

# **PROGRAMME GUIDE**



**DNYS-DIPLOMA IN NATUROPATHY AND YOGIC SCIENCE**

**Duration of the Course: 1 Year (2 Semesters)**

**CHANNELS & MERIDIANS HEALTHCARE PVT LTD**

**41, SAMINATHAN STREET, SEKKALAI, KARAIKUDI.**

**MOBILE: 8489500055 /8870749194**

## Syllabus

**DNYS - First Semester**

**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, Personal Cleanliness, Hygiene of eating and drinking
5. School Hygiene
6. 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 burn 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, Hypo and Hyper-thyroidism

### **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: Autonomous 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 Semester

**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. Expectorant effects
    4. Regulative and Derivative effects
  7. General and Local Sedative effects
  8. The technique of Hydrotherapy:
    1. Water drinking
    2. Effusions
    3. Irrigation-irritation of nose, stomach, colon and rectum
    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, Glycerin 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**