

Diploma in Naturopathy and Yoga (N.D.D.Y.) (Three and a half Years Courses)



Affiliated by Gandhi National Academy of Naturopathy New Delhi

N.D.D.Y. 2nd Year Course

1. First Paper

M.M.-100

- (a) Fasting: Definition of fasting, difference between fasting and starvation; Types of fasting and its effects on the body; How to start fasting & breaking it; treatment of crisis during fast: complete fast, partial fast, monodiet, and Healing Cri; Conditions in which fast is prohibited.
- (b) Complete study of digestive system.
- (c) Nutrition: Nutrition and its importance; Malnutrition, and Natural resistance through food digestion, absorption, assimilation.
- (d) Dietetics: Classification of foods and drinks; Balanced diet; Processed or Preserved foods and their effects; Acidic and Alkaline food; Importance of food on different conditions; Germinated food; Combination of food and Principle of kalp; Importance of Vegetarian food.

2. Second Paper

M.M.-100

- (a) Manipulative Therapy: Scientific massage Theory, its curative effect on physiology, skin, muscular system, circulatory system; Digestive system and nervous system; Conditions in which massage is prohibited; Effects on sensitive points and Acupressure points; and Types of massage.
- (b) Chromopathy: Brief history and importance; Spectrum, its seven colours and their properties; Basic principles of chromopathy; Method of charging air, water, oil, sugar, etc. in sun rays and their utility, etc; Primary and secondary colours, their uses and impact on body and chromopathy; and Types of sunbath.
- (c) Hydrotherapy: Its inventor; Remedial properties of water; effects of water on the body organs; Techniques of Hydrotherapy; Various baths at different temperatures and their duration; and Different types of Enema, packs, and fomentation.

3. Practical and Viva Examination

M.M.-100

Note: Question can be taken asked on contents of “Swasth Jeevan” issues and syllabus of Sahayak Chikitsak and N.D.D.Y. first year courses.