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Annual

13

**Tamil Nadu Physical Education and Sports University****Chennai****Directorate of Distance Education****Department of yoga**

|                    |                                    |
|--------------------|------------------------------------|
| Name of the course | PG Diploma in Pancha Karma Therapy |
| Eligibility        | Any UG Degree                      |
| Stream             | Distance Education                 |
| Duration           | One Year                           |
| Medium             | English                            |
| Attendance         | Minimum 80%                        |
| Year               | 2014 – 15 onwards                  |

**PG Diploma in Pancha Karma Therapy (DDE)**  
**SCHEME OF EXAMINATIONS**  
**MARK DISTRIBUTION**

| TITLE  | INTERNAL MARKS | EXTERNAL MARKS | MAX MARKS |
|--|----------------|----------------|-----------|
| Basic Theory of Ayurveda                                 | 25             | 75             | 100       |
| Introduction to yogic Anatomy, Physiology and Psychology | 25             | 75             | 100       |
| Pancha karma Therapy                                     | 25             | 75             | 100       |
| Yoga Therapy   | 25             | 75             | 100       |
| Pancha karma and yoga Practical                          | 25             | 75             | 100       |
| Clinical Practice in Pancha karma <i>and yoga</i>        | 25             | 75             | 100       |
| Village Placement Programme (VVP)                        | 100            | --             | 100       |
| <b>TOTAL MARKS</b>                                       |                |                | 700       |

Syllabus  
P.G . DIPLOMA IN PANCHAKARMA THERAPY

**PART - I : THEORY**

**PAPER – 1 : BASIC THEORY OF AYURVEDA**

**Unit -1 History of ayurveda**

History of Development of Ayurveda in India -Decent of Ayurveda-chronology of ayurveda according to different schools. Introduction of authors of classical texts during Samhita kala and their contribution especially Atreya- Dhanwantri-Kashyapa, Agnivesha,-Sushruta -Bhela- Harita, Charaka, Dridhbala, Vagbhatta, Nagarjuna, Jivaka – introduction and contribution.

**Unit -2 Creation of the Universe**

Definition and lakshana of ayu, composition of ayu; definition and lakshana of Ayurveda; definition and types of siddhanta; introduction of basic principles of Ayurveda and their significance -Panchamahabhuta-fundamental principles of Ayurvediya Kriya Sharir

**Unit -3 Concept of Diseases in Ayurveda**

introduction of eight branches of ayurveda and concerned renowned texts. Conceptual study of fundamental principles of Ayurvediya Kriya Sharir e.g. Panchamahabhuta, Tridosha, Triguna, Loka-Purusha Samya, Samanya Vishesha, Rasa-Virya-Vipaka etc. Description of Basics of Srotasas.

**Unit -4 Tridoshas - Dhatu - Malas**

General introduction, definition and criteria of dhatu Manasa-Prakriti – classification, characteristics clinical significance. Mala - Vyutpatti, Nirukti of term 'mala'

**Unit -5 Healthy Living ( Dinacharya / Ratricharya / Ritucharaya)**

Abhyanga, Vyayama, udvartana, sadvritam, dasavidhapapa Karma Name of shadritus, their division Into uttarayana & dakshianaya, concept of ritusandhi, precautions in ritusandhi-Dinacharya- Ratricharya - Ritucharaya

**Reference Books**

- 1 Charak Samhita with commentary of Ayurveda Dipika by Chakrapanidatta & Jalpakalpa taruby Gangadhara Agnivesha
- 2 Sushrutha Samhita with the Nibandha Samgraha commentary of Dalhana & Nyayachandrika panjika of Gayadasa on nidansthana Sushrutha
- 3 Ashtang Hridaya with Sarvanga sundara & Ayurveda rasayana commentaries Vagbhata
- 4 Ayurvediya Panchakarma chikitsa Dr Mukundilal Dwivedi
- 5 Panchakarma Vigyan Dr Haridas Shreedhar Kasture
- 6 Illustrated Panchakarma Dr.G Srinivasa Acharya
- 7 Clinical Panchakarma (English) Dr. P.Yadaiah

References:

1. Balkrishna Acharya (2006) Ayurveda its principles and Philosophies, Haridwar: Divya Prakashan
2. Atharale V.B. (1980) basic principles of Ayurveda, Bombay: Pediatric clinics
3. Frawley David (2000) Yoga and Ayurveda Delhi: Motilal banarsidass Publishers Pvt Ltd,
4. Balkrishna Acharya (2012) A practical approach to the Science of Ayurveda, Haridwar: Divya Prakashan
5. Frawley David and Sandra Summerfield kozak (2011) Yoga for your type New Delhi: New Age Books,
6. Vasañt Dattātray Lad (2007) Secrets of the pulse The Ancient art of Ayurvedic Pulse Diagnosis Delhi: Motilal Banarsidass Publishers Pvt.Ltd
7. Ashwini yogi (2011) Sanatan Kriya. The Ageless Dimension. New Delhi: Dhyān Foundation
8. Stiles Mukunda (2009): Ayurvedic yoga therapy New Delhi: New age books
9. Sivananda Swami (2006): Practice of Ayurveda Shivanandanagar: The Divine Life Society
10. Atreya (2000) Ayurvedic Healing for women, Delhi, Motilal Beharsidass
11. Joshi Rajani (2007) Health tips from the Vedas Haridwar: Shri Vedmata Gayathri trust
12. Thirunarayanam (2012) Introduction to Siddha Medicine, Chennai: centre for Traditional Medicine and Research
13. Bakhru (2011) The complete Hand book of Nature cure, Mumbai: Jaico publishing House
14. Gala DR, Dhiren Gala and Sanjay gala (2008) Nature cure for common diseases, Ahmadabad: Navneet publications (India) Ltd.,
15. Murthy Chidananda (2010) yogic and naturopathic treatment for common ailments, New Delhi: Central council for research in Yoga and Naturopathy
16. Basavaraddi Ishwar (2012) Important therapeutic modalities used in Naturopathy, New Delhi. Central council for Research in Yoga & Natruopathy,
17. Murthy Chidananda(2011) Yoga and Naturopathy New Delhi: central council for Research in yoga and Naturopathy.

**Paper 2 °**  
**Introduction to Yogic Anatomy, Physiology and Psychology**

**UNIT 1 – Textual reference**

- The holistic approach – Panca Maya model as detailed in Taittreya Upanisad
- Anna maya
- Prana maya
- Mano Maya
- Vignana maya
- Ananda maya

**UNIT 2 – Yogic Anatomy**

- Panca Kosa model
- Tri-sarira model
- Sapta dhatu model

**UNIT 3 – Yogic Physiology**

- Panca Prana
- Nadis
- Cakra model
- Agni and Ama model.

**UNIT 4 – Yogic Psychology**

- Yogic psychology – different parts of mind, different states of mind, and different activities of mind.
- Super consciousness
- Relationship of yoga and psychology
- Powers of mind and unfolding the powers of the mind including consciousness and Sub-consciousness.
- Psychological Disorders – Neurosis, Psychosis, Personality Disorders

**UNIT 5 – Therapeutic application of yogic Anatomy, Physiology and Psychology**

- Assessment of imbalance at anatomical level
- Assessment of imbalance at physiological level
- Assessment of imbalance at psychological level
- Yogic practice and techniques to balance the imbalances

*References:*

- 1 . Arthur C. Guyton & John Edward Hall (2006), Textbook of Medical Physiology, Florida, United States, Elsevier Standards.
2. Surinder H Singh & Krishna Garg, (2008), Anatomy and Physiology for nurses & allied health sciences, New Delhi CBS Publishers.
3. Sivaramakrishnan S. (2006) , Anatomy and Physiology for Physical Education, New Delhi , Friends Publishers.
4. Anne Waugh & Alison Graunt (2005) Anatomy and Physiology in Health and Wellness, Allahabad, Churchill Livingstone.
5. Clark Robert K (2005) , Anatomy & Physiology – Understanding the Human body, Suddury, United States, Jones & Bartlett.
6. Shri Krishna (1985) Notes on Structure and Functions of Human body & Effects of Yogic practices in it, Mumbai. ICYHC Kaivalyadhama.
7. Dutta Ray (2001) Yogi Exercises , New Delhi : Jaypee Brothers.
8. Shirley Telles (2006) A Glimpse of the human , Bangalore : Swami Vivekananda yoga prakashana
9. Leslie kaminoff (2007) yoga anatomy, champaign : Human Kinetics
10. Peter L Williams & Roger Waswie (1988) Gray's Anatomy, Edinburgh: Churchill Livingstone.
11. Evelyne C peace (1997) Anatomy & Physiology for Nurses, New Delhi : Jaypee Brothers.
12. Gore M.M. (2003) Anatomy & Physiology for yogic practices , Lonavala : KamhanPrakshan.

*References :*

1. Kamlesh,M.L.(1988)Psychology in physical Education and sports, New Delhi : Metropolitan.
2. Elangovan .R.,(2001) Udarkalvi Ulaviyal, Thirunelveli : Aswin Publications.
3. Gita Mathew, (1997 ) Sports Psychology , Shejin and Shiju Brothers, Karaikudi
4. Gidr,et al., ( 1989 ) Psychology , Glenview: scott foresman and company.
5. Bringle Robert etal., ( 1981 ) understanding psychology, New York: Random House School Division New York.
6. Rishi Vivekananda ( 2006 ) practical yoga psychology, Munger : Yoga publications Trust
7. Abhedananda Swami ( 2002) yoga Psychology , Kolkatta : Ramakrishna Vedanta math.
8. Mangal S.K. (1991) ,Psychological Foundations of Education, Ludiana : Prakash Brothers.

## PAPER – 3 : PANCHAKARMA *Therapy*

### Unit -1 Introduction to Panchakarma - Wellness

Poorva karma- Snehana- Swedana & Pancha karma- Vaman: therapeutic vomiting or emesis- Virechan: purgation- Basti: enema- Nasya: elimination of toxins through the nose- Raktalmoksha: detoxification of the blood – kerala Type of Pancha Karma

### Unit -2 Physiological Importance of Panchakarma ✓

Physiology - Poorva karma- Snehana- Swedana & Pancha karma- Vaman: therapeutic vomiting or emesis- Virechan: purgation- Basti: enema- Nasya: elimination of toxins through the nose- Raktalmoksha: detoxification of the blood Importance of Panchakarma

*Susruta the Father of Surgery*

### Unit -3 Panchakarma and their effects in various diseases

stages of Disease- Scope of Panchakarma in different stages of disease – Requirements of Panchakarma

### Unit -4 Massage

TYPES OF MASSAGE – Full Body Massage (Fitness Massage)- Therapeutic Massage- Massage During Pregnancy- Beauty Massage- Massage of Infants KERALA MASSAGE – Uzhicilil (Foot Massage)- Pizhicil (Oil poured on Body)- Ela Kizhi (Swedana/ Foementation with Boluses of Leaves)- Podi Kizhi (Swedana with Boluses of Powder)- Njavra Kizhi (Foementation with Special Blouses of cooked Rice)-Sarvanga Dhara (Kashaya/Qil Dhara on Body) etc- Benefits of Massage

### Unit -5 Yoga

Meaning and definition of yoga-yogic practices-surya namaskar-Asanas-pranayama- bandhas-mudras- kriyas-meditation- yoga and ayurveda

### Reference Books

1. Asana, Pranayama, Mudra, Swamy Satyananda Saraswathi
2. Vivida Vyadhiyome Panchakarma Dr. P. Yadaiah
3. The Panchakarma Treatment of Ayurveda with Kerala Specialties Dr. T.L. Devaraj
4. Panchakarma Therapy Dr. R.H. Singh
5. Principles and practice of vasti Dr. Vasudevan ampothiri and Dr. L. Mahadevan



References:

1. Balkrishna Acharya (2006) Ayurveda its principles and Philosophies, Haridwar: Divya Prakashan
2. Atharale V.B. (1980) basic principles of Ayurveda, Bombay: Pediatric clinics
3. Frawley David (2000) Yoga and Ayurveda Delhi: Motilal banarsidass Publishers Pvt Ltd,
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5. Frawley David and Sandra Summerfield kozak (2011) Yoga for your type New Delhi: New Age Books,
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8. Stiles Mukunda (2009): Ayurvedic yoga therapy New Delhi: New age books
9. Sivananda Swami (2006): Practice of Ayurveda Shivanandanagar: The Divine Life Society
10. Atreya (2000) Ayurvedic Healing for women, Delhi, Motilal Beharsidass
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12. Thirunarayanam (2012) Introduction to Siddha Medicine, Chennai: centre for Traditional Medicine and Research
13. Bakhru (2011) The complete Hand book of Nature cure, Mumbai: Jaico publishing House
14. Gala DR, Dhiren Gala and Sanjay gala (2008) Nature cure for common diseases, Ahmadabad: Navneet publications (India) Ltd.,
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16. Basavaraddi Ishwar (2012) Important therapeutic modalities used in Naturopathy, New Delhi. Central council for Research in Yoga & Natruopathy,
17. Murthy Chidananda(2011) Yoga and Naturopathy New Delhi: central council for Research in yoga and Naturopathy.

## YOGA THERAPY

Unit I: History of yoga therapy- Essence and Principles of Yoga therapy- Physiology and pathology in the yoga- Shatra- koshas- doshas- Pancha prana- Assessment- observation- Palpation- Interview- Nadi Pariksa diagnosis- Application of therapeutic yoga practices- Modification- Yogic diet

Unit II: Application of traditional Indian medical systems and therapies:  
Ayurveda – Doshas, Dinacarya, Ayurvedic diet, Panchakarma therapy  
Siddha – Five elements theory, physical constituents, pathology  
Naturopathy- Principles of naturopathy- modalities of naturopathy  
Varmam and Thokkanam, Exercise therapy, Cryo therapy, Acupressure, Acupuncture.  
Chromo therapy, Magnet therapy, Music therapy

Unit III: Therapeutic application of yoga: High blood pressure, Obesity, Diabetes Mellitus, Asthma, Sinusitis, Migraine, Arthritis, Back pain, Thyroid problems, constipation, impotency, infertility, stroke and Epilepsy

Unit IV: Therapeutic application of yoga for psychological disorders:  
Neurosis: stress, depression, eating disorders  
Psychosis: Schizophrenia, autism, Bipolar disorders, dementia  
Personality disorders: Paranoid, histrionic, drug addicts- Smoking, Alcoholism, Gambling

Unit V: Therapeutic application of yoga for the problems of women- Amenorrhea, Dysmenorrhea, menorrhagia, metrorrhagia, Hypomenorrhoea, oligomenorrhoea, polymenorrhoea, leucorrhoea, uterus related problems, miscarriage, pregnancy- Pre and post natal care

## REFERENCES

1. Shenmasthanakamini Narendhan et.al (2008) Yoga and pregnancy-Bangalore: Swami Vivekananda Yoga Prakshana.
2. Nagarathna & Nagendra (2008) Yoga for Bronchial Asthma – Bangalore: Swami Vivekananda Yoga Prakshana
3. Nagarathna & Nagendra (2007) Yoga for Digestive Disorders – Bangalore: Swami Vivekananda Yoga Prakshana
4. Sri Kant ss et.al (2008) Yoga for diabetes , Bangalore : Swami Vivekananda Yoga prakshana
5. Nagarathna & Nagendra (2008) Yoga for Hypertension & Heart disease -- Bangalore :Swami Vivekananda Yoga prakshana
6. Nagarathna & Nagendra (2008) Yoga for Arthritis – Bangalore :Swami Vivekananda Yoga prakshana
7. Nagarathna & Nagendra (2008) Yoga for Back Pain – Bangalore :Swami Vivekananda Yoga prakshana
8. Sivapanda Saraswati, (1975), Yogic Theraphy Gawhati, Bramacharya Yogeswar Umachal Yojashram.
9. Dr. O.P Jaggi(2001) , Healing Systems , Delhi Orient paper backs
10. Swami Satyananda Saraswathi (2007) , Yoga and Cardiovascular Management Munger, Yoga Publications Trust.
11. Dr. Swami Shankerdevananda (2007) , Yoga Management of Asthma and Diabetes Munger ,Yoga Publications Trust .
12. Dr. Swami Shankerdevananda (2006) ,The Effect of Yoga on Hypertension, Munger ,Yoga Publications Trust.
13. Swami Kuavalayananda & Dr.S.C.Vinekar(1994), Yogic Theraphy, New Delhi Central Health Education Bureau.
14. Luis S.R Vas(2001) Master approaches to New age alternative therapies , New Delhi Pustak Mahal.
15. Phulgendhra Sinha (1976) Yoga cure for common diseases, Delhi, Orient paperbacks.
16. Joshi(1991) Yoga and Nature Cure theraphy, New Delhi :Sterling Publishers Private Limited.
17. Garde R.K (1984) Yoga Theraphy ,Bombay Taraprevala Sons & Co. Pvt Ltd.
18. Nagarathana R.H.R .Nagendra & Shanmantha Kanmani Narendran (2002) Yoga for common ailments and IAYT for different diseases, Bangalore: Swami Vivekananda Yoga Prakashana.
19. Sundaram Yogacharya(2004) Sundara Yogic Theraphy, Coimbatore: the Yoga Publishing Home.
20. Karmanenda Swami (2008) Yogic management of common diseases, Munger :Yoga Publications trust.
21. Nagarathna and Nagendra (2008) Integrated Approach of Yoga therapy for positive health, Bangalore : Swami Vivekananda Yoga Prakashana.

22. Chandrasakaran (2012) yoga therapy, Chennai :  
VHF publications.
23. Gore, Vange, Kulkarni and Oak (2008) yoga therapy  
for skeletal diseases, Lonarla : Kairalyathama
24. Stiles Mukunda ( ) Structural yoga therapy,  
New Delhi : Goodwill publishing house
25. Mamtora (2012) yoga for osteo and joint disorders  
Mumbai : The yoga Institute
26. Kurelayaswami and Vindekar (2011) yogic Therapy  
Lonarla : Kairalyathama

PART - II : PRACTICAL

PAPER - 5 : PANCHAKARMA AND YOGA- PRACTICAL

**Unit -1 Poorva karma**

Rog and rogi pariksha, including relevant diagnostic techniques, Koshta pariksha and Agni nirnaya, preparation of the rogi & fixation of dose & Diet

**Unit -2 Pradhana karma**

Administration of sneha & Anupana, Observation Jiryamana/Jirna/Ajirna/ Asnigdha Lakshanas, Samyak Yoga, Ayoga/Atiyoga Lakshanas, Vyapats & their management according to Ayurveda

**Unit -3 Paschata karma (Third stage)**

Pariharya vishaya & Parihara Kala Planning of Shodhana. Shamanana and Brumhana Snehan Vidhi Chirakalina Sneha Vyapats and their management

**Unit -4 Massage**

TYPES OF MASSAGE – Full Body Massage (Fitness Massage)- Therapeutic Massage- Massage During Pregnancy- Beauty Massage- Massage of Infants KERALA MASSAGE – Uzhilil (Foot Massage)- Pizhilil (Oil poured on Body)- Ela Kizhi (Swedana/ Foementation with Boluses of Leaves)- Podi Kizhi (Swedana with Boluses of Powder)- Njavra Kizhi (Foementation with Special Blouses of cooked Rice)-Sarvanga Dhara (Kashaya/Oil Dhara on Body) etc

**Unit -5 Yoga**

yogic practices-surya namaskar-Asanas- pranayama- bandhas-mudras- kriyas- meditation

**Reference Books**

1. Relevant portions of Charak Samhita.
2. Pancha Karma Therapy by Prof. R.H. Singh
3. Panch Karma Chikitsa by Dr. H.S. Kasture
4. Kayachikitsa Vol. I by Prof. R.H. Singh
5. Yoga and Yougiki Chikitsa by Prof. R.H. Singh
6. Asana, Pranayama, Mudra, Swamy Satyananda Saraswathi

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1. Balkrishna Acharya (2006) Ayurveda its principles and Philosophies. Haridwar: Divya Prakashan
2. Atharale V.B. (1980) basic principles of Ayurveda. Bombay: Pediatric clinics
3. Frawley David (2000) Yoga and Ayurveda Delhi: Motilal banarsidass Publishers Pvt Ltd,
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- Iyenger B.K.S (1976) Light on yoga, London, Unwin paperbacks.
- Sivananda Sarawathi swami (1934) Yoga Asanas Madras: My magazine of india.
- Satyanada sarawari swami (2008) Asana, Pranayama, Mudra, Bandha, munger: Yoga publications trust.
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- Vishnu Devananda Swami (1972) The complete Illustrated book of yoga, New York: Pocket Books.
- Yogeshwaranand saraswathi swami (1975) First steps to higher yoga, Gangothari: Yoga niketan trust.
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- Kirk Martin (2006) Hatha Yoha Illustrated Champaign: Humenkinetics.
- Gharote (2004) Applied yoga, Lonvla: Kaivalyadhama.
- Gharote (2004) Applied yoga, Lonvla: Kaivalyadhama.
- Kathy Lee Kappmeier and Diane M.Ambrosini (2006) Instructing Hatha Yoga, Champaign: Human Kinetics.
- Satyananda sararwati Swami (2007) Meditations from thitantras. Murgar: yoga publications Trust.

**Paper VI**  
**Practical II**

*clinical practice in Pancha karma and yoga*

**PART-1 INTRODUCTION**

Understanding the student

**PART-2**

Course planning

**PART-3**

Course delivery which includes instructions, demonstrations, corrections and clarifications.

**PART-4**

Methodology of assessment of effects of the techniques taught

**PART-5**

Review and follow up



## References

1. Translated by TKV Desikachar, 'Patanjali's Yoga Sutra', 1987, Chennai, KYM publications
2. Translated by TKV Desikachar, 'Nathamuni's Yoga Rahasya', 1998, Chennai, KYM publications
3. TKV Desikachar, 'The Heart of Yoga', 2000, USA, Inner Traditions
8. 'Davidson's principles and practice of medicine', Nicki R Colledge, Elsevier
9. 'Harrison's principles of internal medicine', Anthony S. Fauci, The McGraw Hill Companies
10. 'The complete Illustrated guide to Ayurveda', Gopi Warriar and Deepika Gunawant, Element Books Ltd.
11. Translated by TKV Desikachar, 'Nathamuni's Yoga Rahasya', 1998, Chennai, KYM publications
11. Translated by TKV Desikachar, 'Patanjali's Yoga Sutra', 1987, Chennai, KYM publications
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1. Balkrishna Acharya (2006) Ayurveda its principles and Philosophies, Haridwar: Divya Prakashan
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12. Thirunarayanam (2012) Introduction to Siddha Medicine, Chennai: centre for Traditional Medicine and Research
13. Bakhru (2011) The complete Hand book of Nature cure, Mumbai: Jaico publishing House
14. Gala DR, Dhiren Gala and Sanjay gala (2008) Nature cure for common diseases, Ahmadabad: Navneet publications (India) Ltd.,
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17. Murthy Chidananda(2011) Yoga and Naturopathy New Delhi: central council for Research in yoga and Naturopathy.

*Paper VII*  
**VILLAGE PLACEMENT PROGRAMME**

Duration : Five days  
Date : During Semester  
Mode of Evaluation : Internal Assessment  
Maximum Marks : 100.  
Subject : Yoga  
Nature of Programme : to teach and train villagers.