


# M.Sc. YOGIC SCIENCE

## 3<sup>rd</sup> Semester

Class	Semester	Code	Course Description	Theory	Credit	Units	Hours
M.Sc. Yogic Science	3 <sup>rd</sup> Semester	DSCC 24	PRINCIPLES OF YOGA THERAPY		4	4	64-80
<b>Introduction:</b> This paper will give a perspective to the students regarding the constitution of the human body with ancient Yogic approach. This will help them to think in a yogic way on the path of preparing diagnosis and treating the situation by choosing the right Yogic tool.							
<b>Course Objective:</b> <ol style="list-style-type: none"> <li>1. To define the composition of the body.</li> <li>2. To elaborate about related body function.</li> <li>3. To associate the Yogic concept about the human body.</li> <li>4. To assume the root cause of the disease.</li> <li>5. To find a way to treat the disease with Yogic tools.</li> </ol>							
1. Application of Pancha Kosha Theory, Tri-Sharir, Avastha-Chatustayam					1	1	16-20
2. Application of Tridosha Theory, Saptdhatu, Trimala, Trayodasha Agni (Dhatvagni-7, Bhutagni-5, Jatharagni-1)					1	1	16-20
3. Application of Shadvimshati-Tatva Theory (Mahat, Ahamkara, Jnanedriya, Karmendriya, Manas, Tanmatraye, Mahabhuta Purusha & Ishwara), Dasha-Pranas, Nadis and Chakras.					1	1	16-20
4. Correlation of Shad-Rasa, Tridosha, Panch-Mahabhoota					1	1	16-20
<b>Course Outcome:</b> <ol style="list-style-type: none"> <li>1. The student will understand the Yogic constitution of human structure. This will help the students to get an idea about the Yogic diagnosis and treatment.</li> </ol>							
<b>Reference Books:</b> <ol style="list-style-type: none"> <li>1. Power of Yoga, Prof. K. Krihsna Bhatt, Suyoga Publication, Mangalore.</li> <li>2. Six Systems of Hindu Philosophy, Swami Harshananda, Ramakrishna Math.</li> <li>3. Yoga Health, Dr. H.R. Nagendra &amp; Dr. R. Nagarathna, Svyasa, Bangalore</li> </ol>							

  
 Dr. Dhanesh P.V.  
 [convenor]

Class	Semester	Code	Course Description	Theory	Credit	Units	Hours
M.Sc. Yogic Science	3 <sup>rd</sup> Semester	DSCC 25	YOGIC PERSPECTIVES OF GENERAL PSYCHOLOGY		4	4	64-80
<b>Introduction:</b> To deal with the psychological conditions it is very much needed to understand various types of emotional states and is yogic management.							
<b>Course Objective:</b> To Give them a hand to understand the concepts of Human psyche, conflicts and frustration, disorder and emotional imbalances and their yogic management.							
1. The nature of psychology and its definition, scope and utility of psychology. Psychology as a study of human behavior; counselling. Personality development; counselling, Methods of counselling; skill of counselling.					1	1	16-20
2. Issues and challenges; life skills for a happy life; code of ethics for counsellors. Psychic Forces, and human behaviour, behaviour and consciousness, state of consciousness, Psychological basis of behaviour, causes and consequences of conflicts and frustration.					1	1	16-20
3. Disorder: common mental disorders; depressive disorder; anxiety. Serious mental disorder; mental retardation; alcohol and drug abuse, Sensation; perception; attention; memory; learning; feeling etc. their definition and types					1	1	16-20
4. Intelligence and its measurements, Emotional and social intelligence, States of consciousness in yogic scriptures (Jagrit, Swapna, Sushupti, Turiya) and their applicability. Learning and remembering in the context of jnana Yoga (Sravana, Manana, Nidhidhyasanam), Types of personality in the context of different yogic scriptures (Mudha, Kshipta, Vikshipta, Ekagra and Niruddha etc.) Cause of emotions in the mind according to Yogic text.					1	1	16-20
<b>Course Outcome:</b>							
1. To enable them to understand the human psyche and methods of counselling well.							
2. To understand the psychic forces, conflicts and different disorders.							
3. To understand the physiology of frustration, psychic disorders and emotional imbalances.							
4. To understand the application of yogic techniques in different disorders.							
<b>Reference Books:</b>							
1. Abhedananda: The Yoga psychology, Ramkrishan Vedanta math, Calcutta, 1973.							
2. Sachdev, I.P.: Yoga and depth psychology, Motilal banarasi das, dellhi. 1978							

23/02/24

Class	Semester	Code	Course Description	Theory	Credit	Units	Hours
M.Sc. Yogic Science	3 <sup>rd</sup> Semester	DSCC 26	<b>RESEARCH METHODOLOGY &amp; STATISTICS</b>		4	4	64-80
<b>Introduction:</b> The field of Research in Yoga is still left unidentified; it is required to study the methods of research in conduction of valuable research to fill the knowledge gap of the society in various stream.							
<b>Course Objective: Students will be able:</b> <ol style="list-style-type: none"> <li>1. To give them a hand to identify the knowledge gap.</li> <li>2. To contribute towards the progression of society by doing Research in their respective field.</li> <li>3. To enable them to Analyze and criticize the existing knowledge.</li> <li>4. To enable them to contribute with new innovations.</li> </ol>							
<b>1. Introduction to Research methodology:</b> Definition of research; Importance of studying research methods; evaluating research reports. <b>Conducting research;</b> thinking critically about research. <b>Types of research:</b> Applied research and Basic research, Indic Knowledge System; The Concept of Tantra-Yukti. Goal of research: Description; explanation; prediction and control of behavior.					1	1	16-20
<b>2. Research ethics and review:</b> Ethics of research; informed consent, anonymity; confidentiality; plagiarism. Research question; Literature review; different sources of information; primary; secondary; and tertiary source, Electronic database: google scholar; PubMed; & psycINFO;					1	1	16-20
<b>3. Research Process</b> Hypothesis; operational definition; sampling and generalisation – population and sample; probability sampling; simple random sampling; systematic sampling; stratified and cluster sampling. Sampling biasness and non-probable sampling: snowball sampling convenience. Scale of measurement- nominal; ordinance; interval ratio; types of variables- independent, dependent, confounding & Extraneous variable; Reliability and validity. <b>Research design:</b> Cross sectional studies, cohort studies, randomized control trial and its advantages & disadvantages, and Factor need to be considered when designing a study: availability of data, sampling, data collection, cost of design, time implication and loss to follow up, Controls, Ethical issues, issues of biases and confounding.					1	1	16-20
<b>4. Statistics and reporting research:</b> Normal distribution- skewness and kurtosis; frequency distribution; Measures of central tendency- mean median mode, measure of dispersion- range, variance and standard deviation,					1	1	16-20

27/01/24

Graphical presentation of data- bar Graphs, pie charts, line diagram, scatter plot,  
Paired sample T-test, percentage change. Parts and order of dissertation, title page, abstract, Introduction, method section, Result section, discussion section, and reference section.

**Course Outcome:**

1. Understand the concept of research and its methodology for carrying minor or major research.
2. Students will be able to Feed and analyze the data acquired from major or minor researches as well as pilot study.
3. Students will be able to review the literature for Research projects.
4. Students will be able to Organize, predict and represent the data.

**Reference Books:**

1. "Research Methodology: A Step-by-Step Guide for Beginners" by Ranjit Kumar
2. "Research Design: Qualitative, Quantitative, and Mixed Methods Approaches" by John W. Creswell
3. "Research Methodology: Methods and Techniques" by C.R. Kothari
4. "The Craft of Research" by Wayne C. Booth, Gregory G. Colomb, and Joseph M. Williams
5. "Research Methodology: A Step-by-Step Guide for Beginners" by Ranjit Kumar
6. "Research Design: Qualitative, Quantitative, and Mixed Methods Approaches" by John W. Creswell
7. "Research Methodology: Methods and Techniques" by C.R. Kothari
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*27/02/24*



Class	Semester	Code	Course Description	Theory	Credit	Units	Hours
M.Sc. Yogic Science	3 <sup>rd</sup> Semester	DSCC 27	<b>PATHOPHYSIOLOGY OF COMMON DISORDERS</b>		4	4	64-80
<b>Introduction:</b> The use of Yogic Practices as a tool to heal health conditions are addressed by many researchers. A proper and scientific understanding of the pathology of common diseases is indeed for a professional approach of Yoga. This particular course will provide ample enlightenment on different disorders and the needful application of Yogic Practices as Basic Yoga Protocols for it.							
<b>Course Objective:</b> By the study of this course the aspirant may be eligible: <ol style="list-style-type: none"> <li>1. To gain a comprehensive understanding of the underlying mechanisms and physiological changes that occur in the human body during various diseases.</li> <li>2. To facilitate the identification, diagnosis, and treatment of common disorders by providing insights into the disturbances in normal physiological processes.</li> <li>3. To Explore the pathophysiological basis of illnesses such as cardiovascular diseases, respiratory disorders, metabolic syndromes, and others, individuals can develop a solid foundation.</li> </ol>							
<b>Pathophysiology of respiratory and cardiovascular disorders:</b> Respiratory disorders - Allergic Rhinitis & Sinusitis: Chronic Bronchitis, Bronchial Asthma, Cardiovascular disorders: Hypertension, Angina pectoris, Cardiac asthma					1	1	16-20
<b>Pathophysiology of Endocrine and Metabolic Disorder:</b> Endocrine and Metabolic Disorder - Diabetes Mellitus, Hypo and Hyper-Thyroidism; Obesity: Metabolic Syndrome Obstetrics and Gynecological Disorders: Menstrual Disorders: Dysmenorrhea, Menopause and peri-menopausal syndrome: Yoga for Pregnancy and Childbirth, Antenatal care, Post-natal care					1	1	16-20
<b>Pathophysiology of Gastrointestinal disorders:</b> Gastrointestinal Disorders: Gastritis, Indigestion, Peptic Ulcers, Constipation, Diarrhea, Irritable Bowel Syndrome, colitis, Piles. Muscular-Skeletal Disorders: Back Pain, Intervertebral disc prolapse (IVDP) Lumbar Spondylosys, Cervical Spondylosis, Arthritis					1	1	16-20
<b>Pathophysiology of Neurological Disorders:</b> Neurological Disorders: Migraine, Tension-headache, Epilepsy Psychiatric Disorders: Neurosis, Anxiety disorders, Phobias, Depression					1	1	16-20
<b>Course Outcome:</b> This study serves as a crucial bridge between basic medical sciences and Yogic application, fostering a deeper appreciation of the intricate interplay between cellular and systemic functions in health and disease.							
<b>Reference Books:</b> <ol style="list-style-type: none"> <li>1. Rog Aur Yog, Bihar School of Yoga.</li> <li>2. Disease and Yoga, Bihar School of Yoga.</li> <li>3. Nav Yogini Tantra, Bihar School of Yoga.</li> <li>4. Yogic Therapy, Kaivalyadhama.</li> <li>5. Yoga For Hypertension and Heart Disease, Dr. H.R. Nagendra, S-Vyasa, Bangalore.</li> <li>6. Yoga For Bronchial Asthma, Dr. H.R. Nagendra, S-Vyasa, Bangalore.</li> <li>7. Yoga for Back Pain, Dr. H.R. Nagendra, S-Vyasa, Bangalore.</li> <li>8. Yoga For Obesity, Dr. H.R. Nagendra, S-Vyasa, Bangalore.</li> <li>9. Yoga for anxiety and Depression, Dr. H.R. Nagendra, S-Vyasa, Bangalore.</li> <li>10. Yoga For Memory, Dr. H.R. Nagendra &amp; Dr. Sirley Telles, S-Vyasa, Bangalore.</li> </ol>							

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29/02/24

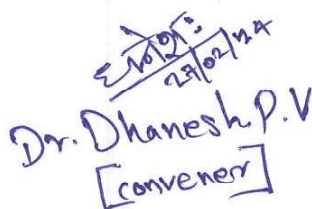
Class	Semester	Code	Course Description	Practical	Credit	Units	Hours
M.Sc. Yogic Science	3 <sup>rd</sup> Semester	AECC 7	<b>YOGIC PROTOCOL FOR THE MANAGEMENT OF DISEASES</b>		4	4	120-136
<p><b>Introduction:</b> Yoga, an ancient practice rooted in holistic well-being, has transcended its traditional boundaries to emerge as a profound therapeutic tool in the contemporary world. The integration of yoga into the management of diseases represents a paradigm shift in healthcare, acknowledging the inseparable connection between the mind and body. This age-old discipline encompasses physical postures, breath control, meditation, and ethical principles, offering a comprehensive approach to enhance overall health. The profound impact of yoga on various physiological and psychological aspects has garnered increasing attention in the medical community. Exploring the therapeutic potential of yoga in managing diseases becomes imperative in our quest for holistic and patient-centered healthcare solutions.</p>							
<p><b>Course Objective:</b></p> <ol style="list-style-type: none"> <li>1. Examine the physiological responses induced by yoga practices, such as postures (asanas) and controlled breathing (pranayama), to understand their impact on the cardiovascular, respiratory, and nervous systems.</li> <li>2. Investigate the role of yoga in fostering a harmonious integration of the mind and body, emphasizing the interconnectedness of mental and physical well-being in disease management..</li> <li>3. Evaluate efficacy of yoga in stress reduction and its influence on the neuroendocrine system.</li> <li>4. Investigate the application of yoga in the management of specific diseases, such as cardiovascular diseases, diabetes, musculoskeletal disorders, and mental health conditions.</li> <li>5. Contribute to the growing body of evidence supporting the integration of yoga into mainstream healthcare by critically reviewing existing literature,</li> <li>6. Conducting empirical research, and fostering collaboration between yoga practitioners and healthcare professionals.</li> </ol>							
<p><b>Shatkarma:</b> Gajkarni Kriya, Adho Trataka, Sheetkrama and Vyutkrama Kapalabhati, Bhramaka Nauli, Vastra Dhauti  <b>Standing:</b> Hastpadaangusthasna with Variations, Parighasanam,  <b>Twisting:</b> Markatasanam, Mrichiyananam 2 &amp; 4, Poorna Matsyendrasanam,  <b>Sitting:</b> Bhunamanasanam, Baddha-Padmasanam, Cronchasna, Kapotasanam, Madukasanam, UttanMandukasanam, Ek-Pada-Skandhasanam,</p>					1	1	30-34
<p><b>Supine:</b> Garbhasanam, Purna Chakrasanamm, JatharaParivartanam  <b>Prone:</b> Vyaghrasanam, Chaduraga, Purna Dhanurasanamm.  <b>Balancing:</b> Utthita-padmasanam, Tolangulasanam, Tulasanam, Vatayanasanam, Kukkutasanam, Kurmasanam, Konasanam, Asta-vakrasanam.  <b>Pranayama:</b> Bhastrika</p>					1	1	30-34
<p><b>Yoga Protocols for management of respiratory and cardiovascular disorders:</b> Respiratory disorders - Allergic Rhinitis &amp; Sinusitis: Chronic Bronchitis, Bronchial Asthma, Cardiovascular disorders: Hypertension, Angina pectoris, Cardiac asthma</p>					1	1	30-34

27/01/24  
27/01/24

<b>Yoga Protocols for management of Endocrinal and Metabolic Disorder:</b> Endocrinal and Metabolic Disorder - Diabetes Mellitus, Hypo and Hyper- Thyroidism; Obesity: Metabolic Syndrome Obstetrics and Gynecological Disorders, Menstrual Disorders: Dysmenorrhea, Menopause and peri-menopausal syndrome: Yoga for Pregnancy and Childbirth, Antenatal care, post-natal care			
<b>Yoga Protocols for management of Gastrointestinal disorders:</b> Gastrointestinal Disorders: Gastritis, Indigestion, Peptic Ulcers, Constipation, Diarrhoea, Irritable Bowel Syndrome, colitis, Piles. Muscular-Skeletal Disorders: Back Pain, Intervertebral disc prolapse (IVDP) Lumbar Spondylosis, Cervical Spondylosis, Arthritis <b>Yoga Protocols for management of Neurological Disorders:</b> Neurological Disorders: Migraine, Tension-headache, Epilepsy Psychiatric Disorders: Neurosis, Anxiety disorders, Phobias, Depression	1	1	30-34
<b>Course Outcome:</b> This study aims to deepen our understanding of how yoga can be effectively utilized in the management of diseases, potentially paving the way for more holistic and patient-centric approaches in healthcare.			
<b>Reference Books:</b> <ol style="list-style-type: none"> <li>1. Rog Aur Yog, Bihar School of Yoga.</li> <li>2. Disease and Yoga, Bihar School of Yoga.</li> <li>3. Nav Yogini Tantra, Bihar School of Yoga.</li> <li>4. Yogic Therapy, Kaivalyadhama.</li> <li>5. Yoga For Hypertension and Heart Disease, Dr. H.R. Nagendra, S-Vyasa, Bangalore.</li> <li>6. Yoga For Bronchial Asthma, Dr. H.R. Nagendra, S-Vyasa, Bangalore.</li> <li>7. Yoga for Back Pain, Dr. H.R. Nagendra, S-Vyasa, Bangalore.</li> <li>8. Yoga For Obesity, Dr. H.R. Nagendra, S-Vyasa, Bangalore.</li> <li>9. Yoga for anxiety and Depression, Dr. H.R. Nagendra, S-Vyasa, Bangalore.</li> <li>10. Yoga For Memory, Dr. H.R. Nagendra &amp; Dr. Sirley Telles, S-Vyasa, Bangalore.</li> </ol>			

23/02/24

Class	Semester	Code	Course Description	Practical	Credit	Units	Hours
M.Sc. Yogic Science	3 <sup>rd</sup> Semester	ECA-2	APPROACH OF CONTEMPORARY HEALTH SYSTEMS		2	4	64-80
<b>Introduction:</b> To deal with the patients and for thorough understanding of the disease it is essential to get effective communication with the patient and to enhance the ability to record the points related to the complaint according to the modern approach.							
<b>Course Objective:</b> 1. To take the case history of the patient and record the points relevant to it. 2. To establish effective communication with the patient. 3. To do the general examination of the patient.							
1.Complaints, history of present illness, Study of Symptoms, Communication with the Patient, Age and Address, Marital status, Social and occupational history, History of previous illness, menstrual history, Body weight, sleep.					0.5	1	16-20
2.Family history, Physical examination, Investigations, Diagnosis, Treatment history, Follow-up; Presenting a case and Interpretation of clinical data.					0.5	1	16-20
3.General approach, mental and emotional state, Physical attitude, Physique, Face, Skin, Tongue, Hands, Feet, Neck, Temperature, Pulse, Respiration, Special questions which were relevant.					0.5	1	16-20
4. <b>Practical:</b> Preparation of Four different case history, diagnosis, and treatment plan.					0.5	1	16-20
<b>Course Outcome:</b> 1. Students will be trained to diagnose the patients using modern tools. 2. Students will get the clear knowledge of presenting and interpretation of the clinical data. 3. Students will be able to prepare a treatment plan for a particular patient.							
<b>Reference Books:</b> 1. Hutchinson(2012), Hutchison's Clinical methods, Elsevier Ltd. 2. Wasley(1999), Critical laboratory techniques, Churchill Livingstone, Harcourt Brace and Company.							

  
 Dr. Dhanesh P.V.  
 [convenor]