

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;psyhocneuroimmunological 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.

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

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.

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