

# MADHYA PRADESH BHOJ (OPEN)UNIVERSITY BHOPAL

## DIPLOMA IN NATROPATHY

### SYLLABUS

#### *PAPER -1:- Basic of Naturopathy.*

MAX-100  
TERMEND-70  
ASSIANMENT-30

- UNIT-1:- Definition of Naturopathy, History of Naturopathy.
- UNIT-2:- Philosophy of Health & Nature Cure.
- UNIT-3:- Education about Natural Life Style & Holistic Life.
- UNIT-4:- Functional English, Computer Literacy.
- UNIT-5:- Foreign matter Definition, Origin, Effects on body.

#### *PAPER -2:- Concepts in Naturopathy.*

MAX-100  
TERMEND-70  
ASSIANMENT-30

- UNIT-1:- Importance of five Elements Space, Earth, Air, Sun, Water.
- UNIT-2:- Sun therapy (Chromo Therapy).
- UNIT-3:- Mud Therapy.
- UNIT-4:- Water Therapy (hydro therapy).
- UNIT-5:- Various Disease and their Drugless Naturopathic treatment.

#### *PAPER -3:-Methods of Procedure in Naturopathy.*

MAX-100  
TERMEND-70  
ASSIANMENT-30

- UNIT-1:- Definition, Concept, Philosophy & Effects of Yoga.
- UNIT-2:- Theory & Physiological effects of massage.
- UNIT-3:- Methods & Benefits of Asan&Pranayam.
- UNIT-4:- Methods & Benefit of Surya Namaskar.
- UNIT-5:- Uses & Limitation of points of Acupressure.

#### *PAPER -4:-Practical Training In Naturopathy.*

MAX-100  
TERMEND-70  
ASSIANMENT-30

- UNIT-1:- Practical training of massage and Asan & Pranayam & Yog Therapy..
- UNIT-2:- Practical training of Acupressure.
- UNIT-3:- Food Therapy (Nutrition & Dietetics).
- UNIT-4:- Raw Eating method & importance, Wrong Eating Habit.
- UNIT-5:- Space Elements: Fasting methods & Benefits.