



MANGALORE UNIVERSITY

Department of Human Consciousness and Yogic Sciences M.Sc. Yogic Science

YSH452 BASICS RELEVANT TO YOGIC SCIENCE – II

Learning Objectives:

To acquaint the student in fundamentals of

- Dietetics and nutrition.
- Swara yoga and Yoga Rahasya.
- Concept of health and Philosophy of yogic science.

Learning Outcome:

- Application of diet in yoga therapy.
- Therapeutical concept in the selected traditional texts.
- Application of yoga therapy.

I Fundamentals of Dietetics and Nutrition – Modern Concept 12Hrs

- 1) Nutrition, Nutrients – Macro and Micro nutrients
Carbohydrates - Monosaccharides, Disaccharides, Polysaccharides
- 2) Proteins – Importance of proteins in diet, Essential and non essential amino acids.

Lipids – essential fatty acids, Lipid profile.
- 3) Vitamins – Fat soluble and Water soluble vitamins – Physiological role, deficiency signs, sources, requirement.
- 4) Minerals – Calcium, Iron and other trace elements in nutrition.
Balanced diet, Energy requirement

II Ancient Concept of Food 12Hrs

- 1) Food and Triguna
- 2) Food and Tridosha
- 3) Yogic Diet – Pathya and Apathya
- 4) Sadrasa, Pancamahabhuta and Food.

III Swara Yoga and Yoga Rahasya 12 Hrs

- 1) Swara yoga in brief, Sound and Form of Swara

- 2) TattwaVichara, Swara Yoga Practice
- 3) Yoga Rahasya-practicing method of asana, Pranayama, meditation etc.
- 4) Special indications of yoga practice to cure the diseases.

IV Concept of health and Philosophy of Asana, Bandha, Mudra, Pranayama 12Hrs

- 1) Health Definitions-according to Indian system and Modern system
- 2) Physical Health, Mental health.
- 3) The Philosophy of Asanas in comparison with physical exercises
- 4) The Philosophy of Bandha, Mudra andPranayama

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2. Dr.U.Satyanarayana(2002), Essentials of Biochemistry, Books and Allied Pvt. Ltd., 8/1 Chintamani Das Lane, Kolkatta – 700009.
3. Swami Muktibodhananda(1999), Swara Yoga, Yoga Publications Trust, Munger, Bihar, India-811201
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