

IV YEAR SYLLABUS

NUTRITION

THEORY

I. Introduction of Nutrition:

- Definition of food, Nutrition, Nutrient and diet
- History of Nutrition, Progress in Food Science
- Basic Principles of Nutrition ; Food , Nutrition & Health
- Nutritional Basis of Life and Life in Connection with Food
- Composition of Body in Relation to Nutrition

II. Components of Food and their Classification (Brief):

Carbohydrates, Proteins, Lipids, Vitamins, Minerals and Trace Elements, Water and Electrolytes, Metabolism and Energy Needs of the body, Energy Balance and the regulation of the body weight, Enzymes

III. A. Food Groups:

- 1) Cereals
- 2) Millets and Coarse grains
- 3) Pulses
- 4) Green leafy Vegetables
- 5) Other Vegetables
- 6) Roots & Tubers
- 7) Fruits
- 8) Milk & Milk Products
- 9) Sugar & Jaggery
- 10) Honey
- 11) Nuts & Oil-seeds
- 12) Spices & Condiments

B. Nutritive Values of Food ingredients Commonly used in India

IV. The Science & Fine Art of Food & Nutrition:

- Philosophy of Nutrition
- Calories: Measuring what we eat; Law of the Minimum, Organic foods & Organic acids, Organic Vs. Inorganic Foods
- Salt Eating, Salt Stimulation Vs. Good Diet
- Fruitarianism and Vegetarianism
- The Digestibility of Foods
- Mental Influences in Nutrition
- How much shall we eat? ; How to Eat?
- Correct Food Combining - Food Combining Charts
- Effects Of Cooking , Uncooked Foods (Raw Eating), Salads, Conservative Cooking
- Effects of Denatured Foods
- Diet Reform Vs. Supplemental Feeding, Beginning the Reform Diet
- The Eliminating Diet , Feeding In Disease
- Cow's Milk , Pasteurization ,Mother's Milk , Feeding of Infants, Feeding Children From Two to Six Years

V. Food as Medicine - Known Facts

- Proteins are Body Builders, Proteins can be Body Killers
- Fats -Concentrated Body Fuels
- Vegetables as Do It- Yourself Therapy
- Solid Foods : When, What Kind, How Much?
- Vitamins and Supplements for all ages
- Facts about common foods

VI. Food & Toxins

- 1) Infective agents & Toxins in food
- 2) Food Adulteration and Consumer Protection.
- 3) Food additives
- 4) Health hazards of added chemicals in foods
- 5) Nutrition & Infection
- 6) Stimulants, Study about adverse effect of Alcohol & Tobacco

VII. Nutritional Diagnosis – Oxidative stress, Oxidative defence

VIII. Public Health and Nutrition

- 1) Education in Nutrition
- 2) Nutritional Program, Nutrition Survey and Methodology
- 5) Nutritional assessments, Social aspects of the Nutrition, Fortification and Enrichment
- 7) Exercise & Balanced Diet
- 8) Nutrition in relation to disaster management

IX. Nutrition in Health

- 1) Human Nutritional requirements
- 2) Nutrition in Pregnancy, Lactation , Infancy, Childhood, Adolescence and Old Age
- 3) Nutrition and Immunity

X. Nutritional deficiency diseases, Preventive and Curative approach

XI. The Optimum Nutrition Program for Correcting Disease & Restoring , Building and Maintaining Health

MPMSU-BNYS SYLLABUS

DIETETICS

1. Concept of Health in Naturopathy
2. Dietetic principles in Naturopathy
3. Concept of wholesome diet
4. Medicinal values of Foods
5. Natural qualities / properties / character foods in Naturopathy / Ayurveda / Modern Nutrition
6. Natural food and health
 - a) Importance of Green Vegetables, other vegetables, fruits and the ingredients
 - b) Chemical Composition of different raw juices , their effects and uses- Ginger, Raddish, Bottlegourd, Wheat grass, Beetroot, Cabbage, Carrot, Cucumber, Lettuce, Garlic, Onion, Lemon, Papaya,Knol-kol, Pineapple, Mango, Tomato, Pomegranate, Grapes, Apple, Bittergourd, Ashgourd, Bael fruit , Spinach, Pumpkins, Watermelon, Indian Gooseberry , Orange , Sweet Lime, whey water & Neera etc.
 - c) Sprouts, their Nutritive Values and Methods of Sprouting
 - d) Food Values in Raw states, germinated form and Cooked form
 - e) Comparison with raw and cooked foods
7. Naturopathic Hospital dietetics and their classification
8. Disease management with diet - Diabetes, Renal diseases, Anaemia, PEM, Peptic Ulcer, Constipation, Malabsorption syndrome, Liver diseases like Jaundice, Fatty liver etc. HBP, LBP, Atherosclerosis, Gall Bladder disease, Cancer, OsteoArthritis, Rheumatoid Arthritis, Obesity, Underweight.
11. Food allergy and dietary management
14. Diet in special conditions: Pregnancy, lactation, Infancy, Geriatrics
15. Seasonal changes in the dietary pattern in Ayurveda/Naturopathy and Modern nutrition
16. Food ,Sanitation, hygiene and health
19. Dietary fibre and its therapeutic effects (e.g. constipation, ano-rectal disorders, colonic disorders, GIT disorders, D.M. etc.)
21. Diet in exercise, sports, games and athletics
24. Diet, Fasting and Disease .
25. Vegetarianism: Its Positive and Negative aspects in Naturopathy
27. Kalpa therapy in Naturopathy: Grapes, Mango, Matha, Milk Etc.
31. Toxicless Diet, Body Purification & Healing System
34. Hygienic Food & Hygienic Cookery Theory

35. *Physio-Pharmacology of Foods :*

- A) Anti- Bacterial / Anti-Septic Foods
- B) Anti- Coagulant Foods
- C) Anti- Depressant Foods
- D) Anti- Diabetic Foods
- E) Anti- Diarroheal Foods
- F) Anti-Inflammatory Foods
- G) Anti-Oxidant Foods
- H) Anti-Viral Foods
- I) Anti- Hypertensive Foods
- J) Calming & Sedative Foods
- K) Anti-Cancerous Foods
- L) Carminative Foods
- M) Cholesterol Lowering Foods
- N) Diuretic Foods
- O) Immunity Enhancing Foods
- P) Life Prolonging Foods
- Q) Memory Enhancing Foods
- R) Expectorant Foods
- S) Oestrogenic Foods
- T) Analgesic Foods
- U) Aphrodisiac Foods
- V) Anti-Ulcer Foods
- W) Anti-Pyretic Foods
- X) Anti-Spasmodic Foods
- Y) Spoliative & Sudorific / Diaphoretic Foods
- Z) Eliminative Foods
- Aa) Cooling & Heating Foods
- Ab) Anti- Emetic Foods
- Ac) Purgative & Laxative Foods

Practicals

1. Visits to the dietetic department of the hospital
2. Menu planning using natural foods and raw foods in general patients
3. Demonstration of sprouts

4. Preparation of low cost balanced diet for different population groups using natural foods
5. Modification of normal diet in consistency-liquid full soft
6. Canteen duties at nature cure hospital
7. Knowledge of Sathvic food preparation at nature cure hospital
8. Visit to different nutrition centres like NIN - Hyderabad, CFTRI (Mysore)

Recommended Text Books

1. Davidson and Passamore Human Nutrition and dietetics-By Passmore, Eastwood.
2. Clinical Dietetics and Nutrition- By F.P. Antia
3. Normal and Therapeutics nutrition” - By Corinne H. Robinson Marilyn R. Lawler.
4. Essentials of Food and Nutrition-By Swaminathan
5. Foundations of Normal and Therapeutic Nutrition-By Randall Teltal.
6. Nutrition and dietetics-By Subhangini Joshi.
7. Sprouts-By J.D. Vaish, Yoga Samsthan
8. Medical Secrets of Your Food-By Aman.
9. Mucusless Diet healing System – By Prof. Arnold Ehret
10. Raw Eating – By Aterhov
11. The Science and Fine Art of Food & Nutrition – By Herbert M. Shelton.
12. Nutritive value of Indian foods – By NIN B.S. Narsinga Rao
13. Text book of Nutrition And Dietetics – By Sri Lakshmi
14. All publications of NIN, Hyderabad

Reference Book

1. Food and Nutrition -By Gupta
2. Modern Nutrition in Health and Disease-By Shills
3. Human Nutrition - By Maxine E.Mc. Divit and Sumati Rajgopal
4. Superior Nutrition - By Herbert M. Shelton
5. All publications on Nutrition - By National institute of Nutrition, Hyderabad.
6. Periodicals of Indian Journal of Medical Research.

7. Indian Journal of Nutrition and Dietetics
8. Nutrition survey of India
9. A Complete Guide to Vitamins-Edited - By J.I. Rodele and Staff.
10. Nutrition - By Chaney and Ross.
11. The Complete Book of Food and Nutrition - By J.I. Rodele and staff.
12. Food Remedies - By S.J. Singh.
13. The Sprouting Book - By Ann Wigmore
14. Dictionary of Natural Foods - By William L. Esser
15. Healing through Natural Foods - By H.K. Bakhru
16. Food Combining Made Easy - By Herbert M. Shelton
17. Encyclopedia of Fruits, Vegetables, Nuts & Seeds for Healthful Living - By Joseph M. Cadans
18. Nutritive Value of Indian Food Stuffs - By S.J. Singh
19. Diet & Nutrition - By Rudolph Ballentine
20. Nature's Healing Grasses - By H.E. Kirschner
21. Diet to Dissolve Kidney Stones - By Dr. S.J. Singh
22. The Vitamin & Health Encyclopedia - By Jack Ritchason
23. Food is Your Best Medicine - By Henry G. Bieler
24. Natural Dietetics - By Dr. J.M. Jussawala
25. The Grape Cure - By Johanna Brandt
26. Aahar hi Aushadhi hai - By Dr. Hiralal
27. The Hippocrates Diet and Health Program - By Ann Wigmore
28. The Natural Food of Man - By Hereward Carrington
29. Sugar - The Curse of Civilization - By J.J. Rodale
30. Foods That Heal - By H.K. Bakhru
31. Anubhav aur Sar - By Dr. Sohanlal Nishkam Karmyogi
32. Protective Foods in Health & Disease - By Kulranjan Mukherjee
33. Miracle of Garlic - By Dr. Paavo Airola
34. Old age, its causes & prevention - By Sanford Bennett
35. The Encyclopedia of Health and Physical Culture (Vol 2) - By Bernarr Macfadden

HERBOLOGY

Theory

1. Introduction to Herbology.
2. The following herbs are to be studied with respect to their source and therapeutic uses. Botanical details shall be avoided.

Botanical Name:

1. Emblica Officinalis.
2. Cassia Fistia.
3. Ficus Glomerata.
4. Veliverta Zizanodies
5. Cinnamomum Camphora
6. Monardica Charantia
7. Tribulus Terrestris
8. Myristiba Fragrans
9. Cuminim Cyminum
10. Sesamum Indicum
11. Ocimum sanctum
12. Punica Granatum.
13. Coriandrum Sativum.
14. Azadirachta Indica.
15. Allium Cepa.
16. Piper Longum
17. Psoralea Corylifolia
18. Taxus Baccata .
19. Aegle Marrnelos
20. Semecarpus Anacardium
21. Phyllanthus Niruri
22. Piper Nigrum
23. Santhalam Album
24. Santhalam Album
25. Allium Sativam
26. Mimosa Pudica
27. Acorus Calamus
28. Asparagus Racemosus
29. Rauwoffia Serpentina
30. Curcuma Longa
31. Terminalia Chebula
32. Ferula Narthex
33. Syzygium Aramaticum
34. Terminalia Belerica
35. Gingiber Officinalis

BOOKS

- 1) Fundamentals of Ayurveda
 - 2) Fundamentals of Ayurveda (ISM, Bangalore Publication)
 - 3) Swastha Vriptta Vignana
 - 4) Arogya Prakash
 - 5) Astaanga Hirudaya
 - 6) Charak Samhita
 - 7) Sushrut Samhita
 - 8) Herbs that Heal
- By K.N. Udupa
- By Mahadev Shastri M.
- By R.H. SINGH
- By Ramnarayana Vaidya
- By Vagbhatta
- By Charak
- By Sushrut
- By H.K. Bakhru

OBSTETRICS AND GYNAECOLOGY

THEORY

Section-A

1. Basic Anatomy & Physiology –

- a) Anatomy and Physiology of female genital organs and pelvis.
- b) Maturation and fertilization of ovum.
- c) Development of placenta.
- d) Embryology of uterus.

2. Physiology of Pregnancy :

- a) Maternal changes due to pregnancy
- b) Diagnosis of pregnancy
- c) Differential diagnosis of pregnancy
- d) Foetus in normal pregnancy
- e) Ante-natal care.

3. Physiology of Labour :

- a) Causation and stages of labour
- b) Mechanisms of labour
- c) Conduct of Delivery - the Natural means.

4. Physiology of Puerperium

- a) Phenomena of normal puerperium
- b) Care of Puerperium
- c) Care of new-born child

5. Pathology of Pregnancy

- a) Hyperemesis gravidarum
- b) Anaemia in pregnancy
- c) Diseases of urinary system
- d) Diabetes in pregnancy
- e) Abortion
- f) Ectopic pregnancy
- g) Ante-partum haemorrhage
- h) Placenta previa

6. Pathology of Labour

- a) Occipito - posterior position
- b) Breech presentation
- c) Multiple pregnancy
- d) Contracted pelvis
- e) Management of labour in contracted pelvis
- g) Complications of 3rd stage of labour

7. Affection of New -Born

- a) Asphyxia neonatorum
- b) Preterm baby

8. Obstetrical Operations

- a) Forceps
- b) Cessarean section
- c) Induction of abortion and labour

9. Pathology of Puerperium

Puerperal infections

10. Miscellanencous

- a) Perinatal mortality and Maternal mortality
- b) Post-dated pregnancy
- c) Placenta insufficiency .
- d) Control of contraception
- e) Medical Termination of Pregnancy.
- f) Pre-term labour.

11. Naturopathic Application:

- a) Hydrotherapy in Pregnancy
- b) Importance of Naturopathic Diet in Pregnancy & Puerperium c)

Underwater delivery

12. Yogic application:

- a) Exercises in
 - Ist Trimester
 - IInd Trimester
 - Illrd Trimester
 - Puerperium
- b) Pelvic Floor Exercises

Section – B

1. Gynaecological diagnosis
2. Malformation of Female genital organs
3. Diseases of vulva
4. Diseases of vagina
5. Sexually transmitted diseases in female
6. Diseases of urinary system
7. Trophoblastic diseases
8. Disorders of menstruation
9. Prolapse of uterus
10. New Growths of uterus

11. Endometriosis and adenomyosis
12. Diseases of ovary
13. Pelvic inflammatory diseases

Practicals

1. History taking of ante-natal and gynaecological cases
2. Demonstration of physical examination of ante-natal and gynaecological cases
3. Demonstration of conductive labour, normal delivery and use of minor instruments during Delivery
4. Demonstration of various equipments used in obstetrics and gynaecology
5. Case -history writing of ante-natal and gynaecological cases (25)

Recommended Text Books

1. Clinical Obstetrics
2. Text Book of Obstetrics
3. Shaw's Text Book of Gynaecology
4. Text Book of Gynaecology
5. Text Book of Obstetrics
6. Text Book of Gynaecology
7. Yoga for Pregnancy & Natural child Birth
8. Women Disease & Easy Child Birth. - By J.H.Tilden
9. Every women's book - By Dr. Paavo Airola

Reference Books

10. Illustrated Book of Obstetrics & Gynaecology - By Dr. Gevan
11. Natural Childbirth
12. Birth Control: Natural and Unnatural
13. Holistic Approach to menstrual Problems
14. Vaginitis: A Natural Approach
15. Breast Cancer Can Be Prevented
16. Varicose Veins: Prevention and Treatment
17. Understanding the Pregnancy: The Miracle of Creation
18. What Smoking Does to Women?
19. Depression : A New Epidemic
20. What Woman Should Know About Anaemia?
21. Overweight: Must It Be A Lifetime Struggle?
22. Menopause: Dreadful Affliction or Glorious Experience?
23. Uterine Tumors can Be Prevented

YOGIC THERAPY

THEORY

1. Introduction to Yogic Therapy / Basis of Yogic Therapy
2. Role of Asanas in curing various diseases
3. Specific importance of Pranayama in curing various diseases
4. Vital role of Bandhas, Mudras, Drishtis, in curing various diseases
5. Role of Shat-kriyas in curing various diseases particularly digestive disorders
6. Role of general exercises in health and disease.
7. The effects of various Yogic practices on different systems Viz : Skeletal system, Endocrine System, Nervous system, Digestive System, Respiratory system, Excretory system, Cardio-vascular system, Muscular system, Reproductive system
8. Sudarshan Kriya, Vinyasa flow & other modern variants.
9. Yoga therapy for:
 - a. Cardio-Vascular diseases
 - b. Psychiatric diseases
 - c. Mental retarded diseases
 - d. Neuro-Muscular diseases
 - e. Gastro-intestinal diseases
 - f. Hormonal diseases
 - g. Respiratory disorders
 - h. Metabolic disorders
 - i. Ophthalmologic disorders
 - j. Paediatric disorders
 - k. E.N.T. Disorders
 1. Obstetrics & Gynecology disorder
10. Meditation and its applications on psycho-somatic disorders
11. Yoga & Relaxation Techniques
 - a. QRT-Quick Relaxation Technique
 - b. IRT - Instant Relaxation technique
 - c. DRT-Deep Relaxation technique

12. Teaching methods of Yoga to Public, Students and patients. Model lesson planning and adoption of Yoga in education system, limitations, vidhi and Nisheda (right and wrong)
13. Workshop on Yogic therapy
14. Dissertation
15. Advanced techniques of Yoga therapy (Cyclic Meditation, PET, SMET, MSRT, MIRT, MEMT, VISAK, ANAMS etc)
16. Pranic Healing & Reiki Therapy
17. **Yoga and Mental health**-Total integration of personality, correct mental behaviour and attitude, harmonial relationship of body and mind, self content tranquilising effect, psychology of spiritual growth and spiritual value, toning judgement, pure consciousness, mode of living and disciplined life.
18. Yoga for : Children, Women, Geriatrics, Techno Stress.
19. Yogic Counselling

REFERENCE BOOKS :

1. Yogic therapy - By Dr. Vinekar, Govt. of India. Publication.
2. Yogic therapy - By Dr. Giarde
3. Treatment of common - By Swami Satyananda Saraswati
Diseases through yoga
4. Seminars on Yoga, Science & Man - By CCRYN, Delhi Publication.
5. Yoga Nidra- By Swami Satyananda Saraswati. Bihar School of Yoga
6. The Ancient Science and Art of Pranic Healing - By Choa Kok Sui.
7. Pranic Psychotherapy - By Choa Kok Sui.
8. Psychology - By Robert A Baron.
9. Garifeld Special Psychotherapy - By John Wiley & Sons.
10. Hand Bood of Behavior Modification & therapy - By Plenum press.
11. Stress & Mental Disorders - By Carrett J.E. Raven Press, Newyork.
12. Counseling and evidences - By Adams J.T. moe. Million co.
13. Stress Management Research papers - By V.K. Yoga Bangalore.
14. Yoga for Healing – P S Venkateshwaran
15. Yoga for Mental Health & Beyond – R S Bhogal
16. Meditation & its Techniques- Sh. Ravi M. Dixit

HYDROTHERAPY

Theory

PAPER – I

1. Introduction and History
2. Physical properties and chemical composition of water
3. Physiological basis of Hydrotherapy:- The Skin and its anatomical construction, functions of the body
4. 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
5. Importance of water to human body.
6. Physiological effects of water on different systems of the body
 - i) General and Physiological effects of heat upon:
 - a. Skin
 - b. Respiration
 - c. Circulation
 - d. Nervous System
 - e. Heat and its production, dissipation etc.
 - f. Tactile and temperature sense
 - ii) General and physiological effects of cold upon skin, respiration, circulation, nervous system, G.I.T., Body temperature and its maintenance.
7. Reflex areas of the body, results of the application of hot and cold over reflex areas
8. Action and reaction, incomplete reaction, Conditions that encourage and discourage reaction, internal reaction, thermic reaction, modified thermic reaction
9. Place of water in preservation
10. Place of water in Acute diseases
11. Place of water in Chronic diseases
12. Magnesium sulphate - use in Hydrotherapy

PAPER – II

1. General Principles of Hydrotherapy

- a) General rules of hydrotherapy
- b) Therapeutic significance of reaction
- c) Adaptation of individual cases
- d) Exaggeration of symptoms under treatment, the untoward effects and how to avoid them
- e) General indications and contra- Indications

2. Therapeutic actions and use of Hydrotherapy:

a) Classification of Hydratic effects, General principles excitation and Depression

b) Primary excitant effects when to apply and when not to apply

1. Local haemostatic effects
2. Cardiac effects Hydratic heart tonics
3. Uterine excitations, emanogogic effects
4. Vesical excitations
5. Intestinal excitations, peristaltic effects

c) Secondary excitant effects:-

- Restorative effects.
- Tonic effects of cold water, physiological effects of cold water, Cold water Vs. Medical tonics, application diseases.
- Anaemia, Neurasthenia, Hypochondria Cerebral congestion, Rheumatism, Diabetes mellitus, Valvular heart diseases.
- Calorific effects.
- Diaphoretic effects. Importance of attention to the skin in Chronic diseases - alternative & qualitative effect - Hot baths in brights diseases, Sweating baths in dropsy and obesity, Depurative or eliminative effects, Toxemia in Rheumatism.
- Expectorant effects.
- Diuretic effects - Brights disease, Uremia - eclampsia.
- Atonic Dyspepsia, Hyperacidity
- Revulsive and derivative effects, flexion, revulsive methods for Combating superficial anaemia and for relief of deep congestion

method adopted to anaemia of deep seated organs revulsion on analgesic measure.

- d) Resolvent effects ,sedative effects- general sedatives - local sedatives.
 - i) Sedatives of the circulatory system- antiphlogestic effects, inflammation, pneumonia, pleurisy and other acute disorders.
 - ii) Nerve sedatives, hypnotic, calmative analgesic, anesthetic, antispasmodic, insomnia, chorea, spastic paralysis, exophthalmic goiter, mania, epilepsy and various painful conditions.
 - iii) Anti- thermic and antipyretic effects, relation of heat production and heat elimination to antipyretic methods, principles that govern the application of hydriatic measures for the reduction of temperature in fevers , methods that may be efficiently employed in various morbid conditions and effects, indications and contra- indications.
 - iv) Secretory and sedative effects - prophylactic uses.
 - a. Cold bathing in infancy and early childhood.
 - b. The cold bathing for Adults.
 - c. The cold baths for women.
 - d. The cold bath in old age- precautions.

3. **The techniques of Hydrotherapy:**

WATER BATHS: Plain water bath, Cold hip bath , Kellog's & Kuhne's sitz bath, Shallow bath - for males, females, Arm and Foot Bath, Graduated bath, Natural bath , Non revulsive bath, Immersion bath, Cold plunge bath, Whirl pool bath Aeration bath ,Vichy spray massage Rapid bath, Brand - bath, Fever bathing, Sea bathing.

4. **Various baths and air baths :**

Russian bath, Turkish bath, Steam Bath, Hot air bath, Local hot air bath, Super hot air bath, Cold air bath, Indoor and out-door baths.

5. **Pool Therapy:**

- a) Introduction
- b) Principles of treatment Part I and Part II.
- c) Physiological and Therapeutic effects of exercise in warm water.

- d) Indications and contra - indications.
- e) Dangers and precautions.

6. **Douches :**

Cold Douche , Hot Douche , Neutral Douche , Alternative Douche, Under-water Douche , Contrast Douche, Horizontal Jet, Cephalic Douche, Lumbar Douche, Fan Douche, Rain Douche or Shower Douche, Heptic Douche, Circular Douche and Semi Circular Douche, Cerebrospinal Douche, Plantar Douche, Percussion Douche, Scotch Douche ,Revulsive Douche, Ascending Douche, Calliper Douche, Filiform Douche, Shoulder Douche, Abdominal Douche, Anal Douche

7. **Fomentation and Stupes:**

The hot water bag, the siphon hot water bag, the thermopore, the mustard Fomentation, clay and glycerin poultice, charcoal poultice, cotton poultice.

A. **Compresses and Packs :**

The wet sheet pack, cold shower pack, sweating pack, very cold compress, proximal compress, neutral compress, alternate compress, Revulsive compress, GH Pack, Kidney Pack, Wet girdle pack, dry abdominal bandage. Abdominal heating compress, Head pack, Spinal pack

SPECIAL FORMS OF COMPRESS :

Cephalic compress, Chest pack, Triangular chest Pack, Half chest compress, Joint compress, Pelvic pack, Foot pack, Cold spinal compress, Towel chest Pack, Pericardial or cardiac compress, Hip pack, Perineal compress, Prone Packs , Lumbar compress.

9. **Internal Use of Water:**

Irrigations and enema (Colon Flushing), Cold water drinking, Hot water drinking, Water emetic, irrigation of ear, Nasal Irrigation, Vaginal irrigation, Intra-uterine irrigation, rectal irrigation.

Enema :- Hot, warm, Cold, graduated enema. Coloclyster, Retentive enema, Tonic Enema.

Hydriatic Prescription Making:

- a. The natural defense of the organism.
- b. Procedures for increasing vital resistance.
- c. Procedures which excite the central ganglia.
- d. Procedures that increase oxidation.
- e. Measures that encourage general and local metabolic activity.
- f. Procedures that increase general blood movement and local blood supply.
- g. Measures that increase heat production.
- h. Measures that increase the elimination of heat.
- i. Measures that combat bacterial development of blood.
- j. Measures that increases/ lessen heat elimination.
- k. Hydriatics incompatibility.
- l. Hydrotherapy as a means of rehabilitation and health promotion.
- m. Emergency treatments in Hydrotherapy.

10. Mud Therapy:

- a) Introduction to Mud Therapy.
- b) Classification of mud for therapeutic use.
- c) Precautions for storing mud.
- d) Methods of treatment of mud - applications, packings hot poultices, effect of mud on different system of body.
- e) Natural mud bath, full and partial mud packs, mud plaster, thermal bath, dry pack, sand pack and sand baths.
- f) Cosmetic uses of mud.

PRACTICALS

Demonstration of various therapeutic Procedure and treatments in Hydrotherapy during clinical classes at the hospital.

At the end of final B.N.Y.S. Course, candidate should be in a position to give treatments independently.

TEXTBOOKS:

1. Baths

- By S.J.Singh.

2. My Water Cure - By Sebastian Keneipp.
3. Rational Hydrotherapy - By Dr. J.H. Kellogg.
4. The Healing Clay - By Michel Adserra.
5. Our Earth and Cure - By Raymond Dextroit.

REFERENCE BOOKS

1. Hand Book of Hydrotherapy - By Shew, Joel.
2. Hydrotherapy in Practice - By Davis, B.C.& Harrison, R.A.
3. Medical Hydrology - By Sideny Licht.

MPMSU-BNYS SYLLABUS

HOLISTIC PRACTICES OF NATUROPATHY & YOGA

Theory

- 1. Case History taking according to Naturopathy.**
- 2. Integrative approach of Naturopathy treatments – Design of treatment protocol, Diet Planning etc., Patient Treatment Plan.**
- 3. Naturopathic Prescription making and management of following disorders -**
 1. Cardiovascular Disorders
 2. Gastrointestinal Disorders
 3. Blood related Disorders
 4. Respiratory Disorders
 5. Neurological Disorders
 6. Psychiatric Disorders
 7. Musculoskeletal Disorders
 8. E.N.T. Disorders
 9. Ophthalmology Disorders
 10. Obstetrics & Gynaecology Disorders
 11. Paediatric Disorders
 12. Metabolic Disorders
 13. Hormonal Disorders
 14. Neuromuscular Disorder
 15. Mental Retardation Disorder
 16. Psychological Disorder
 17. Sexual Disorder
 18. Post surgical Rehabilitation
 19. Post Chemotherapy Rehabilitation
 20. Skin Disorders
 21. Tumors & Cancers
 22. Affections due to Parasites
 23. Affections due to Physical agents & Intoxicants
 24. Care of Wounds, Burns, Bites & Stings
 25. Accidents & Emergencies
- 4. Good clinical practice – Guidelines and standards**
- 5. Important modes and methods for Natural rejuvenation.**

Practicals

- **Case history taking, documentation and complete management protocol of 30 cases**
- **Clinical dissertation on any one disease and management through Naturopathy treatments.**

RECOMMENDED BOOKS:

1. Nature's Materia Medica - By Dr. J.M. Jussawala
2. The Genesis & Control of Disease - By George S. Wege
3. Constipation & Indigestion - By L. Ramachandran
4. Reversing Heart Disease - By Dr. Dean Ornish
5. Natural Cure for Rupture - By Bernarr Macfadden
6. Stop Hair Loss - By Dr. Paavo Airola
7. Worldwide Secrets for Staying Young - By Dr. Paavo Airola
8. Bragg Fitness program with Spine Motion - By Paul C. Bragg
9. There is a Cure for Arthritis - By Dr. Paavo Airola
10. Cancer overcome by Diet-
An Alternative to Surgery - By Louise Green Field
11. Diet to dissolve kidney Stones - By Dr. S.J.Singh
12. The Hygienic Care of Children - By Herbert M. Shelton
13. New Light on Atherosclerosis, High Blood Pressure & Heart Attack
14. Integrated Healing Arts - By Dr. J.M. Jussawala
15. A Doctor's Victory Over Cancer - By Kristine Nolfi

REFERENCE BOOKS:

1. Medical Drugs on Trial? Verdict "Guilty"! - By Keki R. Sidhwa
2. Drink Your Troubles Away - By John Lust
3. Physical Fitness - By Prof. Arnold Ehret
4. Science of Natural Life - By Dr. Ganga Prasad
Gaud "Nahar"
5. Home Remedies for Common Ailments - By H.K. Bakhru
6. The Greatest Health Discovery - American Natural Hygiene Society
7. The cure of advance cancer by
Diet Therapy - By Dr. Max Gerson M.D.

8. Natural Cure of Skin Ailments

- By Dr. S.J. Singh

9. The Encyclopedia of Health and
Physical Culture (Vol 7 & 8)

- By Bernarr Macfadden

10. Materia Medica

- By J.M. Jussawala

MPMSU-BNYS SYLLABUS

HOSPITAL MANAGEMENT & RESEARCH

METHODOLOGY

Theory

SECTION 1: HOSPITAL ADMINISTRATION

1. The Hospital administrator - Role and Responsibilities
2. Profile of an effective Hospital Administrator

SECTION 2:MANAGERIAL SKILLS

1. Planning
2. Information System
3. Communication
4. Decision Making
5. Monitoring and Evaluation
6. Managing Time
7. Meetings

SECTION 3:HOSPITAL ORGANISATION

1. Hospital Organisation - Structure and Function
2. Hospital Committees

SECTION 4: THE HOSPITAL

1. Role of Hospital in Health Care
2. Hospital Planning and design
3. Special Features of Nature cure Hospital, Qualities of Therapist, Hospital Atmosphere, Scientific Attitudes, Awareness of Scope, Limitations of nature cure.
4. Newer Technology in Treatment Through Naturopathy

SECTION 5: THE CLINICAL SERVICES & CLINICAL SUPPORTIVE SERVICES

1. The Medical Staff Organisation, interaction with patients.
2. Radiological Services 3. Laboratory Services

SECTION 6: THE NURSING SERVICES

SECTION 7: SPECIALISED SERVICE AREAS

1. Casualty Services
2. Disaster Services

3. Out-patient Services
4. Day Care
5. Diagnostic Services
6. Medical Records

SECTION 8: HUMAN RESOURCES

- I. Personnel

SECTION 9: MATERIALS MANAGEMENT

SECTION 10: FINANCES

1. Finances
2. Activity based costing in Hospital
3. Economics of H.M.

SECTION 11: QUALITY ASSURANCE

1. Quality Management in our Hospitals
2. Medical Audit

SECTION 12: ETHICS & LAWS

1. Ethics
2. Law applicable to Hospitals
3. Consumer Protection act 1986

SECTION 13: Indian Health Policy

PRACTICAL

1. Visit to the different Hospitals .
2. Project work in Planning & Designing the Hospital

REFERENCE BOOKS

1. Hospital Planning & Administration - By Llewellyn Davies Macaulay , H.M.C.
2. Hospital Administration - By Francis C.M & Maria C.Desouza
3. Hospital ward Management - By Kusum Samant
4. Text Book of Social & Preventive Medicine - By Park. K.
5. Economics of Health care - By Martin Green
6. Hospital Planning - By Dr. Ashok Sahni
7. Principals of Hospital Administration & Planning - B.M. Sakharkar

PHYSIOTHERAPY

EXERCISE THERAPY (THEORY)

1. **Basic Physics in exercise therapy : -**
 1. **Mechanics** : Force. Gravity, Line of gravity, center of gravity in human body, base, Equilibrium. And planes. Mechanical Principles :- Lever, Order of Lever, examples in human body, Pendulum, Spring.
 2. **Introduction to Exercise Therapy** :
 3. **Starting Position** :- Fundamental Starting positions, derived position, Muscle work for all the fundamental starting positions.
 4. **Classification of movements in detail** :
 - a) Voluntary movements.
 - b) Involuntary movements
 5. **Active movements**
 6. **Passive movements**
 7. **Muscle strength** : Anatomy and physiology of muscle tissue, causes of muscle weakness/paralysis, preventing of muscles weakness/ paralysis, types of muscle work and contractions, range of muscle work, muscle assessment. Principles of muscle strengthening / re-education, early re-education of Paralyzed muscles
 8. **Joint movement** :Classification of Joint movements, causes for restriction of joint movement, prevention of restriction of joints range of movements , Principles of mobilizations of joint in increasing the range of motion. Technique of mobilization of stiff joint.
 9. **Relaxation** :Techniques of relaxation, Principles of obtaining relaxation in various positions.
 10. **Posture** :-Types, factor responsible for good posture, factor for poor development of good posture.

11. **Co-ordinadion exercises** : Definition of co-ordinated movements, in-coordinated movements. Principles of co-ordinated movements, technique of co-ordination exercise.
12. **Gait – Analysis of normal** gait with muscles work, various pathological gaits.
13. **Crutch Gait** :- Introduction, crutch measurement, various types of crutch gait (in details)
14. **Neuro- muscular facilitation techniques, functional re-education.**
15. **Suspension Therapy** :- Principles of suspension, types of suspension therapy, effects and uses of suspension therapy , their application either to mobilize a joint or to increase joint range of motion to increase muscle power, explaining the full details of the components used for suspension Therapy.

ELECTROTHERAPY (Theory)

- Electrical fundamentals, physical principles, structure and properties of matter, molecular atom, proton, neutron, electron, ion, etc., Electrical energy: Nature of electricity current, static electricity current, Electric potentials generated by cell, ohm's law, joule's law, Magnetic Energy: Nature and property of a magnet, magnetic induction, Show rule, maxwell's cork-screw rule. Electro magnetic induction, principle and working of choke, coil, transformer, rectification of A.C. to D.C., Metal oxide Rectifier, semiconductor, Diode and triode, valves, principles of working in a capacitor, details of charging and discharging etc. Transistors, measurement of current intensity, EMS and power, moving coil milometer and voltmeter.
- 2. **Low Frequency Currents**:- Nature and principle of production of muscles stimulating currents, types of low frequency currents used for treatment, Therapeutic electric stimulation, Intophoresis.
- 3. **Preparation for electro therapy**, preparation of apparatus, patient treatment technique. Stimulating the muscles of extremity, back and face through the motor points.
- 4. **Faradic and galvanic currents.**
- 5. **High frequency current treatments** :
Physics of high frequency currents, production of high frequency currents, principles, Bio Physics of heat, Physiology of heat and cold , Production, Physiological and therapeutic effects and uses. Technique of Treatments, Dangers and precautions, contra-indications of the following.

- a) Shortwave Diathermy
 - b) Microwave Diathermy
 - c) Ultrasonic Therapy
6. Principles of radiation therapy, physics of radiation therapy, laws governing radiation, Production. physiological and therapeutic effects, uses, techniques of treatment, dangers and precautions, contraindication etc. of the following.
- a) Infrared radiation therapy.
 - b) Ultraviolet radiation therapy
 - c) Basic principles of transcutaneous nerve stimulation and interferential therapy.
 - d) Wax therapy-physics-physiological and therapeutic effect and uses. Techniques of application.

Practicals (I)

- (1) Interrupted/modified D.C.
 - (a) Stimulation of muscles directly.
 - (b) Diagnostic tests
 - (I) F.G.Test.
 - (II) S.D.Curve
 - (III) Fatigue Test.
- (2) Uses of surged faradism and interrupted galvanism in various peripheral nerve lesions.
 - (a) Neuroproxia
 - (b) Axonotomosis.
 - (c) Neurotomosis

Practicals (II)

(High frequency current treatment)

- (a) Shortwave diathermy-setting up of apparatus including selection of method and electricity, Techniques, preparation of patient, checking, contra indications, application of SWD for various conditions and various parts of the body. Those must be practiced by the students.
- (b) Microwave diathermy-setting up of apparatus including selection of method and electricity, Techniques, preparation of patient, checking, contra indications, application of MWD for various condition and various parts of the body. Those must be practiced by the students.

- (c) Ultraviolet radiation: setting up of apparatus including selection of lamps technique of application of UVR for various conditions like test dose, general body bath, acne vulgaris, alopecia areata and total is, ulcers, psoriasis, rickets and general debility patients.
- (d) Ultrasonics: setting up of apparatus, selection of dose, technique of application in various Condition and to various parts of the body .

Practicals (III)

- (1) Demonstration and practice of Active and passive movements.
- (2) Demonstration and practice of putting suspension to shoulder joint, Elbow joint in upper limb, hip joint and knee joint in lower limbs for all movements. Demonstration of total suspension.
- (3) Muscle strength: Demonstration and practice of strengthening, re-education of weak/paralysed muscles of both upper and lower extremity, individual group muscles, abdominal muscle exercises.
- (4) Joint movements: Demonstration and practice of techniques to improve joint range of motion of hip joint, knee joint, ankle and foot in lower limb, shoulder joint, elbow joint, radio-ulnar joint, wrist joint & upper limb.
- (5) Demonstration and practice of free exercise to improve joint range of motion (Small joints, eg. hand, finger, toes etc.) Demonstration and practice of all crawling exercises, faulty posture. Correcting techniques.
- (6) Demonstration of various pathological gaits. Measurement of crutches, walking aids, strengthening of crutch muscles, crutch balance, Demonstration and practice of all crutch gaits.
- (7) Breathing Exercises: Demonstration and practice of Diaphragmatic breathing, localised expansion exercises.
- (8) Passive stretching: Techniques of passive stretching to sternomastoid muscle, shoulder abductors. flexors elbow flexors, supinator, wrist and finger flexors in upper limbs passive stretching to hip flexors, Adductors, ilio-tibialband, tensor fascia lata, quadriceps, knee flexors, tendoachillies etc.

BOOK REFERENCE (BOTH THEORY AND PRACTICALS)

- 1. Principles of Exercise Therapy - By Dena Gardiner.
- 2. Tidy's physiotherapy.
- 3. Cash text book of physiotherapy.
- 4. Clayton's Electrotherapy and Actinotherapy.
- 5. Kisner's Therapeutic Exercise Foundation and techniques.
- 6. Maggie's text Book of Physiotherapy

PSYCHOLOGY & BASIC PSYCHIATRY

1. **Definition and brief history of Psychology.**
2. **Biology of Behaviour: Typical behaviour patterns, Sociobiology, Brain and Behaviour.**
3. **Sensory process and Perception.**
 - a. Vision, Hearing, Smell, Taste, Skin senses.
 - b. Perceptual Process – Nature characteristics, and laws of perceptual organization.
 - c. Attention Nature of attention, characteristics, types and determinants.
4. **Learning** : Nature and elements, Principles of learning, Theories of Learning – Classical conditioning (Palov), Instrumental conditioning (Skinner) and Insight Learning (Kohler).
5. **Memory and Forgetting Process** : Encoding, Storage and Retrieval, Sensory, Short term and Long term memory. Forgetting and its determinants. Improving your memory.
6. **Thinking and Problem solving** : The thinking process, concepts, Problems solving, Decision making, Creative thinking.
7. **Motivation**: Meaning, criteria of motivate behaviour, need, drive and reinforcement.
8. **Emotion and Stress**: Nature and development of emotions, Physiology of emotion. Stress : Nature, Physiological response of stress, kind of stressors, relationship of health and stress – models of stress.
9. **Attitudes**: Nature of attitude, Measurement of attitudes, Factor in attitude change, attitudes and behavior.
10. **Human Development**: Concept and laws of human development, Difference in growth and development. Stages of development – infancy, childhood, adolescence, adulthood and old age.
11. **Personality**: Type and trait approach, determination of personality, role of personality factors in health.
12. **Concept of Health**: Models of health – biological, psychological, sociological and bio-psycho-social model.
13. **Health Promotion**: Changing health habits/life style-Diet and Nutrition, controlling weight, exercise, meditation, yoga and relaxation. Role of psychological factors in diabetes, heart disease, cancer.

Abnormal Psychology (Psychiatry)

Characteristics of psychopathological or abnormal behaviour, Concept of Normality and Abnormality, Importance of the study of Abnormal Psychology.

General Causes of Abnormal Behaviour : Biological, Psychological and socio-cultural

Psycho-neurosis and Psychosis : Main difference between psycho – neurotic and psychotic disorders. Anxiety disorder: Phobia, Generalised Anxiety disorder, Obsessive Compulsive disorder (General introduction of symptoms and causes)

Somatoform Disorder: Conversion disorders, Hypochondrias Dissociative Disorders – Amnesia, Fugue, Somnambulism, Multiple Personality, Posttraumatic stress disorder.

Mood disorder: Manic State, Depressive state, Bipolar Mood Disorder.

Schizophrenia: General Symptoms & types.

Substance related disorders: Alcohol related, drug related disorders.

Epilepsy and Mental retardation: Symptoms, levels/types.

Personality disorders: Psychopath Personality, Anti social personality.

Therapies for psychological distress: Psychoanalysis, Behaviour Modification therapy, Transactional Analysis.

Positive Psychotherapy and its practical application to various conditions, Mental health and Yoga.

RECOMMENDED BOOKS :

- Zimbardo P.. & Weber, A.L. (1997), Psychology, New York : Harper Collins Publishers.
- Kothurkar & Vanarse () Experimental Psychology Himalaya Pub. Mumbai.
- Feldman R.S. Understanding Psychology. Tata MC Graw Hill, New Delhi.
- लाल बचन त्रिपाठी एवं अन्य (1997) आधुनिक प्रायोगिक मनोविज्ञान हरप्रसाद भार्गव, आगरा
- आलम, श्रीवास्तव, शर्मा व तिवारी (2004) आधुनिक सामान्य मनोविज्ञान, मोतीलाल बनारसीदास
- प्रीति वर्मा एवं श्रीवास्तव (1996) आधुनिक प्रायोगिक मनोविज्ञान, विनोद पुस्तक मंदिर, आगरा
- अरुण कुमार सिंह (2006) उच्चतर सामान्य मनोविज्ञान मोतीलाल बनारसीदास, वाराणसी
- ब्रज कुमार मिश्रा - मानव व्यवहार का अध्ययन (2010) फाई लर्निंग
- सुषमा पाण्डे - सामान्य मनोविज्ञान (2010) कान्सेन्ट नई दिल्ली
- अरुण कुमार सिंह - आधुनिक असामान्य मनोविज्ञान, मोतीलाल बनारसीदास, वाराणसी।
- Heatherington, E.M. & Parks, R.D. (1986) Child Psychology, New York : MC Graw Hill.
- Santrock, J.W. (1999). Lifespan Development, New York : McGraw Hill.
- Srivastava A.K. (1998). Child Development : an Indian Perspective, New Delhi : NCERT
- Azimurrahman. Abnormal Psychology, Motilal Banarsidas, Varanasi.
- Pestoneji, D.M. (1999) Stress and coping : The India Experience, N. Delhi Concept.
- Misra, G. (1999) Psychology Perspective on stress and Health, N.Y. Springer.
- Lazarus, R.S. & Folkman S. (1984) Stress Appraisal and coping, N.Y. Springer.
- Corson, Butcher & Coleman (1997). Abnormal Psychology and modern life (8th ed.) Sect. Froesman & Co.
- J.D. Page, Abnormal Psychology.