YSS302A **BASIC PRINCIPLES OF YOGA THERAPY**

Course Objectives:

To make the student to understand:

- Basic principles of Yoga therapy.
- Food system and health management.
- Daily routine and seasonal routines.

Course Outcome:

The student will be able to:

- Explain and utilize the basic principles of Yoga therapy appropriate to the need of individual patient.
- Explain the qualities and usage of the selected items in Yoga therapy.
- Use proper life style/ life style modifications in Yoga therapy.
- Understand and use Kriyas, Asanas, Pranayamas and Mudra for preventive, promotive and curative goal in Yoga therapy.

I Basic Principles **15 Hrs**

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

II Food System and Health Management **15 Hrs**

Dietetics with relationship of Rasa, Guna, Virya, Vipaka and uses of the following:

1) Shali, Yava, Godhuma, Mudga, Masha, Chanaka, Patola, Surana. Kakkola, Karkati, Rambha, Mulaka, Vartaki, Kalashaka.
2) Himalocika, Navanita, Ghrta, Kshira, Sita, Ikshwam, Gudam, Kusmanda, Kumari, Narikelam, Draksham, Lawali, Dhatri, Ela, Jati.
3) Lavanga, Paurusha, Jambu, Haritaki, Karjura, Madhu, Shunti, Sigru, Bilva, Tulasi, Guduchi, Tila, Nimba, Maricha.
4) Brahmi, Bhumyamalaki, Amalaki, Bhranga, Jeeraka, Dhanyaka, Lashuna, Shirisha, Kutaja, Haridra, Mantya, Patra, Ushira, Jivanthi, Punarnava.

III Principles of Yoga Therapy **15 Hrs**

1) Principles of Yoga therapy related to Indian System of Medicine – Tridosha, Dhatu, Mala, Sadrasa.
2) Dinacarya, Sadvrtta, Abhyanga, Vyayama.
3) Rtucarya, Rtusandhi
4) A general survey of preventive, promotive and curative aspects of yoga Therapy Viz. Asana, Pranayama, Mudra, Kriya etc.

Reference Books

1. A.G. Mohan. (2004). *Yoga Therapy: A Guide to the Therapeutic Use of Yoga and Ayurveda for Health and Fitness.*Boston: Shambhala, Boston, Massachusetts, United States,Brookline, MA 02445, United States.
2. Bhagwan Dash, & R.K. Sharma. (2009). *Caraka Samhita: Text With English Translation & Critical Exposition Based on Cakrapani Datta's Ayurveda Dipika (7 Volume Set).*Varanasi: Chowkhamba Sanskrit Series,Varanasi, Uttar Pradesh 221001.
3. Kanjiv Lochan. (2017). *Astanga Hridaya of Vagbhata Vol. I - III.*New Delhi: Chaukhambha Publications, New Delhi, Delhi 110002.
4. G. D Wasley. (1973). *Clinical laboratory techniques.*Balkema:Baillière Tindall, Balkema, A.A.. P.O. Box 1675.
5. Krishna Bhat, K. (2006). *The Power Of Yoga* (1 ed.). Mangalore: Suyoga Publication,574279 Mangalore.
6. Mark Stephens. (2017). *Yoga Therapy: Foundations, Methods, and Practices for Common Ailments.*Berkeley: North Atlantic Books, Berkeley, Berkeley, CA 94704, United States .
7. Swami Digambaraji. (1998). *Hathapradipika* (1998 ed.). Kaivalyadhama, Lonavla, Maharashtra 410403.
8. Swami Satyananda Saraswati. (2004). *A Systematic Course in the Ancient Tantric Techniques of Yoga and Kriya* (3 ed.). Munger:Yoga Publications Trust, Munger, Bihar, 811201 India.
9. Swami Satyananda Saraswati. (2013). *Asana Pranayama Mudra Bandha.*Munger: Bihar School Of Yoga, Bihar 811201 India.
10. V.B. Athavale. (2005). *Basic Principles of Ayurveda.*New Delhi: Chaukhamba Sanskrit Pratishthan Oriental Publishers & Distributors,New Delhi, Delhi 110002.