

Course- Concept of Yoga Therapy Title of the Course Concept of Yoga Therapy Course code PhDT 105
Number of Credits 3 Total number of hours 45

A. Yoga Therapy Concepts Syllabus

1. Yoga and Health

i. Definition & Importance of Health According to WHO; Dimensions of Health: Physical, Mental, Social and Spiritual;

ii. Concept of Health and Disease in Indian Systems of Medicine i.e. Ayurveda, Naturopathy

iii. Yogic Concept of Health and Disease: Concept of Adhi and Vyadhi; Meaning and definitions, 26

iv. Concepts of Trigunas, Pancha-mahabhutas, Pancha-prana and their role in Health and Healing; Concept of Pancha-koshas & Shat-chakra and their role in Health and Healing;

v. Role of Yoga in preventive health care – Yoga as a way of life, Heyam dukham anagatam; Potential causes of ill-health: Tapatrayas and Kleshas, Physical and Physiological manifestation of Disease: Vyadhi, Alasya, Angamejayatva and Svasa-prashvasa.

vi. Mental and Emotional ill Health: Styana, Samshaya, Pramada, Avirati, Bhranti-darsana, Alabdha-bhumikatva, Anavasthitatva, Duhkha and Daurmanasya

vii. Yogic Diet - General Introduction of Ahara; Concept of Mitahara; Classification in Yogic diet according to traditional Yoga texts;; Diet according to the body constitution (Prakriti) – Vata, Pitta and Kapha as also Gunas.

viii. Concepts of Diet Pathya and Apathya according to Gheranda Samhita, Hathapradeepika and Bhagavad Gita; Importance of Yogic Diet in Yog Sadhana and its role in healthy living; Diet according to the body constitution (Prakriti) – Vata, Pitta and Kapha as also Gunas.

ix. Yogic Principles of Healthy Living: Ahara, Vihara, Achara and Vichara; Role of Yogic Positive Attitudes (Maitri, Karuna, Mudita and Upeksha) for Healthy Living, Concept of Bhavas and Bhavanas with its relevance in Health and well-being.


2. Yoga Therapy Principles

i. Yogic Practice*- Management of the disease through suitable yogic practices - Yogic diet, Asanas, Shatkarmas; Pranayama; Meditation; Notional corrections through yogic scriptures and counseling; Yama and Niyama; Stress(emotions management) Life style prescriptions - Moderation in Ahara, Vihara, Achara and Vichara.

ii. Integrated approach of Yoga Therapy in the treatment of diseases ** Systemic anatomy, physiology of the related System; Pathophysiology, Stress and disease; Medical Management; Mechanism of imbalances at psychological, pranic, physical, endocrinal, autonomic levels; psychoneuroimmunological aspect of the disease model; Disease specific parameter; what, why and how of each

iii. Yogic practice*; Prevention. Evidence research done common disease

iv. General Parameters and questionnaires to evaluate Health status - GHQ, Prakriti, Guna, PSS, STAI.


REGISTRAR
BHARATYAN GARHWAL UNIVERSITY
BHA-D GADI, P. O. NO. 3, DARI GARHWAL
UTTARAKHAND

Reference books: 1. Promotion of positive health. Dr R Nagarathna and Dr H R Nagendra. Swami Vivekananda Yoga Prakashana 2002. 2. Self Management of Excessive Tension. Dr R Nagarathna and Dr H R Nagendra. Swami Vivekananda Yoga Prakashana 2002. 3. Yoga therapy for common ailments. Dr R Nagarathna and Dr H R Nagendra. Swami Vivekananda Yoga Prakashana 2002. 4. Robin, Mel. A Physiological handbook for Teachers of Yogasana. Wheatmark, Inc., 2002.

B. Syllabus Integrated Approach of Yoga therapy for Common Ailments:

1. Respiratory disorders - Allergic Rhinitis & Sinusitis: COPD: Chronic Bronchitis, Tuberculosis: Evidence research done on the particular disease

2. Cardiovascular disorders: Hypertension:, Atherosclerosis / Coronary artery disease: Ischemic Heart disease – Angina pectoris / Myocardial Infarction/ Post CABG rehabilitation: Congestive Cardiac failure, Cardiac asthma:

3. Endocrinal and Metabolic Disorder - Diabetes Mellitus (I&II); Hypo and Hyper- Thyroidism; Obesity: Metabolic Syndrome

4. Obstetrics and Gynecological Disorders, Menstrual disorders: Dysmenorrhea, Oligomenorrhea, Menorrhagia: Premenstrual Syndrome: Menopause and peri-menopausal syndrome: Yoga for Pregnancy and Childbirth: Complicated pregnancies: PIH, Gestational DM, Ante-natal care, Post-natal care; PCOS:

5. Gastrointestinal disorders APD: Gastritis – Acute & Chronic, Dyspepsia, Peptic Ulcers, Constipation, Diarrhoea, Irritable Bowel Syndrome: Definition, Etiopathogenesis, Inflammatory Bowel Disease, Ulcerative colitis

6. Cancer: types, clinical features, Side effects of Chemotherapy, radiotherapy

7. Musculo-Skeletal Disorders: Back Pain: Lumbar Spondylosis, Intervertebral disc prolapse (IVDP), Spondylolisthesis, Spondylitis, Psychogenic- Lumbago, 28 Neck pain: Cervical Spondylosis, radiculopathy, Functional neck pain, All forms of Arthritis: Rheumatoid Arthritis, Osteoarthritis

8. Neurological Disorders: Migraine, Tension headache; Cerebro vascular accidents: Epilepsy; pain; Autonomic dysfunctions; Parkinson's disease

9. Psychiatric disorders: Psychiatric disorders: Neurosis, Psychosis: Neurosis: Anxiety disorders: Generalized anxiety disorder, Panic Anxiety, Obsessive Compulsive Disorder, Phobias: Depression: Dysthymia, Major depression, Psychosis: Schizophrenia, Bipolar affective disorder

10. Dietetics and Nutrition

i. Basic concepts and components of food and nutrition Understanding Nutrition, Basic Terminology in Relation to Nutrition Requirement

ii. Yogic concept of diet and its relevance in the management of lifestyle

iii. Recommended diet as per ancient yoga texts

iv. Nutrients, proximate principles of diet, balanced diet concept; Carbohydrates, proteins, fats – sources, nutritive values, importance; Minerals-calcium, iron, phosphorus etc. Vitamins – sources, roles, requirements



REGISTRAR

HIMANJAN GARHWAL UNIVERSITY
UNIVERSITY CAMPUS, JALANDHAR
JALANDHAR

v. Food and metabolism. Energy- Basic Concepts, Definition and Components of Energy Requirement, Energy Imbalance Concept of Metabolism, Anabolism, Catabolism, Calorie Requirement-BMR, SDA, Physical Activity; Metabolism of Carbohydrates, Lipids and Protein; Factors Affecting Energy; Requirement and Expenditure, Factors affecting BMR, Researches on effect of yoga on BMR.

11. General Psychology with Relevance to Yoga Therapy

i. Introduction a. Brief History of modern Psychology b. Major Perspectives in Modern Psychology c. Introduction to Indian Psychology

ii. Introduction to Altered States of Consciousness a. Sleep: Stages of Sleep, Circadian Rhythm, Sleep Disorders; Dreams: The Content of Dreams; Hypnosis, Biofeedback

iii. Behavioral Psychology: Psychology as a Science of Behavior; Definition of Behavior; Psychic forces and human behavior, behavior and Consciousness, Psychological basis of behavior;

iv. Personality: Nature and Types of Personality; Determinants of Personality: Heredity and Environment; Facets and Stages of Personality Development; Personality Theories of Sigmund Freud, Alfred Adler and C.G. Jung, Carl Rogers; Assessment of Personality:

v. Cognitive Psychology: Sensation, Perception, Attention, Memory, Learning, Feeling etc.; Their definitions and types, Intelligence and its' measurements; Emotional Intelligence and Social Intelligence.

vi. Mental Health; Means of mental health; Positive Mental Health; Causes and Consequences of Conflicts and Frustrations; Introduction to Common mental disorders; Depressive disorders; Anxiety disorders; Serious mental disorders; Sleep disorders; Mental retardation; Alcohol and drug abuse; Suicide, attempted suicide and suicide prevention.

Reference books: 1. Promotion of positive health. Dr R Nagarathna and Dr H R Nagendra. Swami Vivekananda Yoga Prakashana 2002. 2. Self Management of Excessive Tension. Dr R Nagarathna and Dr H R Nagendra. Swami Vivekananda Yoga Prakashana 2002. 3. Yoga therapy for common ailments. Dr R Nagarathna and Dr H R Nagendra. Swami Vivekananda Yoga Prakashana 2002. 4. Robin, Mel. A Physiological handbook for Teachers of Yogasana. Wheatmark, Inc., 2002. 5. Yoga for Asthma. Dr R Nagarathna and Dr H R Nagendra. Swami Vivekananda Yoga Prakashana 2002. 6. Yoga for Hypertension and Heart Disease. Dr R Nagarathna and Dr H R Nagendra. Swami Vivekananda Yoga Prakashana 2002. 7. Yoga for Back Pain. Dr R Nagarathna and Dr H R Nagendra. Swami Vivekananda Yoga Prakashana 2002. 8. Yoga for Digestive disorders. Dr R Nagarathna and Dr H R Nagendra. Swami Vivekananda Yoga Prakashana 2002. 9. Yoga for Diabetes. Dr R Nagarathna and Dr H R Nagendra. Swami Vivekananda Yoga Prakashana 2002. 10. Yoga for Obesity. Dr R Nagarathna and Dr H R Nagendra. Swami Vivekananda Yoga Prakashana 2002. 11. Yoga for Anxiety and Depression. Dr R Nagarathna and Dr H R Nagendra. Swami Vivekananda Yoga Prakashana 2002.



REGISTRAR

MAHARAJA GARHWAL UNIVERSITY
DEHRADUN, P.O. GARHWAL
UTTARANCHAL