MANGALORE UNIVERSITY

Department of Human Consciousness and Yogic Sciences
M.Sc. Yogic Science

YSH452 BASICS RELEVANT TO YOGIC SCIENCE – II

Learning Objectives:
To acquaint the student in fundamentals of

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

Learning Outcome:

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

I Fundamentals of Dietetics and Nutrition – Modern Concept 12Hrs

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 12Hrs

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 12 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 12Hrs

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 andPranayama

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2. Dr.U.Satyanarayana(2002), Essentials of Biochemistry, Books and Allied Pvt. Ltd., 8/1 Chintamani Das Lane, Kolkatta – 700009.

3. Swami Muktibodhananda(1999), Swara Yoga, Yoga Publications Trust, Munger, Bihar, India-811201

4. T.Krishnamacharya, T.K.V.Deshikachar.,(1998) Nathamuni's Yoga Rahasya, Krishnamacharya Yoga Mandiram, Chennai-600028

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