

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

### **MYG5401 Diseases and Diagnostics**

Course Code	MYG5401	Semester	IV
Course Title	<i>Diseases and diagnosis</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 teaches various diseased conditions according to Ayurveda/ Yogic perspective as well as the Allopathic perspective. This course teaches the case history taking method and diagnosing techniques of various diseased condition and method. It also teaches analysis of the physical condition and prescription of Yoga therapy.

#### **Course Outcome**

- **Students get a thorough knowledge in the yoga therapy.**
- **Experience in case taking method and recording it.**
- Ability to understand the physical condition according to allopathic perspective.
- Knowledge of various diseases.
- **Skill in the management strategy of the diseases according to Yoga Therapy.**
- **Knowledge in various therapeutic techniques in Yoga for treatment and management of the diseases.**
- **Skill in developing a the therapeutic module for yoga therapy.**

#### **Course Structure**

The following is a detailed syllabus MYG5401 Diseases and Diagnosis

##### **Module :**

This module is focussed to teach the diseases and diagnosis, and prescription of yoga therapy. First and second unit teaches the general examination method of a patient. Third, fourth and fifth units teach modern approach of the diseases and treatment strategy.

This module comprises of the following units:

#### **Unit I. Examination of a Patient and Review of Systems (12 hours)**

- Complaints, history of present illness, Study of Symptoms, Communication with the Patient, Age and Address, Marital status, Social and occupational history, History of previous illness, menstrual history, Body weight, sleep.
- Family history, Physical examination, Investigations, Diagnosis, Treatment history, Follow-up; Presenting a case and Interpretation of clinical data.

#### **Unit II. Examination of a Patient and Review of Systems II (12 hours)**

- General approach, mental and emotional state, Physical attitude, Physique, Face, Skin, Hands, Feet, Neck, Temperature, Pulse, Respiration, Special questions were relevant.
- Review of - Gastrointestinal system, Cardiovascular system, Respiratory system, Genital system, Urinary system and Nervous system.

**Unit III. Modern Approach – Aetiology, Symptoms, Complications, Treatment with Features and Management. (10 hours)**

- Hypertension, Cardiac Disorders.
- Diabetes Mellitus, Obesity. Skin diseases.
- Br.Asthma, Constipation.
- Arthritis, Peptic Ulcer.

**Unit IV. Modern Approach – Aetiology, Symptoms, Complications, Treatment with Features and Management. (14 hours)**

- Backache, Spondylitis and Spondylosis
- Stress, Depression and Anxiety

**UNIT V. Modern Approach – Etiology, Symptoms, Complications, Treatment with Features and Management. II (12 hours)**

- Insomnia, Thyroid problems
- Menstrual disorders, Sexual disorders.

**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. Keith L Moore et al, Clinical Oriented Anatomy , sixth edition, Wolters Kluwer (india) Pvt Ltd, 501 A,Devika Tower,Nehru Place, New Delhi; 2010
2. Lynn S. Bickley BATES' Guide to Physical Examination and History Taking, Eight Edition, Lippincott Williams & Wilkins,530 Walnut Street, Philadelphia; 2003.
3. Davidson Principles & practice of Medicine, Churchill Livingstone, Harcourt Brace and Company; 1999.
4. Dr R Nagarathna, Dr H R Nagendra, Dr Shamantakamani Narendran Yoga for Common Ailments and IAYT for Different Diseases. SVYASA Publications Bengaluru; 2002
5. Swami Kuvalayananda, Dr. S.L. Vinekear, Yogic Therapy – Published by Kaivalyadhama, Lonavala, Pune; 1963
6. Dr. Swami Karmananda Saraswati, Yogic Management of Common Diseases, Yoga Publication Trust, Bihar School of Yoga, Munger, Bihar; 1992
7. Sri Krishna, Notes on Structure and Functions of Human Body and Effects of Yogic practices on it Kaivalydhama S.M.Y.M Samiti, Lonavala; 1988
8. Dr M.M Gore , Anatomy and Physiology of Yogic Practices, New Age Books, A-44 Naraina Industrial Area, Phase I, New Delhi; 2010
9. Mukunda Stiles, Structural Yoga Therapy, Adapting to the Individual, Goodwill Publications Ltd, B-3 Rattan Jyothi, 18 Rajendra Place, New Delhi; 2007