

Tamil Nadu Physical Education and Sports University

Chennai

Department of yoga

Name of the course	PG Diploma in Yoga Therapy, Varmam and Herbal Sciences (Lateral Entry)
Eligibility	Any UG degree in Yoga/ Any degree with knowledge in Yoga ^{or} M.B.B.S ^{or} BDS ^{or} ^{or degree in nursing} BPT ^{or} MPT ^{or} B.Y.N.S ^{or} B.H.M.S ^{or} B.A.M.S ^{or} B.U.M.S ^{or related courses}
Stream	Distance Education
Duration	One Year
Medium	English
Attendance	Minimum 60%
Year	2017 – 18 onwards

PG DIPLOMA IN YOGA THERAPY, VARMAM AND HERBAL SCIENCES
SCHEME OF EXAMINATIONS
MARK DISTRIBUTION

PAPER CODE	TITLE	INTERNAL MARKS	EXTERNAL MARKS	MAX. MARKS
	Yoga therapy	25	75	100
	Introduction to Varmam	25	75	100
	Concepts of Herbal Science	25	75	100
	Introduction to Indian traditional systems of Medicine & therapies	25	75	100
Practicals				
	Clinical application of yoga therapy, varmam and herbal sciences	25	75	100
	Clinical application of Siddha Ayurveda, Naturopathy & therapies	25	75	100
	Village Placement Programme	100	-	100
Total		250	450	700

YOGA THERAPY

Unit I: History of yoga therapy- Essence and Principles of Yoga therapy- Physiology and pathology in the yoga- Shatra- koshas- doshas- Granthis - Pancha prana- Application of Yoga and its types- Methodology in Yoga Therapy – Factors (Heyam, Hetu, Hanam and Upayam) – Methods (Darsanam, Sparsanam, Prasnam, Nadi Pariksa) Examination of Vertebra, joints, Muscles, Abdomen and Nervous System and therapeutic applications - Modification of yogic practices – Yogic practices for Human Systems - Yogic diet

Unit II: Application of Indian traditional systems of medicine and therapies: Ayurveda – Ashtanga Ayurveda – Doshas, Dinacarya, Ayurvedic diet, Panchakarma therapy - Siddha – Five elements theory, physical constituents, pathology (Kayakalpa, Kitchen, Herbal and other types of medicine) – Naturopathy - Principles of naturopathy - Modalities of Naturopathy - Varmam and Thokkanam, Physiotherapy, Acupressure, Acupuncture, Chromo therapy, Music therapy, Pranic Healing

Unit III: Therapeutic application of yoga: High blood pressure, Obesity, Diabetes Mellitus, Asthma, ulcer, Migraine, Arthritis, Back pain, Thyroid problems, constipation, impotency, infertility, stroke, Epilepsy, Parkinson's disease, sleep disorders.

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 – Anti-Social Activities

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

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
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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. Sivananda Saraswati (1975), Yogic Therapy 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 Therapy, 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 therapy, New Delhi :Sterling Publishers Private Limited.
17. Garde R.K (1984) Yoga Therapy ,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 Therapy, Coimbatore: the Yoga Publishing Home.
20. Karmananda 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. Grose, Vange, Iandkarni and oak (2008) yoga therapy
for selected diseases, Lonarla : Kairalyathama
24. Stiles Mukunda () Structural yoga therapy,
New Delhi : Goodwill publishing house
25. Manjora (2012) yoga for spine and joint disorders
Mumbai : The yoga Institute
26. Kuralayanda Swami and Wheeler (2011) yogic therapy
Lonarla : Kairalyathama

Paper -II

Introduction to Varmam

UNIT 1:

Varmam – Marmam- Names of Varmam- The origin and History of Varmam- Training Centre, Kalari of the North & South- Varmakalai- China and Japan- Guru Worship- current- Benevolence of Varmam and Varmakalai.

UNIT- 2:

Types of Varma- Padu Varmam- Thodu Varmam- Thattu Varmam- Thadavu Varmam- Nakku Varmam, Nokku Varmam- Names of Padu varma in various text.

UNIT-3:

5 Body Parts (5 Kandams)- Six Adharam- Utkaravi (Instinsic Factors)- Purakaravi (Extrinsic Factors)- Three Mandals- Three Humours- Nadigal (nerves) Dasa Nadi (Nadi used in Diagr osis)- Asadhya Condition- curable Condition- Methods of Adangal- General Adangal Methods.

UNIT 4:

Treatment of Varma- Mantra to Sanctify- Water used for sprinkling- Nasiyam- Food (gruel)- Marundu- Othadam (fomentation)- Types of medicines- Lehyam, kudneer, Gulikai, Choornam, (Internal should be the advice of medical practitioner) Thylam (Oils and Ghee)- Melpucchu.

UNIT 5^{le}

Rational behind the Varma- Nomenclature- The place of varma- Quality of the Varma and the symptoms- Both the location and the qualities of Varma.

Certain departures in the names of Varma.

References:

1. Varmakalaj Enum Maruduvakali
Dr. Nanjil Ponnappan P
2. Varma Cuttiram
Dr. Shu Hikosaka, Prof. Norinaga Shimizu
3. Varma Medicine (General & Special) Fundamental of Varma Medicines
Prof. Dr. T. Kannan Rajaram.
4. Babaji's Kriyaa Hatha Yoga
Yogi Ramasunthaar, London.

Paper III

Concepts of Herbal Science

Unit I

Diseases and Nature cure treatment

Headache Eye troubles, Paralysis, Deaf and dumb fainting, mentally retardation, pain, skin diseases, diabetes, blood pressure, kidney problem, Digestive disorders, Lung diseases, cardiac diseases, Herbal food – Herbal Exercise therapy.

Unit II

Herbal Medicine preparation and its uses:

Herbal suranam, Herbal Thailam, Herbal Wax Preparation, Herbal Wax massage, Herbal Legiyam, Herbal Kasayam, Herbal Powders, Herbal tooth powder, Herbal Kalimbu, Herbal Tea, Herbal Soup and Herbal food.

Unit III

Medicinal benefits of Herbals:

Botanical name for Herbs – Family – Other names – growth places – Taste – usable parts - Medicinal values and usage.

Unit IV

Environment and Herbs

Panchaboothas - Environmental Pollution – Introduction of Herbs – Herbal growth and collection – Herbs for present Environment – Natural Agriculture – Vermi composed fertilizer – Panchakavyam – Bio-Fertilizer – Water Resources – Development and maintenance of water resources.

Unit V

Herbs in Trade - Role of Herbs in Commercial trade,

Preserving the Herbs – Quality control – Exporting Herbs to multinational companies - Small scale preparation to international trade, small scale and large scale trade – international trade enquiries.

References:

1. Murugesu Mudaliar, Gunapadam
2. Imcos – Herbal Medicine Preparation
3. Prof. Dr. Prema, Tamil University Siddha Medicine Professor's Books.
4. Dr. Rengarajan's Books.
5. S.Somasundaram Books
6. Dr.M.Shanmugavelu's Books.

Introduction to

INDIAN TRADITIONAL SYSTEMS OF MEDICINE AND THERAPIES

UNIT I

Origin of Ayurveda – Aim and importance of Ayurveda, Philosophy and goals of Ayurveda, unique approach of Ayurveda – Ayurveda texts- Chakra Samhitha, Sushrut Samhitha, Kashyapa Samhitha, Rasatantra, Unique features of Ayurveda – Hygienic principles of Ayurveda (Dincharya) - Five elements of Ayurveda Doshas, Gunas, Dhatus, Upa Dhatus, Eight categories or branches of treatment - Nadis vijnana - Nadis and Chakras - Characteristics of different prakritis – causes of disease- Method of disease examination - Ayurveda diet.

Unit II

Ayurveda effect of yogic principles & therapies - Ayurvedic purification practices- Panchakarmas- Vamanan, Virechanam, Basti, Anuvaasana, Nasya, Rakta moksana, Abhyanga, Swedanam, Nasayam, Njavarakizhi, Pizhichil.

Unit III

History and Concepts of Siddha medicine: Principles of Siddha Medicine system, Five Elements theory, Three Biological Humors, Seven Physical Constituents, Pancha Bhudas, Pancha Koshas, Types of Siddha medicine, importance of Kayakalpa, Kitchen and herbal medicine, Diet regulations, Varmam and Thokkanam, Treatment of Siddha Medicine for life style diseases.

Unit IV

Concepts of Naturopathy - Principles of Naturopathy -Methods of Naturopathy: Diet, Fasting, Treatment by earth, water treatment, Treatment by rays, massage.

Unit V

Acupuncture, Acupressure, Exercise Therapy, Physiotherapy, Music Therapy, Color Therapy, Magneto Therapy, Reiki.

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CLINICAL APPLICATIONS *of yoga therapy,*

Varmam and Herbal Sciences

Unit I: Therapy: Assessment- observation- palpation- Diagnosis, nadi
Paiksha-Examination- Planning

Unit II: Yogic practices and modifications for stress, High blood pressure- obesity,
Diabetes, Asthma, Migraine, Arthritis, Back pain, constipation, Stroke, Epilepsy,
infertility, psychological problems, women disorders

Unit III: Siddha treatment for life style diseases- treatment- Herbal medicine- Diet
regulations

Unit IV: Panchakarma therapy: Abhyanga, Swedanam, Sirodhara, Nasyam,
Njavarakizhi, Pizhichil

Unit V: Naturopathy: Therapeutic modalities: Mud pack, Hip bath, immersion bath,
Spinal spray bath, hot foot bath, foot and arm bath, steam bath, Enema, hot and cold
fomentation, wet sheet pack, Abdomen pack, chest pack, knee pack, leg pack, steam
inhalation, color therapy, massage

Unit 4:

Padu Varma Points- Preparation method of External oil- Varma points in legs and thighs,
Five kandam, Ailments and Varmam.

Unit 5:

Preparation of Herbal Medicine: Herbal Suranam, Herbal Thailam, Herbal wax Preparation,
Herbal wax Massage, Herbal Legiyam, Herbal Tea, Herbal Powders, Herbal Kalimbu, Herbal
Kasayam, Herbal Soup, Herbal food preparation.

Exercise Therapy treatment with herbal oil application for pain and paralysis

REFERENCES

1. Shenmasthanakāmini Narendhan et.al (2008) Yoga and pregnancy-Bangalore: Swami Vivekananda Yoga Prakshana.
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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.