YSE307 **SCIENTIFIC APPROACH OF YOGA**

Course Objectives:

To make the students to understand

- Basic of Yoga therapy.
- Principles of Yoga therapy.
- Daily routine, seasonal routine.
- Preventive, promotive and curative aspects of Yoga therapy.
- Effects of Yogic practices on different systems of the Human body.

Course Outcome:

After the course, the student will be able to:

- Describe Sadvimsathitattva theory, Pancakosa theory, Tridosa theory and application of these theories in Yoga therapy.
- Describe the principles of daily routine, seasonal routine and their importance in Yoga therapy.
- Describe effect of Yogic practices on selected systems of the human body.
- Describe the use of lifestyle, Kriyas, Asanas, Pranayamas, Mudra and Meditation for preventive, promotive and curative aspects of Yoga therapy.

I. Basis of Yoga Therapy **15 Hrs**

1. Pancakosa theory
2. Tridosha theory
3. Sadvimsatitatva theory
4. Application of the three theories.

II Principles of Yoga Therapy **15 Hrs**

1) Dinacarya, Sadvrtta.
2) Abhyanga,Vyayama
3) Rtucarya
4) A general survey of preventive, promotive and curative aspects of yoga Therapy Viz. Asana, Pranayama, Mudra, Kriya etc.

III. Effect of Yogic practices on the following systems **15 Hrs**

1) Digestive system
2) Circulatory system
3) Nervous system
4) Respiratory system

Reference Books:

1. B.K.S. Iyengar. (2005). *Light On Pranayama.*New York:Element, NY 10018, United States New York.
2. B.K.S. Iyengar. (2006). *Light On Yoga: The Classic Guide To Yoga By The World's Foremost Authority* (6 Ed.). Thorsons,London SE1 9SG, United Kingdom.
3. Krishna Bhat, K. (2006). *The Power Of Yoga* (1 Ed.). Mangalore: Suyoga Publication,574279 Mangalore.
4. Pattabhi Jois. (2010). *Yoga Mala* (2 Ed.).New Delhi: Picador India,707, 7th Floor, Kailash Building 26, K.G. Marg,, New Delhi, Delhi 110001.
5. Saraswati, S. (2002). *Yoga Darshan: Vision Of The Yoga Upanishads.*Munger: Yoga Pubns Trust, Munger, Bihar 811201.
6. Shri O P Tiwari. (2005). *Asana Why And How*.Lonavala: Kaivalyadhama,Lonavla, Maharashtra 410403.
7. Swami Digambaraji. (1998). *Hathapradipika* (1998 Ed.).Lonavala: Kaivalyadhama,Lonavla, Maharashtra 410403.
8. Kanjiv Lochan. (2017). *Astanga Hridaya of Vagbhata Vol. I - III.*New Delhi: Chaukhambha Publications, New Delhi, Delhi 110002.