

# NETAJI SUBHAS OPEN UNIVERTSITY

SCHOOL OF VOCATIONAL STUDIES

CLL-TRAINING PROGRAMMS

## DIPLOMA IN NATUROPATHY

DURATION	:	12 months.
SESSION	:	Jan / July.
ELIGIBILITY	:	10 + 2.
MEDIUM OF TEACHING	:	English / Hindi / Bengali.

### AIMS AND OBJECTS :

Naturopathy is based on the Natural Laws of health and drugless system and new science of healing by natural methods. It has great health promotive, disease preventive and curative as well as restorative potential. Moreover, Naturopathy is simple easily available cheap system of medicine and also free from all side effects which are linked with the modern medicines.

### CURRICULUM :

MODULE	SUBJECT	FULL MARKS
I	Principles of Nature cure method (Theory)	100
II	Naturopathic health, food & nutrition with hygiene (Theory)	100
III	Human Science for Naturopathy	100
IV	Diseases and Remedial Therapy by Naturopathy	100
V	Practical of Naturopathy	100
VI	Viva voce & Project	100

### DETAILS SYLLABUS

#### **MODULE-I: Principles of Nature cure method (Theory)**

**Full Marks 100**

#### **Group A:**

1. Brief history of development of nature cure methods or Naturopathy. 2. Definition of Naturopathy. 3. Fundamental difference of Naturopathy with other system of medicine.

4. Main Principles of Natural healing. 5. Concept of cause of diseases, diagnosis and prevention in Naturopathic view.

**Group B :**

1. Panchakarma— Cleansing acts. 2. Swasthavritta (Ayurvedic principles of healthy living in relation to Yama, Niyamas). 3. Herbal therapy —Easily available of some common plants—Different parts applied & its merits and skin care & nourishment. 4. Massage Therapy with Aroma Oil/Aroma Therapy— Introduction, Process & Benefits. 5. Yoga Therapy —Raj Yoga and Hatha Yoga (Asana, Mudra, Pranayarn, Shatkarma, Sat chakra etc. — Nomination, process, Recovery from an illness). 6. Modern Physical Culture (Free hand Exercise with music i.e. Aerobics and Resistance Exercise).

**Group C:**

1. Preservation of health and Environment—Five elements (Kheti-earth, Aap - water, Tej-Sun, Marut-Air, Byom-Space).
2. Techniques of Healthy Living :
  - (a) Kheti or Mud Therapy or Soil Therapy — Selection of Mud, application method, mud smearing, local mud pack and therapeutic values.
  - (b) Aap or Water Therapy or Hydro therapy — Drinking, Ice Compress, Steam, Hot/ Warm Water, Cold Water, Alternate Hot & Cold Compress, Hip Bath, Spinal Bath, Tub Bath, Sitz Bath, Wet Sheet Pack, Swimming, Enema etc. — its process and therapeutic value.
  - (c) Tej or heat Therapy and Electro Therapy - Sun Bath - Ultra Violet Ray, Infra Red Ray (IR), Faradic & Galvanic Stimulation, Ultra Sound Therapy (UST), Short Wave Diathermy (SWD, TENS, Wax Bath — its process, indication & contra indication. Color Therapy—Selection of color in different diseases or different uses in Sun ray's
  - (d) Marut or Air Therapy—Air Bath, Yogic Pranayarn, Deep Breathing Exercise — Process and Therapeutic Value.
  - (e) Byom or Vaccum Therapy — Fasting Therapy (Types, method, How to continue a fasting, How to break fasting, effect, precaution), Dietary Fibre Food (Eliminative food).

**MODULE-II: Naturopathic health, food & nutrition with hygiene (Theory), Full Marks 100**

**Group A: Naturopathic Health :**

1. Naturopathic concept of health -Physical health, mental health, social health. Concept of diseases-Acute & Chronic disease.
2. Auto Suggestion -A physiological Tranquilizer, Positive thinking.

**Group B : Food & Nutrition:**

1. Concept of Naturopathic & Modern food & diet.

2. Concept of Nutritative food (Body building and energy giving food) - Protein, Carbohydrate, Fatty Food and Protective food-Vitamin, Minerals & water.
3. Importance of Green Vegetables, Pulses, Sprouts, Fruits and Raw Ingredients.
4. Balanced diet (constructive, soothing, eliminative)
5. Child health & food habits-Breast Milk is essential for Baby.
6. Cooking method in Naturopathic view.
7. What to eat -Right diet and wrong diet according to Naturopathy.
8. How to eat -How much to eat according to Naturopathic view.

**Group C : Hygiene, Public Health and Preventive Measure:**

1. Define Hygiene
2. Concept of Public Health.
3. Preventive measure-Water hygiene, Air hygiene (good ventilation), hygiene of light, Milk & Food hygiene.
4. Harmful effects of food and drinks. Coffee, Dokta, Nassi, Gutkha, Ganja, Heroin, Smoking, Alcohol etc.

**MODULE-III: Human Science for Naturopathy**

**Full Marks -100**

**Group -A: Concept of Human Anatomy.**

1. Introduction of Human Body and elementary study from nature healing view point & different planes and Anatomical position of some important terms.
2. Effects of nature healing practices on different systems of Human Body.
3. Human structure and support system -Bones (osteology), Joints (Arthology), Muscles (Myology), General Introduction, Identification, Types, Number, Distribution / Position, Characteristics etc.
4. Digestive System—G I. tract pathway, process of digestion, Absorption, Elimination.
5. Respiratory System—Respiratory Pathway, Mechanism, Tidal Volume, Vital Capacity.
6. Cardio-Vascular System — Vein, Artery, Capillary, Heart — Chamber, Valve, Nodes, Cardiac Cycle, Stroke Volume, Minute Volume.
7. Uro-genital System—Kidney, Nephron (Unit of Kidney), Urinary Bladder, Micturation, Renal or Urinary Pathway. Male genital System —Testis, Epididymis & Vas Deference, Penis, Accessory genital glands etc. Female genital system— External & Internal genital organs.
8. Endocrinal (Glandular) System —Pituitary gland (Master gland), Thyroid, Parathyroid, Supra-renal, Pancreas, Thymus, Testis, Ovary, Pineal gland—its activity.
9. Nervous system— Neurone (Unit of nerve), Central Nervous system (CNS) and Peripheral Nervous system (PNS), Parts of Brain— Fore brain, Mid brain, Hind brain, Spinal Cord, Sympathetic & Para sympathetic Nervous System —its activity.
10. Cutaneous System— Layers of Epidermis and their activity.

11. Special Senses —Vision, Smell, Hearing, Taste & Touch.

**Group - B : Concept of Topographical or surface Anatomy**

1. Surface marking—Air sinus (Frontal, maxillary), Outlet of facial Nerve, Thymus Gland, Cervical & Brachial Plexus, Apex of heart, 7th Cervical spine, Apex of lung, McBurney's point, Transpyloric & Transtuberular Planes and Regions of Upper, Middle & Lower Abdomen, Sciatic Nerve.

**Group - C : Concept of Physiology:**

1. Introduction of Cell, Tissue, Organs & Body Regions.
2. Epithelial Tissue Connective Tissue— Their distribution and function.
3. Liquid Connective Tissue (Blood)—TC. DC, ESR, Hb, Blood Group, Coagulation, Composition & function.
4. Muscular Tissue, Nervous Tissue and their types & function.

**Group - D : Concept of Clinical Medicine & Diagnostic Methods:**

1. Concept of Clinical Medicine.
2. General & Particular Examination.
3. Diagnostic Method — through clinically ( Inspection, Palpation, Percussion, Auscultation).
4. Pathological Investigation Report study—Blood exams, Urine exam, Sputum, Stool exam, Tissue Culture etc.
5. Concept of Modern Investigation Instrument for the help of disease diagnosis.

**MODULE-IV: Diseases and Remedial Therapy by Naturopathy**

**Full Marks :100**

- a) Respiratory System Related diseases – Asthma, Bronchitis, Tonsillitis common cold, coryza, sinusitis.
- b) Gastro Intestine at system related diseases – Constipation, Dyspepsia, Flatulence, Acidity, Indigestion, Colitis, Gastric Ulcer, Piles, Worm trouble, colic pain in abdomen.
- c) Metabolic disorder – Obesity, Gout, Diabetes mellitus.
- d) Cardio Vascular system related diseases- Hypertension, Fever, Chest pain.
- e) Locomotor related diseases – Sciatica, Spondylosis.
- f) Uro-genital system related diseases—Nephritis, Premature Ejaculation, Leucorrhoea.
- g) Endocrinal system related disease- Hypothyroid.
- h) Nervous system related diseases – Hyper activity among children, Insomnia, general debility, mental retarded, Anxiety & Tension, weak eye side.

**MODULE-V: Practical of Naturopathy**

**Full Marks :100**

1. Application of Mudpack & Mudbath
2. Application of Hydro therapy/water therapy — Hip bath, Tub bath, Steam bath, Spinal bath, Hot & Cold fomentation, Hot foot bath, Wet sheet packs and Ice compress, Enema etc.
3. Dry friction bath application.

4. Poultries application.
5. Application of Electro therapy—Galvanic, Faradic, UST, SWD,TENS, IR, Wax bath.
6. Sun bath & colour therapy application.
7. Application of Massage &Aroma Therapy.
8. Application method of Accupressure.
9. Therapeutic application of Yoga (Asana, Surya Namaskar, Pranayam, Mudra, Satkarma, Dhyan, Meditation etc.)
10. Application of Modern Physical Culture (Aerobics & Resistance Exercise)
11. Air bath and Deep breathing application 12. Application of Herbal Therapy and Pancha Karma.

#### **MODULE-VI**

**Viva voce & Project work book**

**Full Marks :100**