

MANGALORE UNIVERSITY
DEPARTMENT OF YOGIC SCIENCE
M.Sc. YOGIC SCIENCE

YSS504A YOGA THERAPY PRACTICES

Learning 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.

Learning 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

12 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
12 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 **12 Hrs**

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

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