

# **Certificate in Naturopathy & Yoga Technique**

## **(C.N.Y.T.)**

**One Year Course (formerly Upcharak)**

### **Eligibility Criteria**

Class XII (10+2) or equivalent or C.E.N.Y. Prवेश examination of the Parishad passed

### **Syllabus**

A. Paper: First Paper

**Maximum Marks: 100**

**Time: 3 Hrs**

1. Naturopathy: Definition and Philosophy
2. Suntherapy (Chromotherapy):
  1. History, Introduction and Chromophilosophy
  2. Physiological use and limitations of different colours
  3. Charging of Water, Air, Oil, Raw Sugar, Glycerine etc.
3. Mud Therapy
  1. Types of Mud: Black Soil, Yellow Soil, Red Soil, Domat Soil, Gangoti Soil, Multani Soil, Deemak Soil and Sand
  2. Application of mud in various disorders
4. Water Therapy
  1. External use of water Simple whole body bath, Foot Bath, Hip Bath, Spinal Bath, Parineal Bath, Shower, Jet Pressure, River Bath, Sea Bath
  2. Internal use of water-Gargle, Ear bath, Neti, Kunjal Shankhprakashalan, Enema
  3. Wet bandage and compress: Local and General
5. Space Element
  1. Fasting: Methods and Benefits
  2. How to break fast
  3. Fasts in curing diseases
  4. Sleep and restoration
  5. Vital Power and Healing crisis
6. Five Elements - Space, Air, Water, Earth
7. Foreign Matters - Definition, Origin and Effects on Body

8. Raw Eating - Method and Important

9. Acute and Chronic Diseases - Definition and Clinical Features

10.

1. Shat Karm, Yog and Pranayam

2. Asan - Katichakrasana, Tadasana, Konasana, Padamasana, Shavasana, Paschimaotansana, Ardhamatsyenderasana, Uttranpadasana, Gomukhasana, Vajarasana, Chakrasana, Pawan Muktasana, Matasyasana, Dhanurasana, Nokasana, Halasana, Bhujangasana, Tratak, Shalabhasana, Surya Namaskar and Suksham Vyayam

3. Pranayam Sheetali, Ujjai, Anulom - Vilon, Bhastrika, Bharamrthi, Seetkari, Suryabhedi

B. Paper: Second Paper

Maximum Marks: 100

Time: 3 Hrs

1. Massage:

1. Massage Manipulations

2. Speciality of Massager

3. Therapeutic uses of massage and its limitations

2. Food Therapy:

1. Salad, Sprouts, Juices and Fruits

2. White Poison - Sugar, White Flour, Vegetables Ghee

3. Human Body: Physiology and Anatomy

4. Health and Nature

1. Pollution Air, Water and Sound

2. Importance of Vegetative Kingdom for Human existence

3. Ill Effects of Chemicals

5. Varios Diseases and their Naturopathic Treatment: Constipation, Asthama, Insomnia, Blood Pressure (High and Low), Obesity, Diabetes, Stress, Cervical and Lumbar Spondylosis, Jaundice, Cold, Fever, Epistaxis, Sun, Stroke and Blood Disorder

C. Viva

**Maximum Marks: 100**

**D. Practical**

**Maximum Marks: 100**