



# **HIMALAYAN UNIVERSITY, ARUNACHAL PRADESH**

## **DIPLOMA IN NATUROPATHY & YOGA SCIENCES**

### **1<sup>st</sup> YEAR**

#### **1<sup>st</sup> Semester**

S. NO.	SUB. CODE	SUBJECT NAME	MARKS			
			INTERNAL	THEORY	TOTAL	PASS
1	101	Nature Cure Philosophy	30	70	100	40
2	102	Human Anatomy	30	70	100	40
3	103	Human Physiology	30	70	100	40
4	104	Practical	30	70	100	40

#### **2nd Semester**

S. NO.	SUB. CODE	SUBJECT NAME	MARKS			
			INTERNAL	THEORY	TOTAL	PASS
1	201	Pathology	30	70	100	40
2	202	First Aid and Emergency Medicine	30	70	100	40
3	203	Principles of Yoga	30	70	100	40
4	204	Practical	30	70	100	40

### **2nd YEAR**

#### **3<sup>rd</sup> Semester**

S. NO.	SUB. CODE	SUBJECT NAME	MARKS			
			INTERNAL	THEORY	TOTAL	PASS
1	301	Nutrition and Medicine Herbs	30	70	100	40
2	302	Yoga and Applications	30	70	100	40
3	303	Hydrotherapy and Mud Therapy	30	70	100	40
4	304	Practical	30	70	100	40

#### **4<sup>th</sup> Semester**

S. NO.	SUB. CODE	SUBJECT NAME	MARKS			
			INTERNAL	THEORY	TOTAL	PASS
1	401	Obstetrics and Gynecology	30	70	100	40
2	402	Physical Medicine and Rehabilitation	30	70	100	40
3	403	Acupuncture and Acupressure	30	70	100	40
4	404	Hospital Training	30	70	100	40

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## **DIPLOMA IN NATUROPATHY & YOGA SCIENCES**

### **1<sup>st</sup> YEAR**

#### **1<sup>st</sup> Semester**

### **Nature Cure Philosophy (101)**

1. A) What is Nature Cure?
  - B) Definitions of Nature Cure and History of Naturopathy
2. Three fold constitution of man
3. Two fold attitude of mind and soul
4. Symphony of life
5. Basic Principles of Nature Cure
6. Laws of Nature
7. Violations of Nature
8. Catechism of Nature Cure
  - a) Constructive Principle
  - b) Destructive Principle
  - c) Health
  - d) Disease
  - e) Acute disease
  - f) Chronic disease
  - g) Healing crisis
  - h) Disease crisis
  - i) Cure
  - j) Normal/Natural
9. Philosophy and History of Indian Naturopaths
  - a) Mahatma Gandhiji
  - b) Vinoba Bhave
  - c) Krisham Raju
  - d) Laxman Sharma
  - e) B.Venkat Rao
  - f) Vitlaldas Modi

- g) Acharya Pacha Venkatrammaiah
- h) S.J.Singh
- i) Kulranjan Mukherjee
- j) Dinshamehta

10. Philosophy and History of Foreign Naturopaths

- a) Hippocrates
- b) Vincent Priesnitz
- c) Sebastian Kneipp
- d) Louish Kunhe
- e) Henry Lindlhar
- f) Herbert Shelton
- g) J.H.Kellog
- h) Adolf just
- i) Sigmund Freud
- j) Arnold Riokli
- k) John II Tilden
- l) The School of Salerno
- m) Aesculpins
- n) Bernard Macfeddon
- o) Bernard Jenson
- p) Arnold Ehret
- q) Paracelsus
- r) Ignatz van peczely
- s) F.W.Collins
- t) R.M.Mclain

11. Primary causes of disease and its manifestations:

12. Unity of disease and Unity of cure.

13. A) Inflammation and its different stages

B) Suppression during the different stages of inflammation.

14. Nature cure in relation with pancha maha bhutas

15. Healing from within

16. Differences between functional and organic diseases

17. Conservation of Vitality.

How to acquire natural immunity

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# **Human Anatomy (102)**

## **I. GENERAL INTRODUCTION:**

Importance of the study of Anatomy

1. Definitions & Sub divisions
2. Systems of the body
3. Structure of the cells
4. Terminology, Anatomical positions, Planes, & Surfaces.

## **II. OSTEOLOGY: (Including Ossification & Related Histology)**

1. Types of Bones.
2. Classification of Bones.
3. Description of various bones of:
  - a) Upper limb
  - b) Thorax
  - c) Abdomen and pelvis
  - d) Vertebral column including cervical region

## **III. ARTHROLOGY:**

1. Classification of Joints
2. Construction of Joints
3. Description of various joints of:
  - a) Upper limb
  - b) Thorax
  - c) Pelvis
  - d) Vertebral column

## **IV. MYOLOGY:**

1. Types of Muscles
2. Muscles of Upper limb, Thorax, Abdomen and Pelvis
3. Origin, insertion, Blood supply, nerve supply and actions of these muscles

## **V. RESPIRATORY SYSTEM:**

1. Upper respiratory tract – Nose, Pharynx, larynx
2. Trachea & Bronchial tree.
3. Lungs
4. Pleura
5. Mediastinum

## **VI. CARDIO VASCULAR SYSTEM:**

1. Heart – Position, Surface anatomy and its description.

2. Great vessels – Aorta, Pulmonary trunk, superior vena cava, inferior vena cava and their branches.
3. Arteries and Veins – Structure of arteries and veins, important arteries & veins of the body.

## **VII. DIGESTIVE SYSTEM:**

Oral cavity, Teeth, Hard palate, Soft palate, Esophagus, Stomach, Small Intestine (Duodenum, Jejunum & Ileum) Large intestine (Caecum, Appendix, ascending colon, transverse colon, descending colon, sigmoid colon, rectum), Anal canal, Anus, Liver, Gall bladder, Bile duct, Pancreas, Spleen, Peritoneum, Mesentery and their position in the abdominal quadrants.

## **VIII. URINARY SYSTEM:**

1. Kidneys: position, surfaces, internal structures.
2. Ureters
3. Urinary Bladder
4. Male Urethra
5. Female Urethra

## **IX. LYMPHATIC SYSTEM:**

Description of: Lymph, Lymph glands, Lymph ducts, Thoracic duct, and Cysterna chili.

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## **Human Physiology (103)**

### **I. BLOOD – Physical properties, composition and functions of blood.**

1. Plasma proteins
  - a) Normal values
  - b) Origin and methods of separation
  - c) Functions and variations in health and disease.
2. Bone marrow
  - a) Formed elements
  - b) Composition and functions
3. Erythrocytes
  - a) Morphology and variations in health and disease.
  - b) Development of erythrocytes.
  - c) Site and stages in development
  - d) Necessary factors
  - e) Regulation of development of erythrocytes
  - f) Life-Span and fate of erythrocytes

- g) Erythrocytes sedimentation rate (ESR)
- 4. Hemoglobin
  - a) Structure, synthesis, function and metabolism
  - b) Types of hemoglobin.
- 5. Anemia – Definition and classification
- 6. Jaundice – Definition and classification
  - a) Role and function of spleen.
- 7. Leucocytes
  - a) Classification, morphology, development and functions
  - b) Variation in health and disease.
- 8. Thrombocytes
  - a) Origin, morphology and functions
  - b) Variation in health and disease
- 9. Homeostasis
  - a) Mechanism of haemostatic, coagulation of blood
  - b) Fate of clot and disorders of clotting.
- 10. Anticoagulants

#### Mechanism of action and clinical applications

- 11. Blood group
  - a) Classification
  - b) ABO and RH system
  - c) Blood transfusion, indication and hazards
- 12. Lymph and tissue fluids
  - a) Lymph and reticular system
  - b) Principles of immune system
  - c) Cellular and humeral immunity

## **II. CARDIOVASCULAR SYSTEM**

Historical perspective, organization of cardiovascular system

- 1. Heart: -

- a) Structure and properties of cardiac muscle
- b) Innervation of heart, junctional tissue of heart.
- c) Regeneration and spread of cardiac impulse
- d) Various ECG leads, normal ECG and its interpretation.
- e) Cardiac Arrhythmias and heart blocks.

## 2. Heart sounds

- a) Description, Causation and relation to other events in cardiac cycle.
- b) Clinical significance of heart sounds.

## 3. Blood Pressure

- a) Definition, regulation and factors influencing B.P.
- b) Measurement of blood pressure.
- c) Physiology of hemorrhage and shock.

## 4. Circulation

- a) Blood vessels
- b) Physical principles of blood flow, regulation of blood flow.
- c) Jugular venous pulse tracing, radial pulse tracking.
- d) Coronary, cerebral, renal and pulmonary circulation.
- e) Splanchnic, cutaneous and capillary circulation.
- f) Cardiovascular changes in altitude and exercise.

### **III. RESPIRATORY SYSTEM**

Introduction, internal and external respiration, physiological anatomy of respiratory system

#### 1. Mechanics of respiration

- a) Inspiration and expiration.
- b) Role of respiratory muscles and thoracic cage.
- c) Work of breathing, lung compliance and its significance in health and disease.

#### 2. Lung volumes and capacities

- a) Lung volumes and capacities and their measurements.
- b) Respiratory minute volume and maximum voluntary ventilation.

#### 3. Pulmonary circulation

- a) Pulmonary circulation, ventilation – perfusion relationship.
- b) Diffusion of gases across pulmonary membrane.
- c) Oxygen uptake, transport and delivery.

Carbon dioxide uptake, transport and delivery

#### 4. Organization of the respiratory centers

- a) Nervous and chemical regulation of respiration
- b) Classification and characteristics of hypoxia, cyanosis, asphyxia, hyper apnea, hypooapnea, dyspnoea, apnoea and orthopnea and periodic breathing.
- c) Respiratory aspects of high altitude.
- d) Physiology of acclimatization and hyperbarrism.
- e) Respiratory / pulmonary function tests.
- f) Non – respiratory functions of lungs.
- g) Artificial respiration.

#### **IV. DIGESTIVE SYSTEM**

1. Introduction, organization and plan of digestive system.
2. Stomach
  - a) Functions of stomach
  - b) Composition and functions of gastric juice.
  - c) Regulation of secretion and mechanics of HCL secretion.
  - d) Gastric emptying time and its regulation
3. Liver
  - a) Function, formation, storage and emptying of bile.
  - b) Composition, function and regulation of release of bile.
  - c) Entero-hepatic circulation.
  - d) Tests for liver function.
4. Small intestine
  - a) Composition, function and mechanism of secretions.
5. Large Intestine
  - a) Functions.
6. Gastro – intestinal movements
  - a) Mastication, deglutition and vomiting
  - b) Movements of stomach and small intestines
  - c) Movements of large intestine and defecation.
  - d) Regulation of movement and methods of study.
7. Digestion and absorption of carbohydrates, fats, proteins and vitamins, minerals and water.

#### **V. EXCRETORY SYSTEM**

- 1) General introduction, organs of excretion with special emphasis on evolution of excretory mechanisms. Renal system – Functional anatomy and renal circulation

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## Practical (104)

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### 1<sup>st</sup> YEAR

#### 2nd Semester

### Pathology (201)

#### **I. General Pathology: -**

1. History and scope of pathology

- a) Definition and various branches in pathology
- b) Scientific study of disease and methodology

2. The cell and the reaction of cell, tissue and organ to injury

- a) Structure of cell and its functions
- b) Causes and nature of cell injury
- c) Toxic substances, physical agents and lack of nutrients.
- d) Infectious agents & Parasites.
- e) Immune mechanisms and genetic defects.

3. Inflammation and repair: -

- a) Definition, classification and nomenclature.
- b) Acute inflammation

Vascular and cellular phenomenon, cells of exudates chemical mediators and tissue change in acute inflammation cardinal signs of acute inflammation.

Fate, types and systemic effects of acute inflammation

4. Chronic Inflammation: -

- a) Difference between acute and chronic inflammation.
- b) Definition of Granuloma.

5. Wound Healing: -

- a) Restitution, regeneration and repair.
- b) Repair of epithelial and mesenchymal tissue.
- c) Primary union and secondary union.
- d) Mechanism involved and factors modifying repair process.

6. Growth and its disorders: -

- a) Definition of agenesis, aplasia, atrophy, hyperplasia, hypertrophy, hypoplasia, metaplasia.
- b) Concept of dysplasia, anaplasia and carcinoma-in-situ.

## 7. Neoplasia

- a) Definition, classification and nomenclature.
- b) Characteristic features of benign and malignant tumors Carcinogenesis and carcinogens

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## **First Aid and Emergency Medicine (202)**

### **First Aid**

- General principles of first aid-definition, principles, responsibilities and golden rules
- Resuscitation techniques-basic life support, mouth to mouth ventilation, artificial ventilation, Sylvester method.
- Unconsciousness and general principles of treatment, recovery position
- Transportation and handling of patient
- Hemorrhage and bleeding
- Shock
- Wounds
- Bandages, dressing and slings
- Fractures, sprains and strains
- Poisoning
- Asphyxia, Aspiration, drowning, suffocation and strangulation
- Road accidents
- Effect of temperature, sunburn, hypothermia, frost bite, heat exhaustion, heat Stroke
- Burns and scalds, electrical injuries
- Head injury, chest injury, blast injury, crush injury
- Sports injuries
- Epilepsy-febrile convulsions
- Syncope
- Dog bite, snake bite, scorpion bite and bee sting
- Emergencies in diasthetic patients and cardiac patient

### **Endocrine and Metabolism**

- Thyroid crisis
- Adrenal crisis
- Diabetic ketoacidosis and coma
- Hypoglycemia
- Tetany
- Hypercalcemia
- Miscellaneous Emergencies
- Syncope
- Acute peripheral circulatory failure

- Anaphylaxis
- Hypothermia
- Hyperpyrexia
- Poisoning
- Drug overdose

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## **Principles of Yoga (203)**

1. What is Yoga, & various definitions of Yoga.
2. History of Yoga, (relative chronology, Yoga before the time of Patanjali, Indus valley civilization, Veda, Brahmans, Upanishads, Epics, Purana's and Smriti literature).
3. Original system of Yoga (Hiranyagrha-yoga)
  - a) Sankhya and yoga
  - b) Buddhism and yoga
  - c) Jainism and yoga
  - d) Systematisation of yoga by sage patanjali
  - e) Contribution of Vyasa's commentary to patanjali yoga.
4. Post patanjalian developments in Yoga.
5. Contemporary yoga, scientific and textual research studies.
6. Patanjali's astanga yoga
7. Outlines on Branches of yoga - Raja, hatha, jnana, karma, bhakti, mantra, kundalini and laya.
8. Introduction to Yogasanas
  - a) Definitions for Yogasanas, Animal postures
  - b) Yogasanas and prana
  - c) Yogasanas and Kundalini
  - d) Yogasanas and the body mind connection
  - e) Yogasanas and exercises.
9. Classification of yogasanas - beginners group, intermediate group, advanced group, dynamic and static yogasanas.
10. Rules and regulations for Yogasanas.
11. Introduction to Pranayama

- a) Definition
  - b) Pranic Body
  - c) Prana and life style
  - d) Breadth, health and pranayana
  - e) Breathing and life span
- Pranayama and spiritual aspirant

12. Rules and Regulations for the Pranayama Practice.

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**Practical (204)**

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**2nd YEAR**

**3<sup>rd</sup> Semester**

**Nutrition and Medicine Herbs (301)**

- Nutrition
- Definition of food, nutrition, nutrient and diet
- What is nutrition healing
- Defining essential nutrients
- Proteins and amino acids
- Carbohydrates
- Lipids, sterols and their metabolism
- Energy needs: assessment and requirements in humans
- Electrolytes, water and acid-base balance
- Minerals – calcium, phosphorous, magnesium, iron zinc, copper, iodine selenium, and chromium, ultra trace minerals
- Vitamins – A, retinoid, D, E, K, Thiamine, Riboflavin, Niacin Pantothenic acid, Folic acid, B12, Biotin, C.
- Clinical manifestations of human vitamin and mineral disorders
- Role/significance of nutrition
- Regulation of gene expression
- Membrane and transport
- Control of food intake

- Antioxidants
- Food groups
- Metabolic consequences of starvation
- Fiber and other dietary factors affecting nutrient absorption and metabolism
- Hormone, cytokine and nutrient reactions
- Nutrition and immune system
- Oxidative stress and oxidant defense
- Diet in work and exercise performance
- Body composition: influence of nutrition, physical activity, growth and aging
- Maternal nutrition
- Nutritional requirements during infancy
- Diet, nutrition and adolescence
- Nutrition in the elderly
- Clinical nutrition assessment of infants and children
- Clinical and functional assessment of adults
- Nutritional assessment of malnutrition by anthropometric methods
- Laboratory tests for assessing nutritional status
- Dietary assessment
- Childhood obesity
- Nutritional management of infants and children with specific diseases and/or conditions
- Assessment of mal absorption
- Nutrition in pancreatic disorders
- Nutrition in liver disorders
- Nutrition and diet in the management of hyperlipidemia and atherosclerosis
- Nutrition, diet and hypertension
- Diet, nutrition and prevention of cancer
- Carcinogens in foods
- Nutritional support of the cancer patient
- Nutrition and diet in rheumatic diseases
- Nutritional management of diabetes
- Obesity

- Nutritional aspects of hematologic disorders

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## **Yoga and Applications (302)**

### **Chapter 1**

Concept of body, health and disease; concept of Yoga; Pancha Kosa, the basis for the IAYT, Pancha Kosa practices of Annamaya, Pranamaya, Manomaya, Vijianamaya and Anandamaya kosas.

### **Chapter 2**

Health and Yoga Therapy through Yoga Vasinoha: Concepts of Adhi and Vyadhi as found in Yoga Vasinoha; the remedial measures; Handling the mind and emotions-enhancing the power of discrimination.

### **Chapter 3**

Health and Yoga Therapy through Gheraeva Samhita: Historical aspects; life of Gheraeva; the dimensions of Hatha Yoga, contributed by Gheraeva in comparison to other texts; study of the text and their usefulness in modern times.

### **Chapter 4**

Health and Yoga Therapy through Hatha Ratnavali, study of the text and their usefulness in modern times.

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## **Hydrotherapy and Mud Therapy (303)**

### **PAPER 1**

1. Introduction and history.
2. Physical properties and chemical composition of water.
3. Physiological basis of Hydrotherapy  
The skin and its anatomical construction, functions of the skin, temperature sense
4. Production of heat and its distribution in the body, regulation of the body temperature, conditions that increase and decrease heat production in the body, body heat and body temperature.
5. Importance of water to human body.
6. Physiological effects of water on different systems of the body
  - i) General and Physiological aspects of heat upon: -

- a. Skin
- b. Respiration
- c. Circulation
- d. Nervous system
- e. Heat and its production, dissipation etc.
- f. Tactile and temperature sense.
- ii) General and physiological effects of cold upon skin, respiration, circulation, nervous system, G.I.T., Body temperature and its maintenance, nervous system and circulatory System, digestive system

7. Reflex areas of the body, results of the application of hot and cold over reflex areas.

8. Actions and reaction, incomplete reaction, conditions that encourage and discourage reaction, internal reaction, thermic reaction, modified thermic reaction.

9. Place of water in preservation.

10. Place of water in acute diseases.

11. Place of water in chronic diseases.

12. Magnesium sulphate – use in Hydrotherapy

## PART II

1. General principles of Hydrotherapy

a) General rules of Hydrotherapy

b) Therapeutic significance of reaction.

c) Adaptation of individual cases.

d) Exaggeration of symptoms under treatment, the untoward effects and how to avoid them.

e) General indications and contra-indications.

2. Therapeutic actions and use of Hydrotherapy

a) Classification of Hydratic effects, General principles excitation and depression.

b) Primary excitant effects when to apply and when not to apply.

1. Local haemostatic effects – Hydratic heart tonics

2. Cardiac effects – Hydratic heart tonics.

3. Uterine excitations, emanogogic effects.

4. Vesical excitations.

5. Intestinal excitation, peristaltic effects.

c) Secondary excitant effects: -

1. Restorative effects

2. Tonic effects of cold water, physiological effects of cold water. Cold water Vs. Medical tonics, application in the following

3. Anemia, Neuresthenia, Hypochondria, Cerebral congestion, Rheumatism, Diabetes millitus, Valvular heart diseases

4. Calorific effects.

5. Diaphoretic effects

Importance of attention to the skin in chronic diseases – alternative & qualitative effect – Hot baths in brights diseases, sweating baths in dropsy and obesity. Depurative or eliminative effects, Toxemia in Rheumatism

6. Expectorant effects.

7. Diuretic effects – Brights disease.

Uraemia – eclampsia.

8. Atomic Dyspepsia, Hyperacidity.

Revulsive and derivative effects, flexion, revulsive methods for combating superficial anemia and for relief of deep congestion method adapted to anemia of deep seated organs revulsion on analgesic measure

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## **Practical (304)**

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## **2nd YEAR**

### **4<sup>th</sup> Semester**

## **Obstetrics and Gynecology (401)**

- Obstetrics
- Basic Anatomy and Physiology
- Anatomy and Physiology of female reproductive organs and pelvis
- Maturation and fertilization of ovum
- Development of placenta
- Embryology of uterus
- Physiology of pregnancy
- Maternal changes due to pregnancy
- Diagnosis of pregnancy
- Differential diagnosis of pregnancy
- Foetus in normal pregnancy
- Antenatal care
- Physiology of labor
- Causation and stages of labor
- Mechanism of labor
- Conduct of normal labor



- Physiology puerperium
- Phenomena of normal puerperium
- Care of puerperium
- Care of new born child
- Pathology of pregnancy
- Hyperemesis gravidarum
- Venereal diseases
  
- Anemia in pregnancy
- Diseases of the urinary system
- Diabetes in pregnancy
- Diseases and abnormalities of fetal membranes and placenta
- Abortion
- Ectopic pregnancy
- Ante-partum hemorrhage
- Placenta previa
- Pathology of labor
- Occipito-posterior position
- Breech presentation
- Prolapse of the cord, compound presentation
- Multiple pregnancy
- Contracted pelvis
- Management of labor in contracted pelvis
- Complications of 3rd stage of labor
- Affection of new-born
- Asphyxia neonatorum
- Pre-term baby
- Congenital malformations
- Obstetrical operations
- Forceps
- Caesarean section
- Induction of abortion and labor
- Pathology of Puerperium – Puerperal infections:
- Prenatal mortality and maternal mortality
- Post-dated pregnancy
- Placenta insufficiency
- Control of contraception
- Medical termination of pregnancy
- Pre-term labor
- Ultra sonogram in Obstetrics

## **Gynecology**

- Anatomy of the female pelvic organs
- External genitalia
- Internal genitalia

- Female urethra
- Urinary bladder
- Pelvic ureter
- Rectum and Anal canal
- Pelvic muscles
- Pelvic fascia and cellular tissue
- Blood vessels, lymphatic drainage and innervations of pelvic organs
- Pelvic blood vessels
- Pelvic lymphatics
- Pelvic nerves
- Puberty and Menopause
- Neuroendocrinology in relation to reproduction
- Menstruation
- Examination of a gynecological patient and the diagnostic aids
- History
- Examination
- Ancillary aids
- Cytology
- Colonoscopy

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## **Physical Medicine and Rehabilitation (402)**

Exercise therapy

Basic Physics in Exercise Therapy

Mechanics: Force, gravity, line of gravity, center of gravity in

Human body, base, equilibrium, axes and planes

Mechanical Principles: lever, order of lever, examples in human

Body, pendulum, spring

Introduction to exercise therapy

Starting positions: Fundamental starting positions, derived positions, muscle

Work for all the fundamental starting positions

Classification of movements in detail

Voluntary movements

Involuntary movements

Active movements

Passive movements

Muscle strength: Anatomy and physiology of muscle tissue, causes of muscle

Weakness/paralysis, types of muscle work and contractions, range of muscle

Work, muscle assessment, Principles of muscle strengthening/reeducation,

Early reeducation of paralyzed muscles

Joint movement: Classification of joint movements causes for restriction of

Joint movement, prevention of restriction of joints range of movement,

Principles of mobilization of joint in increasing the range of motion.

Technique of mobilization of stiff joint

**Relaxation:** Techniques of relaxation, Principles of obtaining relaxation in Various positions  
Posture: types, factors responsible for good posture, factors for poor development of posture  
Coordination exercises: Definition of coordinated movements, in coordinated movements,  
Principles of coordinated movements, technique of coordination exercise Gait: Analysis of  
normal gait with muscles work, various pathological gaits Crutch gait: introduction, crutch  
measurement, various types of crutch gait in detail Neuromuscular facilitation techniques,  
functional reeducation Suspension therapy: Principles of suspension, types of suspension  
therapy, Effects and uses of suspension therapy with their application either to mobilize A  
joint to increase joint range of motion or increase muscle power, explaining The full details  
of the components used for suspension therapy Myofascial Release Therapy and related  
therapies used in Sports Medicine Therapeutic applications Electrotherapy Electrical  
fundamentals Physical principles Structure and properties of matter Molecular atom, proton,  
neutron, electron, ion etc Nature of electricity current Static electricity Electric potentials  
generated by cell

Ohm's Law

**Joule's Law**

Magnetic energy

Nature and property of a magnet

Magnetic induction

Shaw rule

Maxwell's corkscrew rule

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## **Acupuncture and Acupressure (403)**

1. Definition, concepts of Acupuncture / Anatomy of Acupuncture.
2. Traditional and modern theories of Acupuncture
3. Materials and methods of acupuncture.
4. Principles of Acupuncture with modern views.
5. Rules for the selection of Acupuncture points
6. Contraindications and complications of Acupuncture
7. The concept of Meridians: -
  - a) Lung Meridian (Lu)
  - b) Large intestine Meridian (LI)
  - c) Spleen Meridian (SP)
  - d) Stomach Meridian (ST)
  - e) Heart Meridian (H)
  - f) Small intestine meridian (SI)
  - g) Urinary bladder meridian (UB)
  - h) Kidney Meridian (K)
  - i) Triple warmer meridian (TW)
  - j) Gal bladder meridian (GB)
  - k) Liver Meridian (Liv)
  - l) Governing vessel Meridian (GV)
  - m) Conceptional vessels Meridian (CV)
  - n) Eight extra meridians
8. The extra-ordinary points
9. Diagnostic methods (both Acupuncture and modern)
10. Auriculo Therapy and SCALP Acupuncture
11. Moxibustion

12. Stimulation in Acupuncture

13. Acupuncture Therapeutics

14. Acupuncture Anaesthesia

15. Reflexology & Zone Therapy: -

What is reflexology, history and development

How does reflexology work?

Body & its reflex zones

Applications, indications and contra-indications

Preventive effects of reflexology

16. Acupressure: -

What is acupressure?

Its origin & development

Physiological effects of acupressure

Therapeutic uses of acupressure

17. Acupuncture / Pressure in ACUTE disorders and emergency.

18. Pranic Healing

19. Reiki

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**Hospital Training (404)**

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