ANATOMY & PHYSIOLOGY

Sub Code: PGDYT T 101
Credits: 6
Hours/Wk: 12
Total Hrs: 180
Exam Marks: 50
IA Marks: 50
Exam Duration: 3 Hrs

Chapter 1:
Introduction to Human Anatomy and Physiology
i. Introduction to Human Anatomy and Physiology, Basic Anatomical and Physiological terms.
iii. Tissues and Organization of human system; Introduction to Support Systems.

Chapter 2:
Musculo-Skeletal System
i. The Skeletal System: Skeleton, Functions of skeleton, Classification of bones, Study of joints.
ii. Structure and function of a Synovial joint.
iii. The Muscular System: Types of Muscles in the body,
iv. The characteristics, structure and functions of the Skeletal Muscles, Smooth Muscles and Cardiac Muscles.

Chapter 3:
Digestive and Excretory System
ii. Physiology of digestion, assimilation & peristalsis, Gastric and digestive juices involved during digestion, associated glands involved in digestive system.
iii. Urinary system, kidneys, ureters, urinary bladder, urethra.
iv. Skin and sweat glands.

Chapter 4:
Cardiovascular System
i. Functional anatomy of the heart, arteries, veins and capillaries.
ii. The organization of systematic and pulmonary circulation, the cardiac cycle.
iii. Blood: Composition and Functions, Blood groups and their importance.
iv. Cardiac output and venous return.
v. Blood pressure and regulation of blood pressure.

Chapter 5:
Nervous system & Special Senses
i. An introduction to histology - nerve - structure and properties of neurons - nerve - action potential - generation propagation - factors influencing classification of neurons and nerve fibers, neuralgia cells, receptors and reflex arcs.
ii. Functional anatomy of Cerebrum, Cerebellum, Spinal cord.
iii. Functions and importance of the parts of the brain viz., cerebrum, pons, medulla, thalamus, hypothalamus, cerebellum and autonomic nervous system [sympathetic and parasympathetic].
iv. Functional anatomy and physiology of eyes, ears, nose, tongue and skin.

Chapter 6:
Endocrine System
i. Anatomical structure of important endocrine glands (pituitary, thyroid, parathyroid, pancreas, adrenal and gonads).
ii. Short anatomy of the hypothalamus and the releasing hormones secreted from it.
iii. Structure and function of anterior and posterior pituitary.
iv. Function of thyroid, parathyroid, supra renal and islets of Langerhans.

Chapter 7:
blood & lymphatic system
i. Composition of blood corpuscles - RBC, WBC and Platelets.
ii. Plasma, hemoglobin - coagulation of blood and anti coagulants, blood groups and its importance.
iii. Sites, functional anatomy of lymph nodes and their function.
iv. Lymphatic system and its’ role in immune system.

**Chapter 8: Reproductive system**

i. Functional anatomy male reproductive system, seminal vesicles and prostrate glands.

ii. Spermatogenesis.

iii. Functional anatomy of female reproductive system.

iv. Ovarian hormones, menstruation, pregnancy, parturition and lactation.

**Chapter 9: Respiratory System**


ii. The process of Respiration, Lungs volumes & capacities, Mechanics of breathing and exchange of gas in alveoli.

**Text Book:**

1. Dr Shirley Telles & Dr H R Nagendra: A Glimpse into the human body, Swami Vivekananda Yoga Prakashana, Bangalore, 2002

**Reference Books:**


3. Charu, Supriya : Sarir Rachana evam Kriya Vigyan


Chapter 1: Principles of Yoga Therapy (10 hours)
Unit 1:
Concept of body, health and disease; concept of Yoga; Pancha Kosa, the basis for the IAYT, Pancha Kosa practices of Annamaya, Pranamaya, Manomaya, Vijianamaya and Anandamaya kosas.
Unit 2:
Health and Yoga Therapy through Yoga Vasinoha: Concepts of Adhi and Vyadhi as found in Yoga Vasinoha; the remedial measures; Handling the mind and emotions-enhancing the power of discrimination.
Unit 3:
Health and Yoga Therapy through Gheraeoa Samhita: Historical aspects; life of Gheraeoa; the dimensions of Hatha Yoga, contributed by Gheraeoa in comparison to other texts; study of the text and their usefulness in modern times.
Unit 4:
Health and Yoga Therapy through Hatha Ratnavali, study of the text and their usefulness in modern times.

Chapter 2 : Fundamentals Of Ayurveda (10 hours)
i.General introduction, definition, history and principles of Ayurveda.
ii.Concept, role and importance of - Dosha, Dhatu, Mala, Updhatu, Srotas, Indriya, Agni, Prana, Pranayatna, Prakriti, Deha Prakriti and Manasa Prakrit.
iii.Concept, role and importance of - Swasthavrita, Dinacharya, Ritucharya, Sadvrita, Achararasayana.
iv.Elementary knowledge of concept of health, disease and management of common diseases in Ayurveda.
v.Relationship between Yoga and Ayurveda, Importance & utility of basic concepts of Ayurveda in Yogic Therapy.
Chapter 3: Fundamentals of Naturopathy (Nisargopachar) (10 hours)
i. General introduction, definition, history and principles of Nisargopachar
ii. Concept, role, qualities, functions and importance of -five elements. Relationships of five elements with seasons, body and mind.
iii. Philosophy of Nisargopachar- Western and Indian Concept of health and disease in Nisargopachar. Main principles of Naturopathy (Nisargopachar).
v. Relationship between Yoga and Nisargopachar. Yoga & Nisargopachar as a system of medicine in disease prevention, health promotion and management of diseases.

Chapter 4: Principles of Therapy in Unani, Siddha and Homeopathy

Text Books:
1. Dr R Nagarathna and Dr H R Nagendra: Yoga and Health, Swami Vivekananda Yoga Prakashana, 2002
2. Dr R Nagarathna and Dr H R Nagendra: Yoga for Promotion of Positive Health, Swami Vivekananda Yoga Prakashana, 2002
5. Gheranda Samhita, Shri Sadguru Publication, New Delhi.

Reference Books:
2. Ghosh, Shyam: The Original Yoga (Munshiram Manoharlal, New Delhi, 1999)
4. Ghatore, M.L and others.: Hatharaonavali of Srinivasayogi (The Lonavala Yoga Institute, Lonavala, 2002)
COMMON AILMENTS

Sub Code: **PGDYT T 104**
Credits: 6
Hours/Wk: 12
Total Hrs: 180
Exam Marks: 50
IA Marks: 50
Exam Duration: 3 Hrs

**Unit-1:**
**Musculo-Skeletal Disorders**
i. Muscular dystrophy
ii. Myasthenia gravis
iii. Cervical and lumbar spondylosis
iv. All forms of Arthritis

**Unit-2:**
**Gastro-Intestinal Disorders And Excretory System**
**Gastro-Intestinal Disorders:**
i. Constipation
ii. Indigestion
iii. Hyperacidity
iv. Ulcer
v. Flatulence
vi. Gastritis
vii. Dysphagia
viii. Irritable Bowel Syndrome

**Excretory System:**
i. Nephrotic syndrome
ii. Chronic renal failure
iii. Renal hypertension
iv. Renal stones

**Unit-3:**
**Cardio-Vascular Disorders**
i. Hypertensive vascular disease
ii. Hypotension  
iii. Coronary artery disease  
iv. Arthrosclerosis  
v. Ischemic heart disease  
vi. Angina pectoris  
vii. Silent Ischemic disease

Unit-4:  
**Cardiac Rehabilitation**  
i. Evaluation skills to determine the stage of the disease.  
ii. Knowledge about the requirements of primary rehabilitation.  
iii. Knowledge about the requirements of secondary rehabilitation.  
iv. Knowledge about the requirements of tertiary rehabilitation.  
v. Assessments of disability and quality of life.

Unit-5:  
**Neurological Disorders:**  
i. Migraine & Tension headache  
ii. Cerebro-vascular accidents  
iii. Epilepsy; Pain; Autonomic dysfunctions  
iv. diopathic Parkinson’s disease  
v. Multiple sclerosis  
vi. Refractory errors of vision

Unit-6:  
**Endocrinological and Metabolic Disorder**  
i. Diabetes Mellitus (I&II)  
ii. Hypo and Hyper-Thyroidism  
iii. Obesity  
iv. Metabolic Syndrome

Unit-7:  
**Cardio-Vascular Disorders**  
i. Hypertensive Vascular Disease  
ii. Hypotension  
iii. Coronary Artery Disease  
iv. Arthrosclerosis  
v. Ischemic Heart Disease
vi. Angina Pectoris  
vii. Silent Ischemic Disease

Unit-8:  
**Obstetrics and Gynecological Disorders**  
i. Menstrual disorders  
ii. Premenstrual Syndrome  
iii. Pregnancy and Childbirth.  
iv. Ante-natal care  
v. Post-natal care.

Unit-9:  
**Respiratory Disorders.**  
i. Chronic Bronchitis  
ii. Allergic Rhinitis & Sinusitis  
iii. COPD & Emphysema  
iv. Bronchial Asthma  
v. Occupational exposures and pulmonary disease

Unit-10:  
**Respiratory Rehabilitation**  
i. Evaluation skills to determine the stage of the disease.  
ii. Knowledge about the requirements of primary rehabilitation.  
iii. Knowledge about the requirements of secondary rehabilitation.  
iv. Knowledge about the requirements of tertiary rehabilitation.  
v. Assessments of disability and quality of life.

Text Book:  
1. Dr R Nagarathna, Dr H R Nagendra and Dr Shamantakamani Narendran, Yoga for common ailments and IAYT for different diseases, Swami Vivekananda Yoga Prakashana, 2002

Reference Books:  
3. Charu, Supriya : Sarir Rachana evam Kriya Vigyan
6. Shivanand Saraswati: Yoga Therapy (Hindi & English)

YOGA TEXTS

Sub Code: **PGDYT T 105**
Credits: 6
Hours/Wk: 12
Total Hrs: 180
Exam Marks: 50
IA Marks: 50
Exam Duration: 3 Hrs

**Chapter 1: (30 hours)**
Páñanjala Yoga Sútras

**Unit 1: Introduction to Páñanjala Yoga Sútras Its Philosophy and Practices**
i. Yoga, its meaning & purpose & a brief introduction to Páñanjala Yoga Sútras and its author.
ii. Nature of Yoga according to Páñanjala in light of Vyásabháshya and other
traditional commentators, importance of Yoga Sūtra in comparison to other Yogic literature.


Unit 2: Samādhi Pāda and Sādhana Pāda


ii. Types and nature of Samādhi in Yoga Sūtra, Oṭambharaprajñā and Adhyatmapraśāda.

iii. Samprajñāta, Asamprajñāta, Sabija & Nirbija Samādhi, Difference between Samapattis and Samādhi.

iv. Concept of Ṣēshvara and qualities of Ṣēshvara.

Chapter 2: (30 hours)

Yoga in Bhagavad Gitā


ii. Essentials of B.G from Chapters II, III, IV, V, VI, XII & XVII: The meanings of the terms Atmasvṛupa, Stithaprajña, Sāshkhya Yoga, Karma Yoga, Sannyāsa Yoga and Karma Svarūpa (Sakāma and Nishkāma) etc.

iii. Essentials of B.G (Contd..): Sannyāsa, Dhyāna , Nature of Dhyāna, Preparation of Dhyāna and Dhyāna Yoga etc.


v. Essentials of B.G (Contd..): The Trigunas and modes of Prakṛti; Three Kinds of Faith. Food for Yoga Sādhaka, Classification of food etc. The Glory of B.G.

Text Books:
2. Swami Tapasyananda : Ramakrishnamath, Chennai

Reference Books:
4 Swami Sri : Patanjala Yoga PradeepaOmanandatirtha(Geeta Press, Gorakhapur,1994)
7 Swami Jnanananda : Philosophy of Yoga(Sri Ramakrishna Ashrama, Mysore,)
9 Swami Anant Bharati : Patanjali Yoga Shasta- a study (Hindi)(Swami Keshwananda Yoga Sangathan,Delhi, 1982)
10 Swami Anant Bharati : Yoga Darshan-Yoga Prabhakar (Hindi)(Swami Keshwananda Yoga Sangathan, Delhi, 1982)
11 Swami Satyananda Saraswati : Four Chapters of Freedom (Bihar School of Yoga, 2000)

RESEARCH METHODOLOGY

Sub Code: **PGDYT T 105**
Credits: 4
Hours/Wk: 4
Total Hrs: 60
Exam Marks: 50
IA Marks: 50
Exam Duration: 3 Hrs

**Chapter 1: Research Methodology (20 hours)**
i. Research - Its meaning, nature, scope, objectives and goal, General introduction to types of research especially fundamental, clinical, literary and philosophical research studies.
ii. Research methodology - Brief introduction of steps of research with special reference to case reports relevant to Yoga therapy.
iii. Application of Statistics in Yoga research.
iv. Research methodology in Yoga as described in ancient Indian Texts.

Chapter 2: An Overview of Yoga Research (20 hours)
i. Concept of research in Yoga.
ii. Brief survey of research in Yoga, especially with reference to Yoga practices like Sat Karmas, Asanas, Pranayamas, relaxation techniques and Meditation etc.
iii. Brief review of Literary, Philosophical, physiological and Clinical and Fundamental research studies in Yoga and Limitations of Yoga research.
iv. Brief review of scientific and philosophico-literary research contributions by reputed Yoga institutions in India and abroad.

Chapter 3: Randomized Controlled Trials and Clinical Trials (20 hours)
i. Published clinical trials in peer reviewed scientific journals on:
ii. Yoga therapy for Infectious Disease.
iii. Yoga therapy for Cancer and AIDS.
iv. Yoga therapy for Medical and Psychiatric rehabilitation.
v. Yoga therapy in the management of psychosomatic diseases.
vii. Higher states of consciousness induced by Meditation.

Text Books:
1. Telles, S.: Research Methods (Swami Vivekananda Yoga Prakashan, Bangalore)

Reference Books:
1. Kothari, C.R.: Research Methodology, Methods and Techniques (Vishwa Prakashan, New Delhi, 1985)
2. Russell A. Jones: Research Methods in the Social and behavioral science (Sinauer Associates, Saunderland’s Massachusetts)
4. J.N.S. Matthews: An Introduction to randomized controlled clinical trials (Arnold, London)
5. J.S.P. Lumley and: Research:- Some Ground Rules
7. Herman J. Ader and: Research Methodology in the life, behavioural social and
Gideon J. Mellebeegh Sciences (SAGE publications)

TEACHING TECHNIQUES

Sub Code: **PGDY T 106**
Credits: 4
Hours/Wk: 4
Total Hrs: 60
Exam Marks: 50
IA Marks: 50
Exam Duration: 3Hrs

1. Introduction: Need of practice teaching and its use in Yogic practice.
2. Principles and methods of teaching to an individual and to a class.
3. Teaching aids: Its meaning and need.
5. Lesson plan: Its meaning and need.
6. Preparation of lesson plan in Yoga.
7. Presentation of a lessons in specific Yogic practices: Suksma Vyayama, Asana, Pranayama, Kriya, Bandha, Mudra and Meditation.
8. Lectures on organization of classes and Yoga camps/workshops. Critical Observation of a Yoga class and Yoga camps.
10. Conducting Yoga practical lesson in the class.
YOGA THERAPY TRAINING

Sub Code: PGDYT P 101  
Credits: 6  
Hours/Wk: 12  
Total Hrs: 180  
Exam Marks: 50  
IA Marks: 50  
Exam Duration: 3 Hrs

Yoga Practices for Psycho - Somatic Ailments  
1. Back pain  
2. Headache  
3. Diabetes Mellitus  
4. Gastro - Intestinal Disorders  
5. Menstrual Disorders  
6. Obesity.  
7. Asthma  
8. Hypertension  
9. Anxiety Depression  
10. Dynamics  
11. Arthritis  
12. Epilepsy  
13. Knee Pain  
14. Muscular Dystrophy  
15. Oncology  
16. Süksma Vyáyáma: Simple and Standard Movements  
17. Voice Culture

Text Book:  
1. Ailments Series, Swami Vivekananda Yoga Prakashana, Bangalore, 2002
ADVANCE YOGA TECHNIQUES

Sub Code: **PGDYT P 102**  
Credits: 6  
Hours/Wk: 12  
Total Hrs: 180  
Exam Marks: 50  
IA Marks: 50  
Exam Duration: 3 Hrs

**Chapter 1: Advance Kriyās**

iDhauti: Vastra Dhauti, Danna Dhauti - Once in fifteen days  
iiNeti: Ghâta Neti and Dugdha Neti  
iiiNauli: Madhyam Nauli, Vāma Nauli, Dakshina Nauli and Nauli Kriyā  
ivKapālabhāti: Vātkrama Kapālabhāti, Čētkrama, and Vyutakarma Kapālabhāti  
vÇaikhaprakshālana: Laghu and Pūrṇa Çaikhaprakshālana.

**Chapter 2: Advanced Āsanas**

oMayūrāsana  
oÇērshāsana  
oJānuhērshāsana  
oTitivāsana  
oUpavisthakānāsana  
oMaricāsana  
oYoganidrāsana  
oRajkopatāsana  
oHanumānāsana  
oOmkārāsana  
oNatrājāsana  
oPūrnabhūjaighāsana  
oPūrnahalabhāsana  
oKūrmāsana  
oUrdhvatānnāsana  
oMatsyendrāsana  
oPūrṇa dhanurāsana  
oPūrṇacakrāsana  
oKukuöāsana  
oEkapāda rajakopatāsana  
oGorakshāsana
Chapter 3: Advance Pranayama
1. Prāṇāyāma with combination of kumbhaka, mudrās and bandhas
2. Samvāṭti Prāṇāyāma and Vishama vāṭṭi Prāṇāyāma.

Chapter 4: Advance Meditation
1. Anātara mauna, ajapājapa, cidākāha, deharakshaka, hādaya rakshaka, yoga nidrā.

Chapter 5: Advance Techniques
1. Prānic Energization Technique (PET)
2. Mind Sound Resonance Technique (MSRT)
3. Mind Imagery Technique (MIRT)
4. Mind Emotion Technique (MEMT)
5. Vijnana Sādhanā Kauhala (VISAK)
6. Ānandāmāta Sincana (ANAMS)

Text Books:
1. Dr H R Nagendra, Pranic Energization Technique, Swami Vivekananda Yoga Prakashana, Bangalore, 2000
2. Dr H R Nagendr, Mind Sound Resonance Technique, Swami Vivekananda Yoga Prakashana, Bangalore, 2000
3. Dr R Nagarathna and Dr H R Nagendra, Yoga and Cancer, Swami Vivekananda Yoga Prakashana, Bangalore, 2000.
4. Himalaya, Swami Vivekananda Yoga Prakasana, Bangalore, 2000
5. Swami Satyananda Saraswati, Asana, Pranayama, Mudra, Bandha, Bihar Yoga Bharati, Munger, Bihar, India.
6. B.K.S Iyenger, Light on Prāṇāyāma

Reference Books:

ÁROGYADHÁMA TRAINING

Sub Code: PGDYT F 101
Credits: 6
Hours/Wk: 12
Total Hrs: 180
Exam Marks: 50
IA Marks: 50
Exam Duration: 3 Hrs

Yoga Therapy Clinical Training in Árogyadháma
1. Neurology (Epilepsy, Muscular Dystrophy, Knee Pain, Voice Culture) and Oncology
2. Hypertension, Heart Disease, Asthma and Nasal Allergy
3. Anxiety and Depression
4. Arthritis
5. Backpain and Headache
6. Diabetes Mellitus
7. Gastro-intestinal Disorders and Menstrual Disorders
8. Obesity

Text Book:
Find, read and cite all the research you need on ResearchGate. Yoga Jivana Satsangha (International) has been conducting Yoga training, courses and courses in Yoga Therapy since 1968 onwards. Most of the therapies that follow are taught in our Six-Month International Yoga Sadhana Course at. This Diploma in Yoga Training will be of great interest to all learners and healthcare professional who would like to learn the fundamentals of Yoga Training. It provides an in-depth look into Patanjali’s Eight Limb Ashtanga’s Yoga and not only provides an in-depth overview of Yogic Philosophy but also have videos of Akash (your instructor) teaching you how to master over 60 asanas and pranayamas with detailed instructions, difficulty level and benefits that accrue to your body when you practice them regularly. Module 1: Introduction to Yoga will start off by discussing briefly the H