

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY.

CHENNAI



REGULATIONS, SYLLUBUS AND CURRICULUM

FOR POST- GRADUATE COURSES

IN YOGA AND NATUROPATHY

2014

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GOAL

- The goal of postgraduate medical education shall be to produce a competent specialist / medical teacher.
- Who shall recognize the health needs of the community, and carry out professional obligations ethically and in keeping with the objectives of the national health policy.
- Who shall have mastered most of the competencies, retraining to the specialty, that are required to be practical at the secondary and the tertiary levels of the health care delivery system.
- Who shall be aware of the contemporary advances and developments in the discipline concerned.
- Who shall have acquired a spirit of scientific inquiry and is oriented to the principles of research methodology and epidemiology.
- Who shall have acquired the basic skills in teaching of the medical and paramedical professional.

ADMISSION TO MD COURSES

1. Eligibility for Admission into MD Courses

The admission to the MD courses is made by the selection committee in case of Government Quota. The application forms for admission may be obtained from Selection Committee, Directorate of Indian Medicine and Homeopathy, AAGHIM Campus, Arumbakkam Chennai- 600 106.

REGULATIONS SYLLABUS AND CURRICULUM FOR POST GRADUATE COURSES IN YOGA AND NATUROPATHY 2014.

To insert the following under clause (ELIGIBILITY FOR ADMISSION INTO MD COURSES) (As per G.O.(D) No.346, Health and Family Welfare (IM1-2) Department dated 31-03-2023, endorsed vide ref.no.6413/P&D2/2022-1,dated 25-04-2023.

- (i) Filling up of the Management seats in PG courses in Self-Financing Yoga and Naturopathy Medical Colleges be brought under the purview of the Selection Committee, Office of the Directorate of Indian Medicine and Homoeopathy from the academic year 2023-2024.
- (ii) Admission of Management seats in PG courses in Self-Financing Yoga and Naturopathy Medical Colleges should be done through Selection Committee, Office of the Directorate of Indian Medicine and Homoeopathy from the academic year 2023-2024.

Educational qualification required –

- BNYS (Bachelor of Naturopathy and yogic Sciences) full time 5 OR 5 1/2 years (which includes 1 year CRRI) from this University or any other University recognized as equivalent there to by the authority of this University and obtained permanent registration from any of the State Medical Councils/ Board.
 - ND-full time four and half year course from Osmania University, Hyderabad.
 - Degree/diploma in Yoga/Naturopathy obtained in distant mode/correspondence are not eligible. 3 years course in Naturopathy are also not eligible
2. An Eligibility Certificate is required if candidate's qualifying exam is from another University/ State.
 3. Eligibility Certificate to be applied for and obtained from the Academic Section of the TN Dr MGR Medical University.

Candidates from other universities need to apply to this university with following documents

- BNYS/ND pass/Degree certificate/ provisional certificate-II issued by the university
- Marks sheets of all the university examinations passed in BNYS course.

- Completion of CRRI (internship) certificate.
- Registration certificate.
- Higher secondary certificate/ Its equivalent.
- Migration certificate

(3 a). A migration certificate has to be obtained from the parent University if the candidate acquired BNYS/ ND degree from other than the TN Dr MGR Medical University.

4. Cutoff date for joining the MD Course is **31st october** every year.
5. Duration of MD courses - 3 years.
6. Number of MD courses available in the University is 3.
7. Medium of instruction – English.

REGISTRATION

1. All the students admitted to the various Institutions affiliated to the TN Dr MGR Medical University should be registered with the University.
2. The Institution should have obtained PROVISIONAL AFFILIATION or the CONTINUATION OF PROVISIONAL AFFILIATION before the process of Registration is begun.
3. The Registration Process is initiated within one month of the last cut off date for admissions to the particular course –ie 31st october by paying prescribed fee as per University rules.
4. The University draws up a schedule for spot verification for the various colleges offering the course. The Colleges are then intimated about the dates for the SPOT VERIFICATION
5. On the day of the spot verification, the college should send an authorized college official to the University with all the necessary documents.
6. The institution should produce all the original certificates at the time of registration for verification. Photocopies of all the documents should be enclosed along with the registration application in addition to the originals. Photographs of the applicants should be attested by the Head of the Institution on completion of verification all the originals will be returned to the institution immediately. The University does not retain the original Certificates under any circumstances. It is the responsibility of the concerned college to preserve the original certificates of the candidates.
7. For each candidate, the documents to be produced at the time of the spot verification along with the registration fee are listed below
 - Allotment order
 - Community Certificate
 - Transfer Certificate
 - X Std / XII Std Mark Statement
 - ND/ BNYS degree Certificate

- CRRRI certificate
 - Migration Certificate & Eligibility Certificate for students from other Universities (originals to be enclosed along with the registration application)
 - Board registration certificate for UG degree
8. If all the above documents are produced in original by the college official, they are compared with and cross checked with the online entries made by the college. If the original and the online entry is found correct, R3 verification is completed at the University and the candidate is **PROVISIONALLY REGISTERED**
 9. If any document is not produced by the college, then the registration is kept pending till it is submitted for verification within 30 days
 10. After the spot verification is completed, the registration subcommittee meeting is held. After approval by the Registration Sub Committee, the Registration statement is approved by the Registrar and the Final Intimation of completion of the Registration Process is sent to the college.

ATTENDANCE

1. The Minimum Attendance required to be eligible for the exam is **80%**
2. A candidate pursuing the course should work in the institution as a full time student by attending clinical duty, teaching practice etc as instructed by the HOD/ Principal
3. No candidate shall join any other course of study or appear for any other examination conducted by this University or any other University in India or abroad during the period of study.
4. IF THE CANDIDATE IS GIVEN ATTENDANCE BELOW THE MINIMUM REQUIRED, THE CANDIDATE BECOMES INELIGIBLE TO TAKE THE EXAM AND THE HALL TICKET CANNOT BE GENERATED
5. If a candidate who has FAILED in a previous attempt is appearing for another attempt the Institute should RE ENTER HIS ATTENDANCE online for the current exam session.
6. If the candidate did not have sufficient attendance for one exam he may attend the required classes and a fresh attendance should be submitted when he attempts the exam next time.

MONITORING THE PROGRESS OF STUDIES

- ***Work diary/log book:*** Every candidate shall maintain a work diary and record his/her participation in the training programs conducted by the department.
- The candidate may make special mention in the presentations on the observations made on clinical or laboratory procedures if conducted by the candidate. The log book should be scrutinized and signed by the Head of the department every week. It should be presented to the University during the clinical examination.
- During the period of study, the students must submit a minimum of 10 cases every month, which includes evidence based records (case history, investigation reports, regular follow up details and case documentation with video).
- Records: Candidates knowledge and experiences gained from theory and practical aspects should be made as record book, and submitted every year.
- Minimum of six tests (theory/ clinical) in a year should be conducted and the awarded marks to be entered in the log book, as their periodic evaluation of performance.
- From the first year all the P.G. Students must practice all the yoga practices in order to keep their mind and body fit as it is interrelated system, Additionally Dept. of Acupuncture and Energy medicine students must practice Zenskar Martial arts – Taichi, Hitachi. Department of Yoga students must practice all the advanced practices from the 1st year.

EXAMINATION SCHEME

M.D NATUROPATHY		
1 YEAR	1. Philosophy and Practice of Natural Therapeutics	Theory - 100 Clinical - 100 Viva - 50
II YEAR	2. Basic & Applied Medical Sciences and Naturopathy	Theory - 100 Clinical - 100 Viva - 50
	3. Yogic Psychology & Psychoneuro - immunology	Theory - 100
III YEAR	4. Clinical Natural Therapeutics	Theory - 100 Clinical - 100 Viva - 50
	5. Dissertation	Approved / Not Approved

M.D YOGA		
1 YEAR	1. Philosophy and Practices of different Schools of Yoga.	Theory - 100 Clinical - 100 Viva - 50
II YEAR	2. Applied Basic Medical Sciences & Yoga	Theory - 100 Practical - 100 Viva - 50
	3. Yogic Psychology and Psycho- Neuro Immunology	Theory - 100
III YEAR	4. Clinical Yoga	Theory - 100 Practical - 100 Viva - 50
	5. Dissertation	Approved / Not Approved

M.D ACUPUNCTURE AND ENERGY MEDICINE (AEM)		
1 YEAR	1. Philosophy and Practice of Acupuncture and Energy Medicine	Theory - 100 Clinical - 100 Viva - 50
II YEAR	2. Applied basic medical sciences in relation with AEM and Psychoneuro-immunology.	Theory - 100
	3. Advanced Therapeutics, Psychology in AEM and Indian medical sciences in relation with AEM	Theory - 100 Clinical - 100 Viva - 50
III YEAR	4. Clinical Acupuncture and Energy Medicine	Theory - 100 Clinical - 100 Viva - 50
	5. Dissertation	Approved/Not Approved

- In all the Departments a candidate will be declared pass if the candidate secures 50% marks individually in theory and practical examination.
- Further the candidate will be declared pass only if he / she passes both the theory and clinical examination simultaneously. If the candidate secures less than 50% marks either in clinical or in theory examination, the candidate has to appear for both the theory and clinical in the subsequent examinations.

CLINICAL EXAMINATION SCHEME

1. Number of candidates permitted per day for the practical exam- five only
2. The concerned candidates have to approach their parent institution for getting details about the date and center of clinical examination.
3.
 - a. Candidates are required to bring the log book at the time of clinical examination without fail.
 - b. Candidates are required to bring the log book and dissertation book at the time of 3rd year clinical examination without fail
4. Two examiners will conduct the clinical examination. Out of the two examiners one examiner is external (i.e. out of the parent University) and the remaining one is internal.

Dissertations of the post graduate students will be evaluated and declared as accepted or not accepted. If not accepted the candidate will not be eligible to sit for the examinations. Discussion on dissertation will be a part of the viva voce examination. However separate marks are not allotted for the dissertation.

DISSERTATION

- Every candidate pursuing M.D degree course is required to carryout work on a selected research project, under the guidance of H.O.D/ Guide.
- Once the title of dissertation is accepted the student will not be allowed to change the proposed scheme of work without prior sanction of the authorities concerned.
- The dissertation must consist of student's own account of research. The student should be able to re-express his/her observation and draw conclusions on the basis of the study of literature in the field.
- Four hard copies of Dissertation along with anti-plagiarism certificate and C.D (1soft Copy) for the Post graduate degree MD should be submitted as per guidelines given below:
- The Dissertation shall be a bound volume of minimum 75 pages and not exceeding 100 pages of typed matter (Times new roman, Font size 13, Double Line Spacing and One side Printing Only) excluding certification, acknowledgments, annexures and Bibliography. The names of the candidate should not be found anywhere in the dissertation except in the certificate. The cover of the Dissertation should be **BLUE** in colour. The Dissertation should be forwarded through the H.O.D/ unit chief and Head of the Institution, along with prescribed fee.
- Date of submission of Dissertation: 6 months before the scheduled Examination.
- The Institutions/Students should submit the thesis with the following details:
 - Name & Signature of the Guide
 - Name & signature of the Head of the Department
 - Name & Signature of the Principal.
 - Name & Signature of the Candidate.
- The soft copy of the dissertation should be in two files in pdf format as given below
 - Whole Dissertation
 - Abstract and Keywords
- The order of pdf file in CD shall be the same as in hard (print) copy of the thesis.

GUIDE QUALIFICATION:

- Head of the Department with the teaching experience of not less than 15 years in a medical college, out of which at least 5 years' experience as associate professor/reader (Or) 10 years teaching experience as lecturers (since it's a new emerging field).
- Since Acupuncture and Energy Medicine is a new field and also no undergraduate course in energy medicine finding a guide is very remote with teaching experience. Under this circumstances a qualified and well- experienced with 20 years of clinical experience professional may be appointed as guide for Acupuncture and Energy Medicine course.
- Change of guide, in the event of a registered guide leaving the college for any reason or in the event of death of guide, guide may be changed with prior permission from university.

**CLINICAL EXAMINATION SCHEME - M.D NATUROPATHY/ M.D YOGA /
M.D ACUPUNCTURE AND ENERGY MEDICINE**

CLINICAL CASES			
	EXAMINATION TIME	DISCUSSION TIME	MARKS
LONG CASE 1 X 40	45 MINS	30 MINS	40
SHORT CASE 2 X 10	30 MINS	5 MINS	20
WARD ROUNDS 2 CASES X 10 MARKS (1 CASE PER EXAMINER)	25 MINS	15 MINS	20
OSPE 4 STATIONS X 5 MARKS			20
TOTAL	100 MINS	60 MINS	100 (A)
VIVA EACH EXAMINER 20 MARKS			40
LOG BOOK			10
VIVA – TOTAL			50 (B)
TOTAL AGGREGATE			150 (A + B)
MINIMUM REQUIRED TO PASS			75
DISSERTATION (only in final year)	APPROVED / NOT APPROVED		

INSTITUTIONAL REQUIREMENTS TO CONDUCT M.D COURSES

PATTERN OF TEACHING STAFF FOR EACH SPECIALITY:

S NO	TEACHING FACULTY DESIGNAT ION	TEACHING EXPERIENCE REQUIRED	NO. REQUIRED	TEACHER- STUDENT RATIO
1	Professor	Minimum of 15 years in a recognised Yoga and Naturopathy Medical college, out of which 5 years of work experience as an Associate professor/ Reader. (or) After completing P.G Degree in Yoga and Naturopathy Minimum of 5 years in a recognised Yoga and Naturopathy Medical college, as an Associate Professor/ Reader .	1	1:5
	Associate Professor/ Reader	Minimum of 10 years in a recognised Yoga and Naturopathy Medical college, out of which 5 years of work	1	1:5

		<p>experience as an Assistant Professor/ Lecturer.</p> <p>(or)</p> <p>After completing P.G Degree in Yoga and Naturopathy Minimum of 5 years in a recognised Yoga and Naturopathy Medical college, as an Assistant Professor/ lecturer.</p>		
2	Assistant Professor/ Lecturer	<p>Minimum of 5 years in a recognised Yoga and Naturopathy Medical college, out of which 5 years of work experience as an Demonstrator/ Tutor/ Assistant Lecturer .</p> <p>(or)</p> <p>After completing P.G Degree in Yoga and Naturopathy minimum of 2 years in a recognised Yoga and Naturopathy Medical college, as an Demonstrator/ Tutor/ Assistant Lecturer.</p>	1	1:5
3	Demonstrator/ Tutor/ Assistant Lecturer	<p>Minimum qualification of U.G Degree with 6 years Clinical experience or Post Graduate in Medical Physiology / Medical Anatomy / medical Bio Chemistry/ medical microbiology with 2years experience or PG degree in Yoga and Naturopathy.</p>	1	1:5

Note : For each branch a Professor or Associate Professor/ Reader is sufficient, as there is severe shortage of experienced teaching faculty. Hence a H.O.D shall be a Professor or Associate Professor/ Reader.

NON TEACHING STAFF:

- | | | |
|--|---|---|
| • Statistician with computer knowledge | - | 1 |
| • Lab technician | - | 1 |
| • Videographer/ Museum keeper | - | 1 |
| • Office Assistant | - | 1 |
| • Cleaning Person | - | 1 |

MINIMUM REQUIREMENTS:

The post graduate education College for conducting M.D in Naturopathy and Yoga system should fulfill the entire minimum requirements as per the statues for its U.G course – BNYS by the University. At least minimum of six BNYS batches should have been passed out continuously are eligible to apply for conducting PG courses.

TEACHING HOSPITAL REQUIREMENTS:

- Apart from UG course requirements of minimum 100 beds for the intake of 50 students is eligible to conduct PG M.D courses.
- Student bed ratio 1: 5 for each PG clinical seat over the total requirements of beds 100 for the intake of 50 UG students.
- After 6 years (i.e.) by the end of 2nd batch institution must have minimum 1:10 bed ratio is mandatory.
- Minimum 200 patients per day in OPD turnover is required for UG + PG.

SYLLABUS - M.D (NATUROPATHY)

(However the candidate should be aware that in medical courses particularly at higher levels of qualification, syllabus cannot be and should not be a limiting factor in the quest for knowledge and the need for acquisition of skills.)

1ST YEAR

PAPER I: PHILOSOPHY AND PRACTICE OF NATURAL THERAPEUTICS

1. Basic principles of naturopathy
2. Concepts of Health & Disease according to Naturopathy and Modern Science
3. History & Evolution of Therapies used in naturopathy
4. History of Indian and Foreign Naturopaths.
5. Traditional and Indian Naturopathy as enunciated in ancient Indian scriptures and culture
6. Innate Healing and Health realization
7. Concept of Drugless therapies and their relevance in naturopathy health care system
8. Principles of health promotion and disease prevention
9. The curative aspects of disease and quality of life in naturopathy
10. Naturopathic approach in the prevention of Acute and Chronic Disease
11. Naturopathic approach in the prevention and management of stress related/lifestyle related disorders
12. Relationship between Naturopathy and Spirituality
13. Phytomedicine in Naturopathy
14. Naturopathic Nutrition in Health and Disease
15. Influence of Demographic, Socio-economic, Culture, Environmental & Occupational factors on health according to Naturopathy
16. Naturopathic approaches to women's Health & child health

17. Integration of Natural living based on Naturopathy in public health and its' cost effectiveness in sustainable health care system.
18. Facial diagnosis and Iri diagnosis
19. Osteopathy
20. Chiropractic
21. Magneto biology
22. Massage and its types
23. Massage in Siddha
24. Massage and Pancha karma
25. Clinical Nutrition and Dietetics
26. Fundamental principle and therapeutic applications of Hydrotherapy
27. Different types of diet in traditional and modern dietetics
28. Aromatherapy and its clinical usage
29. Basic concepts in siddha and ayurveda
30. Fundamentals of Homeopathy in relation to Naturopathy

1st YEAR SCHEDULE:

Theory	-	300 hrs
Research methodology	-	30 hrs (I / II year)
Clinicals/ practicals	-	500 hrs (minimum)
Library	-	100 hrs (minimum)
Journal review	-	50 (minimum)
CME Program attending	-	2 (minimum)

II**Year****PAPER II: APPLIED BASIC MEDICAL SCIENCES AND
NATUROPATHY**

1. Applied anatomy, applied physiology and biochemistry related to advancement in understanding the physiological effects of natural therapies
 2. Microbiology and pathology relevant to the concepts of health and disease in naturopathy.
 3. Clinical pharmacology - Introduction to principles of drug therapy
- *This provides the required knowledge to handle patients who are on conventional medications while offering naturopathic treatments
4. Physiological effects of Fasting, Nutrition and Dietetics
 5. Physiological effects of Hydrotherapy and Clay Therapy
 6. Physiological effects of Manipulative therapies [Massage therapy; chiropractic; osteopathy & physical therapy]
 7. Physiological effects of Acupuncture and Acupressure
 8. Physiological effects of Color therapy & Magneto therapy
 9. Physiological effects of Energy medicine
 10. Health /clinical psychology and Therapeutic counseling
 11. Physiological effects of naturopathic nutrition in Acute and Chronic Diseases
 12. Clinical applications and underlying mechanisms for the individual and combinations of treatment used in naturopathy.
 13. The disease specific naturopathic treatments strategies are evolved based on
 - (i) Physiological effects of individual therapies and
 - (ii) Clinical observations

PAPER III : YOGIC PSYCHOLOGY AND PSYCHONEURO- IMMUNOLOGY

1. Yogic Psychology

A. Some principles of yoga

- What is yoga?
- The Koshas-Our Great Human Heritage.
- The Chakra systems-Centres of Unity.
- The Gunas-Steps of Evolvement.
- Swara Yoga- The Balance of Life.
- The mind and personality.

B. A Yogic View of Personality and its Evolvement.

- Personality and the Aspects of the Chakra Systems.
- Evolvments of the Aspects of the Personality.
- Different Chakra Aspects dominant in each Individual.
- A seven Dimensional Model of the Personality.

C. The Benefits of a Yogic Life Style.

- General Lifestyle considerations
- Raja Yoga Lifestyle Principles
- The Karma Yoga Life
- The Path of Bhakthi
- Jnana Yoga in Our Life

2. Psychoneuro- immunology

A. Neural and Endocrine effects on Immunity

- Glucocorticoids and Immunity : Mechanism of regulation
- Adrenergic regulation of Immunity
- Cholinergic regulation of Inflammation
- Significance of Sensory neuropeptides and the Immune response
- Vasoactive Intestinal Peptide: An Antiinflammatory Neuropeptide

- Immune Derived Opioids : Production and Function in Inflammatory Pain
- Crosstalk between Insulin like growth Factors and Proinflammatory Cytokines
- The Neuroendocrine System and Rheumatoid Arthritis: Focus on the Hypothalamic- Pitutary –Adrenal Axis
- Sex steroids and Immunity
- Emerging Concepts for the Pathogenesis of Chronic Disabling Inflammatory Diseases : Neuroendocrine - Immune interactions and Evolutionary Biology
- Neuroendocrine Regulation of Cancer Progression : Biological mechanism and Clinical Relevance
- Neuroendocrine Regulation of Cancer Progression : II.Immunological Mechanisms, Clinical Relevance, and Prophylactic Measures

B. Immune system effects on Neural and endocrine processes and behavior

- Expression and Action of Cytokines in the Brain: Mechanisms and Pathophysiological Implications.
- Cytokines, Sickness Behavior, and Depression.
- The Differential Role of Prostaglandin E2 Receptors in the CNS Response to Systemic Immune Challenge.
- The Role of Pro-Inflammatory Cytokines in Memory Processes and Neural Pasticity.
- Aging, Neuroinflammation and Behavior.
- Neuroimmune Interactions and Pain: The Role of Immune and Glial Cells.
- Cytokines and Non-Immune Brain Injury.
- The Interaction Between Brain Inflammation and Systemic Infection.

C. Behavior and Immunity.

- Mother-Infant Interactions and the Development of Immunity from Conception through Weaning.
- Social Dominance and Immunity in Animals.
- Social Context as an Individual Difference in Psychoneuroimmunology.

- Psychoneuroimmunology of Depressive Disorder: Mechanisms and Clinical Implications.
- Immune and Neuroendocrine Alterations in Post Traumatic Stress Disorder.
- Psychoneuroimmunologic Aspects of Alcohol and Substance Abuse.
- Schizophrenia and Immunity
- Sleep and the Immune System.
- Emotions and the Immune System.
- Behaviorally Conditioned Enhancement of Immune Responses.
- Exercise and Immunity: Clinical Studies
- Behavioral Interventions: Immunologic Mediators and Disease Outcomes.

D. Stress and Immunity

- Stress: A System of the Whole.
- Bidirectional Effects of Stress on Immune Function: Possible Explanations for Salubrious as Well as Harmful Effects.
- Positive Affect and Immune Function.
- Close Relationships and Immunity.
- Stress and Allergic Diseases.
- Stress, Neuroendocrine Hormones, and Wound Healing: Human Models.
- Stress and Wound Healing: Animal Models.
- Reactivation of Latent Herpes Viruses in Astronauts.
- Psychosocial Influences in Oncology: An Expanded Model of Biobehavioral Mechanisms.
- Stress Associated Immune Dysregulation Can Effect Antibody and T-cell Responses to Vaccines.

E. Psycho Neuro Immunology and Pathophysiology

- Psychoneuroimmunological Pathways Involved in Acute Coronary Syndromes.
- Psychosocial Factors and Coronary Heart Disease: The Role of Psychoneuroimmunological Processes.

- Endocrine and Immune Responses to Stress in Chronic Inflammatory Skin Disorder (Atopic Dermatitis).
- Obesity and Immunity.
- Endogenous Extracellular Hsp72 Release is an Adaptive Feature of the Acute Stress Response
- Cold-Restraint-Induced Immune and Biochemical Changes Inhibit Host Resistance to Listeria.
- Psychobiology of HIV Infection.

IInd YEAR SCHEDULE:

Theory	-	150 hrs
Applied basic medical sciences	-	150 hrs
Psycho neuro immunology	-	50 hrs
Clinicals	-	1000 hrs (minimum)
Library	-	100 hrs (minimum)
Journal review	-	50 (minimum)
CME Program attending	-	2 (minimum)

III**YEAR****PAPER IV : CLINICAL NATURAL THERAPEUTICS****1. Disorders of the cardiovascular system**

- Alteration in circulatory and Respiratory functions:-Dyspnea, cough, approach to the patient with a history of stable or unstable angina, approach to the patient with hypertension; cyanosis; edema; shock.
- Diagnosis and approach to the patient with heart disease-physical examination the cardiovascular system. Knowledge about conventional treatments.
- Disorders of the heart; normal and abnormal myocardial functions, heart failure congenital heart disease in the adult, Rheumatic fever, Valvular heart disease, Cardiac pulmonale; Cardiomyopathies; Myocarditis; Pericardial disease, Cardiac manifestations of systemic diseases.
- Vascular disease; atherosclerosis; acute myocardial infarction; ischemic heart disease; hypertensive vascular disease; vascular disease of the extremities.
- Cardiac rehabilitation

2. Disorders of the respiratory system

- Diagnosis and approach to the patient with disease of the respiratory system. Knowledge about conventional treatments.
- Disorders of the respiratory system; Bronchial Asthma; Chronic bronchitis.
- COPD; emphysema and airway obstruction; disorders of ventilation; sleep apnea; acute respiratory distress syndrome, Pulmonary rehabilitation

3. Disorders of the kidney and urinary tract

- *Alterations in Urinary functions and Electrolytes*; cardinal manifestations of the renal disease; voiding dysfunction, incontinence and bladder pain; fluid and electrolyte disturbances; acidosis and alkalosis.

- *Alterations In The Urogenital Tract:* impotence; disturbances of menstruation and other common gynecologic complaints in women.
- Approach to the patient with diseases of the kidney and urinary tract. Knowledge about conventional treatment. Disturbance of renal function, acute renal failure and chronic renal failure.

4. Disorders of the gastrointestinal system

- *Alterations in Gastrointestinal Functions:* dysphagia, nausea, vomiting and indigestion; diarrhea and constipation; gastrointestinal bleeding; jaundice-abdominal swelling; ascitis.
- Approach to the patient with gastrointestinal disease. Knowledge about conventional treatments
- Diseases of the Oesophagus; peptic ulcer and related disorders, disorders of absorption, IBS, ulcerative colitis and crohns disease
- Liver and Biliary tract disease; Approach to the patient with liver disease; evaluation of liver function; derangements of hepatic metabolism; Bilurubin metabolism and hyperbilirubinemia; toxin and drug induced hepatitis; chronic hepatitis; cirrhosis and alcoholic liver disease; infiltrative and metabolic disease affecting the liver.
- Disease of the gallbladder and the bile ducts.
- Disorders of the pancreas – Acute and Chronic pancreatitis

5. Disorders of the Immune System, Connective Tissues and Joints

- Hematological alteration – anemia; bleeding and thrombosis; enlargement , of lymph nodes and spleen
- Pathophysiology and management of Pain -chest discomfort and palpitation – abdominal pain – headache– back and neck pain
- Approach to the patient with the disorder of immune system, connective tissue and joints.

- Disorders of the immune system – Introduction to immune system, major histocompatibility, primary immune deficiency disease; HIV disease; AIDS and related disorders; Amyloidosis
- Disorder of immune mediated injury – Disease of immediate type hypersensitivity; systemic lupus erythematosus; Rheumatoid arthritis; Dermatomyositis and polymyositis; Sjogren's syndrome, Ankylosing spondylitis; Behcet's syndrome; the Vasculitis syndromes; Sarcoidosis.
- Disorders of the joints – Approach to articular and musculoskeletal disorders; osteoarthritis; arthritis due to deposition of calcium crystals, infectious arthritis psoriatic arthritis and arthritis associated with gastrointestinal diseases; relapsing polychondritis and other arthritis.

6. Disorders of Endocrine and Metabolism

- Alteration in body temperature: fever and hyperthermia; fever and rash hypothermia.
- Endocrinology – Approach to the patient with endocrine and metabolic disorder knowledge about conventional treatments.
- Obesity, anorexia nervosa and bulimia nervosa; enteral and parenteral nutritional therapy; vitamin deficiency and excess-disturbance in trace elements
- Neuroendocrine Regulation and diseases of the anterior pituitary; diseases of the thyroid; diseases of the adrenal cortex, pheochromocytoma; diabetes mellitus; hypoglycemia; disorders of the testis, ovary and female reproductive tract; endocrine disorders of the breast; disorders affecting multiple endocrine systems.
- Disorders of intermediary metabolism – disorders of the lipoprotein metabolism hemochromatosis; porphyryns; gout and other disorders of purine metabolism.
- Disorders of bone and mineral metabolism – calcium, phosphorous, bone metabolism; calcium regulating hormones; diseases of the parathyroid gland metabolic bone disease; disorders of phosphorous metabolism.

7. Neurological disorders:

- Nervous System Dysfunction: Faintness, syncope, dizziness, vertigo; weakness abnormal movements and imbalance; episodic muscle spasms, cramps weakness: tingling and sensory loss, numbness; acute confusional states, other focal cerebral disorders: memory loss and dementia; disorders of sleep and circadian rhythms
- Approach to the patient with neurologic diseases Knowledge about conventional treatments.
- Electro-physiologic studies of central and peripheral nervous system, neuroimaging in neurological disorders.
- Diseases of the central nervous system –migraine and cluster headache syndrome; seizures and epilepsy; alzheimer’s disease and other primary dementias; Parkinson's disease and other pyramidal disorders: ataxia disorders: disorders of ANS; disorders of cranial nerves; disease of spinal cord; disorders of the nerves and muscles-disease of the peripheral nervous system; myasthenia gravis; muscular dystrophy other disease of neuromuscular junction; disease of muscle ; Chronic fatigue syndrome; Alcoholism and drug dependency-alcohol and alcoholism–opioid drug abuse and dependence ; Neurological rehabilitation

8. Dermatological disorders

- Alterations in skin-approach to the patient with skin disorders.
- Approach to the patient with dermatological diseases, Knowledge about conventional treatments
- Eczema; psoriasis; acne vulgaris; allergic dermatitis, other common skin disorders; skin manifestation of internal disease

9. Psychiatric disorders

- Approach to the patient with psychiatric disease, Knowledge about conventional treatments.

- Anxiety neurosis ; depression; obsessive compulsive disorders; manic depressive psychosis; bipolar disorder; mood disorders; personality disorder; Psychiatric rehabilitation

10. Oncology

- Approach to the patient with cancer, Knowledge about conventional treatments
- Psycho-social factor in the etiology and pathogenesis of cancer
- Benign and malignant carcinomas, knowledge about conventional diagnostic procedures, radio therapy and chemotherapy
- Principal and practice of integrative oncology i.e., use of conventional and natural management strategies and psycho-social care in oncology
- Psychosocial rehabilitation

11. Obstetrics and Gynecology

- Approach to the patient with pregnancy, Knowledge about conventional care.
- Antenatal care; maintenance of normal pregnancy; child birth; post natal care
- Approach to the patient with gynecological complaints, Knowledge about conventional care.
- Menstrual disturbances. Infertility; uterine diseases; ovarian diseases; pelvic tumours.
- Family planning procedures

12. Disorders of Eyes, Ears, Nose and Throat

- Approach to the patient with ENT diseases, Knowledge about conventional treatments
- Disorder of the eye, disorders of nose, ears and throat

13. Environmental and occupational health hazards

- Specific environmental and occupational hazards related to food products, cosmetics, drugs, and indoor and outdoor living environment; work environment and ergonomics

IIIrd YEAR SCHEDULE:

- Dissertation
- Theory classes to UG's and PG's
- Clinicals / rounds
- Library - 100 hrs (minimum)
- Journal review - 50 (minimum)
- CME Program attending - 2 (minimum)

However the candidate should be aware that in medical courses particularly at higher levels of qualification, apart from syllabus study the candidates should undergo the following activities during their course of study, as it cannot be and should not be a limiting factor in the quest for knowledge and the need for acquisition of skills.

Between 1 ST - II ND YEAR

- ❖ Public speaking- Lectures on health (minimum 12/ year) in order to improve communication skills.
- ❖ Organizing Health camps
- ❖ Candidates should be sent to other institutions for exposure in specialized techniques.
- ❖ Minimum of 2 visits to renowned institutions to avail exposure in treatment modalities (like National institute of Naturopathy Pune, Govt. nature cure hospital Hyderabad, Lonawala, s-vyasa Bangalore, Bihar school of yoga Munger)
- ❖ Attending minimum of 4 State level Continuing medical education program before completing the second year.
- ❖ Conducting common seminars to Post- Graduate students (all 3 branches once a month)
- ❖ Conducting a special case presentation to Post- Graduate students (all 3 branches once a month)

- ❖ To present a speech related to their discipline among all the faculties, PG's , and interneees (once in 3 months)

During II year

Apart from the clinical postings at the parent Naturopathy & Yoga Hospital, the candidates shall be posted for minimum of 15 days to specialty departments at the conventional medical hospital/ acupuncture and energy medicine clinics. The specialty departments includes

1. Cardiology
2. Diabetology
3. Rheumatology & Immunology
4. Endocrinology
5. Pulmonary medicine
6. Oncology
7. Obstetrics and gynaecology
8. Psychiatry (IMH)
9. Physical medicine and rehabilitation

Certificates/ Reports of the respective postings should be produced after completion of the duties.

REFERENCE BOOKS:

Naturopathy

- principles of naturopathy combining Old and New: Naturopathy for 21s century by Robert S.Thiel Whitman publication,2001
- Vitality, Fasting and Nutrition: A Physiological study of the Curative power of Fasting, Together with a New Theory of the Relation of food to Human Vitality (Paperback) Hereward Carriquton.Kessinger publishing,1996
- Therapeutic Massage: A scientific Approach.Turchaninov R. Aesculapiu Books, 2000.
- The Massage Connection: Anatomy and Physiology (Lww Massage Therapy & Bodywork Series) (Hardcover), Kalyani PremKumar.
- Lippincott Williams & Wilkins; 2 Signed edition (August 1, 2003)
- Energy Medicine: The Scientific basis. James I. Oschman. Churchill Livingstone, 2000
- Acupuncture. A scientific appraisal. Adrian White and Edzard Ernst, Butterworth-Heinemann,1999
- Hydrotherapy Theory & Technique [TEACHER'S EDITION] Pine Island Publisher's Inc.; 3rd edition (2003)
- Rational Hydrotherapy J H Kellog Indian Edition pub by NTN, Pune (2005)
- B Massage Therapy J H Kellog pub (19)
- Fasting can save your life Indian Ed Herbert M Shelton pub Prakrti Jivana Kendra, Bangalore
- Toxemia Explained J H Tildon, pub
- Hydrotherapy & Heliotherapy Natural Healing With Water. Herbs & Sunlight Maureen O'Rourke Educating Hands Inc. 1995
- Hydrotherapy Principles and Practice by Margaret Reid Champion Paperback (Jan 15, 1997)

- Technique of hydrotherapy and Swedish massage by George Knapp Abbott (Unknown Binding – 1948)
- Modern Hydrotherapy for the Massage Therapist by Mary Betts Sinclair (Hardcover – Nov 1,2007)
- Hydrotherapy in Practice by Bridget C. Davis and Ronald A Harrison (Paperback – Jan 1988)
- Fundamentals of Chinese Acupuncture (Paradigm Title) by Andrew Ellis. Nigel Wiseman, and Ken Boss (Paperback –Feb 1991)
- Acupuncture As Healing Arts by homer cheng (Paperback – 1976)
- Fasting for health, a complete guide on how. When, and why to use the fasting cure (A Classic of health and nutrition) by Bernarr Mac Fadden (Unknown Binding – 1978)
- Nutrition Solution: A Guide to your Metabolic Type by Harold J.Kristal, James M.Haig,and John R.Lee (Paperback – Dec 9,2002)
- Public Health Nutrition (Nutrition Society Textbook) by John M Kearney. Barrie M Margetts,Annie Anderson, and David Barker (Paperback – Nov 1. 2004)-Illustrated
- Scientific Fasting: The Ancient and Modern Key to Health by Linda Burfield Hazzard (Paperback – Mar 1997)
- Nutrition and Metabolism (Human Nutrition Textbook Series) by Ian Macdonald. Helen M.Roche, Nutrition Society Staff, and Michael J Gibney (Paperback – Oct 1,2003)-Illustrated
- Healing with Whole Foods: Asian Traditions and Moderns and Modern Nutrition by Paul Pitchford(hardcover – Feb 28,2003)
- Introduction to Human Nutrition (Human Nutrition Textbook Series, I) by Fran's J. Kok, Hester H Vorster, Paul Deurenberg, and Wayne Anderson (Paperback – Oct 1,2002)-Illustrated
- Principles of Human Nutrition: A Study in Practical Dietetics by Whitman H.Jordan (Paperback-Dec 30,2004)
- Nutritional Biochemistry, Second Edition by Tom Brody (Hardcover – Jan 15,1999)

- Massage Therapy: Principles and Practice by Susan G.Salvo (Paperback-May 3,2007)
- Philosophy and Mechanical Principles of Osteopathy By Andrew Taylor (Hardcover – Jun 1986)
- Science in the Art of Osteopathy: Osteopathic Principles and Practices Caroline Stone (Paperback – Jul 2000)
- The Complete Book of Energy Medicine: Choosing Your Path to Health by Helen E Dziemidko and Helen, M .D. Dziemidko(Paperback – Oct ,1999)
- Naturopathy and Yoga by Parvesh Handa (Hardcover – Oct 30,2006)
- Energy Medicine by Donna Eden, David Feinstein, and Caroline My (Paperback – Dec 27,1999)
- Color Psychology and Color Therapy: A Factual Study of the Influence of Color on Human Life (Paperback) Faber Birren, Kessinger Publishing, 2006
- Magnet Therapy (Hardcover)Joseph Kandel, David Sudderth, Prima Publishing 1998
- Clinical electrotherapy your guide to optimal treatment. Jan M. Bjordal, Ph. PT,Mark I.Johnson,ML Physiol., Ph.D,Christian Coupe,PT,Prima Bool 2007
- Aromatherapy For Holistic Therapists Francesca Gould, Nelson Thornes,2003
- Foundations For osteopathic Medicine (Hardcover) Robert C Ward, Raymond Hruby,John A Jerome, John M Jones, Robert E Lippincott Williams & Wilkins 2002
- Scientific explanations and Conciousness,BV Sreekantam: (NIAS Bangalore)
- Pharmacology in Exercise and Sports (Handbooks in Pharmacology and Toxicology) by Satu M. Somani (Hardcover – Dec 18,1995)

YOGA BOOKS

- Complete Book of Yoga: Karma Yoga, Bhakti Yoga, Raja Yoga, Jnana Yoga (Hardcover) by Swami Vivekananda, Vijay Goel, 2005
- Hatha Yoga Pradipika -Bihar School of Yoga
- All books of Bihar School of Yoga

- Mudra – Bihar School of Yoga
- Yoga psychology- Bihar school of yoga

PSYCHONEURO-IMMUNOLOGY

- Neurologic Clinics –Freund
- Psycho Neuro Immunology –Robert Ader , David L. Felten
- Psycho Neuro Immunology – Jorge H. Daruna

ALLOPATHY REFERENCE BOOKS

Cardiology

- The clinical recognition of congenital heart disease-Joseph K.Perloss,4th edition(jaypee)
- An introduction to ECG- Leoschamroth, 7th edition Black well science
- Practical electrocardiography-Marriot,9th edition
- Text book of cardiovascular medicine-Eugene Braunwald, 5th edition
- The heart- Hurst,9th edition
- Congenital heart disease in adult- Perloff, 2nd edition.
- Cardiovascular and pulmonary physical therapy: an Evidence-based approach by William E.DeTurk and Lawrence P Cahalin
- Complementary and alternative cardiovascular medicine: Clinical hand book(contemporary cardiology ser) (contemporary cardiology) by Richard A Stein and Mehmet C Oz (hard cover-march 5,2004)
- Heart disease and cardiovascular health by Richard Saul Wurman (paper back- feb 21, 2001)
- Yoga for transformation: ancient teaching and practices for healing the body, mind and heart by gary kraftsow (paper back- june 4,2002)
- Yoga for hypertension and heart disease Nagaranthna R and Nagendra S R (swami Vivekananda yoga prakasana, Bangalore,2000)
- Yoga daliy planner-heart care (the Yoga institute, Santacruz (east) Mumbai)

- How to reverse heart disease in yogic way- Research fact and programme Cyclopedia (The Yoga institute ,Santacruz (east) Mumbai)

Respiratory medicine/critical care medicine:

- Chest medicine essentials of pulmonary and critical medicine Ronald George, 3rd edition (Williams and wilkins)
- Manual of intensive care medicine, Irwin and Rippe, 3rd edition
- Textbook of respiratory disease ,Crofton and Douglas
- A Practical guide to Pulmonary function Tests. Hyatt, Scalan.
- Respiratory function of the upper airway (Lung Biology in Health and Disease) by O.P Matthew (Hardcover-Mar 30,1988)
- Breathing free : revolutionary 5-day program to heal asthma, emphysema, bronchitis and respiratory ailments by Teresa hale and leo galland pharmacology of respiratory tract(Lung biology in health and disease)by Chung (hard cover- June 30,1993)
- The Little book of yoga breathing: pranayama made easy by scott shaw (paper back Jan 2004).
- Yoga for asthma Nagaranthna R and Nagendra H R. (Swami Vivekananda Yoga prakasana. Bangalore, 2000)
- Yoga for Breathing practices. Nagendra H R and Swami Vivekananda Yoga prakasana, Bangalore 2000
- The Yoga institute Santacruz Mumbai. Yoga therapy in Asthma, Diabetes and Heart disease (The Yoga institute, santacruz (east) mumbai Yogic Life- A Cure for asthma and bronchitis (The Yoga institute, Santacruz (east) Mumbai)

Nephrology

- Textbook of renal disease , Judith, Lawrence, 2nd edition (Churchill Livingstone)
- Diseases of kidney, Schrier, 6th edition (Little Brown). Manual of Nephrology.

Gastro-Enterology

- Disease of the liver and system- S .Sherlock. Dooley. 10th edition (Black well sciences)
- Gastro intestinal liver disease – Mark Feldman, Bruce Scharschmidt, 6th edition(Saunders)
- Schiff's disease of the liver-schiff's 8th edition
- Yoga for digestive disorders. Nagarathna R and Nagendra H R Swami Vivekananda Yoga prakasana,Bangalore,2000)

Immunology, connective tissues and joints

- Rhematology ,John Klippel,1994.
- Yoga for Arthritis. Nagarathna R and Nagendra H R Swami Vivekananda Yoga prakasana, Bangalore, 2000)
- Yoga for back and joint disorder (B&W) (The Yoga institute Santacruz (east) Mumbai)

Endocrinology

- William's text book of endocrinology, Wilson Fuster,9th edition (W.B. Saunders)
- User's guide to thyroid disorders (basic health publications user's guide) by Kathleen Bames. (paperback- mar 2,2006)
- Yoga for Diabetes Nagarathna R and Nagendra H R (Swami Vivekananda Yoga Prakasana. Bangalore, 2000)
- Yogic life control of Diabetes (The Yoga Institute Santacruz (east) Mumbai.

Neurology

- Principles of neurology –Adam's Victor, 6th edition (McGraw Hill). Disease of brain- Ed Brain, John Walton, 10th edition(oxford university) neurological differential diagnosis-John Patten

- Yoga for back pain. Nagarathna R and Nagendra H R (Swami Vivekananda Yoga Prakasana, Bangalore,2000)
- Evidence- based neurology: management of neurological disorders(evidence based medicine) by Charles Warlow, Richard Hughes, Bernard Uitdehaag, and Alessandro Liberati (Hardcover- may 1 2007)
- Yoga for children with Autism spectrum disorder: A Step by Step guide for parents and caregivers by Dion E. Betts and Stacey W Betts (paperback – may 15, 2006)
- Clinician’s guide to Sleep disorders (neurological disease and therapy) by Nathaniel F. Watson and Bradley V. Vaughn (hardcover jan 13 ,2006)
- Treatment of pediatric Neurological disorders (neurological disease and therapy) by Harvey S Singer, Eric H. Kossoff , Adam L. Hartman, and Thomas O Crawford(hardcover – april 12 2005)
- Yoga mind, body & spirit: A Return to wholeness by Donna (paperback- may 1,2000)
- Attention Def icit Hyperactive disorder(the latest assignment and treatment strategies) by C Keith, Ph.D. Conners and Juliet L.(paperback- june 1999)
- The book of exercise and yoga for those with Parkinson’s disease by Lord Newell (plastic comb- feb 2005)
- Complementary and alternative medicine and multiple sclerosis by Allen C Bowling (paperback nov 13, 2006)

Dermatology

- Dr. Yoga: A Complete Guide to the Medical Benefits of yoga (yoga for health) by Nirmala Heriza, Dean Ornish and C. Noel Bairey (paperback- sep 9, 2004)

Psychiatry

- Introduction to psychoneuroimmunology by Jorge H . Daruna
- Yoga for depression by Yoga.com

- Yoga beats the blues: Boost Your Mood, Memory and Concentration with Easy 5,10 and 20 – mins yoga routines by Donna(paperback – nov 1, 2003)
- Yoga for depression: A Compassionate Guide to Relieve Sufferings through Yoga by Amy Weintraub (paperback- dec 23, 2003)
- Emotional yoga: How the body can heal the mind by Bija Bennet (paperback- aug 27, 2002)
- A text book of General Psychology. Girish Bala Mohanty. (Kalyan publishers , Ludiyana 1986)
- Psychoeducation manual for Bipolar disorder by Francesc Colom, Eduard Vieta, and Jan Scott (paperback – dec 11, 2006)
- The Physicians guide to depression and Bipolar disorders by Dwighl L Evans and Dennis S. Charney(paperback nov 10, 2005)
- Mindfulness- based cognitive therapy for depression: A New Approach to Preventing Relapse by Zindel V. Segal, J.Mark G. Williams and John D Teasdale (hardcover- nov 14, 2001)
- Peaceful mind: Using mindfulness and cognitive behavioural psychology to overcome depression by John R Mcquaid , Paulae. Carmona and Zindel V Seagul (paperback mar 2004)
- Yoga therapies: 45 Sequences to relieve stress , depression, repetitive strain, sports injuries and more by Jessie Chapman (paperback mar 2004)
- The Seven Spiritual laws of yoga: A Practical Guide to Healing body, mind, and spirit by Deepak, M D Chopra and David, M D Simon (hardcover- june 21, 2004)
- Yoga for Stress relief: A Simple and Unique three month program for distressing and stress prevention by Swami Shivapremanandha (paperback- jan 20 1998)
- Yoga for Anxiety& Depression: Nagarathna R and Nagendra H R (Swami Vivekanandha Yoga Prakasana, Bangalore 2000)
- Abnormal Psychology The problem of Maladapative Behaviour. Irwin, Barbara R. Sarason. (Prentice- hall, inc, USA 1996)
- Glimpses into Psychology of yoga Thaimini I.K . (Thoesophical Publication house 1973)

- Mental health and Hindu Psychology : Swami akhilanandha (Munshiram manohar publication , 1951)
- Yoga and Cancer : Nagarathna R and Nagendra H R (Swami Vivekanandha Yoga Prakasana, Bangalore 2000)
- Yoga for depression: A Compassionate Guide to Relieve Sufferings through Yoga by Amy Weintraub (paperback- dec 23, 2003)
- Kundalini Yoga meditation
- Techniques Specific for Psychiatry disorders , Couples therapy and Personal growth by David S. Shannahoff- Khalsa (hardcover jan 2 , 2007)
- Living Within : Yoga Approach to psychological health & Growth by Aurobindho and the Mother (paperback- jan 1 ,1987)

Oncology:

- Principles and practice of oncology , De Vita
- Clinical oncology (book with CD- ROM for windows and Macintosh) by Raymond E., Jr. Lenhard. Robert T Osteen and ted (hardcover nov 1,2000)
- An Introduction to Psycho-oncology by Patrice Guex (paperback – Dec 22,1993)
- Cancer nursing: principles and practice(Jones and Bartett series in oncology)
- Oncology: an evidence based approach by Alfred E Chang and timothy kinsella(hardcover-nov 15, 2005)
- Oxford hand book of oncology by James Cassidy D Bissett(paperback- june 15, 2002)
- Lecture notes: oncology by mark Bower and Waxman(paperback march1, 2006)
- Herb- drug interaction in oncology by barrier and Charle Luarelli (june 1, 2003)

Obstetrics and gynecology

- The hormone connection: revolutionary discoveries Linking hormone and woman's health problems by Gale Maleskey, Mary Kittel, and prevention health book for woman(paperback-nov3,2001)

- Natural prescriptions for woman what to do-and when to do it- to so more than 100 females health problems-without by Susan Berg .The editors of prevention health books(paper back-dec8,2000)
- Prevention's ultimate Guide to woman's health and wellness:action plan for more than 100 women's health problem by Susan J.Blumenthal.The editors of prevention health books for woman(paper back-dec3,2002)
- The woman's book of yoga and health:a lifelong guide to wellness by patricia walden, and Judith hanson(paper back-dec,2002)
- Yoga and the wisdom of menopause:a guide to physical, emotional and spiritual health at midlife and beyond by Suza Francina(paper back-apl 20,2003)
- The woman's yoga book :asana and pranayama for phases of the menstrual cycle by Bobby Clennell and geeta s iyengar
- Yoga for pregnancy : Nagarathna R and Nagendra H R (Swami Vivekananda Yoga Prakasana, Bangalore 2000)
- The menstrual disorders by Annett Scamble(paper back-dec3,1992)
- The PMDD phemenon:breakthrough treatments for premenstrual Dysphoric Disorder and extreme pre menstrual syndrome by Diana L.Dell and Carol Svec(paper back-sep 25,2002)
- Pregnancy parenthood and yoga (the Yoga institute, Santacruz (east) Mumbai)

Environment and occupational hazards

- Desktop Yoga by Julie Lusk (paper back-nov 1,1998)

Nutrition and yoga based diet in health and disease

- Thee Yoga Cookbook; Vegetarian Food for Body and Mind by Sivananda Yoga Center and Sivananda Yoga Vedanta Centers (Paper back-march 29, 1999)

*The list of reference books shall be updated every year and submitted to the university for Approval by the institution executing the MD program.

SYLLABUS - M.D (YOGA)

(However the candidate should be aware that in medical courses particularly at higher levels of qualification, syllabus cannot be and should not be a limiting factor in the quest for knowledge and the need for acquisition of skills.)

1ST YEAR

PAPER I: PHILOSOPHY AND PRACTICE OF DIFFERENT SCHOOLS OF YOGA

1. History & evolution of yoga
2. Principles / philosophy of yoga from traditional yoga texts
3. Classification of yoga in detail (raja, hatha, karma, laya / kundalini, tantra, mantra, bakthi yoga)
4. Practices of yoga from traditional yoga texts and various modern yogic practices
5. Aphorisms of Maharishi Patanjali
6. Ghrendha Samhita
7. Vasistha Samhitha

Form and Aim of Yoga

- Yoga defined
- Function of the thinking principle.
- Suppression – defined and explained.
- Two kinds of Meditation
- Abstract meditation defined
- Effect of meditation.
- Indestructibility of Prarabdha by knowledge
- Objection quoting a passage from the Smrti
- Four kind of concrete meditation
- Different stages of four kind of concrete meditation.
- Two fold character of deliberation.

The means of meditation

- Weakening of troubles
- Means of meditation
- Asana defined
- Pranayama
- Pratyahara
- Dhyana-Dharana
- Samadhi

Of the Occult Powers

- Sanyama defined
- Eight predictions
- Bodily excellence
- Perception
- Process of accomplishment
- Meaning of Egoism

Of Isolation

- Superhuman powers
- Vedanta theory
- Vaisesika theory
- Neo-Vedanti's objections
- Three kind of sound
- Sphota defined
- Three Akasas explained

8. Pranayama and Prana vidhya

9. Meditations from the Tantras

10. Different schools of meditation and relaxation technique

11. Swara yoga

- Swara Yoga in Brief.
- Prana: Vital Energy
- Ions and Electro magnetic field.
- The Nose
- Consciousness in Relation to Energy
- Mind and Consciousness
- Sound and Form of the Swara
- The Koshas
- The Prana Vayu
- Nadis
- Triune Energy System
- Chakras
- The Oancha Tattwas
- Prana Sadhana
- Explanation of the Practices
- Recognising the Swara
- Timing the Swara
- Personal Observations of Swara Activities
- Working with the active swara
- Tattwa Vichara
- Tattwa Sadhana and Chhayopasana
- The Swara Guru

12. Mudra Vigyan

- Origins of Mudra
- Mudra and Prana
- Mudra and Acupuncture
- Mudra and Brain
- Mudra and Meditation
- The Relevance of Bindu

- Sublimation
- Necessity of Guru
- Guidelines for practice
- Hasta Mudra: Hands Mudras
- Shirsha Mudra: Head Mudras
- Bandha Mudra: Lock Mudras
- Adhara Mudra: Perineal Mudras
- Kaya Mudras: Postural Mudras
- Therapeutic Mudras
- Sadhana Mudras
- Other Mudras

13. Yoga Nidra in detail

14. States of consciousness.

15. Principles of health promotion, disease prevention, healing and quality of life in yoga

16. Relevance of yoga along with naturopathy in the prevention and management of stress related/lifestyle related disorders

17. Relationship between yoga, health and spirituality

18. Tai Chi – basic principle and practice

19. Yoga in Siddha and Ayurveda

1st YEAR SCHEDULE:

Theory	-	300 hrs
Research methodology	-	30 hrs (I / II year)
Clinicals/ practicals	-	500 hrs (minimum)
Library	-	100 hrs (minimum)
Journal review	-	50 (minimum)
CME Program attending	-	2 (minimum)

II**YEAR****PAPER II : APPLIED BASIC MEDICAL SCIENCES AND YOGA**

1. Anatomy and physiology of yoga
2. Physiological and biochemical changes during and after the practices of yogaasanas.
3. Physiological and biochemical changes during and after the practices of surya namaskar.
4. Physiological and biochemical changes during and after the practices of pranayama.
5. Physiological and biochemical changes during and after the practices of Kriyas.
6. Physiological and biochemical changes during and after the practices of bhandhas and mudras.
7. Physiological and biochemical changes during and after the practices of shatkriyas.
8. Physiological and biochemical changes during and after the practices of yoga nidra.
9. Physiological and biochemical changes during and after the practices of dhyana.
10. Yogic diet in detail.
11. Clinical pharmacology - Introduction to principles of drug therapy
12. Recent papers published in relation to yoga.

**PAPER III : YOGIC PSYCHOLOGY AND PSYCHONEURO-
IMMUNOLOGY****1. Yogic Psychology**

- A. Some principles of yoga
 - What is yoga?
 - The Koshas-Our Great Human Heritage.

- The Chakra systems-Centers of Unity.
- The Gunas-Steps of Evolvement.
- Swara Yoga- The Balance of Life.
- The mind and personality.

B. A Yogic View of Personality and its Evolvement.

- Personality and the Aspects of the Chakra Systems.
- Evolvments of the Aspects of the Personality.
- Different Chakra Aspects dominant in each Individual.
- A seven Dimensional Model of the Personality.

C. The Benefits of a Yogic Life Style.

- General Lifestyle considerations
- Raja Yoga Lifestyle Principles
- The Karma Yoga Life
- The Path of Bhakthi
- The path of Jnana Yoga

2. Abnormal psychology

3. Psychoneuro- immunology

A. Neural and Endocrine effects on Immunity

- Glucocorticoids and Immunity : Mechanism of regulation
- Adrenergic regulation of Immunity
- Cholinergic regulation of Inflammation
- Significance of Sensory neuropeptides and the Immune response
- Vasoactive Intestinal Peptide: An Antiinflammatory Neuropeptide
- Immune Derived Opioids : Production and Function in Inflammatory Pain
- Crosstalk between Insulin like growth Factors and Proinflammatory Cytokines
- The Neuroendocrine System and Rheumatoid Arthritis: Focus on the Hypothalamic- Pitutary –Adrenal Axis
- Sex steroids and Immunity

- Emerging Concepts for the Pathogenesis of Chronic Disabling Inflammatory Diseases : Neuroendocrine - Immune interactions and Evolutionary Biology
- Neuroendocrine Regulation of Cancer Progression : Biological mechanism and Clinical Relevance
- Neuroendocrine Regulation of Cancer Progression : II.Immunological Mechanisms, Clinical Relevance, and Prophylactic Measures

B. Immune system effects on Neural and endocrine processes and behavior

- Expression and Action of Cytokines in the Brain: Mechanisms and Pathophysiological Implications.
- Cytokines, Sickness Behavior, and Depression.
- The Differential Role of Prostaglandin E2 Receptors in the CNS Response to Systemic Immune Challenge.
- The Role of Pro-Inflammatory Cytokines in Memory Processes and Neural Plasticity.
- Aging, Neuroinflammation and Behavior.
- Neuroimmune Interactions and Pain: The Role of Immune and Glial Cells.
- Cytokines and Non-Immune Brain Injury.
- The Interaction Between Brain Inflammation and Systemic Infection.

C. Behavior and Immunity.

- Mother-Infant Interactions and the Development of Immunity from Conception through Weaning.
- Social Dominance and Immunity in Animals.
- Social Context as an Individual Difference in Psychoneuroimmunology.
- Psychoneuroimmunology of Depressive Disorder: Mechanisms and Clinical Implications.
- Immune and Neuroendocrine Alterations in Post Traumatic Stress Disorder.
- Psychoneuroimmunologic Aspects of Alcohol and Substance Abuse.
- Schizophrenia and Immunity
- Sleep and the Immune System.

- Emotions and the Immune System.
- Behaviorally Conditioned Enhancement of Immune Responses.
- Exercise and Immunity: Clinical Studies
- Behavioral Interventions: Immunologic Mediators and Disease Outcomes.

D. Stress and Immunity

- Stress: A System of the Whole.
- Bidirectional Effects of Stress on Immune Function: Possible Explanations for Salubrious as Well as Harmful Effects.
- Positive Affect and Immune Function.
- Close Relationships and Immunity.
- Stress and Allergic Diseases.
- Stress, Neuroendocrine Hormones, and Wound Healing: Human Models.
- Stress and Wound Healing: Animal Models.
- Reactivation of Latent Herpes Viruses in Astronauts.
- Psychosocial Influences in Oncology: An Expanded Model of Biobehavioral Mechanisms.
- Stress Associated Immune Dysregulation Can Effect Antibody and T-cell Responses to Vaccines.

E. Psycho Neuro Immunology and Pathophysiology

- Psychoneuroimmunological Pathways Involved in Acute Coronary Syndromes.
- Psychosocial Factors and Coronary Heart Disease: The Role of Psychoneuroimmunological Processes.
- Endocrine and Immune Responses to Stress in Chronic Inflammatory Skin Disorder (Atopic Dermatitis).
- Obesity and Immunity.
- Endogenous Extracellular Hsp72 Release is an Adaptive Feature of the Acute Stress Response

- Cold-Restraint-Induced Immune and Biochemical Changes Inhibit Host Resistance to Listeria.
- Psychobiology of HIV Infection.

IInd YEAR SCHEDULE:

Theory	-	150 hrs
Applied basic medical sciences	-	150 hrs
Psycho neuro immunology	-	50 hrs
Clinicals	-	1000 hrs (minimum)
Library	-	100 hrs (minimum)
Journal review	-	50 (minimum)
CME Program attending	-	2 (minimum)

III**YEAR****PAPER IV : CLINICAL YOGA****1. Nutrition and dietetics :Basics of nutrition and dietetics****2. Diet and Indian medicine**

- Six taste medicine (arusuvai unavu maruthuvam)
- Three dhosha and food
- Three gunas and food
- Seasonal foods
- Naturopathic diet
- Importance of vegetarian diet in yoga.

3. Disorders of the cardiovascular system

- Alteration in circulatory and Respiratory functions:-Dyspnea, cough, approach to the patient with a history of stable or unstable angina, approach to the patient with hypertension; cyanosis; edema; shock.
- Diagnosis and approach to the patient with heart disease-physical examination the cardiovascular system. Knowledge about conventional treatments.
- Disorders of the heart; normal and abnormal myocardial functions, heart failure congenital heart disease in the adult, Rheumatic fever, Valvular heart disease, Cardiac pulmonale; Cardiomyopathies; Myocarditis; Pericardial disease, Cardiac manifestations of systemic diseases.
- Vascular disease; atherosclerosis; acute myocardial infarction; ischemic heart disease; hypertensive vascular disease; vascular disease of the extremities.
- Cardiac rehabilitation

4. Disorders of the respiratory system

- Diagnosis and approach to the patient with disease of the respiratory system. Knowledge about conventional treatments.

- Disorders of the respiratory system; Bronchial Asthma; Chronic bronchitis.
- COPD; emphysema and airway obstruction; disorders of ventilation; sleep apnea; acute respiratory distress syndrome
- Pulmonary rehabilitation

5. Disorders of the kidney and urinary tract

- *Alterations in Urinary functions and Electrolytes*; cardinal manifestations of the renal disease; voiding dysfunction, incontinence and bladder pain; fluid and electrolyte disturbances; acidosis and alkalosis.
- *Alterations In The Urogenital Tract*: impotence; disturbances of menstruation and other common gynecologic complaints in women.
- Approach to the patient with diseases of the kidney and urinary tract. Knowledge about conventional treatment. Disturbance of renal function, acute renal failure and chronic renal failure.

6. Disorders of the gastrointestinal system

- *Alterations in Gastrointestinal Functions*: dysphagia, nausea, vomiting and indigestion; diarrhea and constipation; gastrointestinal bleeding; jaundice-abdominal swelling; ascitis.
- Approach to the patient with gastrointestinal disease. Knowledge about conventional treatments
- Diseases of the Oesophagus; peptic ulcer and related disorders, disorders of absorption, IBS, ulcerative colitis and crohns disease
- Liver and Biliary tract disease; Approach to the patient with liver disease; evaluation of liver function; derangements of hepatic metabolism; Bilurubin metabolism and hyperbilirubinemia; toxin and drug induced hepatitis; chronic hepatitis; cirrhosis and alcoholic liver disease; infiltrative and metabolic disease affecting the liver.
- Disease of the gallbladder and the bile ducts.
- Disorders of the pancreas – Acute and Chronic pancreatitis

7. Disorders of the Immune System, Connective Tissues and Joints

- Hematological alteration – anemia; bleeding and thrombosis; enlargement , of lymph nodes and spleen
- Pathophysiology and management of Pain -chest discomfort and palpitation – abdominal pain – headache– back and neck pain
- Approach to the patient with the disorder of immune system, connective tissue and joints.
- Disorders of the immune system – Introduction to immune system, major histocompatibility, primary immune deficiency disease; HIV disease; AIDS and related disorders; Amyloidosis
- Disorder of immune mediated injury – Disease of immediate type hypersensitivity; systemic lupus erythematosus; Rheumatoid arthritis; Dermatomyositis and polymyositis; Sjogren’s syndrome, Ankylosing spondylitis; Behcet’s syndrome; the Vasculitis syndromes; Sarcoidosis.
- Disorders of the joints – Approach to articular and musculoskeletal disorders; osteoarthritis; arthritis due to deposition of calcium crystals, infectious arthritis psoriatic arthritis and arthritis associated with gastrointestinal diseases; relapsing polychondritis and other arthritis.

8. Disorders of Endocrine and Metabolism

- Alteration in body temperature: fever and hyperthermia; fever and rash hypothermia.
- Endocrinology – Approach to the patient with endocrine and metabolic disorder knowledge about conventional treatments.
- Obesity, anorexia nervosa and bulimia nervosa; enteral and parenteral nutritional therapy; vitamin deficiency and excess-disturbance in trace elements
- Neuroendocrine Regulation and diseases of the anterior pituitary; diseases of the thyroid; diseases of the adrenal cortex, pheochromocytoma; diabetes mellitus;

hypoglycemia; disorders of the testis, ovary and female reproductive tract; endocrine disorders of the breast; disorders affecting multiple endocrine systems.

- Disorders of intermediary metabolism – disorders of the lipoprotein metabolism hemochromatosis; porphyrins; gout and other disorders of purine metabolism.
- Disorders of bone and mineral metabolism – calcium, phosphorous, bone metabolism; calcium regulating hormones; diseases of the parathyroid gland metabolic bone disease; disorders of phosphorous metabolism.

9. Neurological disorders:

- Nervous System Dysfunction: Faintness, syncope, dizziness, vertigo; weakness abnormal movements and imbalance; episodic muscle spasms, cramps weakness: tingling and sensory loss, numbness; acute confusional states, other focal cerebral disorders: memory loss and dementia; disorders of sleep and circadian rhythms
- Approach to the patient with neurologic diseases Knowledge about conventional treatments.
- Electro-physiologic studies of central and peripheral nervous system, neuroimaging in neurological disorders.
- Diseases of the central nervous system –migraine and cluster headache syndrome; seizures and epilepsy; alzheimer’s disease and other primary dementias; Parkinson's disease and other pyramidal disorders: ataxia disorders: disorders of ANS; disorders of cranial nerves; disease of spinal cord; disorders of the nerves and muscles-disease of the peripheral nervous system; myasthenia gravis; muscular dystrophy other disease of neuromuscular junction; disease of muscle ; Chronic fatigue syndrome; Alcoholism and drug dependency-alcohol and alcoholism–opioid drug abuse and dependence ; Neurological rehabilitation

10. Dermatological disorders

- Alterations in skin-approach to the patient with skin disorders.

- Approach to the patient with dermatological diseases, Knowledge about conventional treatments
- Eczema; psoriasis; acne vulgaris; allergic dermatitis, other common skin disorders; skin manifestation of internal disease

11. Psychiatric disorders

- Approach to the patient with psychiatric disease, Knowledge about conventional treatments.
- Anxiety neurosis ; depression; obsessive compulsive disorders; manic depressive psychosis; bipolar disorder; mood disorders; personality disorder; Psychiatric rehabilitation

12. Oncology

- Approach to the patient with cancer, Knowledge about conventional treatments
- Psycho-social factor in the etiology and pathogenesis of cancer
- Benign and malignant carcinomas, knowledge about conventional diagnostic procedures, radio therapy and chemotherapy
- Principal and practice of integrative oncology i.e., use of conventional and natural management strategies and psycho-social care in oncology
- Psychosocial rehabilitation

13. Obstetrics and Gynecology

- Approach to the patient with pregnancy, Knowledge about conventional care.
- Antenatal care; maintenance of normal pregnancy; child birth; post natal care
- Approach to the patient with gynecological complaints, Knowledge about conventional care.
- Menstrual disturbances. Infertility; uterine diseases; ovarian diseases; pelvic tumours.
- Family planning procedures

14. Disorders of Eyes, Ears, Nose and Throat

- Approach to the patient with ENT diseases, Knowledge about conventional treatments
- Disorder of the eye, disorders of nose, ears and throat

15. Environmental and occupational health hazards

- Specific environmental and occupational hazards related to food products, cosmetics, drugs, and indoor and outdoor living environment; work environment and ergonomics

IIIrd YEAR SCHEDULE:

Dissertation

Theory classes to UG's and PG's

Clinicals / rounds

Library - 100 hrs (minimum)

Journal review - 50 (minimum)

CME Program attending - 2 (minimum)

However the candidate should be aware that in medical courses particularly at higher levels of qualification, apart from syllabus study the candidates should undergo the following activities during their course of study, as it cannot be and should not be a limiting factor in the quest for knowledge and the need for acquisition of skills.

Between 1 ST - II ND YEAR

- ❖ Public speaking - Lectures on health (minimum 12/ year) in order to improve communication skills.
- ❖ Organizing Health camps

- ❖ Candidates should be sent to other institutions for exposure in specialized techniques.
- ❖ Minimum of 2 visits to renowned institutions to avail exposure in treatment modalities (like National institute of Naturopathy Pune, Govt. nature cure hospital Hyderabad, Lonawala, S-VYASA Banglore, Bihar school of yoga, Munger)
- ❖ Attending minimum of 4 State levels continuing medical education (CME) program before completing the second year.
- ❖ Conducting common seminars to Post- Graduate students (all 3 branches once a month)
- ❖ Conducting a special case presentation to Post- Graduate students (all 3 branches once a month)
- ❖ To present a speech related to their discipline among all the faculties, PG's , and interneers (once in 3 months)
- ❖ Apart from the regular postings PGs have to attend Vipasana meditation course.

During II year

Apart from the clinical postings at the parent Naturopathy & Yoga Hospital, the candidates shall be posted for minimum of 15 days to specialty departments at the conventional medical hospital/ acupuncture and energy medicine clinics. The specialty departments includes

1. Cardiology
2. Diabetology
3. Rheumatology & Immunology
4. Endocrinology
5. Pulmonary medicine
6. Oncology
7. Obstetrics and gynaecology
8. Psychiatry (IMH)
9. Physical medicine and rehabilitation

Reports of the respective postings should be produced after completion of the duties.

Reference Books:

Yoga:

- Practical Yoga Psychology by Dr.Rishi Vivekananda
- Mudra Vigyan, Philosophy and Practice of Yogic Gestures – From the teachings of Swami Satyananda saraswati, Swami Niranjana Saraswati.
- Gheranda Samhita.
- Four Chapters on Freedom by Swami Satyananda Saraswati.
- Meditations from the Tantras by Swami Satyananda Saraswati.
- Yoga Sara Samgraha by Ganganath Jha
- Vasistha Samhita
- The Art and Science of Raja Yoga by Swami Kriyananda
- Swara Yoga by Swami Muktibodhananda
- Complete Book of Yoga: Karma Yoga, Bhakti Yoga, Raja Yoga, Jnana Yoga (Hardcover) by Swami Vivekananda, Vijay Goel, 2005
- Hatha Yoga Pradipika (Light on Hatha Yoga) by Maharishi Swatimarama, translation and commentary by Swami Satyananada Sarawati and Swami Muktibodhananda, Bihar School of Yoga
- Anatomy and physiology of yoga.
- The Upanishads by Eknath Easwaran, nilgiri Press, 2007
- Wisdom of the Vedas (Theosophical Heritage Classics) by J. C. Chatterji, Quest Books, 1992.
- The science of yoga (A commentary on Patanjali's Yoga Sutras). By I.K. Taimini; the Theosophical publishing House, 2005.
- The Bhagavad-Gita (Classics of Indian Spirituality) by Eknath Easwaran, Nilgiri Press; 2007
- Vasistha'Yoga by Venkatesnanada (Author), Stale University of New York Press. 1993
- Asana Pranayama Mudra Bandha by Swami Satyananda Saraswati, Bihar School of Yoga. 2000

- Prana Pranayama Prana Vidya by Swami Niranjanananda Saraswati, Bihar School of Yoga, 2000
- All the current publications of BSY.
- Yogic Nutrition by Gina L. Nick. LTP Publishing, 2005
- Yoga for Health, Relaxation and Well-Being (Gotta Minute) by Nirvair Singh Khalsa, 2001
- Meditation As Medicine: Activate the Power of Your Natural Healing Force (paperback) by Dharma Singh Khalsa, Simon & Schuster, 2002
- Meditation: classic and contemporary perspectives by Deane H. Shapiro, Roger N. Walsh, Aldine Transaction, 1984
- The power of Yoga: Health, Exercise, Stress Relief & Relaxation, Mind & Spirit it by vimla Lalvani, 2004
- Yoga for Health by Richard Hittleman, 1985
- Dr. Yoga: A complete Guide to the Medical Benefits of Yoga (Yoga for Health) by Nirmala Heriza, Dean Ornish, and C Noel Bairey Merz, 2004
- Hatha Yoga Pradipika Swami Muktibodhananda (Yoga Publications Trust, Munger Bihar 1993)
- Yoga for Wellness: Healing with the Timeless Teachings of viniyoga by Gary Kraftsow (paperback – Oct 1, 1999)
- Yoga for your Type: An Ayurvedic Approach to Your Asana Practice by Dr. David Frawley and Sandra Summer Qeld Kozak
- Dr. Yoga: A Complete Guide to the Medical Benefits of Yoga (Yoga for Health) by Nirmala Heriza, Dean Ornish, and C. Noel Bairey Merz (paperback – Sep 9 2004)
- Light on Yoga, the bible of modem yoga... By b. K. S. Iyengar and yehudi Menuhin (paperback – Jan 3, 1995)

- The sivananda companion to yoga: a complete guide to the physical postures, breathing exercises, diet, relaxation, and meditation techniques of yoga by Sivanda yoga center and vishnu devananda (Paperback – April 19, 2000)
- The Sivananda Companion to Meditation. How to Master the Mind and Achieve Transcendence by Sivananda Yoga center and Sivananada Yoga Vedanta Centers (Paperback- 9, 2003)
- Thirty Minor Upanisad K. Narayana swami Aryar (Panmal Publications, Dehh 2003)
- The Science of Yoga. I. K. Taimini. (The Theosophical Publishing House. Adyar Chennai 2005)
- TM Discovering Inner Energy and Overcoming Stress. Harhold H Bloomfield (Doll Publishing Company Inc., New York 1975)
- Prana – Pranayama –prana Vidya Swami Niranjananda Saraswati (Yoga Publications Trust, Munger Bihar 1994)
- Anatomy of Hatha Yoga: A Manual for Students, Teachers, and Practitioners by H David Coulter, (Hardcover – Oct 2001)
- Anatomy of Hatha Yoga. H. David Coulter. (Body and breath Inc US 2001)
- The philosophy, psychology and practice of yoga Swami chidananda. (TI Divine Life Society UP Himalayas 1991)
- The Principal Upanisads Swami Sivananda. (The Divine Life Society UP Himalayas 4th Ed 1988)
- Meditation and Mantras. Swami Vishnu Devananda (motilal banarasidas Publishers pvt ltd 3rd Ed 2003)
- Soul Mind Body Medicine: A Complete Soul Healing System for Optimur Health and vitality by Zhi Gang Sha (Paperback –April 14, 2006)

- Yoga, Tai chi, massage, Therapies & Healing Remedies (Paperback – 2003)
- Naturopathy and Yoga by Parvesh Handa (Hardcover – Oct 30, 2006)
- Speaking of Yoga for Health (Your Health Guide) by Institute Of Naturopathy (paperback – Dec 6, 2003)
- Yoga for transformation : ancient teachings and practice for healing the body, mind and heart by Gary Kraftsow
- Dr.Yoga : A Complete guide to the medical benefits of Yoga (Yoga for health) by Nirmala Henza, daen Ornish and C.noë bairey Merz (Paperback – sep 9 2004)
- Therapeutic Yoga by J T Shah
- Common disorders, natural remedies by Eileen Renders(Paperback Jan 1 2002)
- Yoga mind, body & spirit : A return to wholeness by donna farhi(paperback- may 1 2000)
- Yoga for common ailments. Robin Monoro., Nagarathna R and Nagendra ,H.R Guia publication UK
- The New Yoga for Healthy ageing. Living Longer, Living Stronger and Loving every day by Suza Francina and Jim Jacobs.

Anatomy/physiology/Biochemistry/Biostatistics

- Samson Wright's Applied Physiology, Oxford University Press (India). 198
- Clinical Anatomy: A Revision and Applied Anatomy for Clinical. Students, Harold Ellis, Blackwell Publishing, 2006.
- Applied Biochemistry of Clinical Disorder (Hardcover). Allan G. Gornall, Lippincott Williams & Wilkins, 1981.
- Clinical Handbook of psychological Disorders, Third Edition. A step-by-step Treatment Manual (Hardcover), David H. Barlow. The Guilford Press; 2001
- Essentials of Pathophysiology: Concepts of Altered Health States Car Mattson Porth, Lippincott Williams & Wilkins, 2006.

- Basic pharmacology (paperback). Perspective Press (Editor), Morton Publishing Company; 2000
- Clinical Neuroanatomy for medical students. 4th edition.
- Textbook of medical physiology, Guyton. 9th edition.
- Review of medical physiology, Ganong, 18th edition.
- Harper's Biochemistry, 25th edition.
- Lippincott's illustrated review – biochemistry, 2n edition.
- Methods in Biostatistics, B.K. Mahajan, 6th edition.

Pharmacology/microbiology/pathology:

- Textbook of pharmacology, Goodman and Gillmann's.
- Washington manual of Medical Therapeutics, 29th edition.

ALLOPATHY REFERENCE BOOKS

Cardiology

- The clinical recognition of congenital heart disease-Joseph K.Perloss,4th edition(jaypee)
- An introduction to ECG- Leoschamroth, 7th edition Black well science
- Practical electrocardiography-Marriot,9th edition
- Text book of cardiovascular medicine-Eugene Braunwald, 5th edition
- The heart- Hurst,9th edition
- Congenital heart disease in adult- Perloff, 2nd edition.
- Cardiovascular and pulmonary physical therapy: an Evidence-based approach by William E.DeTurk and Lawrence P Cahalin
- Complementary and alternative cardiovascular medicine: Clinical hand book(contemporary cardiology ser) (contemporary cardiology) by Richard A Stein and Mehmet C Oz (hard cover-march 5,2004)

- Heart disease and cardiovascular health by Richard Saul Wurman (paper back- feb 21, 2001)
- Yoga for transformation: ancient teaching and practices for healing the body, mind and heart by Gary Kraftsow (paper back- June 4, 2002)
- Yoga for hypertension and heart disease Nagarathna R and Nagendra S R (Swami Vivekananda yoga prakasana, Bangalore, 2000)
- Yoga daily planner-heart care (The Yoga Institute, Santacruz (east) Mumbai)
- How to reverse heart disease in yogic way- Research fact and programme Cyclopedia (The Yoga Institute, Santacruz (east) Mumbai)

Respiratory medicine/critical care medicine:

- Chest medicine essentials of pulmonary and critical medicine Ronald George, 3rd edition (Williams and Wilkins)
- Manual of intensive care medicine, Irwin and Rippe, 3rd edition
- Textbook of respiratory disease, Crofton and Douglas
- A Practical guide to Pulmonary function Tests. Hyatt, Scalan.
- Respiratory function of the upper airway (Lung Biology in Health and Disease) by O.P. Matthew (Hardcover-March 30, 1988)
- Breathing free : revolutionary 5-day program to heal asthma, emphysema, bronchitis and respiratory ailments by Teresa Hale and Leo Galland pharmacology of respiratory tract (Lung biology in health and disease) by Chung (hard cover- June 30, 1993)
- The Little book of yoga breathing: pranayama made easy by Scott Shaw (paper back Jan 2004).
- Yoga for asthma Nagarathna R and Nagendra H R. (Swami Vivekananda Yoga prakasana. Bangalore, 2000)

- Yoga for Breathing practices. Nagendra H R and Swami Vivekananda Yoga prakasana, Bangalore 2000
- The Yoga institute Santacruz Mumbai. Yoga therapy in Asthma, Diabetes and Heart disease (The Yoga institute, santacruz (east) mumbai Yogic Life- A Cure for asthma and bronchitis (The Yoga institute, Santacruz (east) Mumbai)

Nephrology

- Textbook of renal disease , Judith, Lawrence, 2nd edition (Churchill Livingstone)
- Diseases of kidney, Schrier, 6th edition (Little Brown). Manual of Nephrology.

Gastro-Enterology

- Disease of the liver and system- S .Sherlock. Dooley. 10th edition (Black well sciences)
- Gastro intestinal liver disease – Mark Feldman, Bruce Scharschmidt, 6th edition(Saunders)
- Schiff's disease of the liver-schiff's 8th edition
- Yoga for digestive disorders. Nagarathna R and Nagendra H R Swami Vivekananda Yoga prakasana,Bangalore,2000)

Immunology, connective tissues and joints

- Rheumatology ,John Klippel,1994.
- Yoga for Arthritis. Nagarathna R and Nagendra H R Swami Vivekananda Yoga prakasana, Bangalore, 2000)
- Yoga for back and joint disorder (B&W) (The Yoga institute Santacruz (east) Mumbai)

Endocrinology

- William's text book of endocrinology, Wilson Fuster,9th edition (W.B. Saunders)

- User's guide to thyroid disorders (basic health publications user's guide) by Kathleen Bames. (paperback- mar 2,2006)
- Yoga for Diabetes Nagarathna R and Nagendra H R (Swami Vivekananda Yoga Prakasana. Bangalore, 2000)
- Yogic life control of Diabetes (The Yoga Institute Santacruz (east) Mumbai.

Neurology

- Principles of neurology –Adam's Victor, 6th edition (McGraw Hill). Disease of brain- Ed Brain, John Walton, 10th edition(oxford university) neurological differential diagnosis-John Patten
- Yoga for back pain. Nagarathna R and Nagendra H R (Swami Vivekananda Yoga Prakasana, Bangalore,2000)
- Evidence- based neurology: management of neurological disorders(evidence based medicine) by Charles Warlow, Richard Hughes, Bernard Uitdehaag, and Alessandro Liberati (Hardcover- may 1 2007)
- Yoga for children with Autism spectrum disorder: A Step by Step guide for parents and caregivers by Dion E. Betts and Stacey W Betts (paperback – may 15, 2006)
- Clinician's guide to Sleep disorders (neurological disease and therapy) by Nathaniel F. Watson and Bradley V. Vaughn (hardcover jan 13 ,2006)
- Treatment of pediatric Neurological disorders (neurological disease and therapy) by Harvey S Singer, Eric H. Kossoff , Adam L. Hartman, and Thomas O Crawford(hardcover – april 12 2005)
- Yoga mind, body & spirit: A Return to wholeness by Donna (paperback- may 1,2000)
- Attention Deficit Hyperactive disorder(the latest assignment and treatment strategies) by C Keith, Ph.D. Conners and Juliet L.(paperback- june 1999)
- The book of exercise and yoga for those with Parkinson's disease by Lord Newell (plastic comb- feb 2005)

- Complementary and alternative medicine and multiple sclerosis by Allen C Bowling (paperback nov 13, 2006)

Dermatology

- Dr. Yoga: A Complete Guide to the Medical Benefits of yoga (yoga for health) by Nirmala Heriza, Dean Ornish and C. Noel Bairey (paperback- sep 9, 2004)

Psychiatry

- Introduction to psychoneuroimmunology by Jorge H . Daruna
- Yoga for depression by Yoga.com
- Yoga beats the blues: Boost Your Mood, Memory and Concentration with Easy 5,10 and 20 – mins yoga routines by Donna(paperback – nov 1, 2003)
- Yoga for depression: A Compassionate Guide to Relieve Sufferings through Yoga by Amy Weintraub (paperback- dec 23, 2003)
- Emotional yoga: How the body can heal the mind by Bija Bennet (paperback- aug 27, 2002)
- A text book of General Psychology. Girish Bala Mohanty. (Kalyan publishers , Ludiyana 1986)
- Psychoeducation manual for Bipolar disorder by Francesc Colom, Eduard Vieta, and Jan Scott (paperback – dec 11, 2006)
- The Physicians guide to depression and Bipolar disorders by Dwighl L Evans and Dennis S. Charney(paperback nov 10, 2005)
- Mindfulness- based cognitive therapy for depression: A New Approach to Preventing Relapse by Zindel V. Segal, J.Mark G. Williams and John D Teasdale (hardcover- nov 14, 2001)
- Peaceful mind: Using mindfulness and cognitive behavioural psychology to overcome depression by John R Mcquaid , Paulae. Carmona and Zindel V Seagul (paperback mar 2004)
- Yoga therapies: 45 Sequences to relieve stress , depression, repetitive strain, sports injuries and more by Jessie Chapman (paperback mar 2004)

- The Seven Spiritual laws of yoga: A Practical Guide to Healing body, mind, and spirit by Deepak, M D Chopra and David, M D Simon (hardcover- june 21, 2004)
- Yoga for Stress relief: A Simple and Unique three month program for distressing and stress prevention by Swami Shivapremanandha (paperback- jan 20 1998)
- Yoga for Anxiety& Depression: Nagarathna R and Nagendra H R (Swami Vivekanandha Yoga Prakasana, Bangalore 2000)
- Abnormal Psychology The problem of Maladapative Behaviour. Irwin, Barbara R. Sarason. (Prentice- hall, inc, USA 1996)
- Glimpses into Psychology of yoga Thaimini I.K . (Thoesophical Publication house 1973)
- Mental health and Hindu Psychology : Swami akhilanandha (Munshiram manohar publication , 1951)
- Yoga and Cancer : Nagarathna R and Nagendra H R (Swami Vivekanandha Yoga Prakasana, Bangalore 2000)
- Yoga for depression: A Compassionate Guide to Relieve Sufferings through Yoga by Amy Weintraub (paperback- dec 23, 2003)
- Kundalini Yoga meditation
- Techniques Specific for Psychiatry disorders , Couples therapy and Personal growth by David S. Shannahoff- Khalsa (hardcover jan 2 , 2007)
- Living Within : Yoga Approach to psychological health & Growth by Aurobindho and the Mother (paperback- jan 1 ,1987)

Oncology:

- Principles and practice of oncology , De Vita
- Clinical oncology (book with CD- ROM for windows and Macintosh) by Raymond E., Jr. Lenhard. Robert T Osteen and ted (hardcover nov 1,2000)
- An Introduction to Psycho-oncology by Patrice Guex (paperback – Dec 22,1993)
- Cancer nursing: principles and practice(Jones and Bartett series in oncology)
- Oncology: an evidence based approach by Alfred E Chang and timothy kinsella(hardcover-nov 15, 2005)

- Oxford hand book of oncology by James Cassidy D Bissett(paperback- june 15, 2002)
- Lecture notes: oncology by mark Bower and Waxman(paperback march1, 2006)
- Herb- drug interaction in oncology by barrier and Charle Luarelli (june 1, 2003)

Obstetrics and gynecology

- The hormone connection: revolutionary discoveries Linking hormone and woman's health problems by Gale Maleskey, Mary Kittel, and prevention health book for woman(paperback-nov3,2001)
- Natural prescriptions for woman what to do-and when to do it- to so more than 100 females health problems-without by Susan Berg .The editors of prevention health books(paper back-dec8,2000)
- Prevention's ultimate Guide to woman's health and wellness:action plan for more than 100 women's health problem by Susan J.Blumenthal.The editors of prevention health books for woman(paper back-dec3,2002)
- The woman's book of yoga and health:a lifelong guide to wellness by patricia walden, and Judith hanson(paper back-dec,2002)
- Yoga and the wisdom of menopause:a guide to physical, emotional and spiritual health at midlife and beyond by Suza Francina(paper back-apl 20,2003)
- The woman's yoga book :asana and pranayama for phases of the menstrual cycle by Bobby Clennell and geeta s iyengar
- Yoga for pregnancy : Nagarathna R and Nagendra H R (Swami Vivekananda Yoga Prakasana, Bangalore 2000)
- The menstrual disorders by Annett Scamble(paper back-dec3,1992)
- The PMDD phemenon:breakthrough treatments for premenstrual Dysphoric Disorder and extreme pre menstrual syndrome by Diana L.Dell and Carol Svec(paper back-sep 25,2002)
- Pregnancy parenthood and yoga (the Yoga institute, Santacruz (east) Mumbai)

Environment and occupational hazards

- Desktop Yoga by Julie Lusk (paper back-nov 1,1998)

Agricultural medicine:

- Occupational and Environmental Health in Agriculture for the Health professions by Kelley J Donham and Anders Thelin (Hardcover- may 1,2006)- Illustrated

Nutrition and yoga based diet in health and disease

- Thee Yoga Cookbook; Vegetarian Food for Body and Mind by Sivananda Yoga Center and Sivananda Yoga Vedanta Centers (Paper back-march 29, 1999)
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SYLLABUS - M.D (ACUPUNCTURE & ENERGY MEDICINE)

(However the candidate should be aware that in medical courses particularly at higher levels of qualification, syllabus cannot be and should not be a limiting factor in the quest for knowledge and the need for acquisition of skills.)

I YEAR

PAPER I - PHILOSOPHY AND PRACTICE OF ACUPUNCTURE AND ENERGY MEDICINE

A. PHILOSOPHY OF ACUPUNCTURE

1. History and evolution of Acupuncture.
2. Acupuncture in India and acupuncture in other parts of the world.
3. Traditional and modern theories of acupuncture.
4. Five elements
 - Doctrine
 - 60 points of command
 - Principles of regulations of energy
 - Treatment of deficiency and excess of energy
5. Meridians :
 - outer and inner channels
 - connecting meridians
 - muscle meridians
 - divergent meridians
 - extra meridians
6. Extraordinary points
7. Etio-pathogenesis of disease in acupuncture (exo and endogenic factors, pathogenic factor, emotional factor)
8. Diagnostic and treatment methods in acupuncture (clinical and classical Acu)
9. Oriental diagnosis
10. Complications and contraindications acupuncture.
11. Moxibusion, Auriculo acupuncture

12. Scalp acupuncture, Sujok
13. Acupressure and reflexology
14. Traditional and modern techniques of acupuncture needling and its precautions.
15. Instruments for diagnosis and treatment of acupuncture
16. Malpractices in Acupuncture

B. PHILOSOPHY AND PRACTICE OF ENERGY MEDICINE

1. Concepts of energy according to Modern science
2. Energy system : Its Anatomy, Physiology, Pathophysiology
3. Energy and 96 principles
4. Concept of Prana and energy system in AYUSH systems and its comparative study with Energy Medicine.

SIDDHA

- Comparing the Nadi system in Siddha & Acupuncture.
- Similarities of Panchabhuthas, Doshas and Chinese Traditional Theories.
- Varma & Acupoints
- Herbology related with Panchabhudhas and organs.
- Siddha's massage Vs Taigu of TCM
- Pathogenesis and diagnosis of diseases in siddha.

AYURVEDHA

- Comparing the Nadi system in Ayurvedha with Acupuncture
- Comparing the Pathogenesis of Ayurvedha & Acupuncture
- Disciplines in ayurveda
- Marma & Acupuncture
- Herbology related with Panchabhudha, Doshas
- Panchakarma & Taigu & Energy changes
- Diagnosis in ayurveda.

UNANI

- Nadi System in Unani & Acupuncture
- Medicine (herbal) vs TCM medicines
- Cupping Vs Moxibustion

HOMEOPATHY

- Basics principles of Homeopathy
 - Homeo Acupuncture
 - Qi Vs Vitality in homeopathy
 - Pathogenesis in Acupunctre Vs Homeopathy
 - Acupuncture Symptom of organ Vs Homeo medicine
 - Flower remedies.
5. Sciences of Energy Medicine and its diagnostic methods
 - Acuvarma – Basic in treating Emergency cases.
 - Suvai maruthuvam:
 - Pulse diagnosis
 - Food medicine
 - Herbal medicine in accordance with 6 taste, dhosha and 5 elements
 - Concept of energy and its balancing aspects in Yoga asanas, Pranayama Shat kriyas, Mudras and Bandhas.
 - Pranic healing and Reiki.
 - Mind, prayer and healing
 - Faith healing
 - Taiju (massage) and acupuncture
 6. Adaptations of energy sciences in cultures and religions
 7. Diagnostic methods of prana (modern and traditional energy scanning methods)
 8. Instruments useful in diagnosis & treatments energy medicine

PRACTICALS AND WORKSHOPS IN 1ST YEAR

1. Clinical Acupuncture
2. Classical acupuncture
3. Basic pulse diagnosis – yin yang concept, 6 taste pulse diagnosis, dhosha nadi, thadhu varga nadi

4. Basic Acu-varma
5. Meridian massage
6. Moxibusion
7. Auriculo acupuncture
8. Scalp acupuncture, Sujok
9. Pranic healing and Rieki
10. Acupressure and reflexology

1st YEAR SCHEDULE:

Acupuncture theory class	-	200 hrs
Energy Medicine theory class	-	140 hrs
Applied basic medical sciences	-	100 hrs
Indian medical sciences	-	100 hrs
Research methodology	-	30 hrs
Clinicals	-	500 hrs (minimum)
Library	-	100 hrs (minimum)
Workshops	-	50 hrs
Field visit	-	5 (minimum)
Awareness camps	-	5 (minimum)
Journal review	-	50 (minimum)
CME Program attending	-	2 (minimum)

II**YEAR**

**PAPER II : APPLIED BASIC MEDICAL SCIENCES IN RELATION WITH
AEM AND PSYCHONEURO-IMMUNOLOGY**

1. Applied anatomy and acupuncture
2. Physiological effects of acupuncture points
3. Embryological study in relation with acupuncture and energy medicine
4. **Psychoneuro- immunology**
 - A. Neural and Endocrine effects on Immunity
 - Glucocorticoids and Immunity : Mechanism of regulation
 - Adrenergic regulation of Immunity
 - Cholinergic regulation of Inflammation
 - Significance of Sensory neuropeptides and the Immune response
 - Vasoactive Intestinal Peptide: An Antiinflammatory Neuropeptide
 - Immune Derived Opioids : Production and Function in Inflammatory Pain
 - Crosstalk between Insulin like growth Factors and Proinflammatory Cytokines
 - The Neuroendocrine System and Rheumatoid Arthritis: Focus on the Hypothalamic- Pitutary –Adrenal Axis
 - Sex steroids and Immunity
 - Emerging Concepts for the Pathogenesis of Chronic Disabling Inflammatory Diseases : Neuroendocrine - Immune interactions and Evolutionary Biology
 - Neuroendocrine Regulation of Cancer Progression : Biological mechanism and Clinical Relevance
 - Neuroendocrine Regulation of Cancer Progression : II.Immunological Mechanisms, Clinical Relevance, and Prophylactic Measures

B. Immune system effects on Neural and endocrine processes and behavior

- Expression and Action of Cytokines in the Brain: Mechanisms and Pathophysiological Implications.
- Cytokines, Sickness Behavior, and Depression.
- The Differential Role of Prostaglandin E2 Receptors in the CNS Response to Systemic Immune Challenge.
- The Role of Pro-Inflammatory Cytokines in Memory Processes and Neural Plasticity.
- Aging, Neuroinflammation and Behavior.
- Neuroimmune Interactions and Pain: The Role of Immune and Glial Cells.
- Cytokines and Non-Immune Brain Injury.
- The Interaction Between Brain Inflammation and Systemic Infection.

C. Behavior and Immunity.

- Mother-Infant Interactions and the Development of Immunity from Conception through Weaning.
- Social Dominance and Immunity in Animals.
- Social Context as an Individual Difference in Psychoneuroimmunology.
- Psychoneuroimmunology of Depressive Disorder: Mechanisms and Clinical Implications.
- Immune and Neuroendocrine Alterations in Post Traumatic Stress Disorder.
- Psychoneuroimmunologic Aspects of Alcohol and Substance Abuse.
- Schizophrenia and Immunity
- Sleep and the Immune System.
- Emotions and the Immune System.
- Behaviorally Conditioned Enhancement of Immune Responses.
- Exercise and Immunity: Clinical Studies
- Behavioral Interventions: Immunologic Mediators and Disease Outcomes.

D. Stress and Immunity

- Stress: A System of the Whole.

- Bidirectional Effects of Stress on Immune Function: Possible Explanations for Salubrious as Well as Harmful Effects.
- Positive Affect and Immune Function.
- Close Relationships and Immunity.
- Stress and Allergic Diseases.
- Stress, Neuroendocrine Hormones, and Wound Healing: Human Models.
- Stress and Wound Healing: Animal Models.
- Reactivation of Latent Herpes Viruses in Astronauts.
- Psychosocial Influences in Oncology: An Expanded Model of Biobehavioral Mechanisms.
- Stress Associated Immune Dysregulation Can Effect Antibody and T-cell Responses to Vaccines.

E. Psycho Neuro Immunology and Pathophysiology

- Psychoneuroimmunological Pathways Involved in Acute Coronary Syndromes.
- Psychosocial Factors and Coronary Heart Disease: The Role of Psychoneuroimmunological Processes.
- Endocrine and Immune Responses to Stress in Chronic Inflammatory Skin Disorder (Atopic Dermatitis).
- Obesity and Immunity.
- Endogenous Extracellular Hsp72 Release is an Adaptive Feature of the Acute Stress Response
- Cold-Restraint-Induced Immune and Biochemical Changes Inhibit Host Resistance to Listeria.
- Psychobiology of HIV Infection.
- Social Stress Alters the Severity of a Virally Initiated Model of Multiple Sclerosis.

**PAPER III: ADVANCED THERAPEUTICS & PSYCHOLOGY AND
INDIAN MEDICAL SCIENCES IN RELATION WITH AEM**

1. Classical Acupuncture
 - Etiopathogenesis
 - Types and character of points
 - Shupoint selection
 - 60 points of command
 - Differentiation of syndromes and general principles of treatments.
2. Acu reperatory
3. Traditional Chinese Medicine
4. Acupuncture anesthesia
5. Advanced Acuvarma
6. Varma and Acupuncture – Its Origin, History, Principles, types of Varmam etc)
7. Marma and Acupuncture – Its Origin, History, Principles, types of Marmam etc
8. Energy balancing and toning sciences: Taichi, Hitachi, Qi-Qung, Zenskar – Its Origin, History, Basic Principles of workout.
9. Body mind balancing techniques: Kinesiology, Yoga nidra
10. Pharmaco genetics and pharmaco kinectics of herbs
11. Preparation of energy medicine.
12. Scientific basis of energies: Vasthu, Geopathic and Feng sui.
13. Scientific truths behind religious rituals.
14. Roots of disease and Pancha kosha diagnosis.
15. Negative mentalities and Disease
16. Yogic psychology
17. Personality traits in Indian sciences
18. Physiological basis of Dhosha.
19. Physiological basis of Natural therapeutics(Hydrotherapy, Mudtherapy, Fasting etc)
20. Diet and Indian medicine:
 - Three dhosha and food
 - Three gunas and food

- Seasonal foods
- Naturopathic diet
- Importance of vegetarian diet in yoga.

PRACTICALS AND WORKSHOPS IN IInd YEAR

1. Classical acupuncture
2. Advanced acupuncture
3. Tai chi, Hitachi
4. Zenskar
5. Kinesiology
6. Vasthu and Astro –science
7. Geopathic science

IInd YEAR SCHEDULE:

Acupuncture theory class	-	150 hrs
Energy Medicine theory class	-	150 hrs
Applied basic medical sciences	-	150 hrs
Psycho neuro immunology	-	50 hrs
Indian medical sciences	-	100 hrs
Clinicals	-	1000 hrs (minimum)
Library	-	100 hrs (minimum)
Workshops	-	50 hrs
Field visit	-	5 (minimum)
Awareness camps	-	5 (minimum)
Journal review	-	50 (minimum)
CME Program attending	-	2 (minimum)

III**YEAR****PAPER IV : CLINICAL ACUPUNCTURE AND ENERGY MEDICINE****1. Disorders of the cardiovascular system**

- Alteration in circulatory and Respiratory functions:-Dyspnea, cough, approach to the patient with a history of stable or unstable angina, approach to the patient with hypertension; cyanosis; edema; shock.
- Diagnosis and approach to the patient with heart disease-physical examination the cardiovascular system. Knowledge about conventional treatments.
- Disorders of the heart; normal and abnormal myocardial functions, heart failure congenital heart disease in the adult, Rheumatic fever, Valvular heart disease, Cardiac pulmonale; Cardiomyopathies; Myocarditis; Pericardial disease, Cardiac manifestations of systemic diseases.
- Vascular disease; atherosclerosis; acute myocardial infarction; ischemic heart disease; hypertensive vascular disease; vascular disease of the extremities.
- Cardiac rehabilitation

2. Disorders of the respiratory system

- Diagnosis and approach to the patient with disease of the respiratory system. Knowledge about conventional treatments.
- Disorders of the respiratory system; Bronchial Asthma; Chronic bronchitis.
- COPD; emphysema and airway obstruction; disorders of ventilation; sleep apnea; acute respiratory distress syndrome
- Pulmonary rehabilitation

3. Disorders of the kidney and urinary tract

- *Alterations in Urinary functions and Electrolytes*; cardinal manifestations of the renal disease; voiding dysfunction, incontinence and bladder pain; fluid and electrolyte disturbances; acidosis and alkalosis.
- *Alterations In The Urogenital Tract*: impotence; disturbances of menstruation and other common gynecologic complaints in women.
- Approach to the patient with diseases of the kidney and urinary tract. Knowledge about conventional treatment. Disturbance of renal function, acute renal failure and chronic renal failure.

4. Disorders of the gastrointestinal system

- *Alterations in Gastrointestinal Functions*: dysphagia, nausea, vomiting and indigestion; diarrhea and constipation; gastrointestinal bleeding; jaundice-abdominal swelling; ascitis.
- Approach to the patient with gastrointestinal disease. Knowledge about conventional treatments
- Diseases of the Oesophagus; peptic ulcer and related disorders, disorders of absorption, IBS, ulcerative colitis and crohns disease
- Liver and Biliary tract disease; Approach to the patient with liver disease; evaluation of liver function; derangements of hepatic metabolism; Bilurubin metabolism and hyperbilirubinemia; toxin and drug induced hepatitis; chronic hepatitis; cirrhosis and alcoholic liver disease; infiltrative and metabolic disease affecting the liver.
- Disease of the gallbladder and the bile ducts.
- Disorders of the pancreas – Acute and Chronic pancreatitis

5. Disorders of the Immune System, Connective Tissues and Joints

- Hematological alteration – anemia; bleeding and thrombosis; enlargement , of lymph nodes and spleen

- Pathophysiology and management of Pain -chest discomfort and palpitation – abdominal pain – headache– back and neck pain
- Approach to the patient with the disorder of immune system, connective tissue and joints.
- Disorders of the immune system – Introduction to immune system, major histocompatibility, primary immune deficiency disease; HIV disease; AIDS and related disorders; Amyloidosis
- Disorder of immune mediated injury – Disease of immediate type hypersensitivity; systemic lupus erythematosus; Rheumatoid arthritis; Dermatomyositis and polymyositis; Sjogren's syndrome, Ankylosing spondylitis; Behcet's syndrome; the Vasculitis syndromes; Sarcoidosis.
- Disorders of the joints – Approach to articular and musculoskeletal disorders; osteoarthritis; arthritis due to deposition of calcium crystals, infectious arthritis psoriatic arthritis and arthritis associated with gastrointestinal diseases; relapsing polychondritis and other arthritis.

6. Disorders of Endocrine and Metabolism

- Alteration in body temperature: fever and hyperthermia; fever and rash hypothermia.
- Endocrinology – Approach to the patient with endocrine and metabolic disorder knowledge about conventional treatments.
- Obesity, anorexia nervosa and bulimia nervosa; enteral and parenteral nutritional therapy; vitamin deficiency and excess-disturbance in trace elements
- Neuroendocrine Regulation and diseases of the anterior pituitary; diseases of the thyroid; diseases of the adrenal cortex, pheochromocytoma; diabetes mellitus; hypoglycemia; disorders of the testis, ovary and female reproductive tract; endocrine disorders of the breast; disorders affecting multiple endocrine systems.
- Disorders of intermediary metabolism – disorders of the lipoprotein metabolism hemochromatosis; porphyrins; gout and other disorders of purine metabolism.

- Disorders of bone and mineral metabolism – calcium, phosphorous, bone metabolism; calcium regulating hormones; diseases of the parathyroid gland metabolic bone disease; disorders of phosphorous metabolism.

7. Neurological disorders:

- Nervous System Dysfunction: Faintness, syncope, dizziness, vertigo; weakness abnormal movements and imbalance; episodic muscle spasms, cramps weakness: tingling and sensory loss, numbness; acute confusional states, other focal cerebral disorders: memory loss and dementia; disorders of sleep and circadian rhythms
- Approach to the patient with neurologic diseases Knowledge about conventional treatments.
- Electro-physiologic studies of central and peripheral nervous system, neuroimaging in neurological disorders.
- Diseases of the central nervous system –migraine and cluster headache syndrome; seizures and epilepsy; alzheimer’s disease and other primary dementias; Parkinson's disease and other pyramidal disorders: ataxia disorders: disorders of ANS; disorders of cranial nerves; disease of spinal cord; disorders of the nerves and muscles-disease of the peripheral nervous system; myasthenia gravis; muscular dystrophy other disease of neuromuscular junction; disease of muscle ; Chronic fatigue syndrome; Alcoholism and drug dependency-alcohol and alcoholism–opioid drug abuse and dependence ; Neurological rehabilitation

8. Dermatological disorders

- Alterations in skin-approach to the patient with skin disorders.
- Approach to the patient with dermatological diseases, Knowledge about conventional treatments

- Eczema; psoriasis; acne vulgaris; allergic dermatitis, other common skin disorders; skin manifestation of internal disease

9. Psychiatric disorders

- Approach to the patient with psychiatric disease, Knowledge about conventional treatments.
- Anxiety neurosis ; depression; obsessive compulsive disorders; manic depressive psychosis; bipolar disorder; mood disorders; personality disorder; Psychiatric rehabilitation

10. Oncology

- Approach to the patient with cancer, Knowledge about conventional treatments
- Psycho-social factor in the etiology and pathogenesis of cancer
- Benign and malignant carcinomas, knowledge about conventional diagnostic procedures, radio therapy and chemotherapy
- Principal and practice of integrative oncology i.e., use of conventional and natural management strategies and psycho-social care in oncology
- Psychosocial rehabilitation

11. Obstetrics and Gynecology

- Approach to the patient with pregnancy, Knowledge about conventional care.
- Antenatal care; maintenance of normal pregnancy; child birth; post natal care
- Approach to the patient with gynecological complaints, Knowledge about conventional care.
- Menstrual disturbances. Infertility; uterine diseases; ovarian diseases; pelvic tumours.
- Family planning procedures

12. Disorders of Eyes, Ears, Nose and Throat

- Approach to the patient with ENT diseases, Knowledge about conventional treatments
- Disorder of the eye, disorders of nose, ears and throat

13. Environmental and occupational health hazards

- Specific environmental and occupational hazards related to food products, cosmetics, drugs, and indoor and outdoor living environment; work environment and ergonomics

IIIrd YEAR SCHEDULE:

Dissertation

Theory classes to UG's and PG's

Clinicals / rounds

Library	-	100 hrs (minimum)
Workshops	-	50 hrs
Field visit	-	5 (minimum)
Awareness camps	-	5 (minimum)
Journal review	-	50 (minimum)
CME Program attending	-	2 (minimum)

However the candidate should be aware that in medical courses particularly at higher levels of qualification, apart from syllabus study the candidates should undergo the following activities during their course of study, as it cannot be and should not be a limiting factor in the quest for knowledge and the need for acquisition of skills.

Between 1ST - IIND YEAR

- ❖ Organizing Health camps

- ❖ Candidates should be sent to other institutions for exposure in specialized techniques.
- ❖ Minimum of 2 visits to renowned institutions to avail exposure in treatment modalities (like National institute of Naturopathy Pune, Govt. nature cure hospital Hyderabad, Lonawala, S-VYASA Banglore, Bihar school of yoga, Munger)
- ❖ Attending minimum of 4 State levels continuing medical education (CME) program before completing the second year.
- ❖ Co- ordinate the postings through the institutional MoUs.

POSTING SCHEDULE FOR AEM

Details of rotation including ancillary postings year wise as follows:

PG1 year

The candidates shall be posted to department of Indian Medicine, acupuncture clinics & energy medicine clinics, and to the different departments of naturotherapy at the parent teaching hospital. This would include lab duties, clinical duties and teaching assignment to under graduate students.

The Department of natural Therapeutics (a hosting department of MD program) shall

- Be posted to Indian medicine departments – each AYUSH department 1week
- Posted to Energy Medicine clinics - 10 days
- Posted to Acupuncture clinics – 10 days

PG2 year

Apart from the clinical postings at the parent Naturopathy & Yoga Hospital, the candidates shall be posted to specially departments at the conventional medical hospital and acupuncture and energy medicine clinics, for 15 days. The speciality departments like,

1. Cardiology
2. Neurology
3. Rheumatology & Immunology
4. Endocrinology

5. Pulmonary medicine
6. Oncology
7. Psychiatry
8. Acupuncture energy clinics
9. Visit to energy arts centers

Certificates/ Reports of the respective postings should be produced after completion of the duties.

PG3 year

- During the third year the candidate is expected to handle the patients with comprehensive care with the guidance of senior physicians, visiting consultants at the parent Naturopathy & Yoga hospital, handle emergency rooms & participate actively in teaching UG medical students.
- Candidates should prepare himself for the role of consulting ACUPUNCTURE AND ENERGY MEDICINE leading to the practice of evidenced based integrative medicine
- The students are encouraged to attend local, state and national level conferences bodies etc.
- Apart from the regular postings PGs have to attend Vipasana meditation course.

REFERENCE BOOKS:

ACUPUNCTURE BOOKS:

- All books of Felix mann
 - Reinventing acupuncture: a new concept of ancient medicine.
 - Acupuncture : cure for many disease.
 - Atlas of acupuncture.
 - Meridians of acupuncture.
 - Treatment of disease by acupuncture.
 - Acupuncture : the ancient Chinese art of healing.
 - Scientific aspects of acupuncture.
- Acupuncture 1 & 2 Dr.Fazlur Rahman
- Acupuncture – Anton Jayasurya
- Five spirits –Alchemical Acupuncture For Psychological And Spiritual Healing-
Lorie Eve Dechar
- The Channels of Acupuncture. Clinical Use of the Secondary Channels and Eight
Extraordinary Vessels BOOK-- Maciocia Giovanni
- Clinical Introduction to Medical Acupuncture By Steven K.H. Aung, William Pai-
Dei Chen
- Your body never lies (oriental diagnosis) – Michio Kushi
- Single Point Acupuncture and Moxibustion for 100 Diseases-Decheng Chen
- Family Secret: One-needle Acupuncture -- S. Yanagiya
- Acupuncture & Moxibustion - A Clinical Desk Reference -- Cheng Xiaoming
- Management of Postoperative Pain with Acupuncture -- Peilin Sun
- The Systematic Classic of Acupuncture & Moxibustion -- Mi Huangfu
- Wrist-Ankle Acupuncture: Methods and Applications -- He Hun Lao, Moses Li
- Acupuncture and the Chakra Energy System: Treating the Cause of Disease -- John
R. Cross
- Current Research in Acupuncture -- Ying Xia, Guanghong Ding, Gen-Cheng Wu

- Micro-Acupuncture in Practice --Yajuan Wang
- Medical Acupuncture in Pregnancy -- Ansgar Thomas Roeme
- The Lost Secrets of Ayurvedic Acupuncture: An Ayurvedic Guide to Acupuncture -
--By Frank Ros
- Principles of Ear Acupuncture: Microsystem of the Auricle -- Axel Rubach
- Shonishin: Japanese Pediatric Acupuncture: Japanese Pediatric Acupuncture --
Stephen Birch
- Acupuncture Without Needles -- J. V. Cerney
- Acupuncture: An Anatomical Approach -- By Houchi Dung, Curtis P. Clogston,
Joeming W. Dunn
- Sujok for everyone --Park Jae Woo
- Acupuncture For Fertility: From Conception To Delivery & Everything In
Between Kindle Edition- by Kenneth Hayes
- Understanding Acupuncture- Stephen Birch and Bob Felt
- **Diagnostics of Traditional Chinese Medicine (International Acupuncture
Textbooks) Paperback – January 6, 2010- by Zhu Bing (Editor)**
- **Basic Theories of Traditional Chinese Medicine (International Acupuncture
Textbooks) Paperback – May 15, 2010- by Zhu Bing (Editor)**
- Acupuncture Principles & Treatment.- Dr, Lohiya
- ESSENTIALS OF MEDICAL ACUPUNCTURE- Dr, Lohiya
- ADVANCE ACUPUNCTURE - Dr, Lohiya
- Clinical and Research Observations on Acupuncture Analgesia and
Thermography- Mathew H. M. Lee and Monique Ernst
- Auricular Acupuncture Diagnosis, 1e Hardcover – November 2, 2009- by Marco
Romoli
- Auriculotherapy (Complementary Medicine (Thieme Paperback)) Paperback –
September-Raphael Nogier (Author)
- Acupuncture Energetics: A Workbook for Diagnostics and TreatmentPaperback –
January 1, 1987- by Mark D. Seem Ph.D. DIPL. AC. (NCAA) (Author)

- Bodymind (Body Mind) Energetics: Toward a Dynamic Model of Health Paperback – December 1, 1987-by Ph.D. DIPL. AC. (NCAA) Mark D. Seem (Author), Ted Kaptchuk (Introduction), Joan Kaplan (Contributor)
- Acupuncture Imaging: Perceiving the Energy Pathways of the Body Paperback – January 28, 2004-by Mark D. Seem Ph.D. DIPL. AC. (NCAA) (Author)
- Acupuncture Energetics: A Clinical Approach for Physicians Hardcover – 1995- by Joseph M. Helms (Author)
- Atlas of Chinese Tongue Diagnosis, 2nd edition- by Barbara Kirschbaum
- Chinese Pulse Diagnosis: A Contemporary Approach (Revised Edition)-by Leon Hammer
- Clinical Handbook of Internal Medicine; Volume 3 Qi Blood Fluid Channels-by Will Maclean and Jane Lyttleton
- Clinical Manual of Chinese Herbal Medicine and Acupuncture-by Zhou Zhong Ying & Jin Hui De
- Currents of Tradition in Chinese Medicine 1626 to 2006- by Volker Scheid
- Face Reading in Chinese Medicine, 2nd Edition- by Lillian Bridges
- The essential book of TCM (Volume 1 & 2) – Liu Yanchi
- Between Heaven and Earth – A Guide to Chinese Medicine – Harriet Beinfield, Efram Korngold
- Auriculotherapy Manual: Chinese and western system of Ear Acupuncture – Terry Oleson

ENERGY MEDICINE REFERENCE BOOKS

- Acu varma & energy science medicine by Dr.Gunaneedhi
- Unavu maruthuvam by: kandaswamymudaliar
- Anatomy of the Spirit: The Seven Stages of Power and Healing (Paperback) ,by Caroline Myss (shelved 5 times as energy-medicine)
- Hands Of Light (Paperback) ,by Barbara Ann Brennan (shelved 4 times as energy-medicine)

- Dr. Judith Orloff's Guide to Intuitive Healing: 5 Steps to Physical, Emotional, and Sexual Wellness (Paperback) ,by Judith Orloff (shelved 2 times as energy-medicine)
- The Subtle Body: An Encyclopedia of Your Energetic Anatomy (Paperback) ,by Cyndi Dale (shelved 2 times as energy-medicine)
- Crystal Healing: Applying the Therapeutic Properties of Crystals and Stones (Paperback) ,by Katrina Rphaell (shelved 2 times as energy-medicine)
- Energy Medicine: The Scientific Basis (Paperback),by James L. Oschman (shelved 2 times as energy-medicine)
- Miracles Through Pranic Healing (Hardcover) ,by Master ChoaKok Sui (shelved 1 time as energy-medicine)
- Positive Energy: 10 Extraordinary Prescriptions for Transforming Fatigue, Stress, and Fear into Vibrance, Strength, and Love (Paperback) ,by Judith Orloff (shelved 1 time as energy-medicine)
- Theta Healing: Introducing an Extraordinary Energy Healing Modality (Paperback), by ViannaStibal (shelved 1 time as energy-medicine)
- Energy Healing: The Essentials of Self-Care (Paperback) ,by Ann Marie Chiasson (shelved 1 time as energy-medicine)
- Reiki, the Healing Touch: Japanese Reiki Techniques and Hayashi Healing Guide (Paperback) ,by William Lee Rand (shelved 1 time as energy-medicine)
- Frequency: The Power of Personal Vibration (Hardcover),by Penney Peirce (shelved 1 time as energy-medicine)
- The American Indian Secrets of Crystal Healing (Paperback) ,by Luc Bourgault (shelved 1 time as energy-medicine)
- Crystal Prescriptions: The A-Z Guide to Over 1,200 Symptoms and Their Healing Crystals (Paperback) ,by Judy Hal

SIDDHA REFERENCE BOOKS

- Introduction to Siddha Medicine - T.V.SambasivamPillai
- Simple home Remedies - D.I.M & H, Chennai.
- Siddha Pharmacopoeia - Dr.V.Narayanaswami,H.P.I.M. Editor

- History of Siddha Medicine - Thiru.N.KandasamyPillai
- Siddha Science of Longevity and Kalpa Medicine - Thiru.K.Shanmugavelan
- Siddha Toxicology - VaidyaSironmaniK.S.Murugesamudaliar
- Siddha Principles of Social and Preventive Medicine - Dr.G.Durairasan
- Tamil to English Dictionary of Medicine - Chemistry, Botany and Allied Science - T.V.SambasivamPillai

AYURVEDA REFERENCE BOOKS

- Charaka Samhita
- Susruta Samhita

UNANI REFERENCE BOOKS

- Hand book on unani medicines with formulae ,process, and uses and analysis,By NIIR board of consultant and engineers

REIKI REFERENCE BOOKS

- HawayoTakata'sStory;Author: Helen J. Haberly
- Practical reiki,By:alicelangholt
- Reiki for Life: The Complete Guide to Reiki Practice for Levels 1, 2 & 3;By Penelope
- Tails of a Healer, Animals, Reiki and Shamanism,By:Rose De Dan
- REIKI- Comprehensive Guide,By:Pamela Miles

HOMEOPATHY REFERENCE BOOKS

- The Encyclopaedia of Pure MateriaMedica (Timothy Field Allen)
- New, Old and Forgotten Remedies (Edward Pollock Anshutz)
- First Lessons in the Symptomatology of Leading Homúopathic Remedies (H.R. Arndt)
- How to use the repertory (Glen Irving Bidwell)

- Historic sketch of the monument erected in Washington City {B.F. Bittinger)
- Homoeopathic MateriaMedica (William Boericke)
- Hahnemann and Paracelsus (John Henry Clarke)
- Gunpowder as a War Remedy (John Henry Clarke)
- The 13 Remedies of Dr. John Henry Clarke (Dr R. Séror)
- The Genius of Homeopathy (Stuart M.Close)
- Introductory Workbook in Homeopathy (Richard L. Crews)
- Practice of Homoeopathy (Paul F. Curie)
- Biographies (ValérieDayraud)
- American Homeopathy in the World War (Frederick M. Dearborn)
- Key-Notes to the MateriaMedica (Henry Newell Guernsey)
- Organon (Samuel Hahnemann)
- Bach -flower remedies

PSYCHONEURO-IMMUNOLOGY

- Neurologic Clinics –Freund
- Psycho Neuro Immunology –Robert Ader , David L. Felten
- Psycho Neuro Immunology – Jorge H. Daruna

YOGA BOOKS:

- Complete Book of Yoga: Karma Yoga, Bhakti Yoga, Raja Yoga, Jnana Yoga (Hardcover) by Swami Vivekananda, Vijay Goel, 2005
- Hatha Yoga Pradipika -Bihar School of Yoga
- All books of Bihar School of Yoga
- The Upanishads by Eknath Easwaran, nilgiri Press, 2007
- Wisdom of the Vedas (Theosophical Heritage Classics) by J. C. Chatterji, Quest Books, 1992.
- The science of yoga (A commentary on Patanjali's Yoga Sutras). By I.K. Taimini; the Theosophical publishing House, 2005.

- The Bhagavad-Gita (Classics of Indian Spirituality) by Eknath Easwaran, Nilgiri Press; 2007
- Vasistha'Yoga by Venkatesnanada (Author), Stale University of New York Press. 1993
- Asana Pranayama Mudra Bandha by Swami Satyananda Saraswati, Bihar School of Yoga. 2000
- Prana Pranayama Prana Vidya by Swami Niranjanananda Saraswati, Bihar School of Yoga, 2000
- Yogic Nutrition by Gina L. Nick. LTP Publishing, 2005
- Yoga for Health, Relaxation and Well-Being (Gotta Minute) by Nirvair singh Khalsa, 2001
- Meditation As Medicine: Activate the Power of Your Natural Healing Force (paperback) by Dharma Singh Khalsa, Simon & Schuster, 2002
- Meditation: classic and contemporary perspectives by Deane H. Shapiro, Roger N. Walsh, Aldine Transaction, 1984
- Mudra – Bihar School of Yoga
- Yoga psychology- Bihar school of yoga

NATUROPATHY BOOKS:

- Principles of naturopathy combining Old and New: Naturopathy for 21s century by Robert S.Thiel Whitman publication,2001
- Vitality, Fasting and Nutrition: A Physiological study of the Curative power of Fasting, Together with a New Theory of the Relation of food to Human Vitality (Paperback) Hereward Carriquton.Kessinger publishing,1996
- Therapeutic Massage: A scientific Approach.Turchaninov R. Aesculapiu Books, 2000.
- The Massage Connection: Anatomy and Physiology (Lww Massage Therapy & Bodywork Series) (Hardcover), Kalyani PremKumar.
- Lippincott Williams & Wilkins; 2 Signed edition (August 1, 2003)

- Hydrotherapy Theory & Technique [TEACHER'S EDITION] Pine Island Publisher's Inc.; 3rd edition (2003)
- Rational Hydrotherapy J H Kellog Indian Edition pub by NTN, Pune (2005)
- B Massage Therapy J H Kellog pub (19)
- Fasting can save your life Indian Ed Herbert M Shelton pub Prakrti Jivana Kendra, Bangalore
- Toxemia Explained J H Tildon,
- Hydrotherapy & Heliotherapy Natural Healing With Water. Herbs & Sunlight) Maureen O'Rourke Educating Hands Inc. 1995
- Hydrotherapy Principles and Practice by Margaret Reid Campion Paperback
- Technique of hydrotherapy and Swedish massage by George Knapp Abbott
- Modern Hydrotherapy for the Massage Therapist by Mary Betts Sinclair
- Hydrotherapy in Practice by Bridget C. Davis and Ronald A Harrison

ALLOPATHY REFERENCE BOOKS

Cardiology

- The clinical recognition of congenital heart disease-Joseph K.Perloss,4th edition(jaypee)
- An introduction to ECG- Leoschamroth, 7th edition Black well science
- Practical electrocardiography-Marriot,9th edition
- Text book of cardiovascular medicine-Eugene Braunwald, 5th edition
- The heart- Hurst,9th edition
- Congenital heart disease in adult- Perloff, 2nd edition.
- Cardiovascular and pulmonary physical therapy: an Evidence-based approach by William E.DeTurk and Lawrence P Cahalin
- Complementary and alternative cardiovascular medicine: Clinical hand book(contemporary cardiology ser) (contemporary cardiology) by Richard A Stein and Mehmet C Oz (hard cover-march 5,2004)

- Heart disease and cardiovascular health by Richard Saul Wurman (paper back- feb 21, 2001)
- Yoga for transformation: ancient teaching and practices for healing the body, mind and heart by gary kraftsow (paper back- june 4,2002)
- Yoga for hypertension and heart disease Nagaranthna R and Nagendra S R (swami Vivekananda yoga prakasana, Bangalore,2000)
- Yoga daliy planner-heart care (the Yoga institute, Santacruz (east) Mumbai)
- How to reverse heart disease in yogic way- Research fact and programme Cyclopedia (The Yoga institute ,Santacruz (east) Mumbai)

Respiratory medicine/critical care medicine:

- Chest medicine essentials of pulmonary and critical medicine Ronald George, 3rd edition (Williams and wilkins)
- Manual of intensive care medicine, Irwin and Rippe, 3rd edition
- Textbook of respiratory disease ,Crofton and Douglas
- A Practical guide to Pulmonary function Tests. Hyatt, Scalan.
- Respiratory function of the upper airway (Lung Biology in Health and Disease) by O.P Matthew (Hardcover-Mar 30,1988)
- Breathing free : revolutionary 5-day program to heal asthma, emphysema, bronchitis and respiratory ailments by Teresa hale and leo galland pharmacology of respiratory tract(Lung biology in health and disease)by Chung (hard cover- June 30,1993)
- The Little book of yoga breathing: pranayama made easy by scott shaw (paper back Jan 2004).
- Yoga for asthma Nagaranthna R and Nagendra H R. (Swami Vivekananda Yoga prakasana. Bangalore, 2000)
- Yoga for Breathing practices. Nagendra H R and Swami Vivekananda Yoga prakasana, Bangalore 2000

- The Yoga institute Santacruz Mumbai. Yoga therapy in Asthma, Diabetes and Heart disease (The Yoga institute, santacruz (east) mumbai Yogic Life- A Cure for asthma and bronchitis (The Yoga institute, Santacruz (east) Mumbai)

Nephrology

- Textbook of renal disease , Judith, Lawrence, 2nd edition (Churchill Livingstone)
- Diseases of kidney, Schrier, 6th edition (Little Brown). Manual of Nephrology.

Gastro-Enterology

- Disease of the liver and system- S .Sherlock. Dooley. 10th edition (Black well sciences)
- Gastro intestinal liver disease – Mark Feldman, Bruce Scharschmidt, 6th edition(Saunders)
- Schiff's disease of the liver-schiff's 8th edition
- Yoga for digestive disorders. Nagarathna R and Nagendra H R Swami Vivekananda Yoga prakasana,Bangalore,2000)

Immunology, connective tissues and joints

- Rhematology ,John Klippel,1994.
- Yoga for Arthritis. Nagarathna R and Nagendra H R Swami Vivekananda Yoga prakasana, Bangalore, 2000)
- Yoga for back and joint disorder (B&W) (The Yoga institute Santacruz (east) Mumbai)

Endocrinology

- William's text book of endocrinology, Wilson Fuster,9th edition (W.B. Saunders)
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- Yoga for Diabetes Nagarathna R and Nagendra H R (Swami Vivekananda Yoga Prakasana. Bangalore, 2000)
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- Yoga mind, body & spirit: A Return to wholeness by Donna (paperback- may 1,2000)
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- Yoga therapies: 45 Sequences to relieve stress , depression, repetitive strain, sports injuries and more by Jessie Chapman (paperback mar 2004)
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- Techniques Specific for Psychiatry disorders , Couples therapy and Personal growth by David S. Shannahoff- Khalsa (hardcover jan 2 , 2007)
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- Clinical oncology (book with CD- ROM for windows and Macintosh) by Raymond E., Jr. Lenhard. Robert T Osteen and ted (hardcover nov 1,2000)
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- Oncology: an evidence based approach by Alfred E Chang and timothy kinsella(hardcover-nov 15, 2005)
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