YSS304A **YOGA THERAPY PRACTICES**

**Course Objectives:**

To make the students to:

- Know the effect of Yogic practices on different system of the body.
- Know etiology and symptoms of diseases according to Indian and Yogic approach.
- To study the complication and treatment of the disease according to Yogic approach.

**Course Outcome:**

The student will be able to:

- Describe the effect of different limbs of Yoga on different systems and use them in yoga therapy.
- Describe the selected diseases and their treatment according to the Indian and Yogic approach.
- Examine the patient, record the case history and diagnose the problem.
- Provide Yoga therapy to the person/patient.

**I Effect of yogic practices on following systems 15 Hrs**

1) Musculoskeletal system, Nervous system
2) Endocrine system, Reproductive system
3) Digestive system, Excretory system
4) Respiratory system, Circulatory system

**II. Indian and Yogic approach of the following diseases with treatment and management 15 Hrs**

1) Diabetes Mellitus, Br.Asthma
2) Hypertension, Cardiac Disorder
3) Backache, Arthritis.
4) Obesity, Peptic Ulcer

**III. Indian and Yogic approach of the following diseases with treatment and management 15 Hrs**

1) Depression, Anxiety, Insomnia
2) Gastritis, Constipation
3) Menstrual disorders.
4) Thyroid problems, Sexual disorders.

**Reference Books**


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