GUIDELINES AND SYLLABUS FOR PG DIPLOMA COURSE IN
YOGA THERAPY

1. Name of the Course  PG Diploma Course in Yoga Therapy

2. Duration  One year & six months Internship

3. Objectives  The course aims at

   i) Promoting positive health, prevention of stress related health
      problems and rehabilitation through Yoga.
   
   ii) Integral approach of Yoga Therapy to common ailments.

   iii) Imparting skills in them to introduce Yoga for health to general
        public and Yoga for total personality development of students in
        Colleges and Universities.

   iv) Invoke scientific attitude and team spirit to channelise their energies
       in to creative and constructive endeavours.

   v) To enable them to establish Yoga Therapy centers in the service of
      common man.

4. Syllabus

   The syllabus is made to fulfil these objectives containing theory papers, practical research
   and project work with clinical experience. ‘PG Diploma Course in Yoga Therapy’ consists of
   the following evaluation schedule.

   Theory  5 Papers (100 marks each)
   Practical  2 Papers (100 marks each)
   Project  1 Papers (100 marks)
   Clinical Examination and Viva-Voca  1 Papers (100 marks)
   Internal Assessment  1 Paper (100 marks)
   Total Marks  1000
Internship

After successful completion of final examination with minimum 50% marks in theory with 60% in aggregate, the diploma will be issued after completion of six months of internship in Yoga Therapy Centre.

Places of posting for internship

1. Yoga Theory Treatment Center of the University.
2. Yoga units of any other hospitals recognized by the University.

5. Project Work

Each student has to collect initial and final data of at least six patients treated by the student under the guidance of the faculty.

6. Scheme of Evaluation

As this is a course with the objectives mentioned above, the assessment will be based on attendance in theory and practical classes, assignments in the form of worksheets for practical, synopsis of lectures for theory, report of the team work, personality changes of students as they go through the course as assessed and evaluated by teachers.

Eligibility:

1. Graduation with second Class.
2. Entrance Examination.

7. Marks and gradation

1. Theory Paper

   1.1 Foundation of Yoga 100
   1.2 Basics relevant to Yoga Therapy 100
   1.3 Human Biology 100
   1.4 Integral approach to Yoga Therapy 100
   1.5 Yoga Therapy in practice 100

   TOTAL 500

2. Practicals

   2.1 Asanas, Pranayamas, Mudras and Bandhas. 100
2.2 Kriyas, Meditation Techniques, Yoga Therapy

Special Techniques. 100

TOTAL 200

3. Project Report 100


4.1 Clinical Examination 50

4.2 Viva-Voce 50

TOTAL 100

5. Internal Assessment. 100

GRAND TOTAL` 1000

NOTES ON SYLLABUS

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<td>101. Foundations of Yoga</td>
<td>90 100</td>
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<td>1. Orientation to Patanjala Yoga Sutra</td>
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<td>2. Orientation to Hatha Yoga Pradeepika</td>
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<td>102 Basics relevant to Yoga Therapy</td>
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<td>1. Basics of Sanskrit</td>
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<td>2. Principles of Ayurveda</td>
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<td>3. Principles of Naturopathy</td>
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<td>4. Principal of Astrology</td>
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<td>103. Human Biology</td>
<td>90 100</td>
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<tr>
<td>1. Anatomy &amp; Physiology</td>
<td>60 60</td>
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</table>
2. Yogic Diet, Nutrition & related Biochemistry 15 20
3. Yoga & Psychology 10 10
4. Research Methodology 05 10

104. Basics of Integral Approach to Yoga Therapy 90 100
1. Sankhya and Yoga 25 30
2. Bhagvadgeeta 30 35
3. Upanishads 25 25
4. Link between man and the Master 10 10

105. Yoga Therapy in Practice 90 100
A comprehensive study of the definition, pathophysiology, aetiology, clinical features, assessment and yoga therapy for ailments of the followings systems:-
Nervous System, Endocrine, Respiratory, Cardio-vascular, Digestive, Musculo Skeletal, Reproductive Systems and Neurosis, Pregnancy and Eye Problem.

106. Practical-I 180 100
Selected Asanas 100 60
Pranayamas 60 30
Mudras and Bandhas 20 10

107. Practical-II 180 100
Selected Kriyas 60 40
Meditation 40 20
Yoga Therapy special techniques 80 40

108. Project Work
To learn various methods to achieve the aims and objectives and writing case history, measurement, analysis and report of the project work offered from different aspects of the course.
109. Clinical Examination will be conducted to test the ability of the students to understand the patient’s health problem and select suitable yoga practices.

110. Internal assessment will be based on marks obtained in the worksheet of practical and synopsis of lectures of theory. Assessment by the teachers on the team work, personality changes and behaviour.

B : Detailed Syllabus of P.G. Diploma in Yoga Therapy

101. Foundations of Yoga

1. Orientation to Patanjala Yogasutra:


2. Orientation of Hathyoga pradipika :

Hatha yoga - Introduction, relationship of Hathayoga and Rajayoga, greatness of Hathayoga, Hathayogi parampara, importance of Hatha and its secrecy, place of Hathayoga Practice, Destructives and constructives of yoga, Yama and Niyama, Asana, methods of Hathayoga Practice, Mitahara, Pathya and Apathya.

3. **Orientation to Gheranda Samhita:**


4. **Orientation to Shivayogadipika:**


**REFERENCE BOOKS:**

1. Rajayoga - Swami Vivekananda - Ramakrishna Ashrama Publications.

2. Hathayoga Pradipika of Swatmarama - Kaivalyadhama, Lonavala


6. Gherandasamhita - Bihar School of Yoga, Munger, Bihar.

7. Shivayogadipika - Sadashivabrahmendra, Ananda Ashramgranthavali, Choukhamba Press.


9. Four chapters on Freedom (commentary on the Yoga sutras of Patanjali), Swami Satyananda (1983), Bihar School of Yoga, Munger.

102. Basics relevant to Yoga Therapy:

1. Basics of Sanskrit:

Orthography of Devanagari varnamala, classification of varnas, purnaksara, samyuktaksara, karakas and mrduvyanjanas, writing of varnamala using Roman transliteration.

Sanskrit words - classification of Sanskrit words; Subantas - Ajantha and Halanta words, genders, vachanas, cases of subanta words. Declaration of the following words in cases - Rama, Hari, Guru, Priti, Lata Mati, Dhenu, Phalam, Vari, Gau, Marut, Vidvas, Rajan etc., Asmad, Yusmad, Tad, Kim etc.

Kriyapada in Sanskrit - Classification, Lakaras, Purusas, Vachanas. Declaration of the following root words in Lat, Lan, Lrt, Lot and Vidhi Lin - Bhu, Khad, Vad, Dhya, Path, Sev, Kshi, Prachchh, Tush, Kath, Chint, Ad, As, Jagri, Bha, Kri.
Avyayas in Sanskrit - different kinds of avyayas, upasargas, nipatas etc., Elementary knowledge of all kinds of sandhis with examples in Sanskrit Elementary knowledge of voices, compound words with examples in Sanskrit.

Karakas - its use in Sanskrit.

Study of the following shlokas from Pauchatantra.

1. Mitrabhedha - 20, 22, 23, 81, 118.


4. Labdhapranasham - 11, 13, 41, 64, 68.

5. Apareekshitakarakam - 11, 15, 16, 26, 34.


2. Principles of Ayurveda in Yoga:

Tridosa, Dhtu, Mala, Sadasa, concept of health according to Ayurveda, dinacharya, sadvrtta, rutucharya, elements of snehana, svedana, vamanavirechana, bastikriya in panchakarma.

3. Principles of Naturopathy in Yoga:

The evolution of the human body, philosophy of the body; mind, soul, life, spirit and spiritual body, history and fundamental principles of Naturopathy.

Philosophy of Indian Naturopaths: Mahatma Gandhiji


Foreign matter and toxins, accumulation in the body and its importance in elimination through different ways or channels.

Definition and maintenance of nature’s constructive principles of health. Importance of physical and mental hygiene.

4. Principles of Astrology:
Basics of Indian Astronomy and Astrologically good and favourable dates and time under particular sign and constellations for administration of Herbal medicine and Natural treatments. This may be a part of study as project to find the specific dates and time under particular sign and constellation in which the medicine and the treatment is more potent and effective.

REFERENCE BOOKS:

1. Sabda Manjari
2. Dhatu Manjari
3. Panchatantra
4. Raghuvamshahakavyam of Kalidasa
5. Charakasamhita of Charaka
6. Astanga Hridaya -Vagbhata
7. Practice of Nature Cure - By Henry Lindlahr
8. History & Philosophy of Nature Cure - By S.J. Singh

103. Human Biology:

(I) Anatomy & Physiology:

(i) Musculo-Skeletal System:

Muscle - Classification - Histology - properties of each type - distribution - Mechanism of muscle contraction (Brief) - neuromuscular transmission (Brief), ligaments, tendons, Skeleton-Bones-types, Structure & function, Spinal column. Joints - Types, Structure, Function.

(ii) Blood and Immune System:

Composition of blood corpuscles - R.B.C., W.B.C., Platelets.

(iii) **Cardiovascular system:**
Anatomy of Heart and blood vessels - Innervation of heart - Properties of cardiac muscle - Control of cardiac cycle and circulation - Cardiac output - Blood pressure.

(iv) **Respiratory System:**
Anatomy-Gross & Histological - Mechanism of Breathing, Exchange of gases Pulmonary function tests-lung volumes - Control of respiration.

(v) **Digestive system:**
Anatomy - Gross and Histological - Mechanism of secretion of - Saliva, Gastric Juice, Pancreatic Juice, Bile, Intestinal secretion - Role of these secretions in digestion of food, Absorption and assimilation and formation of faeces.

(vi) **Excretory System and temperature regulation:**
Anatomy-Gross & Histology - Functions of glomerules and renal tubules Micturition and composition of urine - structure and functions of skin-Regulation of body temperature.

(vii) **Endocrine System:**

(viii) **Special senses:**
Eyes Anatomy - Histology of retina, Corneal function, Physiology of vision & accommodation, Sense of smell - nasal mucosa, tongue, taste buds. Ear-Mechanism of hearing and function of semicircular canal.

(ix) **Reproductive System:**
Aanatomy - Gross & History of Male reproductive system - Spermatogenesis. Female reproductive system - Ovarian harmones, Menstruation, Pregnancy, Parturition, Lactation.

(x) **Central Nervous System:**

2. Yogic Diet : Nutrition & related Biochemistry :

Dietetics in Yoga Therapy - Classification according to triguna-Vegetarian Vs. non-vegetarian diet, Panchabhuta relationships, Rasa virya, Guna, Vipaka of Shali, Yava, Godhuma, Mudga, Masha, Chanaka, Patola, Surana, Mana, Kakkola, Shukashuka, Karkat, Rambha, Balaramba, Mulak, Vartaki, Riddhi, Kalashaka, Patola, Vatraka, Himooicka.

Navanita, Ghrta, Kshira, Sita, Aikshwam, Gudam, Pakvaramba, Varikelalm, Draksham, Lawali, Dhatri, Ela, Jati, Lavanga, Panasa, Jambu, Haritaki, Khajura, Madhu, Shunthi.

(i) Nutrition :

Nutrients, proximate principles of diet - their importance.

Carbohydrates : Monosaccharides, polysaccharides.

Proteins - Importance of proteins in biological system - Essential and non-essential amino acids - biological value.

Lipids - triglycerides - essential fatty acids


Minerals - Calcium, iron, other trace elements in human nutrition.

Vitamins - Fat soluble and water soluble vitamins - Physiological role - requirement and source signs of deficiency.

ii. Enzymes : Definitions, specificity, inhibitors and activators.

3. Yoga and Psychology :
Study of - cognitive processes. Higher mental processes, feeling and emotion, mental abilities and personality. A comparative study of total personality according to Yoga and Modern Psychology.

4. Research Methodology:

This is to find the scientific reasoning and logic behind the yogic and natural practices. For this purpose various innovative experiments may be performed like designing of study, selection criteria and statistical analysis etc.

REFERENCE BOOKS:

1. Human Physiology - Chatterjee
2. Anatomy and Physiology for Nurses
3. Illustrated Physiology by Ann B Menaught
5. A text book of Medical Physiology - Guyton

104. Basics of Integral Approach to Yoga Therpay:

1. Sankhyayoga:

Introduction, 3 fold afflictions, means to overcome afflictions, 25 entities according to Sankhya, means of knowledge, Satkarya vada, similarities and dissimilarities of vyakta and avyakta, triguna, existence of purusha, plurality of purusha, proximity of purusha and prakrti, samyoga, Sarga, Pratisarga, Karan (Antahkarana and Bahyakarana) Avisesha and Visesha, Sharira.

2. Bhagavadeeta:
A critical study of Sankhyayoga: Introduction, message of strength, declines to fight against the respected ones, spiritual anguish, consistency is yoga, immortality of Atma, nature of death, feeling related to body, real and unreal, atma is real, characteristics of atma, view of materialistic life, swerve not from duty, karma and karmayoga, way of worldly life, triguna, samatvayoga, qualities of restrained mind, characteristic of enlightened man, nature of uncontrolled senses, muni, samyami, bramhajnani.

A critical study of Dhyana yoga: Introduction, karmayoga and karmasanyasa, yogi and sanyasi, self is ultimate for an individual, qualities of a man whose senses are controlled, environment for meditation, place, seat, posture, condition of mind. Method of meditation, result of meditation, criterion for progress in meditation, conductives for yoga, one pointedness of mind, bliss in yoga, other traits of yoga, nature of mind, control of mind, perfection in yoga, merit of enlightened yogi, culturing of mind, fate of imperfect yogi, yoga is unparalleled.

Bhakti-yoga: Character-types of Bhakta, methods.

3. Upanishads:

Essence of Upanishads, Isavasya, Taittariya etc.

4. Link between man and the Master:

A general survey of the life sketch, teachings and techniques of founders of various religious and spiritual lines.

REFERENCE BOOKS:

1. Sankhyakarika: Ishwarakrishna
2. Shrimad Bhagavadgita: Dr. S. Radhakrishna
3. Dashopanishat
4. A Critical survey of Indian Philosophy: Chandradhara Sharma


8. Swami Krishnananda, A short history of religious and philosophic thought in India.

9. Basis and applications of Yoga : Published by SVYASA, Bangalore.

105. Yoga Therapy in Practice:

A comprehensive study of the definition, pathophysiology, aetiology, clinical features, assessments and yoga therapy for ailments of the following systems:- Nervous, Endocrine, Respiratory, Cardio-vascular, Digestive, Musculo Skeletal, Reproductive systems and Neurosis, Pregnancy and Eye Problems. Each University can evolve its own module according to one's own experience of the following diseases.

Respiratory System - Nasal Allergy and Asthma,

Cardiovascular System - Hypertension and coronary Artery diseases,

Digestive System - Hyperacidity, Irritable bowel syndrome,

Reproductive System - infertility, menstrual disorders,

Endocrine System - Diabetes, Obesity, Thyroid(Hypo and Hyper),

Nervous System - Epilepsy, Migraine,

Psychiatry - Anxiety, depressive neurosis, stress, Insomnia,

Musculo Skeletal System - Arthritis, Back pain, Ankylosing spondylitis,

Pregnancy - Role of stress in problems of pregnancy, Labour and fetal

Special senses - Yoga for eyes.

REFERENCE BOOKS

1. The Principles and Practice of medicine Davidson

2. Apley's system of Orthopaedics
4. A Systematic course in the ancient tantric techniques of yoga and kriya - Bihar School of Yoga, Munger.
5. Yoga for different ailments - series published by SVYASA, Bangalore and Bihar Yoga Bharati.
8. Yogic therapy: Swami Shivananda, Umachal Yoga Ashram, Kamakhya, Assam.
9. Light on Pranayama - B.K.S. Iyengar
10. Asana, Pranayama, Mudra, Bandha - Swami Satyananda Saraswati, Bihar School of Yoga, Munger.
11. Promotion of positive Health - published by SVYASA, Bangalore
10. Pranayama - published by SVYASA, Bangalore
11. Bandhas & Mudras - by Swami Geetananda, Anandashrama, Pondicherry

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<th>107. Practical - II</th>
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<td>Selected Kriyas</td>
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1. Jalaneti
2. Agnisara
3. Kapalabhati
4. Tratakā
5. Sutrāneti
6. Gajakarani
7. Vastradhautī
8. Madhyamanauḷi
9. Shankha Prakshalana

Meditation:  
1. Traditional Meditation Techniques
2. Tratakā: Bahiranga and Antaranga
3. Ajapajapa
4. Antarmauna
5. Akashadharanas: Chidakasha, Hridayakasha, Daharakasha.
6. Transcendental Meditation
7. Preksha Dhyana
8. Avarthana Dhyana etc.

Yoga Therapy Special techniques:  
80 40

Each University can evolve various modules according to one’s own experience.

REFERENCE BOOKS:

3. Hathayoga Pradeepika
4. Gheranda Samhita
5. Patanjala Yoga Sutra

108. Project Work:
To learn the clinical methods, case history writing, measurement of clinical (Symptoms and medication scores), objective (pulse, blood pressure, respiratory rate etc.). Psychological (questionnaire) parameters. Statistical analysis of the initial and final data recorded. Writing of project report.

Project is to be taken to find herbal remedies and Natural treatments in various, Tithies, signs and constellations to identify their potency and effectiveness like - Turmeric, Neem, Kumari, Amrita, Tulsi, Brahmi, Adaraka (Ginger) Black Pepper, Long pepper, Clove, Cardamom, Coconut, Areanut Betal Leaf (Pan), Betalnut (Supari), Drumsticks, Curry leave, Dhania or coriander.

REFERENCES BOOKS :
1. Research methods : published SVYASA, Bangalore.
2. Hutchinson’s : Clinical Methods etc.

109. Clinical Examination will be conducted to test the ability of the students to understand the patient’s health problem and select suitable set of yoga practices.

110. Internal assessment will be based on marks obtained in the worksheet of practical and synopsis of lectures on theory. Assessment by the teachers on the team work, personality changes and behaviour.
(Prof. Sureshwar Sharma) (Dr. Ishwar Bhardwaj) (Dr. Krishan Bhatt)

Convenor

(Dr. (Mrs.) Nagaratna) (Dr. N. K. Jain)