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Revised Syllabus for Diploma in Yoga & Ayurveda Sahitya

Preamble

The tradition of Yoga and Ayurveda has always been passed on individually from teacher to student through generations to generations. Yoga and Ayurveda have been the primer modalities and frontier techniques to keep human being healthy in every aspect.

Basic concepts of Yoga, such as, Chitta, Koshas, facets of psyche etc are the core psychological aspects to upgrade by understanding ones personality through continuous Sadhana, gave new horizon in the field of research and application. Ayurveda, facilitating one to understand, presents Dinacharya and Rutucharya to maintain the health (Prevention is better than cure) than medicating with various herbs. Both, Ayurveda and Yoga base on Sankhya concept of Purusha and Prakriti. In addition to this, Yoga and Ayurveda may become best combination in the field of healthcare systems. In this course we introduce the combination of Yoga and Ayurveda as a science of Holistic living and not merely as yoga postures and Panchakarma alone. During the course the student will be able to understand the concept of Preventive Healthcare, Promotion of Positive Health and Personality Development through Yoga and Ayurveda.

I. Title of the course

The course shall be called "**Diploma in Yoga and Ayurveda Sahitya** " (DYA)

II. Aim of the course

The aim of the course is to promote Yoga and Ayurveda for holistic living and positive health

III. Objectives of the course

Yoga

- ❖ To introduce core yogic understanding of Adhyatma Yoga, Jeevana Yoga and Mano Yoga in the light of Upanishad, Bhagavad Gita and Patanjali Yoga Sutras
- ❖ To introduce basic concepts of preventive health and health promotion through Yoga and Ayurveda
- ❖ To introduce concepts of subtle Human existence from scriptural (Yoga) viewpoint as to make their understanding clear about the benefit and contraindication of a practice at deeper levels.
- ❖ To train students on preventive health and promotion of positive health through Yoga and personality development
- ❖ To assist the Medical Personnel / Physician to helping Patients undergo integrated health care systems

Ayurveda

- ❖ With the knowledge of fundamental precepts of Ayurveda like Tri Dosha Fundamental principles, Seasonal variations, Dina Charya and Ritu Charya to maintain "Swstha Vritta"

with an aim of overall well being of individual self and preserving an essential ecological balance all around in society.

- ❖ Ability to Identify and Rearing of Essential Medicinal Plants in viable & small areas.
- ❖ Ayurveda stands for maintaining positive and curing diseases that retard lifespan
- ❖ Any Dip. (Yoga & Ayurveda) must be able to assist / help an Ayurvedic Physician in cure of common ailments by using medicinal plants available in neighbourhood.

IV. Duration

The minimum duration of the course will be One year.

V. Eligibility

The candidate should have completed 12th standard (10+2)

The candidate should have compulsory Sanskrit Knowledge studied for One year

This course is offered as dual certificate course

Paper - I

Subject Title: योगस्य सामान्यपरिचयः योगस्य प्रमुखाः धाराः (Basic concepts of Yoga and Four streams of Yoga)

Subject Code: DYAYT101

Objective

- To give an introduction of yoga from different perspectives
- To introduce the health and disease in Yogic viewpoint
- To give over all idea about human existence in scriptural point of view
- To comprehend the concept of Yoga in different streams
- To make students understand underlying unity in streams of Yoga
- To expose Modern applications through unique approach of 4 streams of Yoga

SCHEME OF EXAMINATION

Total Marks: 100			
Theory : 100		Practical : NA	
Final Exam	Internal Assessment	Final Exam	Internal Assessment
70	30	NA	NA

Unit I

15 hrs

Definitions of Yoga from Upanishads, Patanjali Yoga Sutras, Bhagavad Gita and other Yoga texts along with context Concept of Adhi ja Vyadhi (Psychosomatic) and Anadhija Vyadhi (Somatic); Yoga Vasishtha origin of mind and creation, Psychoanalysis (Bhagavad Gita 2.61 - 65)

Unit 2**17 hrs**

Human understanding based on Upanishads – Taittiriya (Panchakosha), Mandukya (Avasthatraya) Purusha and Prakruti; consciousness and inert matter; creation based on Sankhya philosophy Obstacles in the mind (Chittavikshepa), Hatha Yoga (success and failure of Yoga - Utsaha) Chitta- bhumi, Vrittis, Nirodhanopayayas/Chittaprasadana

Unit 3**14 hrs**

Raja Yoga – the path of will power through 8 steps; Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi, correlation with 6th chapter of Bhagavad Gita, importance of Abhyasa and vairagya

Unit 4**7 hrs**

Karma Yoga – the path of action by overcoming three Gunas (Sattva, Rajas and Tamas) – transcending Gunas, with awareness and other aspects, Nature of Karta (doer) and Karma (action), performing actions with sense of duty, bringing the Yajna attitude in all actions, concept of Karma in Patanjali Yoga Sutras

Unit 5**8 hrs**

Bhakti Yoga – the path of emotional culture, 4 types of Bhaktas (devotees), 9 types of Bhaktis {Sravana (hearing of God's Lilas and stories), Kirtana (singing of His glories), Smarana (remembrance of His Name and presence), Padasevana (service of His feet), Archana (worship of God), Vandana (prostration to the Lord), Dasya (cultivating the Bhava of a servant with God), Sakhya (cultivation of the friend-Bhava) and Atmanivedana (complete surrender of the self)}, 5 Bhavas (Modes of expression of love - Shanta, Madhurya, Vatsalya, Dasya and Sakhya) – Daivi (divine virtues) and Asuri (demonic vices) Sampat

Unit 6**8 hrs**

Jnana Yoga – the path of will power, three steps of Jnana Yoga; 1. Shravana (4 Mahavakyas, Vedic injunctions, Jyeshtha Upadesha), 2. Manana (Discussions and self analysis) and 3. Nididhyasana (practice of traditional Upasanas from Upanishads), 6th chapter of Chandogya – Tattvamasi and different examples. Basic introduction of Hatha Yoga, Ghata Yoga, Kundalini Yoga.

Books for reference:

1. Agarwal M M : Six systems of Indian Philosophy, Chowkhambha Vidya Bhawan, varanai, 2010
2. Chandrashekharendra Saraswat, Swami, The Vedas, Bhavans Publications, Mumabi 2011
3. Hiriyanma M : Outlines of Indian Philosophy, Motilal Banarsidas, Delhi, 2009
4. Bhat, Krishna K.: The Power of Yoga: SuYoga Publications Mangalore, 2006
5. Swami Prabhavananda : Spiritual Heritage of India (English). Sri Ramkrishna Math, Madras, 2004
6. Swami Vivekananda : Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga. Advaita Ashrama, Calcutta, 2000

7. Pandit, M. P.: Introduction to Upanishads: Theosophical Society of India, Adyar, Madras, 1976
8. Dasgupta, S.N. : Hindu Mysticism, Motilal Banarsidass, Delhi 1927
9. Arthuv Avalan : The Serpent Power, Sivalik Prakashan, New Delhi, 2009
10. Sing, Lalan Prasad : Tantra, Its Mystic and Scientific Bases. Concept Publishing Company, Delhi, 1976
11. Karel Werner : Yoga and Indian Philosophy, Motilal Banarasidas, Delhi, 1979
12. Swami Jnanananda : Philosophy of Yoga. Sri Ramakrishna Ashrama, Mysore.
13. Dasgupta S. N: History of Indian Philosophy, Motilal Banarsidas, Delhi, 2012
14. Sharma, Chandradhar: A Critical Survey of Indian Philosophy. Motilal Banarasidas, Delhi, 2013
15. Swami Vivekananda: Rajayoga, Advaita Ashram, Calcutta, 2000
16. YIC Manual, Published by SVYP, Bengaluru.
17. K. Taimini : The Science of Yoga, (The Theosophical, Publishing House, Adyar Chennai 2005)
18. Swami Satyananda Saraswati :Hatha Yoga, Pub: BSY Mungher
19. Shivananda, Swami: Narada Bhakti Sutra, Divine Life Society, Rishikesh
20. Sayana Madhava, Sarva Darshana Sangraha, Publisher: Bharatiya Kala Prakashan, 2008
21. Harshananda Swami, Karmayoga Sutra Shataka, Ramakrishna Asram, Bengaluru.
22. Shivananda Swami, The Brahma Sutra, Divine Life Society, Rishikesh

Paper - II

Subject Title: योग: – जीवनशैली योगचिकित्सा च (Yoga – A life style modification and Evidence based yoga therapy)

Subject Code: DYAYT 102

Objectives:

- To introduce yoga way of life with deeper understanding
- To educate the students with positive behavioral modification
- To introduce practical suggestions to where to change the life style with Yoga
- To educate students about the common disorder in a simple manner
- To identify the Yogic practices for common ailments with evidences available through research
- To Describe the ailment – general causes of ailment - system connected – general practices for 5 layers (Pancha Koshas)

SCHEME OF EXAMINATION			
Total Marks: 100			
Theory : 100		Practical : NA	
Final Exam	Internal Assessment	Final Exam	Internal Assessment
70	30	NA	NA

Unit 1**10 hrs**

Pseudo Yoga; Extremes (Natyashnatastu)- True Yoga; Moderation in routine – (Yuktahara Vihara) Food diet; Hatha Yoga (Mitahara – prescription and prohibition HY – 1.60, 63), Bhagavad Gita (Sattva, Rajas and Tamas), human body constituents according to Chandogyopanishat (trifold formation of food)

Unit 2**10 hrs**

Yoga life style – getting up (Brahmi Muhurta), cleansing the body (Kriyas), exercise (Asana – stability, health and lightness of body), Prayer (devotion to unseen forces), Vyavahara (behavioral modification; positivity in deeds and thoughts), Vihara (company of pious souls)

Unit 3**10 hrs**

Concept of Yajna – Pancha Yajna (Taittiriya Brahmana – Deva, Pitr, Bhuta, Manushya and Brahma), practical Yajna based on Bhagavad Gita (Dravya, Tapas, Yoga, Svadhyaya, Jnana), five factors for success in actions (Adhishthana, Karta, Karana, Chestha and Daiva)

Unit 4**3 hrs**

YOGA AND HEALTH; wellbeing at Physical, Mental, Social and Spiritual levels

Unit 5**27 Hrs**

Yogic Management of following disorders at 5 layers of human existence: Neurology and Oncology, Respiratory Disorders, Anxiety and Depression, Arthritis, Back Pain and Spinal Disorders, Metabolic Disorder, Gastrointestinal Disorders, Obesity and Promotion of Positive Health(PPH), Basic knowledge of Yoga Therapy, as the Preventive, Promotive and Curative aspects in different systems and in different common diseases.

Books for Reference:

1. Ghosh, Shyam : The Original Yoga Munshiram Manoharlal, New Delhi, 1999)
2. Jnanananda Bharati : Essence of Yoga Vasishtha Pub: Sanata Books, Chennai
3. Hatha Ratnavali : Tirumala Tirupathi Devasthanam, Andhra Pradesh.
4. Gheranda Samhita : Shri Sadguru Publication, New Delhi.
5. Dr R Nagarathna and Dr H R Nagendra: Yoga and Health, Swami Vivekananda Yoga Prakashana, 2002
6. Dr R Nagarathna and Dr H R Nagendra: Yoga for Promotion of Positive Health Published by SVYP, Bangalore
7. Dr Nagendra H R : The Secret of Action - Karma Yoga, Published by SVYP, Bangalore, 2003
8. Nagendra H R & Nagarathna: New perspective of Stress Management, SVYP, 2010
9. Nagendra H R & Nagarathna: Personality Development Series, SVYP, 2012
10. Basavaraddi I V: Yoga: Teachers manual for school children, MDNIY New Delhi , 2010
11. Basavaraddi I V: Yoga in School Health, MDNIY New Delhi, 2009
12. Jayadev H J: Growing with Yoga, The Yoga Institute, Santacruz, Mumbai, 2004

13. Swati & Rajiv Chanchani : Yoga for Children: A complete illustrated guide to Yoga, UBS Publishes Distributors Pvt. Ltd, 2008
14. Nancy Williams : Yoga Education: Philosophy and Practice, Deep & Deep Publications Pvt. Ltd, 2007
15. Yoga for the Special Child: A Therapeutic Approach for Infants and Children with Down Syndrome, Cerebral Palsy, and Learning Disabilities, Special Yoga Publications, 1998
16. Yoga therapy for every Special Child, Singing Dragon London and Philadelphia, 2010

Nagendra H R & Nagarathna: IAYT series, SVYP, Bengaluru

Paper III

Subject Title: आयुर्वेद-परिचयः, मालसिद्धान्ताः च

Subject Code: **DYAAT 103**

SCHEME OF EXAMINATION			
Total Marks: 100			
Theory : 100		Practical : NA	
Final Exam	Internal Assessment	Final Exam	Internal Assessment
70	10	20	NA

Unit – 1: आयुर्वेद-व्युत्पत्तिः

आयुषो वेदः आयुर्वेदः

शरीरेन्द्रियसत्त्वात्मा संयोगो धारि जीवितम् ।

नित्यगः च अनुबन्धश्च पर्यायौ आयुरुच्यते ॥

वेद्यते इति वेदः

निरुक्तिः – हिताहितं सुखं दुःखम् आयुस्तस्य हिताहितम् ।

मानं च तच्च यत्रोक्तम् आयुर्वेद स उच्यते ॥

अष्टाङ्गायुर्वेदः

आयुर्वेदाचार्याणां (BAMS) संक्षेपपरिचयः

इतिहासः: ब्रह्मा स्मृत्वा आयुषो वेदम्॥

रोगस्तस्यापहर्तारौ॥

Seminar in the Himalayas (Charaka)

ग्रन्थपरिचयः

बृहत्त्रयी

चरकः , सुश्रुतः, अष्टाङ्गसंग्रहः

लघुत्रयी

माधवनिदानम्, शारङ्गधरसंहिता , भावप्रकाशम् ।

Writer, commentators and its kala (time when it was written) sthana and adhyaya, brief description of sthanas (volumes)

निघण्टुः

व्युत्पत्तिः

Names of nighantu and its age with specialities

निघण्टोः वैशिष्ट्यम्

निघण्टुना विना वैद्यः विद्वान् व्याकरणं विना॥

How they can be used? Why it is used?

For diagnosis, namaroopagnanam, adulterants and substitutes.

Unit 2 आयुर्वेदस्य मूलसिद्धान्ताः

पञ्चमहाभूतसिद्धान्तः

देहम्, शरीरम्, गर्भः, कायः

Dosha: The biophysical energy manifesting the basic signs of life

व्युत्पत्तिः

भेदः

गुणः – तत्र रुक्षो लघु शीत.....॥

निरुक्तिः वात-पित्त-कफश्चेति त्रयो दोषाः समासतः ॥

स्थानम् – ते व्यापिनोऽपि॥

प्रकोपकारणम्

1. सामान्यकारणम्
आहारश्च विहारश्च ॥
2. असात्म्य इन्द्रियार्थसंयोगः

- कालार्थं कर्मणां योगे॥
3. प्रज्ञापराधम्
धीः धृतिः स्मृति विभ्रंशो॥
विषम् - जगविषण्णात् विषमित्यभिधीयते
4. आमविषम् – ऊष्मणो अल्प-बलत्वेन॥
शुक्तत्वं याति॥
विषव्याप्तिः
विषं हि देहं सम्प्राप्य प्राग्दूषयति शोणितम् ।
कफपित्तानिलाश्चानु सह दोषं सहाशयान् ॥
पूर्वं व्याप्याखिलकार्यं ततः पाकं च गच्छति ॥

5. ऋतुः

शिशिर – वसन्त – ग्रीष्म – वर्ष – शरत् – हेमन्त

ऋतुजव्याधिनिर्हरणम्

- i. शीतोद्भवं दोषचयं वसन्ते , विशोधयन् ग्रीष्मजमभ्रकाले ।
घनात्यये वार्षिकमाशु सम्यक् , प्राप्नोति रोगान् ऋतुजान् न जातु ॥

आचारव्याधिनिर्हरणम्

- ii. नित्यं हिताहारविहारसेवी समीक्ष्यकारी विषयेष्वसक्तः
दातासमसत्यपरः क्षमावान् आसोपसेवी च भवत्यरोगः ।

6. अग्निदुष्टिः

अन्नस्य पक्ता सर्वेषां॥

अन्नस्य पक्ता पित्तं तु॥

दूषितेऽग्नौ सा ग्रहणी रोगकारिणी।

Dhatu: it can be bio chemical constituent

धातुः

व्युत्पत्तिः – धा धारण-पोषणयोः ॥

धारणात् धातवः

निरुक्तिः (अष्टाङ्गहृदयसूत्रस्थानम्)

रससृङ्गां समेदोऽस्थिमज्जाशुक्लानि धातवः ।

सप्तदूष्या.....॥

धातु पाकक्रमः

खलेकपोतन्यायम्

क्षीरदधिन्यायम्

केदारकुल्यान्यायम्

Types Rasa (plasma and lymphnodes)
Rakta (blood cells)
Mamsa (tissue)
Medas (adipose tissue)
Asthi (osseous tissue-bone)
Majja (bone marrow-myeloid tissue)
Shukra (reproductive principles)

मलः व्युत्पत्तिः मलिनीकरणात् मलाः
दूषिकादीनपि मलान् बाहुल्यगुरुतादिभिः ॥
स्थानम्

भेदः मलकर्म – अवष्टम्भ पूरीषस्य मूत्रस्य क्लेदवाहनम् ।
स्वेदस्य केशविद्धृति.....॥

Types: Pureesha (stool)
Moothra (urine)
Sweda (sweat)

आश्रयाश्रयिभावम्

तत्रास्थि स्थितो वायुः पित्तं तु स्वेदरक्तयोः श्लेष्मा शेषेषु आश्रयाश्रयिणां मिथः ।

यदेकस्य तदन्यस्य वर्धनक्षपणौषधम् ॥

Modern Definition of stool, urine and sweat maximum in two sentences.

ओजः

निरुक्तिः – ओजस्तेजस्तु धातूनां॥

बलः – सहजम्, कालजम्, युक्तिकृतम्
व्याधिक्षमत्वम् – व्याधिक्षमत्वं नाम व्याधिबलविरोधित्वम् ।
व्याध्युत्पादकप्रतिबन्धकत्वमपि ॥

Definition of immunity in two lines

Define antigen and anti body

Concept of vaccination – only definition and introduction in short

Active and passive immunity

आमः

निरुक्तिः–आम्यते ईषत् पच्यते इति ॥

Concept of ama

शुक्तत्वम् याति Charaka

सामान्यलक्षणम्

स्रोतो रोध बलभ्रंशं गौरवानिलमूढता ।

आलस्य अपक्ति निष्ठीव मलसंघ अरुचिक्लमः ॥

All definitions of ama

Ama guna

अग्निः

निरुक्तिः – अम् गति व्याप्नोति इति ॥
पित्तं पञ्चात्मकं तत्र पक्वामाशायमध्यगम् ।
पञ्चभूतात्मकत्वेऽपि यत्तैजसगुणोदयात् ।
त्यक्तद्रवत्वं पाकादि कर्मणात् अनलशब्दितम् ॥

भेदः

समाग्निः विषमाग्निः मन्दाग्निः तीक्ष्णाग्निः

अग्नि विशेषं

अग्निमूलं बलं पुंसाम्॥

विपाकम् - जाठरेणाग्निना योगात्॥

निष्ठापाकं , अवस्थापाकं , पञ्चमहाभूताग्निः

प्रकृतिः विकृतिः तथा शारीरम्

Unit - 1 प्रकृतिः , विकृतिः (निरुक्तिः)
प्रकृतिः – जातप्रकृतिः , जन्मप्रकृतिः
शुक्लासृक् गर्भिणी भोज्य॥
साम्याम् प्रकृतिरुच्यते॥
शुक्लार्तवस्थैर्जन्मादौ॥
भेदः – शारीरिक तथा मानसिक लक्षणं

विकृतिः

विकारो धातुवैषम्यम् ।

दोषगतिः , व्याधिमार्गम् (बाह्यः, मध्यमः, आभ्यन्तरः)

रोगोत्पत्तिः

व्यानेन रसधातुर्हिघे वर्षमिव तोयदः ॥

रचना शारीरम्

1. शरीरं सर्वदा सर्वं सर्वथा वेदयोर्भिषक् आयुर्वेदं सकात्स्वर्णेन वेदलोकसुखप्रदम् ॥

2. षडङ्गशारीरम्

3. गर्भव्याकरणम्

शुक्लशोणितगर्भाशयस्थम्॥

पाञ्चभौतिकत्वम्

4. मर्मशारीरम्
संख्या , स्थानभेदम् , कर्मभेदम्
5. क्रिया शारीरम्

निरुक्तिः

स्रोतस् – स्रवणात् स्रोतांसि॥

स्रोतोमयम् इयं पुरुषः॥

स्रोतो दुष्टिकारणम् (आहारश्च विहारश्च)

ते जीवितायतनानि अन्त.....॥ अन्तर्मुखस्रोतस्

स्रोतांसि नासिके कर्णौ॥ बहिर्मुखम्

स्रोतो दुष्टिलक्षणम् (अतिप्रवृत्ति संगो वा॥)

Modern Anatomy and Physiology

Definition and Branches

Basic Constitution of Body

Different levels of organisations in human body

Abdominal quadrants

Sense organs (functions and basic parts)

Unit - 2

दिनचर्या

व्यायामः(निरुक्तिः)

व्यायामगुणः

लाघवं कर्मसामर्थ्यम्॥

व्यायामोपदेशः

अर्थशक्त्या निषेव्यस्तु॥

अभ्यङ्गम्

स्नानम्

आहारविधिः

Unit – 3

षड्ऋतुः (उत्तरायणम्, दक्षिणायनम्)

ऋत दोषसम्बन्धं (चयप्रकोप प्रशामाः.....॥)

हंसोदकम्

ऋतुसन्धिः

Unit – 4

सद्रुतम् (निरुक्तिः चर्या)

दशविधपापम्

Unit – 5

धारणीयवेगः

अधारणीयवेगः

Practical (प्रायोगिकम्)

Prakruthi Pareeksha (Examination of body constitution) 10 marks

(प्रश्नपरीक्षा)

Viva voice

10 marks

Paper IV

Subject Title: द्रव्यविज्ञानम्, नामरूपज्ञानं च

Subject Code: **DYAAT 104**

SCHEME OF EXAMINATION			
Total Marks: 100			
Theory : 100		Practical : NA	
Final Exam	Internal Assessment	Final Exam	Internal Assessment
70	10	20	NA

Unit – 1 आयुर्वेद-अध्ययनप्रारम्भपद्धतिः

शिष्यलक्षणम्

गुरुलक्षणम्

ग्रन्थपरीक्षा

Unit – 2 द्रव्यगुणशास्त्रपरिचयः

निरुक्तिः

भेदः

कर्मनिरूपणम्

Unit – 3 नामरूपज्ञानम् (निरुक्तिः)

Pharmacognosy

- 1) Definition: study of drugs of natural origin
- 2) It is the study of physical, chemical and biochemical properties of drugs or drug substances of natural origin as well as the search for new drugs from natural sources (American society)]
Binomial nomenclature
Organoleptic assessment
Macroscopic analysis
Microscopic analysis
Physico chemical constant assay
Phyto chemical analysis.

Introduction to knowledge systems in the nomenclature of medicinal plants:

Classification of medicinal plants on the basis of rupa (vanaspathi etc.)
Parameters for classification of medicinal plants (avayava bodhaka etc.)
Classification of medicinal plants as fifty groups by Charaka on the basis of karma
Identification of the following medicinal plants
Sanskrit Name
Latin Name
Hindi Name

प्रयोज्य अङ्गः

सामान्यकर्म

सामान्यामयिकप्रयोगः

प्रशस्तकल्पना –

दशमूलः , शतावरी , अश्वगन्धः , अर्जुनः , चित्रकः , आर्द्रकः , हरिद्रा , मधुयष्टिः , त्रिफला

कल्पनाविज्ञानम्

Unit – 1 भैषज्यकल्पना

निरुक्तिः

वर्गीकरणम्

पञ्चविधकषायकल्पना

गुडिका

अवलेहः

चूर्णम्

क्षीरपाकम्

तैलम्

घृतम्

यूषम्

पानम्

Unit – 2 रसपञ्चकम्

(रसः - भेदः , दोषकोपः , ऋतुसम्बन्धः , अतियोगम्

वीर्यम् , विपाकम् , गुणः , प्रभावः)

चिकित्साचतुष्पादम्

Unit – 3 चिकित्सा (व्युत्पत्तिः निरुक्तिः)

चिकित्सायुक्तिः :

1. शोधनं शमनञ्चेति॥
2. दोषाः कदाचित् कुप्यन्ते॥
3. स्नेहक्लिनो कोष्ठगो धातुगो वा॥
4. पूर्व, प्रधानम्, पश्चात् कर्म
5. वस्तिविरिको वमनंमनोदोषौषधं परम् ॥
6. दर्शनस्पर्शनप्रश्नैः परीक्षेत च रोगिणाम् ॥

रसायनम्

1. रसा जरा व्याधि निवृत्तिः तत्॥
2. लाभोपायो हि शस्तानां॥

3. आचाररसायनम्

Practical (प्रायोगिकम्)

Dravyaguna

Identification of medicinal plants

5 marks

Viva voice

10 marks

Basic preparations like Pancha vidha kashaya kalpana

5 marks

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Paper V

Subject Title: प्रथमदीक्षा द्वितीयदीक्षा च

Subject Code: DYAST105

Objectives:

SCHEME OF EXAMINATION			
Total Marks: 100			
Theory : 100		Practical : NA	
Final Exam	Internal Assessment	Final Exam	Internal Assessment
70	30	NA	NA

Paper VI

Subject Title: **Yoga Practice -**

Subject Code: **DYAYP106**

Objectives:

- **To educate students about the classical Yogāsānās and other components mentioned in various texts**
- **To make students experience the benefits, limitations and key practices of Yoga**
- **To introduce the different Yoga modules for common disorders**
- **To train students to instruct a common men to perform each Asana with instruction**

SCHEME OF EXAMINATION			
Total Marks: 100			
Theory : NA		Practical : 100	
Final Exam	Internal Assessment	Final Exam	Internal Assessment
NA	NA	70	30

Unit-1: Breathing practices

[5Hrs]

- Breathing Practices
- Revision of all breathing Practices

Unit-2: Loosening Exercises (Shithilikarana Vyayama)

[10Hrs]

- Jumping
- Jumping and Twisting
- Sit ups
- Side sit ups
- Pushups
- Alternate leg placing
- Rocking and Rolling
- Pavana Muktasana Kriya

Unit-3: Suryanamaskara and Yogasanas

[20Hrs]

- Surya Namaskara – 12 rounds
- Yogasanas
- Trikonasana
- ParivrtaTrikonasana
- Parshvakonasana
- Virabhadrasana 1,2,3

Sitting

- Hamsasana
- Marichasana
- Paschimottanasana
- Baddha Konasana
- Supta Vajrasana
- Supta Virasana
- Padmasana
- Baddaha Padmasana
- Kurmasana
- Mayurasana
- Dhanurasana
- Ushtrasana

Prone

- Bhujagasana
- Salabhasana

Supine

- Sarvangasana
- Halasana
- Matsyasan

Kriyas

- Kapalabhati
- Jala Neti
- Sutra Neti
- Jyoti Trataka

Unit-4: Pranayama, Meditation and Mudras **Preparatory Practices for Pranayama**

[15Hrs]

- Vibhagiya Svasana

Pranayama

- Surya Anuloma Viloma Pranayama
- Chandra Anuloma Viloma Pranayama
- Nadishuddi Pranayama
- Bhramari
- Nasika Mudra
- Cin Mudra
- Cinmaya Mudra
- Adi Mudra and Brahma Mudra

Unit-5: Relaxation techniques and OM meditation

[15Hrs]

- Deep Relaxation technique (DRT)
- OM Meditation
- Suryanamaskara, Kapala Bhati, Nadi Shodhana, Bhramari and Om Meditation
- Neurology and Oncology,
- Respiratory Disorders, Anxiety and Depression,
- Arthritis, Back Pain and Spinal Disorders,
- Metabolic Disorder, Gastrointestinal Disorders,
- Obesity and Promotion of Positive Health (PPH)

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