

**CENTRAL UNIVERSITY OF KERALA**  
DEPARTMENT OF YOGA STUDIES  
M.Sc. YOGA THERAPY

**MYG5301 Principles of Yoga Therapy**

Course Code	MYG5301	Semester	III
Course Title	<i>Principles of Yoga Therapy</i>		
Credits	4	Type	Core

**Course Description**

**This course is oriented to develop in the knowledge in the principles and practice of Yoga Therapy that enhances the employability as a Yoga Therapist of the student undergoing this course** This course is intended to provide an overview of the principles of yoga therapy. This course is teaching the principles of Yoga therapy in detail. Also teaches the concept of therapeutics in Yoga scripts and in Ayurvedic scripts.

**Course Outcome**

- **Students get a thorough knowledge about the principles of yoga therapy.**
- **Develops the skill in understanding the physical condition according to Ayurveda aspects.**
- Knowledge in the concepts of diseases and management of the diseases by Yoga therapy.
- **Skill in various therapeutic techniques in Yoga for treatment and management of the diseases.**
- **Skill in prescribing a healthy diet plan according to Yoga.**

**Course Structure**

The following is a detailed syllabus MYG5301 Principles of Yoga Therapy

**Module :**

This module is focussed to teach the principles and practice of Yoga therapy. First unit teaches the basic principles of yoga therapy. Second unit teaches about the properties of dietetics. Third semester teaches the daily routine and seasonal routine. Fifth unit teaches about therapeutic concepts in classical texts.

This module comprises of the following units:

**Unit I. Basic principles of yoga therapy (14 hours)**

- Shadvimsati tatva theory
- Panchakosha theory
- Tridosha theory
- Application of the three theories.

**Unit II. Food system and health management (12 hours)**

- Dietetics with relationship of Rasa, Guna, Virya, Vipaka and uses of the following: Shali, Yava, Godhuma, Mudga, Masha, Chanaka, Patola, Surana. Kakkola, Karkati, Rambha, Mulaka, Vartaki, Kalashaka.
- Himalocika, Navanita, Ghrta, Kshira, Sita, Ikshwam, Gudam, Kusmanda, Kumari, Narikelam, Draksham, Lawali, Dhatri, Ela, Jati.
- Lavanga, Paurusha, Jambu, Haritaki, Karjura, Madhu, Shunti, Sigru, Bilva,
- Tulasi, Guduchi, Tila, Nimba, Maricha, Brahmi, Bhumyamalaki, Amalaki, Bhranga, Jeeraka, Dhanyaka, Lashuna, Shirisha, Kutaja, Haridra, Mantya, Patra, Ushira, Jivanthi, Punarnava.

**Unit III. Principles of yoga therapy (14 hours)**

- Principles of Yoga therapy related to Indian System of Medicine – Tridosha, Dhatu, Mala, Sadrasa.

- Dinacarya, Sadvritta, Abhyanga, Vyayama.
- Ritucarya, Ritusandhi
- A general survey of preventive, promotive and curative aspects of Yoga Therapy Viz. Asana, Pranayama, Mudra, Kriya etc.

#### **Unit IV. Yogic methods in Yogavasistha**

**(10 hours)**

- Citta, its qualities, Cittavikaras, Cittacikitsa.
- Manas, Rupa, Existance, Sadacara, Ahankara, Bandhabandha, Jivanmukta.
- Yoga and its explanation, Jnana, Indriya and Vairagya.
- Jnana, Suk Yogopadesa, Nirvana, Visranti.

#### **Unit V. Yoga therapy concepts in classical texts**

**(10 hours)**

- Yoga therapy concepts in Patanjala yoga sutra
- Yoga therapy concepts in Hathayogapradipika
- Yoga therapy concepts in Gheranda Samhita

#### **Testing & Evaluation**

##### **Internal Assessment - 40 marks.**

Internal examination I - 15 marks, internal examination II - 15 marks, Assignments 10

##### **End semester examination - 60 marks**

Objective type questions -10 marks, short notes – 30 marks, essay - 20

#### **References**

1. Sawami Diagambarji, Pt Raghunatha Shastri Kokaje, Hatha Pradeepika Of Swathmarama, SMYM Samithi Kaivalyadhama, Lonavla Maharashtra; 1970
2. Swami Diagambarji, DrM.L Gharote, Gheranda Samhitha, S.M.Y.M Samithi Kaivalyadhama, Lonavla Maharashtra; 1997
3. Swami Virupakshananda, Samkhyakarika of Ishwarakrishna, Sriramakrishna Matt, Mylapur Chennai; 2006
4. Dr. Nandini Dilip Dhargalkar, Sarira Kriya Vidhana (A Text Book OF Physiology Of Ayurveda) Volume I, Banaras Ayurveda Series 32, Chowkhamba Sanskrit Series Office, K37/99, Gopal Mandir lane Varanasi; 2008
5. Pndt Hari Sadashiva Shastri,(2007), Ashtangahridayam of Vagbhata, Choukamba Surabharathi Prakashan, Gopal Mandir Lane, Varanasi; 2007
6. Dr.B Athavale, Basic principles of Ayurveda, Sanathan Samstha, 206 Sion Main Road, Mumbai ; 1980
7. Krishnamacharya, Nathamuni's Yoga Rahasya, Krishnamacharya GrabthmalaSeries-II, Krishnamacharya Yoga Mandiram, 31, 4'th Cross Street, R K Nagara, Chennai; 1981
8. V.M Kulkarni (1986), Naturopathy; Art of Drugless Healing, Satguru Publications, Shakthi Nagar, North Delhi;1986