E. Mc. Divitt and Sumati Rajgopal
4. Superior Nutrition – by Herbert M. Shelton
5. All publications on Nutrition – by National Institute of Nutrition, Hyderabad.
6. Periodicals of India Journal of Medical Research
7. Indian Journal of Nutrition and Dietetics

8. Nutritional survey of India
9. A complete Guide to Vitamins – Edited by J.I. Rodale and Staff
10. Nutrition: Chaney and Ross
11. The complete Book of food and Nutrition – by J.I. Rodale and Staff
12. Food for revercing Heart Diseases —— Dr. bimal

CHROMOTHERAPY AND MAGNETOTHERAPY

(Duration of study – 12 Months)

AIR THERAPY

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. Air baths (cold and hot)
6. Theory of Pancha Pranas and Nadis

SUN THERAPY

(HELIO THERAPY)

1. History
2. Physiological and chemical properties of Sunlight
3. Effect of sunlight on vegetarian and Micro-organisms
4. Rejuvenation and curing diseases.
5. General Sun Bath
6. Dr. Rikkli's Method of Sun bath
7. Dr. Kunhe's method 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 (Abhyangana Snana)
12. Sun stroke
13. Practice of Exercise in Sunlight

CHROMOTHERAPY

1. Introduction

- a) Historical Highlights
- b) Harmonic laws of the universe.
- c) Solar Family

2. Theory of light and force

3. Chromophilosophy – Reflection, Refraction, Absorption.

4. The source of light – the sun forming sources – the solar atmosphere – sun power – how the color effects are produced – influence of sun light on skin, muscles, digestive organs, bones.

5. Chromo – chemistry – character of spectrum analysis, materials discovered by the spectroscope – the spectrum – spectrum of grey and natural color elements – spectra of elements of positive colors chromatic repulsion and attraction.

6. Chromo – diagnosis and chromo hygiene.

7. 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

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8. Practical instruments for colour healing – Blue, Green, Violet, Red, Pink and Yellow, Orange glasses – the solar thermoleum – the electro thermoleum, chromodisc the chromolens – chromo light, erraditor.
9. Directions to be followed during treatment with light
10. Healing by means of substances charged with different coloured light – method of solorization of water, oils and food substances, etc.
11. Chromotherapy prescriptions for different diseases.
12. Chromo – Mentalism
13. Bordeaux Medicine

MAGNETOTHERAPY

1. Introduction
 - a) Definition of Magnetotherapy
 - b) Historical highlights
 - c) Use of magnets upheld by Naturopathy
2. Magnetism in the Universe
 - a) Earth a huge natural magnet
 - b) Nature of Earth Magnetism.
 - c) Earth magnetic effects on the human beings.
3. Effects of Magnetism of living organisms
4. Bio-magnets – Biological experiments with magnets
5. Medical influence of magnetic field
Rheumatoid arthritis, Hemiplegias, arthralgia, Neuralgias.

Stimulation of nervous system, endocrine glands etc.,
Magnetotherapy symptomatic relief
Combined treatments i.e. Magnetotherapy, Hydrotherapy,
Massage, diet, Yoga and Results

6. Magnets and their composition

- a) Natural magnets and artificial magnets,
- b) Permanent magnets – classification of magnetic materials.

Power of magnets – various qualities of magnets – low, medium and high power magnets and magnetic belts etc.

- c) Electro magnets – electro magnetic field on human behavior, Electro magnets – for medical purpose – Electro magnetic Treatment bed and hand magnetiser, foot magnetiser, vibro Electro massager and electro magnetic chair etc. Non pulsating – Nachiketha – clinical electro magnet.

7. Technique of application of magnets – North and South Pole, local treatment and general treatment, techniques of application of magnets in the treatment of various common diseases.

8. Magnetised water and magnetised oils – Magnetised water in Nature influence of magnetic field on the properties of water, method of preparation of magnetised water, dosage and therapeutic effect of magnetised water – method of preparation of magnetised oils and their application and therapeutic effects.

9. Advantage of Magneto – therapy

Magnetotherapy is a natural treatment – Use of magnets as a preventive device.

10. Clinical reports from Indian and Foreign Magnetic therapists.
11. Magneto therapy and Acupressure – Acupuncture points – certain clinical case reports – utilisation of Acupuncture points in magneto therapy.
12. Terminology – technical term relating to magnets.
13. Recent developments in Magneto – Biology

PRACTICALS

Students should have 45 demonstration classes in various types of magnets, equipment and their clinical application.

1. Case studies (25) with record
2. 10 cases with bio-chemical reports

TEXT BOOKS

1. Magneto therapy – Dr. H.L. Bansal
2. Magnetic cure for common diseases – Dr. R.S. Bansal, Dr. H.L. Bansal
3. The text book on Magneto therapy – Dr. Nanubhai painter
4. Magnetic therapy and Acupuncture – Dr. A.K. Mehta

REFERENCE BOOKS

1. Electromagnetic treatment – Dr. H.L. Bansal
2. Magnetic fields or healing by magnets – Dr. A.R. Davis and Dr. A.K. Bhattacharya of Naihati, West Bengal.

PRACTICALS

Students should have 45 demonstration classes in various chromotherapeutic devices and their clinical applications.

1. Case studies (25) with record
2. 10 cases with Bio-chemical reports.
3. Demonstration of colour glasses, botties
4. Demonstration of instruments and equipment

TEXT BOOKS

1. The principles of light and colour - by Dr. E.D. Babbitt
2. Human Culture and Cure in five parts - by Dr. E.D. Babbitt
3. Colour therapy - by R.S. Amber
4. Healing through colour - by Theo – Gimbel

REFERENCE BOOKS

1. The power of the rays - by S.G.J. Ouseley
2. Colour Meditations - by S.G.J. Ouseley
3. Colour and healing - by Gladys Mayer
4. Colour healing (Chromotherapy) - by Health Research Foundation (USA)
5. Practical colour magic - by Raymond Buckland

PHYSIOTHERAPY

(Duration of study – 12 Months)

1. Basic Physics in exercise therapy: -
Mechanics: Force, Gravity, Line of gravity, centre of gravity in human body, base, Equilibrium, Axes and planes.
Mechanical Principles: Lever, Order of Lever, examples in human body, Pendulum, Spring.
2. Introduction to exercise therapy: -
3. Starting Positions: - Fundamental starting positions, derived position, muscle work for all the fundamental starting positions.
4. Classification of movements in details: -
 - a) Voluntary movements
 - b) Involuntary movements
5. Active movements
6. Passive movements
7. Muscle strength: -
Anatomy and physiology of muscle tissue, causes of muscle weakness / paralysis, prevention of muscles weakness / paralysis, types of muscle work and contractions, range of muscle work, muscle assessment. Principles of muscle strengthening / reeducation, early re-education of paralysed muscles.

8. Joint movement: -

Classification of Joint movements, causes for restriction of joint movement, prevention of restriction of joints range of movements. Principles of mobilisation of joint in increasing the range of motion. Technique of mobilisation of stiff joint.

9. Relaxation: -

Techniques of relaxation, Principles of obtaining relaxation in various positions.

10. Posture: - Types, factor responsible for good posture, factor for poor development of good posture.

11. Co-ordination exercises: - Definition of coordinated movements, in-coordinated movements, Principles of coordinated movements, technique of co-ordination exercise.

12. Gait: - Analysis of normal gait with muscles work, various Pathological gaints.

13. Crutch Gait: - Introduction, crutch measurement, various types of crutch gait (in details)

14. Neuro – muscular facilitation techniques, functional re-education.

15. Suspension Therapy: - Principles of suspension, types of suspension therapy, effects and uses of suspension therapy their application either to mobilise a joint to increase joint range of motion or increase muscle power, explaining the full details of the components used for suspension therapy.

16. Therapeutic Applications.

ELECTROTHERAPY

1. Electrical fundamentals, Physical principles, structure and properties of matter, molecular atom, proton, neutron, electron, ion etc. Electrical energy: Nature of electricity current, static electricity current, electric potentials generated by cell ohm's law, Joule's Law. Magnetic energy: Nature and property of a magnet, magnetic induction. Show rule, maxwel's cork-screw rule.

Electro magnetic induction, principle and working of choke, coil, transformer, rectification of A.C. to D.C. Metal oxide rectifier, semiconductor, Diode and Triode, valves, principles of working in a capacitor, details of charging and discharging etc., Transistors, measurement of current intensity, EMS and power, moving coil millammeter and voltmeter.

2. Low Frequency Currents: -

Nature and principles of production of muscles stimulating currents, Types of low frequency currents used for treatment, Therapeutic electric stimulation, Intephersis (Inntepheresis)

3. Preparation for electro therapy, preparation of apparatus, patient treatment technique

- a) Stimulating the muscles of extremity, back and face through the motor points.

4. Faradic and Galvanic currents

5. High frequency current treatments: -

Physics of high frequency currents, production of high frequency currents, principles, Bio physics of heat,

physiology of heat and cold. Production, Physiological and therapeutic effects and uses. Technique of treatment, Dangers and precautions, contra-indications of the following:

- a) Shortwave Diathermy
- b) Microwave Diathermy
- c) Ultrasonic Therapy

6. Principles of radiation therapy, physics of radiation therapy, laws governing radiation.

Production, Physiological and therapeutic effects, uses, techniques of treatment, dangers and precautions, contra-indications etc. of the following:

- a) Infrared radiation therapy
- b) Ultraviolet radiation therapy
- c) Basic principles of transcutaneous nerve stimulation and interferential therapy

7. Wax therapy – physics – physiological and therapeutic effects and uses.

Techniques of application.

PRACTICALS: (I)

1. Interrupted / modified D.C.

- a) Stimulation of muscles directly
- b) Diagnostic tests:
 - i) F.G. Test
 - ii) S.D. curve
 - iii) Fatigue test

Uses of surged faradism and interrupted galvanism in various peripheral nerve lesions.

- a) Neuroproxia
- b) Axonotimosi
- c) Neurotosis

PRACTICALS: (II)

2. (High Frequency current treatment)

- a) Shortwave diathermy – setting up of a apparatus including selection of method and electrics.

Technique preparation of patient, chocking, contra indications, application of SWD for various conditions and various parts of the body. Those must be practiced by the students.

- b) Microwave diathermy – setting up of a apparatus including selection of method and electrics, Technique preparation of patient, chocking contra-indications, application of SWD for various conditions and various parts of the body. Those must be practiced by the students.

- c) Ultraviolet 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, ulcers, psoriasis, rickets and general debility patients.

- d) Ultrasonics: Setting up of apparatus selection of dose, technique of application of various conditions and to various parts of the body.

PRACTICALS:

1. Demonstration and practice of active and passive movements.
2. Demonstration and practice of putting suspension to shoulder joint. Elbow joint in upper limb, hip joint and knee joint in lower limbs for all movements. Demonstration of total suspension.
3. Muscle strength: Demonstration and practice of strengthening, re-education of weak / paralysed muscles of both upper and lower extremity, individual group muscles, abdominal muscle exercises.
4. Joint movements: Demonstration and practice of techniques to improve joint range of motion of hip joint, knee joint, ankle and foot in lower limb, shoulder joint, elbow joint, radio-ulner joint, wrist in upper limb.

Demonstration and practice of free exercise to improve joint range of motion (Small joints, E.g. Hand, finger, toes etc.,)

Demonstration and practice of all crawling exercises, faulty posture, correcting techniques.

Demonstration of various Pathological gaits.

Measurement of crutches, walking, aids, strengthening of crutch muscles, crutch balance, demonstration and practice of all crutch gaits.

Breathing Exercises: Demonstration and practice of Diaphragmatic breathing, localised expansion exercises.

Passive Stretching : Techniques of passive stretching to

sternomastoid muscle, shoulder abductors, flexors elbow flexors, supinator, wrist and finger flexors in upper limbs passive stretching to hip flexors, adductors, ilio-tibial band, tensorfascialata, quadriceps, knee flexors, Tendoachillis etc.

BOOKS REFERENCE (BOTH THEORY AND PRACTICALS): -

1. Principles of Exercise therapy by Dena Gardiner
2. Tidy Physiotherapy
3. Cast text book of Physiotherapy
4. Clayton's Electrotherapy and Actinotherapy

ACUPUNCTURE, ACUPRESSURE, REFLEXOLOGY, PRANIC HEALING AND REIKY

(Duration of study – 12 Months)

01. Definition, concepts of Acupuncture / Anatomy of Acupuncture.
02. Traditional and modern theories of Acupuncture
03. Materials and methods of acupuncture.
04. Principles of Acupuncture with modern views.
05. Rules for the selection of Acupuncture points
06. Contraindications and complications of Acupuncture
07. The concept of Meridians: -
 - a) Lung Meridian (Lu)
 - b) Large intestine Meridian (LI)

- c) Spleen Meridian (SP)
 - d) Stomach Meridian (ST)
 - e) Heart Meridian (H)
 - f) Small intestine meridian (SI)
 - g) Urinary bladder meridian (UB)
 - h) Kidney Meridian (K)
 - i) Triple warmer meridian (TW)
 - j) Gall bladder meridian (GB)
 - k) Liver Meridian (Liv)
 - l) Governing vessel Meridian (GV)
 - m) Conceptional vessels Meridian (CV)
 - n) Eight extra meridians
- 08. The extra-ordinary points
 - 09. Diagnostic methods (both Acupuncture and modern)
 - 10. Auriculo Therapy and SCALP Acupuncture
 - 11. Moxibustion
 - 12. Stimulation in Acupuncture
 - 13. Acupuncture Therapeutics
 - 14. Acupuncture Anaesthesia
 - 15. Reflexology & Zone Therapy: -
 - What is reflexology, history and development
 - How does reflexology work
 - Body & its reflex zones
 - Applicatoins, indications and contra-indications
 - Preventive effects of reflexology

16. Acupressure: -
What is acupressure
Its origin & development
Physiological effects of acupressure
Therapeutic uses of acupressure
17. Acupuncture / Pressure in ACUTE disorders and emergency.
18. Pranic Healing
19. Reiki

PRACTICALS: -

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

REFERENCE BOOKS: -

1. Clinical Practicals of Acupuncture by A.L. Agarwal
2. Clinical Acupuncture by Dr. Anton Jayasurya
3. Principles and practice of Acupuncture by Dr. J.K. Patel
4. Health in your hands by Devendra Vora
5. Shiatsu by Ohashi

MINOR SURGERY, FIRST AID & EMERGENCY MEDICINE

(Duration of study : 12 Months)

Section A:

MINOR SURGERY: A brief outline of the following

1. Introduction to Surgery.
2. Basic Surgical principles
 - a) Surgical process
 - b) Surgical History
 - c) Clinical Examination
 - d) Imaging
 - e) Diagnostic Process
3. Wounds, Tissue, Repair & Scars
 - a) Wounds
 - b) Tissue Repair
 - c) Classification
 - Acute Wounds
 - Chronic Wounds
 - d) Scars
 - e) Magnematics
4. Accident and Emergency Surgery: Welfare Injuries
 - a) Civil Injuries
 - b) Triage
 - c) Welfare Injuries:
 - * Missile Injuries
 - * Blast Injuries
 - d) Replantation and Revascularisation

5. Acute Resuscitation and Support

a) Fluid, Electrolyte and Acid – Base Balance

- Water Depletion
- Sodium Balance
- Sodium Excretion shut-down Trauma
- Sodium Depletion
- Sodium Excess
- Potassium Balance
- Hypokalaemia
- Alkalosis – Metabolic, Respiratory Alkalosis
- Acidosis - „ „ Acidosis

b) Parenteral Fluid Therapy

- Hypovolaemia – Diagnosis & Treatment
- Hypovolaemia & Cardiogenic Shock

c) Prevention of Organ Failure

1. * Avoiding Tissue Hypoxia – Simple resuscitation with intravenous Fluids
 - * Treating Tissue Hypoxia
 - * Avoiding Nosocomial infections
2. Hemorrhage – Types of Haemorrhage
Treatment

d) Blood Transfusion

6. Nutritional Support and Rehabilitation

- a) * Nutrition – Malnutrition its effects, Assessment & Management.

- * Methods of Feeding
- * Parental Nutrition, Monitoring Feeding Regimens
- * Rehabilitation

7. Anaesthesia & Pain Relief

- a) Choice of Anaesthesia - Topical, Local
Infiltration, Regional
(without General
sedation)
- b) Preparation for
Anaesthesia - * Investigation
*Starvation
before surgery
- c) Pre-operative Drugs & Treatment
- d) Pain Relief in Surgery

8. Wound Infection

- a) Physiology & Manifestation
- b) Types of Infection
- c) Treatment
- d) Prophylaxis
- e) Classification of Wounds
- f) Principles of Antimicrobial Treatment

9. Burns and Management

10. Fractures and dislocations - * General Principles of
Management
* Soft Tissue Injuries

11. Disorders of the growing skeleton & their Management Spinal Deformity, Neuromuscular Orthopaedics

(Poliomyelitis, Cerebral Palsy Spinabifida)

Angular & Torsional Deformities of the Legs

12. Sports – related Injuries & their Management.

Section B – 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. Heat exhaustion, heat stroke and fainting, frost bite.
7. Fractures, dislocations, sprains and strains
8. Poisoning.
9. Epileptic fits, convulsions in children
10. Aspiration of foreign body.
11. Artificial respiration.
12. Bandages of different types.
13. Unconsciousness and general principles of treatment.

**Section C – Recognition, Evaluation of clinical
Emergencies**

I. Cardio Vascular System: -

1. Acute myocardial infarction.
2. Cardiogenic Shock
3. Cardiac arrhythmias
4. Cardiac arrest

II. Respiratory System: -

1. Hemoptysis
2. Status asthmaticus

3. Spontaneous pneumothorax
4. Acute respiratory failure.

III. Gastro Intestinal System: -

1. Acute Vomiting.
2. Perforation of Peptic Ulcer.
3. Hematemesis.
4. Hepatic Precoma and coma.

IV. General Nervous System: -

1. Unconscious patient.
2. Cerebrovascular catastrophes.
3. Convulsions
4. Status epilepticus

V. Renal System: -

1. Acute renal failure
2. Renal colic
3. Hematuria

VI. Endocrine and Metabolism: -

1. Thyroid crisis.
2. Adrenal crisis
3. Diabetic keto acidosis and coma
4. Hypoglycemia

VII. Miscellaneous Emergencies: -

1. Syncope
2. Acute Peripheral circulatory failure
3. Acute reaction
4. Hypothermia

VIII. Obstetrics and Gynaecology

RECOMMENDED TEXT BOOKS: -

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 - By St. John Ambulance Association
7. First Aid - By L.C. Gupta and others
8. Bailey and love's short practice of Surgery.

PRACTICALS

1. History taking and physical examination of cases
2. Case sheet writing in different general cases (25)
3. Demonstration of equipments and instruments used for investigation in modern diagnostics.
4. Demonstration tour of an ultra modern Super – specialty Hospital to see the latest techniques of modern.

HOSPITAL MANAGEMENT

SECTION 1

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 Health Care
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 Organisation, interaction with patients.
2. Radiological Services
3. Laboratory Services

THE NURSING SERVICES

1. Nursing Service

SPECIALISED SERVICE AREAS

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.

SECTION 2

1. National Health Policy
-

COMPULSORY ROTATORY RESIDENT INTERNSHIP

TRAINING (C.R.R.I.)

1. GENERAL OBJECTIVE :

Internship, for a B.N.Y.S. graduate, is a phase of training wherein a graduate is expected to learn actual Practice of Health Care in terms of Naturopathy and Yoga therapy and acquire skills under supervision so that he / she may become capable of functioning independently.

2. SPECIFIC OBJECTIVES :

At the end of internship training, the student shall be able to :

- i. Diagnose clinically common disease conditions encountered in practice and make timely decision for referral to higher level;
- ii. Use discreetly the naturopathic treatment modalities, herbal preparations, emergency drugs and laboratory services;
- iii. Treat effectively the disease conditions encountered in practice by suitable methods of Naturopathy and Yoga therapy under the direct supervision of Senior Medical Officers.
- iv. Develop leadership qualities to function effectively as a leader of the health team organised to deliver the health and family welfare service in existing socio-economic, political and cultural environment;

v. Render services to the chronically sick and disabled (both physical and mental) and to communicate effectively with the patient and the community.

vi. Providing First Aid and emergency care until the patient reach the right place.

3. TIME DISTRIBUTION :

Time allocation to each discipline is approximate and shall be guided more specifically by the actual experience obtained.

COMPULSORY POSTINGS

DURATION

1. Nutrition, Fasting, Dietetics & Herbology : One month.
2. Massage, Aromatherapy, Chiropractice
& Osteopathy : One month.
3. Hydrotherapy and Clay therapy : One month.
4. Reiki & Pranic Healing : 15 days.
5. Chromotherapy and Magnetotherapy : 15 days.
6. Accupuncture, Accupressure &
Reflexology : 15 days.
7. Yoga therapy : One month.
8. Diagnostic Methods in Naturopathy
& Yoga & Modern Diagnostic Methods : One month.

9. Obstetrics & Gynaecology with Family Welfare Planning : One month.
10. Community Medicine : One month.
11. Minor Surgery / F. A. & Emergency Medicine : One month.
12. Physiotherapy : One month.
13. Psychology and Psychiatry : One month.
14. Dissertation submission and presentation : 15 days.

4. OTHER DETAILS :

1. All parts of C.R.R.I., shall be done as far as possible in institutions within the Country, recognised for this purpose by the University.
2. Every candidate will be required after passing the Final B.N.Y.S. Examination to undergo C.R.R.I. to the satisfaction of college authorities and the Medical University for a period of 12 months, so as to be eligible for the award of (B.N.Y.S.) Bachelor of Naturopathy and Yogic Sciences, and Medical registration with the Tamil Nadu Board of Indian Medicine, Govt. of Tamil Nadu, Chennai.

3. The University shall issue a Provisional B.N.Y.S. Pass Certificate on passing the Final Examination.
4. The Provisional Registration will be for a period of 1 year. In the event of shortage or unsatisfactory work, the period of Provisional Registration and the C.R.R.I. may be suitably extended by the Concerned Authorities.
5. The Intern shall be interested with clinical responsibilities under the direct supervision of Senior Medical Officers. They shall not be working independently.
6. Interns will not issue a Medical Certificate or a Death Certificate or a medicolegal document over their signature.
7. In addition to the training in teaching hospital, the interns can utilize facilities in the subcentres and attached hospitals to the institution as well as campus, seminars, workshops, Continuing Medical Education, Conferences, etc. which is permitted by the college authority.

The Interns should get a certification of satisfactory completion the authorities of attached hospitals, which will be counter sign by college authorities.

8. Leave :- During the 12 months period of C.R.R.I., only 12 days leave is eligible.
9. Out of one year, 6 months should be trained in the college hospital (Teaching Hospital), the remaining 6 months can be allotted for the others attached hospitals and renowned Institutions in the country.

5. ASSESSMENT OF INTERNSHIP :

The intern shall maintain a record of work which is to be verified and certified by the Medical Officer under whom he works. Apart from scrutiny of the record of work, assessment and evaluation of training shall be undertaken by an objective approach using situation tests in knowledge, skills and attitude during and at the end of the internship.

Based on the record of work and periodic assessment of the Dean and the C.M.O., a certificate of satisfactory completion of training should be acquired from both, following which the University shall award the B.N.Y.S. degree. The graduate is then qualified for full registration with the State Board of Indian Medicine / Council.

Satisfactory completion of internship shall be determined on the basis of the following :-

- i. Proficiency of knowledge - Score 0 – 10.
- ii. Competency in skills as acquired by :
 - a. performing procedures
 - b. assisting in procedures
 - c. observing procedures - Score 0 – 10.

iii. Responsibility, punctuality, initiative follow-up reports;

Research attitude;

Capacity to work on a team – Behaviour with colleagues, nursing staff and relationship with

paramedical staff, participation in discussion

Score 0 – 10.

Performance may be graded under each head as follows

Poor / Below Average / Average / Above Average /
Excellent

<3	<5	5 & above	7 & above
9 to 10			

An intern shall be required to have a minimum score of 5 in each of the three heads mentioned above failing which the concerned postings shall be taken as unsatisfactory. Each area of unsatisfactory score (below 5) shall result in the repetition of one third of the total period of posting in the concerned subject.

6. TRAINING IN EACH DISCIPLINE :

The guidelines in the implementation of the training programme are given below for each discipline :

(A) YOGA THERAPY

- a. Yoga demonstration for the patients should be done in the Naturopathy teaching hospitals and attached Naturopathy hospitals.

- b. Higher yogic practices like SMET, PET, Cyclic meditation, Omkara meditation, MEMT, etc. should be demonstrated to the patient.
- c. Yoga kriyas should be taught and supervised to the patients.
- d. Dissertation should be submitted for a particular disease, in terms of Yoga Therapy.

(B) NUTRITION, FASTING, DIETETICS & HERBOLOGY

- a. Identification and calculation of nutrition values of fruits, vegetables, grains and recipes which are commonly used in the hospital for the patients. Calculation and recording the above said matter for the daily diet.
- b. To prepare recipes for different diseases.
- c. Identification of healing herbs.
- d. Preparing and supervising decoctions, powders, kashayams, poultices, etc.
- e. Dissertation / project work on diet therapy and fasting should be submitted for one disease.
- f. Different kinds of fasting patients should be observed and recorded per patient should be done by the interneers.

**(C) ACUPRESSURE, ACUPUNCTURE AND
REFLEXOLOGY**

- a. Acupuncture for minimum 25 patients should be given.
- b. Acupressure should be given for different patients according to the prescription of the medical officer.
- c. Dissertation on Acupuncture prescription should be submitted.

**(D) MASSAGE, AROMATHERAPY, CHIROPRACTICE
AND OSTEOPATHY**

- a. 5 full body massages and 5 partial massages should be given.
- b. Instruct and supervise massages, Aromatherapy and Osteopathy, when the therapist imply to the patient.
- c. Dissertation should be submitted for a disease in terms of Massage therapy, Aromatherapy, Chiropractice and Osteopathy.

(E) HYDROTHERAPY & CLAY THERAPY

- a. Interns should supervise and give different hydrotherapeutic applications for various diseases.
- b. Observations of change in vital datas before and after treatment should be recorded for each patient.
- c. Dissertation should be submitted on one disease in terms of Hydrotherapy and Clay therapy.

(F) CHROMOTHERAPY & MAGNETOTHERAPY

- a. Chromotherapy and Magnetotherapy treatments should be given or supervised.
- b. Case presentation (one case per student).

(G) DIAGNOSTIC METHODS IN NATUROPATHY AND YOGA

- a. The intern should evaluate and record the encumbrances of 25 cases.
- b. Should evaluate 10 cases in terms of NABIPAREEKSHA and do various techniques of correction.
- c. Evaluation and recording of 15 cases in terms of Iridiagnosis.
- d. Submission of dissertation.

(H) MODERN DIAGNOSTIC METHODS

- a. Detailed case sheet writing with recording of vital datas, general and systemic examinations of patients in all allotted hospitals – 20 cases.
- b. Supervision of urine analysis, stool examination, blood examination and biopsies.
- a. Should learn urethral catheterisation, proctoscopy, insertion of Ryle's tube, etc.
- b. Should present 3 cases.

(I) COMMUNITY MEDICINE

- a. Interns should visit to the District hospital, Taluk hospital and Primary health centres.
- b. A student should know about the immunization against infectious diseases.
- c. Participate in programmes in prevention and control of locally prevalent endemic diseases including nutritional disorders.
- d. Learn skills first hand in Family Welfare Planning procedures.
- e. Learn the management of National Health Programmes.
- f. Be capable of conducting a survey and employ its findings as a measure towards arriving at a community diagnosis.
- g. Conduct programmes on health education.
- h. Gain capabilities of using audiovisual aids.
- i. Acquire capability of utilization of scientific information for promotion of community health.
- j. Provide health education to an individual / community on applied nutrition and care of mothers and children.
- k. Participation in School health programme.
- l. Presentation of two different cases.

**(J) MINOR SURGERY / FIRST AID EMERGENCY
MEDICINE**

An intern is expected to acquire following skills during his / her posting :

- a. Diagnose with reasonable accuracy all surgical illnesses including emergencies.
- b. Resuscitate a critically injured patient and a severe burns patient.
- c. Control surface bleeding and manage open wound.
- d. Monitor patients of head, spine, chest, abdominal and pelvic injury.
- e. Institute first-line management of acute abdomen.
- f. Perform vene section.
- g. Catheterise patients with acute urinary retention or perform trocar cystostomy.
- h. Drain superficial abscesses.
- i. Suturing of wound in nose / ear, injury to nose / ear, bleeding from nose / ear, airway obstruction, etc.
- j. Miscellaneous conditions – like drowning, snake bites, arthropod bites, electrical injuries, heat strokes, cold injury, blast injury, acute dental conditions, etc.
- k. Psychiatric conditions – acute status of mental illnesses.

(K) PHYSIOTHERAPY

- a. Supervise and handle all physiotherapy equipments.
- b. Supervise and give appropriate exercise depending upon the condition of the patient.
- c. Help the medical officers in executing the treatments.
- d. Case presentation of any one disease.

(L) REIKI

- a. Should give Reiki treatment for 5 different cases and the records should be submitted. The student intern should be provided adequate experience and trainings to manage the common emergency conditions which are encountered in the casualty department of the hospital. These are :-
 - a. Accidents and trauma.
 - b. Medical emergency conditions like bronchial asthma, spasmodic bronchitis, hyperpyrexia, coma, etc.
 - c. Surgical emergency conditions like acute appendicitis, obstructed hernia, torsion, urinary obstruction, intestinal obstruction, etc.
 - d. Intoxication and poisoning with drugs, chemicals etc., allergic reactions.
 - e. Burns.

- f. Obstetrical and Gynaecological conditions like normal labour pain, spontaneous abortion, bleeding , pv in pregnancy, other acute pelvic conditions like torsion, rupture, bleeding, etc.
- g. Paediatric conditions like low birth, weight, severe dehydration, hyperpyrexia, convulsion, foreign body intrusion in body orifices, epistaxis, colic, etc.
- h. Ophthalmic conditions like injury to eye.
- i. E.N.T. conditions like foreign bodies

(M) PSYCHOLOGY AND PSYCHIATRY

Should assess and manage acute and chronic psychological illnesses and record should be submitted.

(N) OBSTETRICS AND GYNAECOLOGY

- a. Diagnosis of early pregnancy and provision of antenatal care.
- b. Application of Yoga & Naturopathy for early delivery.
- c. Diagnosis of pathology of pregnancy and high risk pregnancy cases, referring to the nearest suitable place.
- d. Management of normal labour and repair of perineal tears.
- e. Conducting necessary examinations for detection of abnormality.

- f. Detection and management of abnormalities of lactation, teaching natural methods for improving the lactation.
- g. To evaluate and prescribe contraceptive methods.
- h. Maintaining the record of 5 antenatal check-up and 3 delivery cases attended in Obstetrics and 3 cases in Gynaecology.
