



IMPORTANCE OF B. N. Y. S. COURSE

Continuously changing lifestyle, industrialization, along with ever-rising stressful psychological conditions contributes to various types of diseases. Though today advance medical system and technology is available but still disease are occurring. Nature cure is one of the alternative systems of medicine, which believes in the principle 'Vis medicatrix Naturae' meaning healing power from within. This healing power is stimulated by using the natural principles Panchamahabhutas like mud (Prithvi), water (Jala), sunlight(Agni), air bath, Pranayama (Vayu) and fasting(Akasha). A holistic ideology and implementation of Hydrotherapy, Mud therapy, Heliotherapy, manipulative therapies, aromatherapy, reflexology, exercise therapy, electrotherapy, Yoga, Meditation, Dynamics, Reiki, Gym activity, lifestyle modification, stress counseling etc. naturopathic treatment modalities under expert guidance and care will greatly benefit the people. Naturopathy is a noninvasive, natural, cost effective and effective treatment modality to cure ailments without any side effects; moreover these remedies are much in proportion with the vibration of the human body mind and consciousness. Minor ailments are treated before they escalate to more serious ones, and all the remedies are natural and without devastating side effects.

BRIEF HISTORY

A course of DNYT (Diploma in Naturopathy and Yoga therapy) was started initially in 2007 to render services in rural area. The Specialists from the main campus used to render services in the OPDs run by RGSC. This Diploma course was further upgraded to Bachelor of Naturopathy and Yogic Sciences in the year 2012. Now we have a 10 bedded Naturopathy Hospital, which need to be further upgraded to 100 bedded Naturopathic Hospital.

OBJECTIVE

- 1) To provide the training and education of student of B.N.Y.S. course running at the R.G.S.C., B.H.U., Mirzapur.
- 2) To provide the health services through integrated system of naturopathy, yoga and Herbal Therapy
- 3) To propagate the system of naturopathy, yoga and Ayurveda (herbal therapy) which offer the non-invasive, natural and affordable treatment for various life style and metabolic disorders.
- 4) To increase the penetration of wellness offerings through developing a concept of prevention and improving the lifestyle.
- 5) Improve overall health and wellbeing of neighboring population
- 6) To increase the health awareness among the population.



काशी हिन्दू
विश्वविद्यालय



BANARAS HINDU
UNIVERSITY

ESTABLISHED BY PARLIAMENT BY NOTIFICATION NO. 225 OF 1916

RAJIV GANDHI SOUTH CAMPUS
FACULTY OF AYURVEDA

Course Details: First B.N.Y.S. Degree course will be of 1 ½ years (18 months). The University Examination will be held at the end of 1 ½ years for following subjects after conducting two Sessional Examinations.

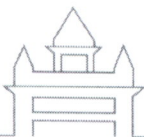
| S.No. | Subject |
|-------|---------------------------|
| 1. | Bio-chemistry |
| 2. | Fundamentals of Ayurveda |
| 3. | Anatomy |
| 4. | Physiology |
| 5. | Philosophy Of Nature Cure |
| 6. | Yoga Philosophy-I |
| 7. | Yoga Practice |

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| S.No. | Subject |
|-------|------------------------------------------|
| 1. | Microbiology |
| 2. | Acupuncture, Acupressure & Reflexology |
| 3. | Chromo therapy & Magneto therapy |
| 4. | Pathology |
| 5. | Community Medicine |
| 6. | Diagnostic Methods in Yoga & Naturopathy |
| 7. | Yoga Culture |
| 8. | Yoga Philosophy-II |
| 9. | Fasting, Nutrition & Dietetics |

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DEAN
संकाय प्रमुख
Faculty of Ayurveda
आयुर्वेद संकाय
Inst. of Medical Sciences
चिकित्सा विज्ञान संस्थान
Banaras Hindu University
काशी हिन्दू विश्वविद्यालय
VARANASI



BHU
capital of knowledge

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Course Coordinator
B.N.Y.S. G.S.C
B.H.U.

Varanasi 221005, UP, INDIA

काशी हिन्दू
विश्वविद्यालय



BANARAS HINDU
UNIVERSITY

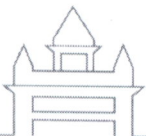
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RAJIV GANDHI SOUTH CAMPUS
FACULTY OF AYURVEDA

Course Details: Final B.N.Y.S. Degree course will be of 1 ½ years (18 months). The University Examination will be held at the end of 1 ½ years for following subjects after conducting two Sessional Examinations.

| S.No. | Subject |
|-------|---------------------------------------------------|
| 1. | Forensic Medicine & Toxicology |
| 2. | Manipulative Therapy |
| 3. | Physiotherapy |
| 4. | Hydrotherapy |
| 5. | Yogic Therapy |
| 6. | Yoga Philosophy-III |
| 7. | Management of Diseases through Yoga & Nature Cure |
| 8. | Modern Diagnostic Methods |
| 9. | Obstetrics & Gynecology |

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Course Coordinator
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NATURAL THERAPEUTICS -- Naturopathic ideology focuses on naturally-occurring and minimally-invasive methods, trusting to the "healing power of nature." Such treatments as "synthetic" drugs, radiation, and major surgery are avoided, and rejection of biomedicine and modern science in favour of an intuitive and vitalistic conception of the body and nature is common. Prevention through stress reduction and a healthy diet and lifestyle is emphasized. The philosophy of naturopathic practice is self-described by six core values

CHROMOTHERAPY -- Chromotherapy, also called colour therapy or cromatherapy, is an alternative medicine method. Here colour and light is used to balance energy wherever a person's body be lacking, be it physical, emotional, spiritual, or mental. The body has seven main chakras, which are spiritual centres located along the spine and are associated with a colour, function and organ or bodily system. As per chromotherapy, these colours can become imbalanced and result in physical diseases but these imbalances can be corrected through using the appropriate colour as a treatment.

MAGNETOTHERAPY

Magnet therapy, magnetic therapy, or Magnetotherapy, is an alternative medicine practice involving the use of static magnetic fields. It advocates the principle that, subjecting certain parts of the body to magneto static fields produced by permanent magnets/ electromagnets has beneficial health effects. Magnet therapy is the application of the magnetic field of electromagnetic devices or permanent static magnets to the body for purported health benefits. These benefits may be specific, as in the case of wound healing, or more general, as for increased energy and vitality, since malaise is sometimes described as "Magnetic Field Deficiency Syndrome"

YOGA THERAPY -- Yoga refers to traditional physical and mental disciplines originating in India. The word is associated with meditative practices in Hinduism, Buddhism and Jainism. It also refers to one of the six orthodox schools of Hindu philosophy. Raja Yoga, compiled in the Yoga Sutras of Patanjali, and known simply as yoga in the context of Hindu philosophy, is part of the Samkhya tradition. Many other Hindu texts discuss aspects of yoga, including Upanishads, the Bhagavad Gita, the Hatha Yoga Pradipika, the Shiva Samhita and various Tantras. The Sanskrit word yoga has many meanings, and is derived from the Sanskrit root "yuj", meaning "to control", "to yoke" or "to unite." Patanjali's writing also became the basis for a system referred to as "Ashtanga Yoga" ("Eight-Limbed Yoga")

Yoga Therapy is the science of applying the various techniques of yoga in a variety of illnesses and conditions, to facilitate optimal health, healing and awakening. Hence, it could be called a system of health care that helps treat human indispositions as naturally as possible, to alleviate pain and suffering through set of exercises, both physical and mental. Ideally, yoga therapy is preventive in nature, as is Yoga itself, while being curative in many instances, soothing in others, and restorative in most. So, where traditional Yoga was primarily concerned with spiritual transcendence, yoga therapy aims at holistic treatment of a variety of psychological or psychosomatic disorders ranging from sinusitis and asthma to emotional distress.

MANUPULATIVE THERAPIES -- Massage involves acting on and manipulating the body with pressure and the target tissues may include muscles, tendons, ligaments, skin, joints, or other



connective tissue, as well as lymphatic vessels, or organs of the gastrointestinal system. There are over eighty different recognized massage modalities.

The BNYS curriculum teaches the Swedish massage "classic massage" which uses five styles of basic strokes like effleurage (sliding or gliding), petrissage (kneading), tapotement (rhythmic tapping), friction (cross fiber) and vibration/shaking. Reflexology (zone therapy) is natural healing art based on the principle that there are reflexes in the feet, hands and ears and their referral areas within zone related areas, which correspond to every part, gland and organ of the body.

NATUROPATHY DIAGNOSIS -- Naturopathy Diagnosis included two types of diagnostic methods used widely in Naturopathy. They are Facial Diagnosis and Iris Diagnosis. Facial Diagnosis - The basis of facial diagnosis is the human organism, divided into the head and the body, is seen as the head being a compacted, condensed, more yang expression of the body, and the body is seen as an expanded, soft, more yin expression of the head. The basic principle of Facial Diagnosis is that "an internal organ of the body is revealed in the face as an inverse mirror image such that the condition of one located in the lower part of the body is revealed on the upper part of the face on the same side.

FASTING THERAPY -- A complete fast in its traditional definition is abstinence of all food and liquids. Fasting can not only extend the lifespan because of calorie restriction effect, it can also be an effective curative and treatment method. While fasting, the whole organism, we believe, has an opportunity to cure itself, due to intensification of intrinsic repair processes. We consider just regular (continuous) caloric restriction has not such a powerful curative capacity.

NUTRITION, DIETETICS & HERBS -- Nutrition is the organic process of nourishing or being nourished; the processes by which an organism assimilates food and uses it for growth and maintenance i.e. replacement of tissues. The macronutrients or "big" nutrients include proteins, carbohydrates, and fats. The micronutrients or "little" nutrients are the vitamins and minerals that we need to be healthy. Dietetics is the science of managing food and nutrition to promote health. A relatively new profession, this field has gained importance with the realization that inappropriate eating habits can lead to many major diseases and that quality of life depends on the quality of food we eat. Herbology is also known as botanical medicine, medical herbalism, herbal medicine, and phytotherapy is a traditional medicinal or folk medicine practice based on the use of plants and plant extracts

PHYSIOTHERAPY -- Physical therapy also known as physiotherapy is a health profession that assesses and provides treatment to individuals to develop, maintain and restore maximum movement and function throughout life. This includes providing treatment in circumstances where movement and function are threatened by aging, injury, disease or environmental factors. Physical therapy is concerned with identifying and maximizing quality of life and movement potential within the spheres of promotion, prevention, treatment/intervention, facilitation and rehabilitation. This encompasses physical, psychological, emotional, and social well being

HYDROTHERAPY -- Hydrotherapy, formerly called hydrobath involves the use of water for pain-relief and treating illness. The term hydrotherapy itself is synonymous with the term water cure as it was originally marketed by practitioners and promoters in the 1800s. According to the International SPA Association (ISPA), hydrotherapy has long been a staple in European spas. It's

the generic term for water therapies using jets, underwater massage and mineral baths (e.g. balneotherapy, Kneipp treatments, Scotch douche, Swiss shower, and thalassotherapy) and others. It also can mean a whirlpool bath, hot Roman bath, hot tub bath, Jacuzzi, cold plunge and mineral bath. These treatments use physical water properties, such as temperature and pressure, for therapeutic purposes, to stimulate blood circulation and treat the symptoms of certain diseases.

MUD THERAPY

Mud is an important element of nature. It contains important minerals which have positive effects on human health. Mud can absorb toxins from human body therefore is very useful in preventing many diseases. It is also known for its healing properties. It also helps in cooling and relaxing body as it can hold moisture for a long time. Mud therapy relaxes muscles and improves blood circulation, and maintains metabolism. It is useful in conditions of inflammation/ swelling and relieves pain and joint stiffness

PSYCHOLOGY -- Psychology is a science, an academic and applied discipline that involves the scientific study of human or animal mental functions and behaviors. In this field, a professional practitioner or researcher is called a psychologist. Psychologists are classified as social or behavioral scientists. Psychologists attempt to understand the role of mental functions in individual and social behaviour, while also exploring underlying physiological and neurological processes.

Psychological knowledge is applied to various spheres of human activity, including the family, education, employment, and the treatment of mental health problems. Psychology incorporates research from the social sciences, natural sciences, and humanities.

ACUPUNCTURE, ACUPRESSURE AND REFLEXOLOGY

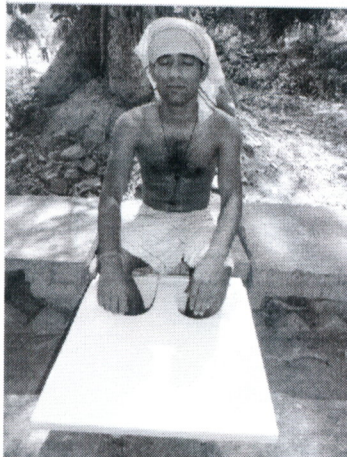
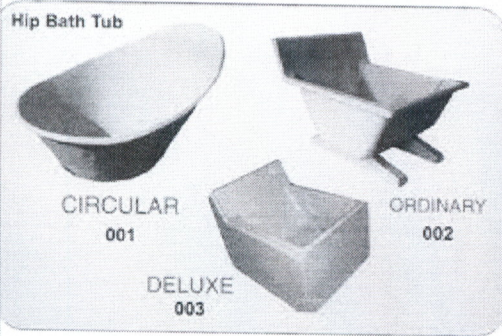
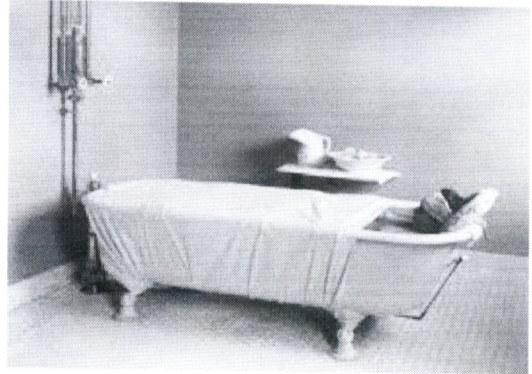
Acupuncture is a science and art of healing where needles and pressure is applied on various locations of body to balance the energy & treat different disorders. A very large part of world population is getting treated through acupuncture for several acute & chronic diseases. It helps in rescuing humanity from horrendous complications of drug therapy.

REFLEXOLOGY - A newly developed advanced science of zonal therapy where hands and foot are pressurized on different organ zones to treat different disorder.

swm

N. Rao

Hydrotherapy



M. Q. S.

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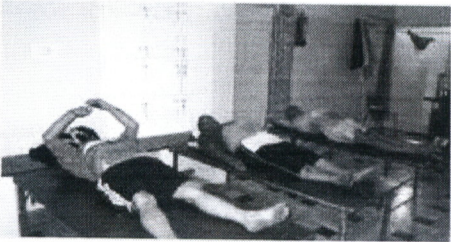
Mud therapy



Mud Pack



Mud Therapy



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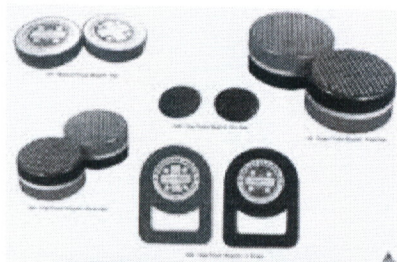
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Diet and Nutrition

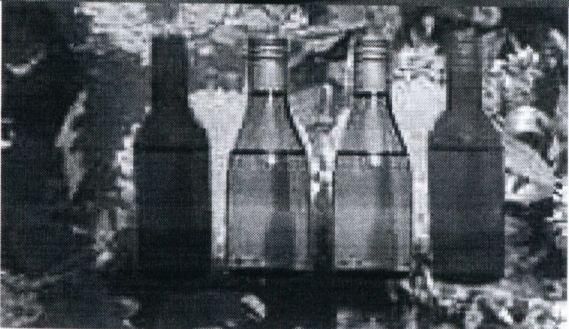
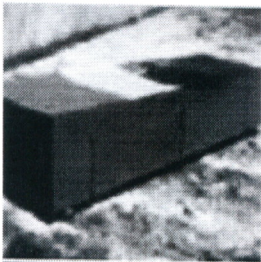


John *McGee*

Magnetotherapy

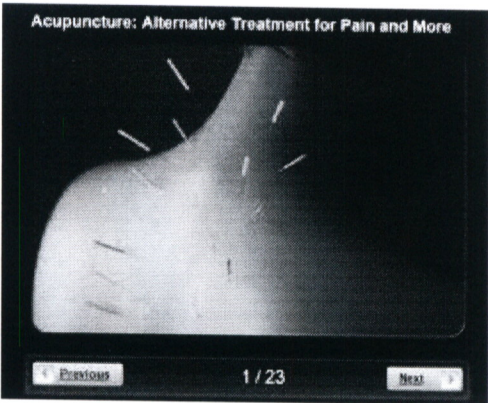
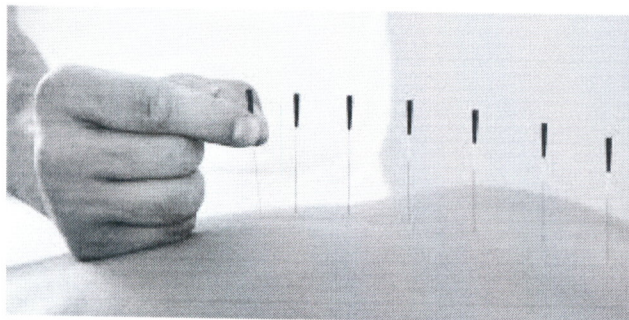


Chromotherapy



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Acupuncture



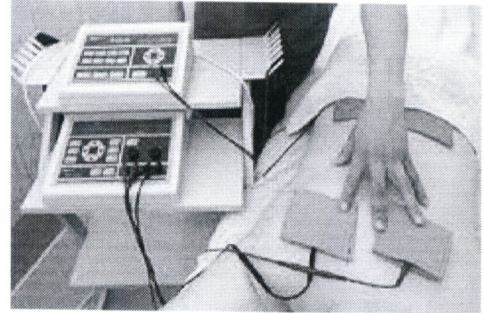
Acupressure



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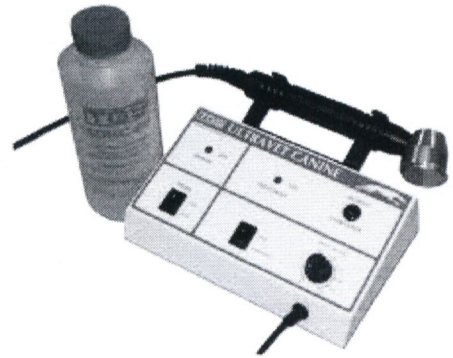
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Physiotherapy



NUBWAY Beauty Equipment

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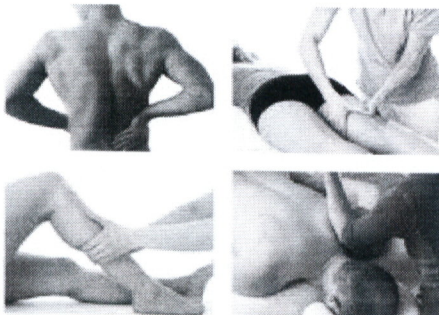
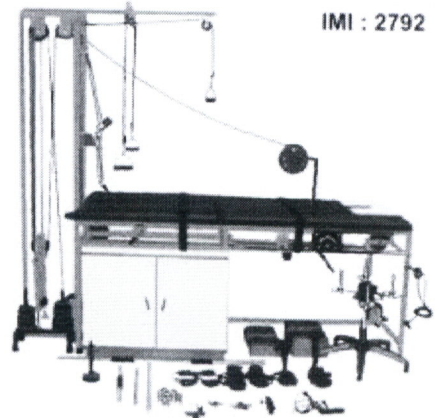
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TECHNICAL DATA

- 1. Voltage: 220-60 system
- 2. Traction Force: 1.5, 7.0, 11, 25, 30, 35, 40, 50, 60 (lbs)
- 3. Hold time: 0, 10, 15, 20, 25, 30, 35, 40, 45, 50, 55 (Sec)
- 4. Timer: Digital Display 0-99 Min.
- 5. Mode: Adult & Intensive

STANDARDS AND ACCESSORIES

- 1. Headplate: 1 Pcs
- 2. Spine Piece: 5 Pcs
- 3. Motor Card: 1 Pcs
- 4. Controller: 1 Pcs
- 5. Cervical Belt: 1 Pcs
- 6. Lumbar Belt: 1 Pcs
- 7. Patient Safety Strap: 1 Pcs
- 8. Spreader Bar: 1 Pcs



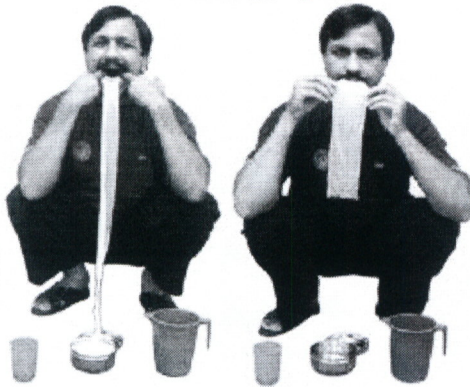
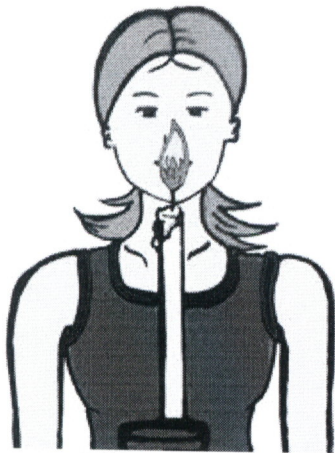
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Yoga therapy



TRATAKA ON CANDLE FLAME



Jan
Mr Das