

## CENTRAL COUNCIL FOR RESEARCH IN AYURVEDIC SCIENCES

### Syllabus for Ph.D. Fellowships/ Senior Research Fellowships in different AYUSH streams

Sl. No.	Name of the Fellowship	Syllabus/Subjects	Total Questions/Marks (total marks = 120)
1.	<b>Aptitude Section (Part-I)</b> common to all AYUSH streams on General Science and Research aptitude (for Ph.D. Fellowship/Senior Research Fellowship)	<p><b>A. General Science:</b> All Science Subjects (Physics, Chemistry, Biology) as per NCERT Syllabus for 10+2.</p> <p><b>B. Research aptitude including Research Methodology:</b> Research Methodology with emphasis on Clinical Research Conduct &amp; Monitoring, Good Clinical Practices, Protocol Development, Bio-ethics, Bio-statistics etc.</p> <p><i>*The questions should be applied in nature with reasoning to assess the subject knowledge and aptitude of scholars.</i></p>	30 MCQs/30 Marks (@ 1 marks per question)
2.	<b>Subject Specific Section (Part-II-A/Y/U/S/H)</b> (for Ph.D. Fellowship/Senior Research Fellowship)	As per syllabus prescribed by Central Council of Indian Medicine (CCIM*) for Ayurveda, Siddha & Unani at Sl. No.2.1-2.3 and by Central Council of Homoeopathy (CCH <sup>#</sup> ) for Homoeopathy at Sl. No.2.4, and provide by Central Council for Research in Yoga & Naturopathy (CCRYN) for Yoga & Naturopathy at Sl. No.2.5.	90 MCQs/90 Marks (@ 1 marks per question)
2.1	Ph.D. Fellowship/Senior Research Fellowship (Ayurveda)	All subjects of under Graduation (BAMS) as per CCIM* syllabus <i>*The questions should be applied in nature with reasoning to assess the subject knowledge and aptitude of postgraduate level scholars.</i>	90 MCQs/90 Marks (@ 1 marks per question)
2.2	Ph.D. Fellowship/Senior Research Fellowship (Siddha)	All subjects of under Graduation (BSMS) as per CCIM* syllabus <i>*The questions should be applied in nature with reasoning to assess the subject knowledge and aptitude of postgraduate level scholars.</i>	90 MCQs/90 Marks (@ 1 marks per question)
2.3	Ph.D. Fellowship/Senior Research Fellowship (Unani)	All subjects of under Graduation (BUMS) as per CCIM* syllabus <i>*The questions should be applied in nature with reasoning to assess the subject knowledge and aptitude of postgraduate level scholars.</i>	90 MCQs/90 Marks (@ 1 marks per question)
2.4	Ph.D. Fellowship/Senior Research Fellowship (Homoeopathy)	All subjects of under Graduation (BHMS) as per CCH <sup>#</sup> syllabus <i>*The questions should be applied in nature with reasoning to assess the subject knowledge and aptitude of postgraduate level scholars.</i>	90 MCQs/90 Marks (@ 1 marks per question)
2.5	Ph.D. Fellowship/Senior Research Fellowship (Yoga & Naturopathy)	All subjects and course contents for Yoga & Naturopathy as per syllabus provided by CCRYN (enclosed) <i>*The questions should be applied in nature with reasoning to assess the subject knowledge and aptitude of scholars.</i>	90 MCQs/90 Marks (@ 1 marks per question)

\*CCIM's website: [www.ccimindia.org](http://www.ccimindia.org)

#CCH's website: [www.cchindia.com](http://www.cchindia.com)

# **SYLLABUS**

*for*

**all subjects & course contents**

*for*

**AYUSH NET**

*for*

**Ph.D. Fellowships/**

**Senior Research Fellowships**

*in*

**YOGA & NATUROPATHY**

## CONTENTS

### **Subjects and Course Contents**

1. Yoga
2. Philosophy of Naturopathy
3. Chromo therapy
4. Magneto therapy
5. Manipulative Therapy
6. Nutrition
7. Fasting therapy and Dietetics
8. Hydrotherapy
9. Mud therapy





## 1. Yoga

- **Introduction to Yoga and Yogic practices**

- ❖ Etymology of Yoga and definitions of Yoga in different Classical Yoga texts
- ❖ Brief introduction to origin, history and development of Yoga
- ❖ Aim, Objectives and Misconceptions about Yoga
- ❖ General Introduction to *Shad-darshanas* with special reference to *Sankhya* and Yoga
- ❖ General introduction to four paths of Yoga
- ❖ Principles of Yoga and Yogic practices
- ❖ Guidelines for Instructors

- **Introduction to Hatha Yoga**

- ❖ Distinction between Yoga Asana and Non-Yogic physical practices
- ❖ Introduction to important Hatha Yoga Texts with special reference to Hatha Yoga Pradipika and Gheranda Samhita
- ❖ Concept of Yogic Diet
- ❖ Causes of Success (*SadhakaTattwa*) and Causes of Failure (*Badhaka Tattwa*) in Hatha Yoga *Sadhana*
- ❖ Concept of *Ghata* and *Ghata Shudhhi* in Hatha Yoga
- ❖ Purpose and utility of *Shat-kriya* Hatha Yoga
- ❖ Purpose and utility of Asana in Hatha Yoga
- ❖ Purpose and importance of *Pranayama* in Hatha Yoga

- **Introduction to Patanjali**

- ❖ Definition, nature and aim of Yoga according to Patanjali
- ❖ Concept of Chitta and Chitta Bhumi
- ❖ Chitta-vrittis and Chitta-vrittinirodhopaya (Abhyasa and Vairagya)
- ❖ Concept of Ishwara and Ishwara Pranidhana
- ❖ Chitta Vikshepas (Antarayas) and their associates (Sahabhava)
- ❖ Concept of Chitta Prasadana and their relevance in mental well being
- ❖ Kleshas and their significance in Yoga
- ❖ Ashtanga Yoga of Patanjali : its purpose and effects, its significance

- **Yoga for wellness- prevention and promotion of positive health**

- ❖ Health, its meaning and definitions
- ❖ Yogic conceptions of health and diseases
- ❖ Concept of Pancha kosha
- ❖ Concept of Triguna
- ❖ Concept of Panchamahabhutas
- ❖ Yogic principles of Healthy-Living
- ❖ Introduction to yogic diet and nutrition

- **Yoga and stress management**

- ❖ Human Psyche: Yogic and modern concepts, Behavior and Consciousness
- ❖ Frustration, Conflicts, and Psychosomatic disorders
- ❖ Relationship between Mind and Body
- ❖ Mental Hygiene and Role of Yoga in Mental Hygiene
- ❖ Mental health: a Yogic perspective
- ❖ Prayer and meditation for mental health
- ❖ Psycho-social environment and its importance for mental health (yama, and niyama)



- ❖ Concept of stress according to modern science and Yoga
  - ❖ Role of Yoga in Stress management
  - ❖ Role of Yoga for Life management
- **Principal & Fundamental's of Yoga**
    - Jnana Yoga**
      - ❖ Four stages of *Jnana* (*Viveka, Vairagya, satsangata, mumukshutva*)
      - ❖ Stages of *Jnana Yoga* practice (*shravan, manana, Nidhidhyasana*)
      - ❖ Seven major *chakras*, and its correlation to states of consciousness
      - ❖ The concepts of *ida, pingla* and the *sushumna* the central channel of energy running along the spine.
    - Bhakti Yoga**
      - ❖ Navavidha Bhakti
      - ❖ Qualities of a bhakta
      - ❖ The pronunciation, chanting, knowledge, benefits of Sanskrit chants, hymns, bhajans.
      - ❖ Satsang and the uplifting meaning of the chants helping to thin the activities of the mind
      - ❖ Mantra chanting, and their effect on the nadi and the chakras
      - ❖ Demonstrated ability to create a bhakti bhava during the chanting and singing
    - Karma Yoga**
      - ❖ The concept of karma Yoga
      - ❖ Prerequisites for a sthita prajna
      - ❖ Sthitaprajna lakshana
      - ❖ The law of karma
    - Raja Yoga**
      - ❖ Concepts and principles of Patanjala Yoga
      - ❖ Concepts and principles of Hatha Yoga (by swatamarama)
  - **Yogic Diet**
    - ❖ Familiarity with the Triguna
    - ❖ Familiarity with an Ayurvedic approach to diet and nutrition; and the ethical and spiritual reasons for a saatvik vegetarian diet.
    - ❖ Familiarity with the different diets, and its effects on the anatomy and physiology, Yogic diet – a lacto vegetarian, saatvik approach to food.
    - ❖ Familiarity with the benefits of Yogic diet on the physical and mental well-being and as an enabler for further practice of Yoga

## 2. PHILOSOPHY OF NATUROPATHY

- The Medical Profession & Medical Evolution- an Introduction
- Concept of Health & Disease through the ages
- The Human Body
- The evolution of human body
- Philosophy of the body, mind, soul, life, spirit and spiritual body with reference to various cultures, philosophies, Vedas and Modern view
- Composition of the human body, according to *Ayurveda*, Naturopathy, *Yoga*, Modern Medicine, Homeopathy
- An Introduction to Nature Cure or Naturopathy- Definitions, concepts & theories of various pioneers in the field
- History of Naturopathy & Philosophy of Naturopaths
- Chronological highlights of Naturopathy
- Philosophy of Indian Naturopaths.

- ❖ Vegiraju Krishnamaraju
- ❖ Vinoba Bhave
- ❖ Mahatma Gandhi.
- ❖ Dr. S. J. Singh
- ❖ Dr. J. M. Jussawala

- Philosophy of Foreign Naturopaths.

- ❖ Aesculapius
- ❖ Hippocrates
- ❖ The School of Salerno
- ❖ Paracelsus.
- ❖ Vincent Priessnitz
- ❖ Sebastian Kneipp
- ❖ Arnold Rickli
- ❖ Louis Kuhne
- ❖ Adolf Just
- ❖ John H Tilden
- ❖ Sigmund Freud
- ❖ Henry Lindlahr

- Fundamental principles, concepts & theories of Naturopathy.

- ❖ Laws of Nature according to Henry Lindlahr
- ❖ Catechism of Nature Cure according to Henry Lindlahr
- ❖ Concepts of Health according to Naturopathy
- ❖ Concepts of Disease according to Naturopathy
- ❖ The 10 basic principles of Naturopathy
- ❖ Principles of Natural Medicine in the West



- The Healing Power of Nature (*Vis Medicatrix Naturae*)
  - Identify and Treat the Causes (*Tolle Causam*)
  - First Do No Harm (*Primum Non Nocere*)
  - Doctor as Teacher (*Docere*)
  - Treat the Whole Person
  - Prevention
  - Herring's law of cure
- Concept of *Panchamahabhootas* & Naturopathy
  - Foreign matter and toxins accumulation in the body and its importance in elimination through different ways or channels.
  - Unity of disease, Unity of cure and way of treatment.
  - Theory of Toxemia- Toxins and anti-toxins, their generation, mitigation in nature cure way
  - Concept of Vitality & Vital economy
  - How Nature Cures- The Natural healing mechanisms
  - Arogya Rakshak Panchatantras and their importance in maintenance of good health prevention of diseases and treatment of diseases through lifestyle modification.
- ❖ Shareera Dharmas – Ahara, Nidra Bhaya, Maithuna
  - ❖ Natural Immunity & how to acquire natural immunity in diseases.
  - ❖ Inflammation- Naturopathic perspective.
  - ❖ Naturopathy: a blend of Drugless Therapies
  - ❖ Holistic approach of Naturopathy
  - ❖ Modern perspectives of Naturopathic Medicine
- Understanding Homeostasis
  - Metabolism of Xenobiotics
  - Aging, Free Radicals and Antioxidants
- ❖ Hygiene & importance of physical and mental hygiene in health and disease
  - ❖ Vaccinations and inoculation – The Naturopathic view.
  - ❖ Family planning by Natural therapeutics.
- Introduction to The Diagnostic procedures in Naturopathy
- ❖ Spinal Analysis
  - ❖ Facial Diagnosis
  - ❖ Iris Diagnosis
  - ❖ Chromo Diagnosis
- Natural rejuvenation
  - Personal life and prevention of diseases
  - Geriatrics and Naturopathy
  - Introduction to various systems of Medicine

❖ Modern Medicine

❖ Ayurveda

- Introduction
- Definition of Prakriti and its categories.
- Swastha Vrittam
- Dinacharya
- Ratricharya
- Ritucharya
- Vegadharanam

- Comparative study of Naturopathy with other systems of Medicine
- Basic essentials of a Naturopathy practitioner - an introduction to qualities of a Naturopathy & Yoga Practitioner, Approach to the Patient with a Naturopathy view, Ethical considerations, Understanding the Scope & Limitations
- Recent Advances in Naturopathy & Yoga

- ❖ Introduction to Psychosomatic Diseases & Psychoneuroimmunology
- ❖ Introduction to Mind-Body Medicine
- ❖ Lifestyle & psychosocial behavior
- ❖ Introduction to Integrative Medicine

- An introduction to Research & its importance in Naturopathy

### Text Books

- |    |                                       |   |
|----|---------------------------------------|---|
| 1. | Philosophy of Nature Cure             | Henry Lindlahr                            |
| 2. | Practice of Nature Cure               | Henry Lindlahr                            |
| 3. | Human Culture and Cure                | Dr. E.D. Babbitt                          |
| 4. | Practical Nature Cure                 | K. Laxman Sharma                          |
| 5. | History and Philosophy of Nature Cure | S.J. Singh                                |
| 6. | My Nature Cure                        | M.K. Gandhi                               |
| 7. | Natural Health Care – A to Z          | Belinda Gran                              |
| 8. | Introduction to Natural Hygiene       | Herbert.M.Shelton                         |
| 9. | Text book of Natural Medicine         | Joseph E. Pizzorno &<br>Michael T. Murray |





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|-----|----------------------------------|--------------|
| 10. | Nature Cure treatments           | Jindal       |
| 11. | Complete handbook of Nature cure | H. K. Bakhru |
| 12. | Toxemia                          | J. H. Tilden |
| 13. | Return to Nature                 | Adolf Just   |

#### 4.5 Reference Books

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|----|--|--|
| 1  | My Nature Cure or Practical Naturopathy  | S.J. Singh                             |
| 2  | The Science of Facial Expression         | Louis Kuhne                            |
| 3  | The Story of My Experiments With Truth   | M.K. Gandhi                            |
| 4  | <i>Ayurveda</i> for health and long life | Dr.R.K.Garde                           |
| 5  | Fundamentals of <i>Ayurveda</i>          | K. N. Udupa                            |
| 6  | Siddha Medicine                          | Ram Murthy                             |
| 7  | Homeopathic Philosophy                   | Kent                                   |
| 8  | Everybody's Guide to Nature Cure         | Harry Benjamin                         |
| 9  | Prayer                                   | M.K.Gandhi                             |
| 10 | Diet and Diet Reforms                    | M.K.Gandhi                             |
| 11 | Panchatantra                             | Venkat Rao                             |
| 12 | Nature Cure                              | J.N. Jussawalla                        |
| 13 | The Encyclopedia of Natural Medicine     | Joseph E. Pizzorno & Michael T. Murray |



### 3. CHROMO THERAPY

- Definition
- Historical highlights
  - ❖ Ghadiyali's principle
  - ❖ Babbitt postulates
  - ❖ Modern history of color therapy
- Classification of colors
- How do rainbows form
- Physics of light
- Electromagnetic spectrum
- Pathway of vision and color sensing
- The human aura and colors
- Relation of colors with shad chakras
- Impact of color sense on emotions and psychology
- Therapeutic effect of colors
- Heliotherapy –
  - ❖ Health benefits
  - ❖ Physiological and chemical properties of sunlight
  - ❖ modes of application, plantain leaf sun bath, chromothermoleum
  - ❖ Procedure, precaution, indication and limitations.
  - ❖ Dr. Rikli's method of Sun bath , Dr .Kuhne's method of sun bath
- Advanced colour therapy
  - ❖ Photochemotherapy
  - ❖ Photobiological coloured lighting to produce immunoregulation
- Color breathing
- Chromo charging of water, oil honey and food stuffs. And their effect on health and disease.
- Limitation and contraindications of chromo therapy
- Research updating related to chromo therapy

#### Reference Books:

1. Color therapy - Jonathan Dee and Lesley Taylor
2. Healing with color –Theo Gimbel
3. The power of color – Dr.Marton Walker

#### 4. MAGNETO THERAPY

- Magnetobiology
  - ❖ Definitions of magneto therapy
  - ❖ Historical highlights
  - ❖ Vedic references related to magneto therapy
  - ❖ Biomagnetism
    - Effects on plants , birds and animals.
    - Effects on mankind
- Principles electromagnetism
- Types of magnets
  - ❖ Natural
  - ❖ Artificial
  - ❖ Permanent
  - ❖ Electromagnets
- Classification of magnets according to
  - ❖ Power
  - ❖ Shapes
  - ❖ Clinical use
- Physical properties of magnets
  - ❖ Magnetic permeability
  - ❖ Ferromagnetic materials
  - ❖ Antiferromagnetic materials
  - ❖ Paramagnetic materials
  - ❖ Diamagnetic materials
- Measurement of magnetic field
- Mechanism of action of magnets in the body
- Properties effects and corresponding features of north & south poles
- Maintenance of permanent magnets
- Magnetic field deficiency syndrome
- Magnetic overload
- Earth as a huge magnet
- Effect of biomagnetism in various organ systems
- Modes of application of magnets
  - ❖ General
  - ❖ Local
  - ❖ Different kinds of magnetic devices used in application of therapy



- Magnetic charging , mechanism, dosage and its effect and limitations
  - ❖ Water, oil, milk, honey
- Magnetic therapy through shad chakras
- Contraindications, complications, and limitations of magneto therapy.
- Harmful effects of EMF and measures for minimizing it.

**Reference Books:**

1. The book of magnetic Healing by Roger Coghill
2. Magnet therapy – by Ghanashyamsingh Birla and Colette Hemlin

## 5. MANIPULATIVE THERAPY

- Introduction and historical highlights of Massage and Manipulative Techniques
- Classification of (lubricants) massage
  - ❖ Basic Therapeutic massage (Swedish) techniques – procedure, indications, contraindications, physiological action
  - ❖ Joint movements in massage therapy
  - ❖ Massage to local areas
- Professional standards of massage professionals
- Physiological effects, indications, contraindications of massage in various organ systems
- Kellogg's massage
- Shiatsu
- Pediatric massage
- Geriatric massage
- Massage for antenatal care
- Ayurvedic massage – terminology, procedure and manipulations
- Panchakarma in brief
- Chiropractic
  - ❖ History
  - ❖ Importance of spine in chiropractic
  - ❖ Physiological effect
  - ❖ Chiropractic examination
  - ❖ Spinal manipulative therapy
  - ❖ Treatment for various diseases
- Osteopathy
  - ❖ Definition
  - ❖ History
  - ❖ Basic principles
  - ❖ Relation of osteopathy to musculoskeletal system
- Basic principles and procedure of different types of massage – Thai, Balinese, Hot-stone massage, dry brush massage, deep tissue massage, powder massage, vibrator massage etc.
- Aromatherapy
  - ❖ Definition, Origin and History
  - ❖ Essential Oils

- Types
- Extraction – Distillation, cold pressing or expression, solvent extraction
- Storage of essential oils
- How to recognize an essential oil
- How to select aroma oils
- How essential oils work
- Carrier oils – Almond oil, Apricot kernel oil, Avocado oil, Carrot oil, Corn oil, Primrose oil, Grape seed Oil, Hazelnut oil, Jojoba oil, Olive oil, Peanut oil, Safflower oil, Sesame oil, Soya bean oil, Sunflower oil
- ❖ Different methods of using essential oils – Inhalation, Diffusers, Vaporizers, Massage, Baths, Foot bath, Potpourri, Compresses, Oral intake, Beauty treatment, Room sprays, Insect repellants etc.
- ❖ Description of different essential oils and 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, Lemongrass, Marjoram, Neroli, Orange, Palma Rosa, Peppermint, Patchouli, Pine, Rose,
  - Rosemary, Sandalwood, Tarragon, Tea tree, Thyme (white), Vetiver, Ylang Ylang
- ❖ The best essential oils
  - 5 fragrance categories – green, floral, citrus, woody and spicy
  - Mixing of aroma oils, equipment required for mixing oils
- ❖ Precautions for use of aroma oils – Skin patch test, testing essential oils in its pure state
- ❖ Ill effects of aroma oils – in eyes, toxic effects, allergic effects etc.
- ❖ Careful handling of essential oils
- ❖ Contraindications
  - Oils to be avoided – Phototoxic or photosensitive oils, oils to be avoided in pregnancy, oils that cause skin irritation etc.
- Reflexology and Zone therapy
  - ❖ What is Reflexology, history and development
  - ❖ How does it work
  - ❖ Body and its reflex zones
  - ❖ Applications, indications and contra-indications
  - ❖ Preventive effects of reflexology
- Milestones of females and its management through massage





### **Textbooks**

1. Massage – George Downing
2. Massage Therapy – Dr. JH Kellogg
3. Massage – Constant Young
4. The Complete Book of Massage – Claire Maxwell Hudson
5. Step-by-Step Massage – Carole McGilvery
6. All You Wanted to Know About Aromatherapy – Lalita Sharma
7. Aromatherapy – Julie Sadler
8. *Ayurveda* & Aromatherapy – Dr. Light Miller & Dr. Bryan Miller.

### **Reference Books**

1. Massage Therapy – Susan G. Salvo
2. Magic of Massage – Tanushree Podder
3. Art of massage – Dr John Harvey Kellogg



## 6. NUTRITION

- Definition of food, nutrition, nutrient and diet
- What is nutrition healing
- Defining essential nutrients
- Proteins and amino acids
- Carbohydrates
- Lipids, sterols and their metabolism
- Energy needs: assessment and requirements in humans
- Electrolytes, water and acid-base balance
- Minerals – calcium, phosphorous, magnesium, iron zinc, copper, iodine, selenium, chromium, ultra trace minerals
- Vitamins – A, retinoid, D, E, K, Thiamine, Riboflavin, Niacin, Pantothenic acid, Folic acid, B12, Biotin, C.
- Clinical manifestations of human vitamin and mineral disorders
- Role/significance of nutrition
  - ❖ Regulation of gene expression
  - ❖ Membrane and transport
- Control of food intake
- Antioxidants
- Food groups
- Metabolic consequences of starvation
- Fiber and other dietary factors affecting nutrient absorption and metabolism
- Hormone, cytokine and nutrient reactions
- Nutrition and immune system
- Oxidative stress and oxidant defense
- Diet in work and exercise performance
- Body composition: influence of nutrition, physical activity, growth and aging
- Maternal nutrition
- Nutritional requirements during infancy
- Diet, nutrition and adolescence
- Nutrition in the elderly
- Clinical nutrition assessment of infants and children
- Clinical and functional assessment of adults
- Nutritional assessment of malnutrition by anthropometric methods
- Laboratory tests for assessing nutritional status
- Dietary assessment
- Childhood obesity



- Nutritional management of infants and children with specific diseases and/or conditions
- Assessment of mal absorption
- Nutrition in pancreatic disorders
- Nutrition in liver disorders
- Nutrition and diet in the management of hyperlipidemia and atherosclerosis
- Nutrition, diet and hypertension
- Diet, nutrition and prevention of cancer
- Carcinogens in foods
- Nutritional support of the cancer patient
- Nutrition and diet in rheumatic diseases
- Nutritional management of diabetes
- Obesity
- Nutritional aspects of hematologic disorders
- Renal disorders and nutrition
- Nutrition, respiratory function and disease
- Diagnosis and management of food allergies
- Nutrition and diet in alcoholism
- The hypercatabolic state
- Nutrition and infection
- Nutritive value of food ingredients commonly used in India
- Enteral feeding (only theory)
- Parenteral nutrition (only theory)
- Nutrition and medical ethics – the interplay of medical decisions, patients' rights, and the judicial system
- RDA – individuals and populations
- Nutritional implications of vegetarian diets
- Social and cultural influences on food consumption and nutritional status
- Food additives, contaminants and natural toxins
- Comparative study of modern nutrition and traditional naturopathy diet

### **Textbooks**

1. Davidson and Passamore Human Nutrition – Passamore
2. Clinical Dietetics and Nutrition – FP Antia
3. Normal Therapeutic Nutrition – Corinne Robinson
4. Essentials of Food and Nutrition – Swaminathan
5. Sprouts – JD VaishYogaSamsthan
6. Science and Art of Food and Nutrition – Herbert Shelton
7. Nutritive Values of Indian Foods – NIN (Hyd)
8. Publications of NIN, Hyderabad





## 7. FASTING THERAPY AND DIETETICS

### **Fasting:**

- Definition
- Historical highlights
- Indian: According to Vedas, *Ayurveda*, Epics and other pioneer Naturopaths
- Western: Evidence of fasting in animals and its benefits
- Fasting in different religions
- Classification of fasting and its effects, limitations, according to
  - ❖ Duration (Short, long, intermittent, weekly)
  - ❖ Purpose (Preventive, therapeutic, religious, political)
  - ❖ Type (Dry, water, juice, monodiet)
- Starvation – pathological features in different organ systems
- Physiological changes of fasting in short, long, intermittent, dry, water, juice (lemon honey, tender coconut, sugarcane juice, alkaline juices, honey water etc.) and monodiet fasting.
- Difference between hunger and starvation
- Rules and regulations for administering fasting
- Rules and regulations for selection of patient for fasting
- Hygiene and auxiliaries of fasting
- Sane fasting
- Do's and don'ts of fasting
- Metabolism of fasting
- Preparation of individuals for fasting
  - ❖ Psychological effects and barriers for fasting
  - ❖ Crises during fasting therapy and its management
  - ❖ Significance of enema during fasting and its physiology
  - ❖ Significance of fasting in fever
  - ❖ Fasting for preservation of health
  - ❖ Contraindications and limitations of fasting
- Research updates on fasting

## Dietetics

- Concept of health in naturopathy
- Dietetic principles in naturopathy
- Concept of wholesome diet
- Medical values of food
- Natural qualities / properties / characters of foods in naturopathy / *Ayurveda* / modern nutrition
- Natural food and health
  - ❖ Importance of green vegetables, other vegetables, fruits and ingredients
  - ❖ Chemical composition of different raw juices and their effects and uses
  - ❖ Wheat grass, beetroot, cabbage, cucumber, garlic, papaya, mango, pineapple, pumpkins etc
  - ❖ Comparison with raw and cooked food
  - ❖ Sprouts, nutrition and method
- Food combination and health
- Naturopathic hospital dietetics and classification
- Disease management for different diseases
- Food allergies and diet
- Seasonal changes
- Dietary requirements for pregnancy, lactation and infancy
- Food hygiene and health
- Methods of cooking – nutrient losses and preservation
- Dietary fiber and its therapeutic effects
- Customs and traditions of eating
- Emotional states and diet

## Textbooks

1. Fasting for Healthy and Long Life – Carrington
2. Fasting Cure – Lakshman Sharma
3. Fasting - The Ultimate Diet - Allan Cott
4. Mucusless Diet Healing System - Arnold Ehret
5. The Fasting Cure (Classic Reprint) - Upton Sinclair
6. Fasting Can Save Your Life - Herbert M. Shelton
7. Davidson and Passamore Human Nutrition – Passamore
8. Clinical Dietetics and Nutrition – FP Antia
9. Normal Therapeutic Nutrition – Corinne Robinson
10. Essentials of Food and Nutrition – Swaminathan
11. Sprouts – JD Vaish *Yoga* Samsthan
12. Science and Art of Food and Nutrition – Herbert Shelton
13. Nutritive Values of Indian Foods – NIN (Hyd)
14. Publications of NIN, Hyderabad



## 8. HYDROTHERAPY

- Introduction and History
- Physical properties and chemical composition of water
- Physiological basis of Hydrotherapy: The skin and its anatomical construction, functions of skin, temperature sense
- 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
- Importance of water to human body
- Physiological effects of water on different systems of the body
  - ❖ General and physiological aspects of heat upon: Skin, Respiration, Circulation, Nervous system, Heat and its production-dissipation etc, Tactile and temperature sense
  - ❖ General and physiological effects of cold upon: Skin, Respiration, Circulation, Nervous system, GIT, body temperature and its maintenance, circulatory system
- Reflex areas of the body, results of application of hot and cold over reflex areas
- Actions and reaction, incomplete reaction, conditions that encourage reaction, internal reaction, thermic reaction, modified thermic reaction
- Place of water in preservation
- Place of water in acute diseases
- Place of water in chronic diseases
- Magnesium sulphate – use in Hydrotherapy
- General principles of Hydrotherapy
  - ❖ General rules of hydrotherapy
  - ❖ Therapeutic significance of reaction
  - ❖ Adaptation of individual cases
  - ❖ Exaggeration of symptoms under treatment, the untoward effects and how to avoid them
  - ❖ General indications and contra-indications
- Therapeutic actions and use of Hydrotherapy
  - ❖ Classification of Hydriatic effects, general principles – excitation and depression
  - ❖ Primary excitant effects – when to apply and when not to apply
    - Local hemostatic effects – hydriatic heart tonics
    - Cardiac effects – Hydriatic heart tonics





- Uterine excitations, emenagogue effects
- Vesical excitations
- Intestinal excitation, peristaltic effects

❖ Secondary excitant effects

- Restorative effects
- Tonic effects of cold water, physiological effects of cold water, cold water vs. medical tonics, application in the following: anemia, neurasthenia, rheumatism, diabetes mellitus, valvular heart diseases
- Calorific effects
- Diaphoretic effects
- Importance of attention to the skin in chronic diseases – alternative and qualitative effect – hot baths in Bright's diseases, sweating baths in Dropsy and Obesity. Depurative or Eliminative effects, Toxemia in Rheumatism
- Expectorant effects
- Diuretic effects – Bright's Disease, Uremia - eclampsia
- Atomic dyspepsia, hyperacidity
- Revulsive and derivative effects, fluxion, revulsive methods for combating superficial anemia and for relief of deep congestion method adopted to anemia of deep rooted organs revulsion on analgesic method

❖ Resolvent effects

- Sedative effects – general sedatives – local sedatives:
- Sedatives of circulatory system – antiphlogistic effects, inflammation, pneumonia, pleurisy, other acute disorders
- Nerve sedatives, hypnotic, calmative, analgesic, anesthetic, antispasmodic, insomnia, chorea, spastic paralysis, exophthalmia, goiter, mania, epilepsy and various painful conditions
- Antithermic and antipyretic effects, relation to heat production and heat elimination to antipyretic methods, principles that govern the application of hydropathic measures for the reduction of temperature in fevers, methods that may be efficiently employed in various morbid conditions accompanied by rise in temperature – suggestions, effects, indications and contraindications
- Secretory and sedative effects prophylactic uses - Cold bathing in infancy and early childhood, cold bathing for adults, cold baths for women, cold baths in old age - precautions

- The techniques of Hydrotherapy

- ❖ Water Baths

- Plain water bath
- Cold hip bath
- Kellogg's and Kuhne's sitz bath
- Shallow bath – for males and females
- Arm and foot bath
- Graduated bath
- Natural bath
- Non-revulsive bath
- Immersion bath
- Cold plunge
- Whirlpool bath
- Aeration bath
- Vichy spray massage
- Rapid bath
- Brand bath
- Fever bath
- River bathing
- Sea bathing

- ❖ 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 outdoor bath

- ❖ Pool therapy

- Introduction
- Principles of treatment part I and part II
- Physiological and therapeutic effects of exercise in warm water
- Indications and contraindications
- Dangers and precautions



❖ Douches

- Cold Douche
- Hot Douche
- Neutral Douche
- Alternative Douche
- Underwater Douche
- Contrast Douche
- Horizontal Jet
- Cephalic Douche
- Lumbar Douche
- Fan Douche
- Rain Douche or Shower Douche
- Hepatic Douche
- Circular Douche and semi-circular Douche
- Cerebrospinal Douche
- Plantar Douche
- Percussion Douche
- Scotch Douche

- ❖ Packs and compresses
- ❖ Procedures that increase oxidation
- ❖ Measures that encourage general and local metabolic activity
- ❖ Procedures that increase general blood movement and local blood supply
- ❖ Measures that increase heat production
- ❖ Measures that increase the elimination of heat
- ❖ Measures that combat bacterial development of blood
- ❖ Measures that increase/lessen heat elimination
- ❖ Hydriatic incompatibility
- ❖ Adoption of hydriatic prescription of individual disease
- ❖ Hydrotherapy as a means of rehabilitation and health promotion
- ❖ Emergency treatments in Hydrotherapy

**Textbooks**

1. Baths – SJ Singh
2. My Water Cure – Sebastian Kneipp
3. Rational Hydrotherapy – JH Kellogg
4. Healing Clay –Michael Abserra
5. Our Earth Our Cure – Raymond Dextroit

**References**

1. Handbook of Hydrotherapy – Shew Joel
2. Hydrotherapy in Practice – Davis BC & Harrison RA
3. Medical Hydrology – Sidney Licht





## 9. MUD THERAPY

- Introduction to Mud therapy
- Classification of Mud for therapeutic use
- Precautions for storing mud
- Methods of treatment of mud
  - ❖ Applications
  - ❖ Packing
  - ❖ Hot poultices
- Effect of Mud on different systems of body
- Types of mud therapy applications
  - ❖ Natural mud bath
  - ❖ Full and partial mud packs
  - ❖ Mud plaster
  - ❖ Thermal bath
  - ❖ Dry pack
  - ❖ Sand pack and sand baths
- Cosmetic uses of mud
- Research updates

