

CENTRAL COUNCIL OF INDIAN MEDICINE

MD (AYURVEDA) FINAL YEAR 17. MD (YOGA)

- * Teaching hours for theory shall be 100 hours per paper.**
- ** Teaching hours for practical shall be 200 hours.**

PAPER I

PHILOSOPHY OF YOGA

MARKS 100

1. Introduction to Yoga concepts from Veda, Upanishads, Puranas and Smruti Samhitas.
2. Concept of Sharira-sthula, Suksma, Karana
3. Shad-Darshanas, relation between Yoga and Sankhya
4. Detailed study of Patanjala yoga Sutras;
 - a. Samadhi Pada(Discourse on Enlightenment)
 - b. Sadhana Pada (Discourse about the Practice)
 - c. Vibhuti Pada (Discourse about the Results)
 - d. Kaivalya Pada (discourse about Liberation)
5. Principles of Yoga as per Bhagvad Gita
 - Principles of karma Yoga,(Chapter 3- Path of action and selfless service- karma) & Chapter 5—Path of renunciation in Shrikrishnaconsciousness),
 - Jnanayanavijnnyana Yoga (Chapter 4 – Jnana karmasanyasa yoga- path of renunciation with self knowledge and Chapter 7—Jnayanvijyan Yoga – enlightenment through knowledge of the Absolute) ,
 - Bhakti Yoga (Chapter 12—Path of Devotion).
 - Gunatrayavibhaga Yoga- The three modes-gunas of material nature (chapter 14),
 - Purushottama Yoga- The Yoga of Absolute Supreme Being- (Purushottama) (chapter 15),
 - Daivasurasamapad vibhaga Yoga- divine and demonic qualities (chapter -16)
 - Shraddha Traya Vibhaga Yoga- Three fold faith-(chapter 17)
6. Concepts and Principles of Yoga according to Yoga Vashishtha.

PAPER II

PRACTICE OF YOGA

MARKS 100

(BASED ON HATHA PRADIPIKA, GHERANDA SAMHITA, SHIVA SAMHITA)

1. Hatha Yoga - its Philosophy and Practices

- i. Hatha Yoga, its meaning, definition, aims & objectives, misconceptions, Yoga Siddhikara and Yoga Vinashaka Bhavas
- ii. The origin of Hatha Yoga, Hatha Yogic literature, Hatha Yogic Practices
- iii. Concept of Yoga Matha, Rules & Regulations to be followed during Yoga practice, concept of Mitahara, Pathya and Apathya.
- iv. Hatha Yogic parampara.
- v. Relationship between Hatha Yoga & Raja Yoga.

2. Hatha Yoga Practices: Sodhana-Kriyas and Asanas

- i. Sodhana-Kriyas in Hatha Pradipika and Gheranda Samhita , their techniques, benefits and precautions.
- ii. Role of Sodhana-Kriyas and their importance in modern day life.
- iii. Asanas in Hatha Pradipika , Gheranda Samhita and Shiva Samhita- techniques, benefits, importance and precautions.

3. Hatha Yogic Practices: Pranayama, Bandhas and Mudras

- i. Mudras-their techniques and benefits – as per Hatha Pradipika , Gheranda Samhita and Shiva Samhita
- ii. Bandhas and role of Bandhatrayas in Yoga Sadhana.
- iii. Pranayama - mechanism of Yogic breathing, concept and technique of Puraka, Kumbhaka and Rechaka.
- iv. The concept of Prana and Dashavidha Pranas.
- v. Concept of Nadis, their types and description.
- vi. Pranayama and its importance in Hatha Yoga Sadhana, Pre-requisites of Pranayama, Nadishodhana Pranayama, its technique and importance,.
- vii. Pranayama (Kumbhakas) practices, techniques, benefits and precautions,
- viii. Nadishuddhi lakshanas and Hatha Siddhi Lakshanam.

4. Hatha Yoga Practices: Pratyahara, Nadanusandhana and Svarodaya Jnana

- i. Concept of Pratyahara, Dharana and Dhyana in Gheranda Samhita and their techniques & benefits
- ii. Concept of Samadhi (Manonmani) in Hatha- Pradipika, Samadhi Lakshanam and Hatha Yoga Siddhi Lakshanam.
- iii. The concept of Nada, four Avasthas (stages) of Nadanusandhana, and its Siddhis.
- iv. Svara, Importance of Svarodaya-jnana in Yoga Sadhana and health with special reference to Gheranda Samhita.
- v. Relaxation Techniques- Yoga Nidra, Quick relaxation technique(QRT), Instant relaxation technique (IRT), Deep relaxation technique (DRT)

5. Biomechanics of various Yoga practices (Shuddhi Kriyas, Asanas, Pranayamas etc.) and its relevance in the conditions of health and diseases.

YOGA THERAPY FOR SYSTEMIC DISEASES

1. Yogic diagnostic principles

- a) Functioning of Dashaprana -Shivsamhita
- b) Nabhipariksha- Yogic Sukshma Vyayama by Swami Dhirendra Brahamchari
- c) Panchkoshas –Its functioning in Physiological and Pathological Conditions
- d) Chakras -in Physiological and Pathological Conditions
- e) Swarayoga-Its relevance - in Physiological and Pathological Condition
- f) Principles of Adhi and Vyadhi and their Management according to Yogavasistha. (Section VI.I Chapter 81)

2. Ayurved, Modern Diagnostic principles and practices for diseases and Yogi diagnostic approach related to;

a) Cardio-vascular Disorders (Hridroga)

Ischaemic Heart Disease, Hypertension & Peripheral Vascular Disease.

b) Respiratory Disorders (Pranavahasrotogata vikar)

Bronchial Asthma, Chronic Obstructive Pulmonary Disorder (COPD), Allergic Rhinitis, Sleep Apnea & Snoring.

c) Rheumatology, Muscle & Bone Disorders (Vata and Asthisandhigata roga)

Pain in the limbs & back, Rheumatoid Arthritis, Osteoarthritis, Connective Tissue disorders & Muscular dystrophy.

d) Digestive Disorders (Annavaahasrotogata roga)

Acid Peptic disease, Irritable Bowel syndrome .

e) Neurological Disorders: (Vatavyadhi)

Cerebro Vascular diseases , Epilepsy, Parkinsons diseases, Multiple Sclerosis, Upper Motor Neuron diseases

f) Others- Migraine & Tension headache , Refractory errors of vision.

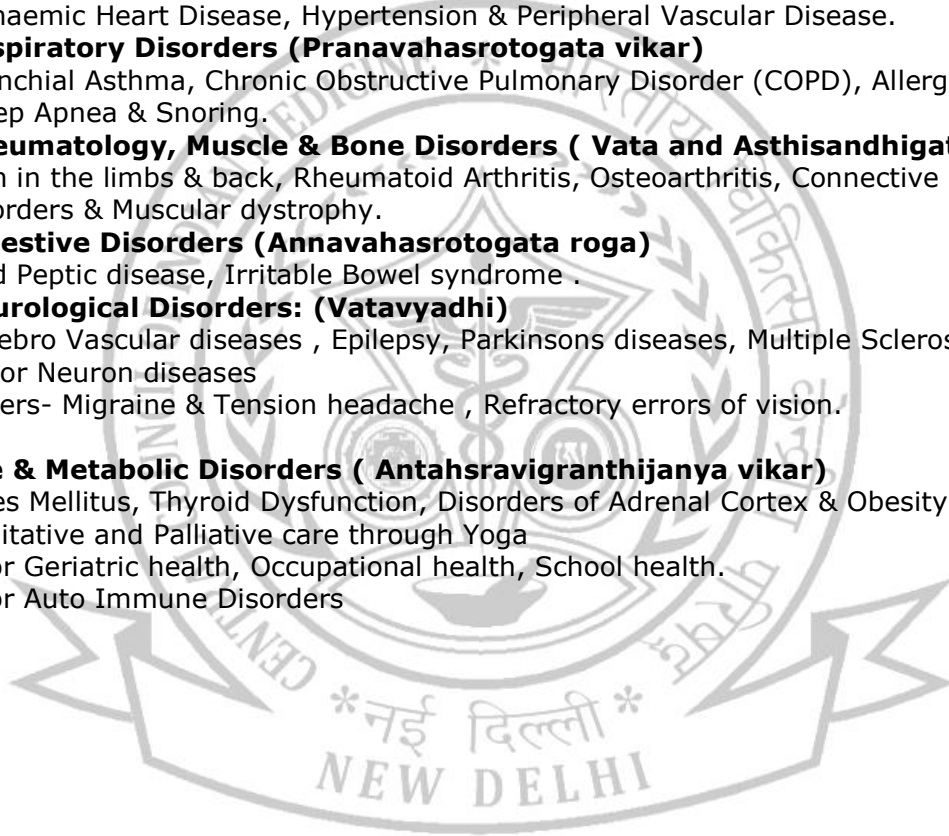
Endocrine & Metabolic Disorders (Antahsravigranthijanya vikar)

Diabetes Mellitus, Thyroid Dysfunction, Disorders of Adrenal Cortex & Obesity.

Rehabilitative and Palliative care through Yoga

Yoga for Geriatric health, Occupational health, School health.

Yoga for Auto Immune Disorders



PAPER IV

YOGA CHIKITSA - II

MARKS 100

Yoga Practices in different diseases/conditions mentioned in Yogic Classics

1. Gulma
2. Krimi
3. Udar roga
4. Pliha vikar
5. Shtaulya
6. Arsha
7. Agnimandya
8. Vinshati Kapha roga
9. Kasa
10. Shwas
11. Hikka
12. Urdhwajatrugata Vikar
13. Amavata
14. Visha vikara etc.

Yoga practices for Obstetrics & Gynaecology (Streeroga and Prasuti)

Garbhini, Sutika, RajoNivruti kalin yogic paricharya, Pregnancy induced hypertension, Pre-eclampsia, Intra-Uterine Growth Retardation (IUGR), Menstrual disorders (e.g., dysmenorrhoea, pre-menstrual syndrome), Infertility & Menopause.

Yoga Practices in Psychological disorders(Manovikar)

Neurotic disorders, Mood disorders, Schizophrenia, Narcotic and Alcohol abuse, Eating disorders, Phobias, Mental retardation & Obsessive compulsive disorder.

PRACTICAL FOR SECOND AND FINAL M.D. (YOGA)

Marks 200

Scheme of Practicals

Duration: - 02 Years

1) Self Practice of Yoga

a) Sookshma evam Sthula Vyayama (Yogic Sookshma vyayama by Swami Dhirendra Brahmachari)

b) Suryanamaskara

c) Aasanas (23)

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|-------------------------|--------------------|
| 1) Swastikasana | 2) Gomukhasana |
| 3) Uttankurmasana | 4) Dhanurasana |
| 5) Ardha Matsyendrasana | 6) Mayurasana |
| 7) Bhadrasana | 8) Shalabhasana |
| 9) Sinhasana | 10) Sarvangasana |
| 11) Shirshasana | 12) Pavanmuktasana |
| 13) Bhujangasana | 14) SuptaVajrasana |
| 15) Chakrasana | 16) Siddhasana |
| 17) Padmasana | 18) Veerasana |
| 19) Paschimatanasana | 20) Vajrasana |
| 21) Shavasana | 22) Makarasana |
| 23) Ushtrasana | 24) Kurmasana |
| 25) Baddhakonasana | 26) Tadasana |
| 27) Vrikshasana | 28) Garudasana |
| 29) Kukkutasana | 30) Setubandhasana |

d) Mudra

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|--------------------|-----------------|
| 1) Viparita karani | 2) Yoga Mudra |
| 3) Shanmukhi Mudra | 4) Brahma Mudra |
| 5) Ashwini mudra | 6) Tadagi Mudra |
| 7) Shambhavi Mudra | |

e) Bandha

- 1) Jalandhara, Uddyana, Mula bandha

f) Shuddhikriya – JalaNeti, Sutra Neti, Dhauti(various types), Trataka, Nauli Basti, Shankhaprakshalan, Kapalbhathi- Vyutkrama and Shitakrama Kapalbhathi

g) Pranayama

Nadishudhi- Anulom Vilom Pranayam,

h) Kumbhaka bhedas

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|-----------------|-------------|
| 1) Suryabhedana | 2) Ujjayi, |
| 3) Bhastrika, | 4) Bhramari |
| 5) Sheetal | 6) Sitkari |

i) Relaxation techniques – QRT, IRT, DRT

j) Dhyana

4) Long case sheets for Yoga advice

- a) Non communicable and common diseases 20
b) Stri swasthya Paricharya 10

5) Yoga Educational Visits-

Visit to any 5 yoga Institutions having facilities of yoga therapy and belonging to different schools and thoughts of Yoga

The brief report of each visit should be written by student in a journal (Duly signed by Guide and HOD)

6. Departmental duties : Regular Attendance as-

1. Duty in OPD and IPD- practice of diagnostic and therapeutics with respect to Yogic sciences
2. Museum Development
3. Yoga training for Self, Swastha and patients.
4. Departmental Seminars
5. Research Journal /Article Reviews (Mimimum 2)
6. Submit minimum 2 papers in any publications.
7. Micro Teaching (Training to take Lectures and Practicals of UG). Minimum 10.
8. Yoga Awareness talk for public.
9. Daily diary- Log book

Reference Books:

1. Patanjali Yoga Sutra – Maharshi Patanjali, Karambelkar
2. Hatha Pradipika – SwatmaramYogendra
3. Gheranda Samhita- Gherand Muni
4. Shiva samhita – Kaivalyadhama
5. Yoga Vashishta –
6. Yoga and Ayurveda - Dr.Rajkumar Jain
7. YogikYogPadhati - BharatiyaprakrutikChikitsaPadhat
8. YogikChikitsa - ShriKedarnath Gupta
9. SachitraYogasanDarshika - Dr.IndramohanJha
10. Yoga and Yogikchikitsa - Ramharsha Singh
11. The Foundation of Contempary Yoga - R.H.Singh
12. Yogadeepika - Shri. B.K.S. Iyengar
13. YogasidhantaevumSadhna - H.S.Datar
14. Light on Yoga, Light on Pranayama- Shri. B.K.S. Iyengar
15. Light on Patanjala yogasutra - Shri. B.K.S. Iyengar
16. Swasthavritta - Vd.Sakad
17. Reddy's Comprehensive Guide to Swasthavritta –Dr.P.Sudhakar Reddy
18. Swasthavritta – Vd Yeshwant Patil and Vd. Vhawal
19. Swasthavritta – Vd. Patrikar Vijay
20. Swasthavrittavidnyan - Dr.MangalaGowri
21. Positive Health - Dr.L.P.Gupta
22. Biogenic Secretes of Food In Ayurveda - Dr.L.P.Gupta
23. Text book of Swasthavritta - Dr.Ranade, Dr.Bobade, Dr.Deshpande
24. Food and nutrition – Swaminathan
25. Yoga and Nisargopachar- Vd. Prama Joshi
26. Essence of Yoga - Dr.MangalaGowri
27. The essentials of Nature Cure - Dr.MangalaGowri
28. Yogasudha – Dr. Kashinath
29. Relevant portions of Charak, Sushruta, Vagbhata (Ashtang Hrudaya),
30. SwasthavrittaSamuchaya –VaidyaPtRajesvarDuttaShastri
31. SwasthyaVignyana -Dr.B.G.Ghanekarshastri
32. SwasthvrittaVigyan - Dr.Ramharsha Singh.
33. Swasthvrittam - Dr.BramhanandTripathi
34. AyurvediyaSwasthvrittam - Vd.Jalukar
35. SwasthaVigyan - Dr.MukundswaroopVerma
36. Swasthavritta - Dr. Shivkumar Gaud
37. Swasthavritta- Part-I & II- Vd. Mhaiskar, Vd.Vatve

Reviewed by

1. Dr. Kamalesh Sharma (Chair person)
2. Dr. Arpan Bhatt
3. Dr. Medha Kulkarni

FORMAT OF THE PRACTICALS / ORAL EXAMINATION

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| 1. Daily Work book log book | 20 Marks |
| 2. Case record sheets | 20 Marks |
| 3. One long case (Shuddhi Kriya Advise) | 20 Marks |
| 4. One Short case (Asana & Pranayama Advise) | 10 Marks |
| 5. Yoga Demonstration (Min. 10 Asana) | 20 Marks |
| 6. Micro teaching / Topic Presentation | 10 Marks |
| 7. Thesis Presentation | 40 Marks |
| 8. Viva Thesis | 30 Marks |
| 9. Viva General all papers | 30 Marks |

Total = 200 Marks