

COURSE CODE	YOGA AND NATUROPATHY	30 HOURS
Objectives	<ul style="list-style-type: none"> <li>• Meaning of Naturopathy</li> <li>• Principles hydrotherapy</li> <li>• Reaction of Mud therapy</li> <li>• Massage therapy</li> <li>• Art of Healthy living</li> </ul>	
UNIT – I	Meaning of naturopathy – Definition, objectives and principles of naturopathy – Concept of disease - Types of Naturopathy – Father of the naturopathy – five elements of Naturopathy –	
UNIT – II	General principles of hydrotherapy – importance and properties of water – Benefits of Hydrotherapy - Reducing pain - Improving mental health - Arthritis symptoms - Low impact – Relaxation - Recovering from workouts – Immersion of Therapy	
UNIT – III	Introduction of mud therapy – types of mud therapy – Hot water shower and cold water shower - Action and reaction of mud therapy - Benefits – Techniques of Mud therapy	
UNIT – IV	Fasting and – types of fasting – benefits of fasting – Improved Immune Function – Juice fasting – Intermittent fasting - Different types of Naturopathy treatments - Hydrotherapy –Aromatherapy - Herbal medicine	
UNIT – V	Art of healthy living – Asana and breathing exercise. Health promotes importance – Health problem of modern age - Constructive Diet 3 types of diet in naturopathy - Eliminative Diet. - Soothing Diet - good diet plan – good diet habits	
Course Outcomes	<ul style="list-style-type: none"> <li>• Students understanding brief introduction of naturopathy</li> <li>• Students know the general principles of hydrotherapy</li> <li>• Students to understand the reaction of mud therapy</li> <li>• Students understanding the benefits of fasting.</li> <li>• Students learn the application of nature therapy for health</li> </ul>	
<b>References</b>  My nature cure or practical naturopathy: S.J.Singh Naturopathy for perfect health 8 D.Dwivedi, kalpaz publication Delhi Naturopathy and yoga pravesh handa, kalpaz publication Delhi, 2006 My nature cure M.K.Gandhi Health & Hygiene – Swami sarasanti, life society publication, uttarakhand.		