

Diploma in Naturopathy & Yogic Science (D.N.Y.S.)

Three and Half Years Course (including six months House Job)

Eligibility Criteria

Senior Secondary (10+2) or Intermedicate or C.N.Y.T. (Formerly Upcharak) or One/Two Year Diploma in Naturopathy & Yoga form state or central Govt. Recognisd Institution of Diploma in Natuorpathy from Arogya Mandir Gorakhpur. Medical Graduate recognised by Govt. & Registered with the respective medical councils are eligible to enroll himself (M.B.B.S, M.D., M.S., B.D.S, B.A.M.S., B.U.M.S.,B. PHARMA, NURSING DEGREE) directly for the DNYS IInd year course thus they can complete the course with in two and half year duration.

There will also be an additional compulsory paper of general science (100 Marks) for eligible candidate of DNYS Ist year examination who have not studied & passed Biology at Intermediate Examination or CNYT.

Syllabus

DNYS - First Year

A. Paper: First Paper

Maximum Marks: 100

Time: 3 Hrs

1. Natural Hygiene and Public Health:

1. Aims and Basic Principles of disease prevention
2. Development of Physical, Mental and Spiritual Health
3. Community Sanitation and Hygiene
 1. Water Supply
 2. Environment Sanitation
 3. Health laws for food
4. Personal Hygiene: Sun Bath, Colon Hygiene, Rest, Sleep, Personl Cleanliness, Hygiene of eating and drinking
5. School Hygiene
6. Din-charya and Ritu-charya
7. Health Destroying Habits: Pan, Smoking, Tea, Coffee, Drinks

2. First Aid

1. Accident Condition
2. Stopping of Haemorrhage
3. Type of Bandages

4. Type of Splint
 5. Fracture and general management
 6. Drawing
 7. Duties of medical practitioners
 8. First Aid in bum injury
3. General Study of Pathology
1. Study of sick cells, Functions of Tissues
 2. Inflammation - causes, incubation, vascular phenomenon, Cellular Responses
 3. Gangrene - Dry, Moist and Gas
 4. Repair - Regeneration, Promoting factors
 5. Necrosis
 6. Neoplasm - Carcinogen, Difference between Benign and Malignant Tumours
 7. Digestive Disorders: Peptic Ulcer, Gastritis, Constipation, Dysentery, Jaundice, Cirrhosis of Liver, Ascities, Amoebiasis and Ulcerative Colitis
 8. Cardiovascular Disorders: Rheumatic fever, congenital heart disease, Heart Failure, Varicose Veins, Hypertension and Hypotension
 9. Respiratory Diseases: Sinusitis, Asthama, Bronchitis, Emphysema, Bronchiectasis, Pneumonia and Tuberculosis
 10. Endocrine Disorders: Diabetes, Hyperpituitarism, Hypopituitarism, Hyp and Hyperthyroidism

B. Paper: Second Paper

Maximum Marks: 100

Time: 3 Hrs

1. Systems and their functions:
 1. Bones and their functions
 2. Skeleton Muscle, Cardiac Muscle, Visceral Muscle and their functions
 3. Blood Lymph and its functions
 4. Spleen and its functions
 5. Digestive System, Salivary Glands, Gastric Juice, Pancreatic Juice, Bile Juice, Absorption and Assimilation
 6. Excretory System: Kidney and their function, skin
 7. Respiratory System: Respiration, Carriage of Oxygen into Blood
 8. Central Nervous System: Brain and its functions, Nerves and their functions, Autonomous Nerves and their functions

9. Circulatory System: Heart and its functions, Pulmonary circulations, Portal system
10. Special Senses and their functions: Eye, Ear, Nose, Skin and Tongue
11. Endocrines: Functions of Pituitary, Thyroid, Thymus, Pancreas, Adrenal and Gonads

2. Anatomy:

1. Structure of cell, tissues of the body
2. Bones and their relationship with parts of body
3. Muscle of legs, hands, trunk, face and eyes
4. Important joints
5. The Digestive System: Mouth, Oesophagus, Stomach, Small Intestine, Large Intestine, Rectum, Liver, Pancreas
6. The Reproductive System: Male and Female reproductive organs
7. Respiratory System: Nose, Pharynx, Trachea, Lungs
8. Circulatory System: Heart, Blood vessels and Lymphatic system
9. The Nervous System: Autonomic Nervous System, Brain, Spinal Cord, Cranial Nerves
10. Special Sense Organs: Tongue, Nose, Eye, Ear and Skin
11. Endocrine System: The pineal gland, the Pituitary gland, Thymus, Thyroid, Parathyroid, Adrenal gland, Pancreas and Gonads
12. The Excretory System: Kidney, Ureter, Urinary, Bladder, Urethra, Skin

C. Viva

Maximum Marks: 60

D. Practical

Maximum Marks: 20

E. Sessional/Project Work

Maximum Marks: 20

DNYS - Second Year

A. Paper: First Paper

Maximum Marks: 100

Time: 3 Hrs

1. Philosophy of Nature Cure:
 1. History and the Principle of Nature Cure
 2. Gandhian Philosophy of Nature
 3. Panchtantra and laws of Nature

4. Method of Nature of Preservation and importance, general health, fasting, Natural diet, Exercise, Regular habits, Rest and Relaxation hunger etc.

5. How to acquire natural immunity to diseases?

6. Healing Crisis and Diseases Crises

7. Toxins and Anti toxins and their eliminations

8. Suppression of disease and its consequences

9. Importance of right mental attitude

10. Vaccination and their ill effects

2. Science of Facial Expression

1. Foreign matter theory - Definition and formation of foreign matter

2. Accumulation of foreign matter, liquids and solids, dry and gaseous form

3. Bad habits and accumulation of foreign matter

4. Encumbrances - types and characters

5. Elimination of foreign matter and how to increase the vitality

B. Paper: Second Paper

Maximum Marks: 100

Time: 3 Hrs

1. Nature Cure Methods and Practice

2. Hydrotherapy

1. Physical Properties of WATER

2. Principal of Hydrotherapy

3. Physiological effects of water applications, respiration, digestion, action and reaction

4. Classification of Hydrotherapy Prescriptions

1. Primary Effects

2. Excitant Effects

5. Internal Excitation

6. Secondary Excitant Effects

1. Restorative effects

2. Tonic effects

3. Expectoant effects

4. Resultive and Derivative effects

7. General and Local Sedative effects

8. The technique of Hydrotherapy:

1. Water drinking
2. Effusions
3. Irrigation-irration of nose, stomach, colon and recium
4. Douches, Scotch Douche, Spinal Douche, Alternate Douche
5. Packs: Chest packs, Trunk packs, Partic packs, T. packs, Leg Packs, Local Packs, Full Wet Sheet Packs
6. Baths: Hip Bath, Spinal Bath, Sitz, Foot Bath, Imersion Baths
7. Vapour Baths, Steam Bath and Air Baths, Ice treatments

3. Mud Therapy

1. Types of Mud
2. Collection and properties of mud
3. Mud Poultices
4. Genral and Local Mud Applications
5. The Physiological and Pathological effects and Contraindications

4. Chromo Therapy

1. Types of Colours - Primary and Secondar
2. Chromophyllosphy
3. Chromo Hygiene
4. Limitations of Chromo therapy
5. Physiological use of Violet, Indigo, Blue, Green, Yellow, Orange, Red, Infra-Red and Ultra-Violet
6. Charging of Air, Water, Oils, Foodstuffs, Clycerin Vaseline, Raw Sugar, Milk, Rose-Water etc.

C. Viva

Maximum Marks: 100

D. Practical:Every student will be required to undergo minimum 10-15 days practical training

Maximum Marks: 20

E. Sessional/Project Work

Maximum Marks: 100

D.N.Y.S.-III (1st Paper)

- Yoga
- Yoga – Definition, Concepts, Aims and objectives.
- Different types of Yoga: Raj Yoga, Bhakti Yoga, Hath Yoga, Gyan Yoga, Laya Yoga, Karma Yoga, Tantra Yoga.
- Philosophy of Yoga-Yog Sutra, including 8 steps of Yoga (Astang Yoga).
- Effects of various Yoga Asanas of different systems.
- Circulation effects of Asanas, Pranayam, Mudras, Bandhas & Kriyas.
- Difference between Yogic and non-Yogic exercises.
- Yoga and Mental Health.
- Surya – Namaskar.
- Meditation
- Fasting
- Definition
- Difference between fasting and starvation.
- Types of fast, short fast, intermittent fast, long fast.
- Physiological Effects of fasts.
- Treatments during fast.
- How to start fast, how to continue and how to break fast.
- Crisis during the fast and its treatment.
- Methods of fasting – Complete fast, Partial Fast, Water Fast, Juice Fast, Saline Fast, Fruit Fast, Mono-diet fast.
- Nutrition and Dietetics
- Classification of food and drinks.
- Deficiency diseases.
- Artificial foods and their ill-effects.
- Acidic and Alkaline foods.
- Digestion, Absorption and Assimilation.
- Customs and manners of eating.
- Combination of foods.
- Value of foods, in raw state, germinated form and cooked form.
- What to eat, how to eat and how much to eat. v

- Nutrition and its Importance.
- Nutrition and natural resistance to infection.
- Blanced Diet.
- Manipulative Treatments.
- Theory of massage.
- Therapeutic use of massage.
- Physiological effects of massage-upon skin, muscular system, Circulatory system, gestlve system and nervous system.
- Massage Manipulations : Hacking, Stroking, Percussion, Pertrispnange, Friction, Tapotment, Vabration and Shaking.
- Points of Acu-Pressure and their manipulation methods, uses and limitatyions.

D.N. Y.S.-III (2nd Paper)

- Management of Diseases, Clinics and Hospitals.
- Obstetrics and Gynecology
- Anatomy and physiology of genital organs.
- Ovarian and Uterine – cycles.
- Disorders of menstruation.
- Common diseases and Sexually Transmitted Disease (STD's)
- Physiology of Pregnancy.
- Development of Embryo and Placenta.
- Normal and abnormal labour.
- Antenatal and Postnatal Care.
- Care of Mother and new born.

General Science

- General Science (Only for non-bio Students)
- Origin, Evolutions & Community of Life :-
 - Heredity and Variation, Introduction. Mendel's experiments with peas and idea of factors, Mendel's laws of inheritance Genes, packaging of hereditary material in prokaryotes-bacterial chromosome; plasmid and eukaryote chromosomes. Cell division. Cell cycle, mitosis and meiosis. Genetic material and its replication, gene manipulation. Gene expression : genetic code.

- Origin of life, Living and non-living. Darwin's two major contributions, common origin of living organisms and recombination as sources of variability, selection acts upon variation, adaptation (Lederberg's replica plating experiment for indirect selection of bacterial mutants). Human chromosomes, similarity in different racial groups. Comparison with chromosomes of non-human primates in indicate common origin; Cultural is biological evolution.

- Fundamental Knowledge of Zoology

- Animal tissues:- epithelial, connective, muscular nerve.

- Animal nutrition :- Organs of digestion and digestive processes, nutritional requirements of carbohydrates proteins, fats, minerals and vitamins; nutritional imbalances and deficiency diseases. Gas exchange and transport: Pulmonary gas exchange and organs involved, transport of gases in blood, structure and pumping action of heart, arterial blood pressure, lymph. Excretion and osmoregulation, aminotelism, ureotelism, uricotelism, excretion of water and urea with special reference to man. Role of kidney in regulation of plasma, osmolarity on the basis of nephron structure, skin and lungs in excretion. Hormonal coordination: hormones of mammals, role of hormones as messengers, and regulators. Nervous coordination central, autonomic and peripheral nervous systems, receptors, effectors, reflex action, basic physiology of special senses integrative control by neuroendocrine systems. Locomotion, joints, muscle movements, types of skeletal muscles according to types of movement, basic aspects of human skeleton. Reproduction, human reproduction, female reproductive cycles. Embryonic development in mammals (upto three germ layers), Growth, repair and ageing.

- III. Fundamental Knowledge of Botany

- Introduction :- Multicellular way of life in plants and animals. The basic philosophy of form and function in plants and animal. Modes of nutrition transport of solutes and water in plants. Photosynthesis : Photochemical and biosynthetic phases; diversity in photosynthetic pathways. Transpiration and exchange of gases stomatal mechanism, Osmoregulation in plants. Reproduction and development in plants : major forms of plant reproduction – asexual and sexual brief account of mode of sexual reproduction in multicellular lower plants. Structure & Functions of flower, development of Male & Female gametophytes, angiosperm, pollination, fertilization and development of endosperm, pollination, fertilization and development of endosperm, embryo, seed and fruit. Differentiation and organ formation. A brief account of growth and movement in plants.

- Fundamental Knowledge of Chemistry

- Atoms, Molecules and Chemicals Arithmetic :-Chemical classification of matter (mixtures, compounds and elements and purification). Law of chemical combination and elements and purification). Law of chemical combination and Dalton's Atomic Theory. Atomic Mass (mole concept, determination of chemical formulas). Chemical equation.

- Elements, their Occurrence and Extraction :- Earth as a sources of elements, Elements in biology, Elements in sea.

- Carbon and its compounds :- Elemental Carbon, Inorganic compounds of carbon (Oxides of Carbon, Halides, Carbides). Organic compounds.

- Chemistry of Non-metals :- (Hydrogen, Oxygen and Nitrogen)

- The Molecules of Life :– The cell, Carbohydrates (monosaccharides, disaccharides and polysaccharides). Proteins (amino acids, peptide bond, structure of proteins).
- Chemistry of Biological Process :– Carbohydrates and their Metabolism; Haemoglobin, blood and respiration; Immune system; Vitamins and hormones. Simple idea of chemical evolution.
- Fundamental knowledge of Physics
- Introduction and Measurement :– What is physics; Scope and excitement; Physics in relation to science; and technology need for measurement.
- Laws of Motion :– Force and Inertia, first law of motion. Momentum second law of motion, Impulse, some kinds of forces in nature. Third law of motion laws of friction, rolling friction, lubrication.
- Gravitation :– Universal law of gravitation. Inertial and gravitational mass, variation in the acceleration due to gravity of the earth, orbital velocity, geostationary satellites, gravitational potential, escape velocity.
- Waves :– Wave motion, speed of wave motion.
- 5. Solids and Semiconductor :– Energy bands in solids, conductor, insulators and semiconductors.