YSH202 **BASICS RELEVANT TO YOGIC SCIENCE – II**

Course Objectives:

To acquaint the student in fundamentals of

- Dietetics and nutrition.
- Swara yoga and Yoga Rahasya.
- Concept of health and Philosophy of yogic science.

Course Outcome:

- Application of diet in yoga therapy.
- Therapeutical concept in the selected traditional texts.
- Application of yoga therapy.

I Fundamentals of Dietics and Nutrition – Modern Concept 15 Hrs

1) Nutrition, Nutrients – Macro and Micro nutrients Carbohydrates - Monosaccharides, Disaccharides, Polysaccharides
2) Proteins – Importance of proteins in diet, Essential and non essential amino Acids; Lipids – essential fatty acids, Lipid profile.
3) Vitamins – Fat soluble and Water soluble vitamins – Physiological role, Deficiency signs, sources, requirement.
4) Minerals – Calcium, Iron and other trace elements in nutrition. Balanced diet, Energy requirement

II Ancient Concept of Food 15 Hrs

1) Food and Triguna
2) Food and Tridosa
3) Yogic Diet – Pathya and Apathya
4) Sadrasa, Pancamahabhuta and Food.

III Swara Yoga and Yoga Rahasya 15 Hrs

1) Swara yoga in brief, Sound and Form of Swara
2) TattwaVichara, Swara Yoga Practice
3) Yoga Rahasya-practicing method of asana, Pranayama, meditation etc.
4) Special indications of yoga practice to cure the diseases.

IV Concept of health and Philosophy of Asana, Bandha, Mudra, Pranayama 15 Hrs

1) Health Definitions-according to Indian system and Modern system
2) Physical Health, Mental health.
3) The Philosophy of Asanas in comparison with physical exercises
4) The Philosophy of Bandha, Mudra and Pranayama

Reference Books

1. A.K. Jain. (2017). *Human Physiology and Biochemistry for Physical Therapy and Occupational Therapy* (3 ed.).Delhi: Arya PublicationsDelhi - 110065.
2. Chandradhar Sharma. (2016). *A Critical Survey of Indian Philosophy* (14 ed.). Delhi:Motilal Banarsidass,Jawahar Nagar,Delhi, 110007 Delhi.
3. Krishna Bhat, K. (2006). *The Power Of Yoga* (1 ed.). Mangalore: Suyoga PublicationMangalore-574279.
4. Muktibodhananda Swami. (1999). *Swara Yoga.*Munger:Bihar School of Yoga Bihar,Bihar 811201 India.
5. Radhakrishnan, P. (1995). *The Bhagavadgita.*New York:Aquarian, NY 10022, United States.
6. Satyanarayana U. (2008). *Essentials of Biochemistry* (2 ed.). Delhi:Books & Allied LtdNew Delhi - 110 002.
7. Swami Digambaraji. (1998). *Hathapradipika* (1998 ed.).Lonavala: KaivalyadhamaLonavla, Maharashtra 410403.
8. Swami Digambarji, & M L Gharote. (1997). *Gheranda Samhita.*Lonavla:KaivalyadhamaLonavla, Maharashtra 410403.
9. TKV.Desikacharya. (1998). *Nathamuni's Yoga Rahasya.*Chennai:Krishnamacharya Yoga Mandiram, Chennai,Tamil Nadu 600028.