

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

YSS502A BASICPRINCIPLES OF YOGA THERAPY

Learning Objectives:

To make the student to understand:

- Basic principles of Yoga therapy.
- Food system and health management.
- Daily routine and seasonal routines.

Learning Outcome:

The student will be able to:

- Explain and utilize the basic principles of Yoga therapy appropriate to the need of individual patient.
- Explain the qualities and usage of the selected items in Yoga therapy.
- Use proper life style/ life style modifications in Yoga therapy.
- Understand and use Kriyas, Asanas, Pranayamas and Mudra for preventive, promotive and curative goal in Yoga therapy.

I Basic Principles 12 Hrs

- 1) Sadvimsatitva theory
- 2) Panchakosha theory
- 3) Tridosha theory
- 4) Application of the three theories.

II Food System and Health Management 12 Hrs

Dietetics with relationship of Rasa, Guna, Virya, Vipaka and uses of the following:

- 1) Shali, Yava, Godhuma, Mudga, Masha, Chanaka, Patola, Surana. Kakkola, Karkati, Rambha, Mulaka, Vartaki, Kalashaka.
- 2) Himalocika, Navanita, Ghrta, Kshira, Sita, Ikshwam, Gudam, Kusmanda, Kumari, Narikelam, Draksham, Lawali, Dhatri, Ela, Jati.
- 3) Lavanga, Paurusha, Jambu, Haritaki, Karjura, Madhu, Shunti, Sigru, Bilva, Tulasi, Guduchi, Tila, Nimba, Maricha.
- 4) Brahmi, Bhumyamalaki, Amalaki, Bhranga, Jeeraka, Dhanyaka, Lashuna, Shirisha, Kutaja, Haridra, Mantya, Patra, Ushira, Jivanthi, Punarnava.

III Principles of Yoga Therapy

12 Hrs

- 1) Principles of Yoga therapy related to Indian System of Medicine – Tridosha, Dhatu, Mala, Sadrasa.
- 2) Dinacarya, Sadvrtta, Abhyanga, Vyayama.
- 3) Rtucarya, Rtusandhi
- 4) A general survey of preventive, promotive and curative aspects of yoga Therapy Viz. Asana, Pranayama, Mudra, Kriya etc.

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