

Certificate Course in Basic Ayurveda, Panchakarma and Naturopathy

Theory

Unit-1: BASIC ANATOMY AND PHYSIOLOGY KP 16 hours

Fundamentals of digestive system, muscular and skeletal system, cardiovascular system, nervous system.

Unit-2: INTRODUCTION TO NATUROPATHY RK 16 hours

General introduction to Naturopathy; Naturopathy – its definition, meaning, scope and limitations; History of Naturopathy – Indian and Western approaches; Comparison of Naturopathy with other systems of Medicine; Catechism of Nature cure. Health-its condition and requirements; Natural Wellness - Definition, Principles & Philosophy; Natural Way of Life; Concept of Cause of Disease Based on Nature Cure; Healing Crises and Diseases Crisis; The Importance of Mental and Emotional Influences on Health

Unit-3: PANCHAKARMA AND APPLIED ASPECTS KP 20 hours

Basic Ayurveda, Laws of Nature: Pancha Mahabhootas, Shareera Dharmas – Ahara, Nidra, Bhaya, Concept of natural immunity; Methods of acquiring natural immunity; importance of Physical & Mental Hygiene and prevention of diseases. Introduction to PANCHAKARMA, PURVAKARMA, PRADHANKARMA & PASCHADKARMA and its relation to NATUROPATHY. Specialties and applied therapies of Netrakarma

Unit-4: FASTING RK 16 hours

Difference between Fasting and Starvation; Types of Fasting - Short Fasting, Intermittent Fasting, Long Fasting; Physiological effect of Fasting; How to start Fasting, how to Continue and how to Break the fasting; Methods Of Fasting – Complete Fast, Partial Fast, Water Fast, Juice Fast, Fruit Fast, Mono-Diet Fast. Classification of Food; Importance of Acid and Alkali Balance; Acidic and Alkaline Foods;

Unit- 5: COMMON DISEASES KP 12 hours

Constipation, Indigestion, Pain in Abdomen, Gastric Trouble, Diarrhoea, Fever, Headache, Insomnia, Obesity, Arthritis, Diabetes Mellitus, High Blood Pressure, Rhinitis and Sinusitis etc.

NOTE: Theory classes will run for 4 months (16 weeks).

Theory Class timings: Saturday 5 pm – 7 pm (Dr. Kalipada Pal, KP)
Sunday 2pm – 4pm (Rabin Karati, RK)

Department of Sports Science and Yoga

Ramakrishna Mission Vivekananda Educational and Research Institute

PO Belur Math, District Howrah, 711202

www.rkmvu.ac.in

Practical

Unit-1: HYDROTHERAPY (RK)

History of Healing power of water, Physical properties of water, Heat temperature classification, Physiological effects of hot and cold water. Action and reactions, Incomplete reaction, conditions that encourage and discourage reaction, Types of reactions, General principles of water cure, use of water cure.

the Techniques of water cure-Plain water, **Bath** (Hip Bath, Spinal Bath, Foot & Arms Bath), **Vapour bath** (Steam Bath).Fomentation and Douche, compress and **Packs**(Abdominal Pack, Leg Pack etc.), Internal use of water and enemas.

Unit-2: MUD THERAPY (RK)

Types of Mud and chemical composition, Various types of Mud, Natural Mud baths, Mud packs, Dry bath, Sand bath, physiological & pathological effects.

Unit-3: SUNSHINE THERAPY (RK)

Composition of sun rays, Difference between morning, mid day and evening sun rays, Physiological effects of sun light on : metabolism, blood formation, blood circulation, nervous system, skin, etc., Therapeutic use: of various colours, Techniques of application of sun ray therapy.

Unit-4: EXPOSURE OF AIR (KP)

Unit-5: ENEMA THERAPY (Vasti karma) (KP)

Unit-6: MASSAGE THERAPY (Oliation Therapy) (KP)

NOTE: *Practical classes will start after 16 weeks of theory class. Practical classes will be held for 4-6 weeks.*

Practical Class timings: Sunday 2pm – 5pm (Dr Kalipada Pal / Rabin Karati)

TEXT BOOKS

1. S. D. Dwivedi : Naturopathy for perfect health, Kalpaz Publication Delhi, 2002
2. Pravesh Handa : Naturopathy and Yoga, Kalpaz Publication Delhi, 2006
3. S.J.Singh. : My Nature Cure or Practical Naturopathy
4. M.K.Gandhi : The story of my experiment with truth

REFERENCE BOOKS

1. R.K.Garde : Ayurvedic for Health and Long life Harry Benjamin. : Everybody's Guide to Nature Cure
2. M.K.Gandhi. : My Nature Cure