



Shri Vaishnav Vidyapeeth Vishwavidyalaya, Indore
Shri Vaishnav Institute of Paramedical Science
Choice-Based Credit System (CBCS) in Light of NEP-2020
General Electives (UG) VII SEM

| Subject Code | Category | Subject Name | Teaching and Evaluation Scheme | | | | | | | | |
|--------------|----------|-----------------------|--------------------------------|---------------|----------------------|-------------------------|----------------------|---|---|---|---------|
| | | | Theory | | | Practical | | L | T | P | CREDITS |
| | | | End Sem University Exam | Two Term Exam | Teacher's Assessment | End Sem University Exam | Teacher's Assessment | | | | |
| GUPMS701 | GE | Basics of Naturopathy | 60 | 20 | 20 | - | - | 4 | 0 | 0 | 4 |

Legends: L - Lecture; T - Tutorial/Teacher Guided Student Activity; P – Practical; C - Credit; *

Teacher Assessment shall be based on the following components: Quiz/Assignment/Project/Participation in Class, given that no component shall exceed more than 10 marks.

Course Educational Objectives (CEOs): The students will:

CEOs 1: To understand the importance of Naturopathy.

CEOs 2: To know about principle of naturopathy, their techniques, benefits, and precautions.

Course Outcomes (COs): Students should be able to:

COs 1: Know the general principles of Naturopathy.

COs 2: Develop understanding of the health and disease.

COs 3: Learn the application of nature therapy for total health.

Contents:

Unit-1

INTRODUCTION TO NATUROPATHY

Meaning & Definitions of Naturopathy, History of Naturopathy, Principles of Naturopathy. Swasthya Vritam: Dinacharya, Ratricharya, Ritucharya, and Vegadharana.

Unit-2

HYDROTHERAPY

Meaning, Definition and its Benefits, General Principles of Hydrotherapy, Concept of Ushapan and its benefits., Effects of Different Water Temperature on the body, Types of Hydrotherapy- Hip Bath, Spinal Bath, Arm-Foot Bath, and Enima etc.

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Unit-3

MUDTHERAPY

Mudtherapy: Meaning and its uses, Classification of Mud for Therapeutic use and its effects, Mud Bath, Different Bandages of Mud, their uses and application, Soil:Types, Characteristics and their uses in Naturopathy.

Unit-4

AIR THERAPY

Meaning and uses of Air, Types of Breathing- Abdominal Breathing, Chest Breathing, Clavical Breathing, Yogic Breathing, Pranayama, Suryabhedan, Ujjayi, Bhastika, Bhramari, Nadishodhan.

Unit-5

FASTING AND DIETETICS

Fasting: Meaning and Classification, Difference between Fasting and Starvation, Hunger and Appetite, Diet According to Naturopathy and its types, fasting: Precautions before, during and after, Effect of fasting on human Body.

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Suggested Books:

1. Nair Pradeep (2022). *The Scientific Naturopath: A leap into the evidence Behind Naturopathy Philosophies*. BlueRose Publishers, New Delhi, India.
2. A Textbook of Modern Naturopathy Linda Lazarides, 2010.
3. Secrets of Naturopathy & Yoga by Brij Bhushan Goel.
4. Rational Hydrotherapy by Dr. JH Kellogg.
5. The Applied Mud Therapy Dr. Pranav Khawale, Dr. Jay Mahajan, Dr. Bhavit Bansal.s

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