

Gujarat University

Semester – 4

Value Added Course

Course Name: Naturopathy and Yogic Science

Course Code : VAC-NYS-247

Credit: 2

Course Duration: 30 Hours

Unit – 1 : Principal and practice of nature care (15 Hours)

- Basic Principals of Nature Cure
- Nature cure v/s Modern System
- Methods of Nature Cure
- Fasting
- Therapeutic baths - (Cold Compress, heating compress, enema, spinal bath, hot foot bath, cold foot bath, steam bath, neutral immersion bath)
- Curative powers of earth (Mud Therapy, Mud Bath, Mud Pack for Eyes)

Unit – 2 : Yogic and Other Therapies (15 Hours)

- Exercise in Health and Disease (Methods of exercise and precautions)
- Yog Therapy (Kriyas, Asanas, Kapalbhati, Anulom Vilom, Bharamari Pranayam)
- Healing power of colors (Color Therapy, Methods of Treatment, Diet)
- Mudra Therapy
- Sleep (Sleep v/s Rest, Theory of Sleeps, Sleeping Positions, Duration of Sleep)

Reference Books :

1. Naturopathy practice by Nitin Nilkanth
2. The handbook of Indian Medicine by T. G. Ram Murti Aiyer
3. Naturopathic Physical Medicine and Practice by Chaitow Leon, Churchill Livingstone