

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

YSE507 SCIENTIFIC APPROACH OF YOGA

Learning Objectives:

To make the students to understand

- Basic of Yoga therapy.
- Principles of Yoga therapy.
- Daily routine, seasonal routine.
- Preventive, promotive and curative aspects of Yoga therapy.
- Effects of Yogic practices on different systems of the Human body.

Learning Outcome:

After the course, the student will be able to:

- Describe Sadvimsathi tattva theory, Pancakosa theory, Tridosha theory and application of these theories in Yoga therapy.
- Describe the principles of daily routine, seasonal routine and their importance in Yoga therapy.
- Describe effect of Yogic practices on selected systems of the human body.
- Describe the use of lifestyle, Kriyas, Asanas, Pranayamas, Mudra and Meditation for preventive, promotive and curative aspects of Yoga therapy.

I. Basis of Yoga Therapy 12 Hrs

1. Sadvimsatitattva theory
2. Tridosha theory
3. Pancakosa theory
4. Application of the three theories.

II Principles of Yoga Therapy & Yoga Practicals 12 Hrs

- 1) Dinacarya, Sadvrta, Abhyanga, Vyayama, Rutucarya
- 2) A general survey of preventive, promotive and curative aspects of yoga Therapy Viz. Asana, Pranayama, Meditation, Kriya etc.
- 3) Asanas Practicals– Padmasana, Simhasana, Tadasana 2, Parsvakonasana, Pascimottanasana, Pavanamuktasana, Bhujangasana, Dhanurasana, Vrksasana, Viparitarani, Uttanapadasana, Savasana 1& 2
- 4) Pranayama & Meditation Practicals – Ujjai, Anuloma Viloma Pranayama, Pranava, Soham

III. Effect of Yogic practices on the following systems

12 Hrs

- 1) Digestive system
- 2) Respiratory system
- 3) Circulatory system
- 4) Nervous system

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