



Certificate Course in Basic Ayurveda, Panchakarma and Naturopathy

Theory

Unit-1: BASIC ANATOMY AND PHYSIOLOGY

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

Unit-2: INTRODUCTION TO NATUROPATHY

History of Naturopathy. Features of Naturopathy. Aims and object of Naturopathy. Principal of healing of Natural medicine. Comparison of Naturopathy with other system of medicine. Principle of Naturopathy. Physio-Pathological aspect of Naturopathy. Health management through Naturopathy. Common Yogic and Naturopathic prescription of healthy living. Naturopathy technique for healthy livings.

- 1) Foods and nutrition. Alkaline and acidic foods.
- 2) Mud- therapy - Types. Process of application of Mud. Clinical uses of different types of Mud therapy.
- 3) Hydrotherapy - Different types of Hydrotherapy. Physio- Pathological effect of different types of Hydrotherapy. Clinical effects of different types of Hydrotherapy.
- 4) Sun-shine therapy - Types and methods of sun-therapy. Therapeutic uses of sun-therapy and colours therapy.
- 5) Fasting therapy - Types and Physiological - Pathological effect of Fasting therapy. Methods of Fasting therapy. Benefits of Fasting therapy.
- 6) Exposure of Air - Different types of Vayu. Action of Air on the human body.

Unit-3: PANCHAKARMA AND APPLIED ASPECTS

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

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;



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Unit- 5: COMMON DISEASES

Indigestion, Gastritis. Gastric-ulcer, Constipation, Diarrhoea, Ulcerative Colitis, Haemorrhoids, Arthritis, Cervical spondylosis, Lumbar spondylosis, Rheumatoid Arthritis, Gout, Rhinitis. Sinusitis. Acute Bronchitis. Chronic Bronchitis. Bronchial Asthma. COPD. High blood pressure. Insomnia. Hepatitis(Viral A,B). Gall stones. Cirrhosis of Liver. Obesity. Diabetes mellitus. Influenza. Chicken pox. Dengue. Yellow fever. Nephritis.

Practical

Unit-1: HYDROTHERAPY

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. 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

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

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

Unit-5: ENEMA THERAPY (Vasti karma)

Unit-6: MASSAGE THERAPY (Oliation Therapy)

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