

CHIKITSA SAHAYAK (One Year and Three Months)



**Affiliated by Gandhi National Academy of Naturopathy New
Delhi**

Chikitsa Sahayak

Eligibility: High School

First Semester

1. Paper

M.M.-100

- (a) Definition of Nature Cure, Importance of Urulikanchan and other Nature Cure Centres; Experiments of Gandhi Ji in Nature Cure; Basic Principle of healthy life; Five Elements and their importance for body; Importance of Ram Nam & Brahmachary, Prohibition of Intoxicants, stimulants; Activities of Gandhi Smarak Prakritic Chikitsa Samity, etc.
- (b) Properties of Mud and Water and their applications.
- (c) Various types of treatment in Naturopathy.

2. Practical and Viva Examination

M.M.-100

Second Semester

1. First Paper

M.M.-100

- (a) Basic Principles of Nature Cure: Balance of food, exercise, rest etc.; Use of five basic elements; Causes of Diseases and their growth; Treatment of acute diseases and chronic diseases, and modes of cleansing the body.
- (b) Importance of Food in Nature Cure Treatment: Balanced diet, when how much and what? Natural methods of cooking; Food adulteration; Effects of Chemical Fertilizers and Insecticides on food items; Method of Natural Farming and ways of preparing compost manure.

2. Second Paper

M.M.-100

- (a) Evil effects of medicines and addictions on health.
- (b) Effects of Soil, Water, Air, Food, and Sound pollution on body.
- (c) Methods of Mud, Hydro and Massage therapies, Enema, Hip Bath, Sitzbath, Spinal Bath, Steam Bath, Wet Sheet Pack, different types of packs and baths, etc.
- (d) Shat Karma, Yogasana, and Pranayam.
- (e) Duties and behaviour of a Chikitsa Sahayak.
- (f) First Aid.

3. Practical and Viva Examination

M.M.-100