

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

**MYG5002 Therapeutic Yoga**

Course Code	MYG5002	Semester	
Course Title	<i>Therapeutic Yoga</i>		
Credits	3	Type	Elective

**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.** The course teaches concept of body and health from the perspective of yoga. It describes the yogic concept of diseases and remedy as per yoga. This course also teaches the modern aspects of psychology and human mind.

**Course Outcome**

- Students get the knowledge on the preventive and curative aspects of Yoga Therapy.
- Yogic concept of health and diseases.
- **Skill in utilization of yoga for physical and mental wellbeing.**
- **Students gets the knowledge and skill in understanding of aetiology and symptoms of diseases according to Indian and Yogic approach.**

**Course Structure**

The following is a detailed syllabus of MYG5002 Therapeutic Yoga

**Module**

First unit teaches concept of health and diseases in yogic perspective. Second unit discusses the preventive aspects of yoga. Third unit of this course teaches how yoga is related to improving the mental health and basic modern psychology. Fourth unit teaches therapeutic value of yoga and integration of the treatment. Fifth unit analyses the research work done in the field of yoga therapy.

**Unit I. Yogic concepts of health, stress and disease**

**(10 hours)**

- Concept of health and disease in Modern Systems of Medicine.
- Concept of health and disease in Ayurveda, Naturopathy and Siddha Systems of Medicine.
- Yogic Concept of Health and Disease: Meaning and definitions, Concept of Adhi and Vyadhi according to Yoga Vasishtha.
- Concept of Stress, psycho-physiological consequences of stress, Cause of stress according to Yoga Sutra, Tapatrayas, Kleshas. Physical and Physiological manifestation of Disease: Vyadhi, Alasya, Angamejayatva and Svasa-Prashvasa, Mental Emotional ill Health: Styana, Samshaya, Pramada, Avirati, Duhkha, Daurmanasya, Bhranti- darsana, Alabdha-bhumikatva and Anavasthitatva.
- Techniques for controlling stress as per Yoga Sutra.

**Unit II. Preventive healthcare according to yoga. (9 hours)**

- Concepts of Trigunas', Pancha-Mahabhutas, Pancha Koshas, Pancha Pranas, Nadis, Chakras, and their role in Health and Healing.
- Role of Shuddhi Prakriyas in preventive and curative Health.
- Karma Shuddhi (Yama, Niyama), Ghata Shuddhi(Shat-Karma), Snayu Shuddhi (Asana), Prana Shuddhi (Pranayama).
- Indriya and Mano Shuddhi (Pratyahara), Mana, Buddhi, Ahankara and Chitta Shuddhi (Dharana, Dhyana and Samadhi).
- Dietary regulation according to Hatha Yoga and Bhagavad Gita.

**Unit III Yoga for mental health. (10 hours)**

- Definition of Mental Health and Mental Hygiene.
- Yogic approach to personality, Personality types based on Triguna, Psychometric assessment of Triguna Personality using Mathew's IAS Rating Scale.
- Psycho-Social implications of yoga; Adaptation and adjustment [Personal and interpersonal] through yogic rules and regulations Niyamas & Yamas.
- Mental disorders- Neurosis and Psychosis.
- Yoga for treatment of depression.

**Unit-IV: Therapeutic value of yoga in treatment of diseases (8 hours)**

- Psycho physiological effects of yoga evidences through modern research literature on therapeutic benefits of yoga in health and diseases on different body systems.
- Cardiovascular diseases, Respiratory diseases, Neurological disorders.
- Endocrine disorders, Metabolic disorders, Renal disorders.
- ENT disorders, Ophthalmology.
- Reproductive system.

**Unit V. Research studies on effect of individual yoga practices on health (8 hours)**

- Literature on Psycho-physiological research in normal healthy volunteers.
- Literature on psycho-physiological research in promotion of positive health on individual asanas, kriyas, mudras, bandhas, pranayamas, different meditation techniques.

**Testing & Evaluation**

**Internal Assessment - 40 marks.**

Internal examination - 20 marks, Assignments - 10, Overall performance 10

**End semester examination - 60 marks**

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

## References

1. Dr. Nandini Dilip Dhargalkar, (2008), 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.
2. Aggie Carson, Arenus, An Introduction to Psychology; Understanding Human Behaviour, REX Book Store, Manila, Philippines; 2004
3. Dr. B Athavale, Basic principles of Ayurveda, Sanathan Samstha, 206 Sion Main Road, Mumbai; 1980
4. Mukunda Stiles, Structural Yoga Therapy, Adapting to the Individual, Goodwill Publications Ltd, B-3 Rattan Jyothi, 18 Rajendra Place, New Delhi 2007.