

# মহাপুরুষ শ্রীমন্ত শঙ্করদেব বিশ্ববিদ্যালয় MAHAPURUSHA SRIMANTA SANKARADEVA VISWAVIDYALAYA



## SYLLABUS FOR MSSVRAT

Paper- II

Programme: Ph.D. in Yogic Science and Naturopathy

Department of Yogic Science and Naturopathy

**Code: RAT-YSN-02**

**Sub: Yogic Science and Naturopathy**

**Total Marks: 50**

**Unit-I: Fundamentals of Yoga:**

The Concept of Yoga: Mis-conceptions about Yoga, Difference between Asanas & Physical exercise, Importance of Yoga in life, Scope of Yoga, Evolution and History of Yoga, Ancient & Modern Yogis, Personality Characteristics of a Yogi in Yoga Texts, Historical Study of Yoga: Yoga in Veda, Upanishads, Gita, Yog-Vasishtha, Tantric scriptures, Jain philosophy, Buddha Philosophy, Sankhya philosophy, Vedanta philosophy and Ayurveda, Different systems of Yoga: Karma Yoga, Bhakti Yoga, Jnana Yoga, Dhyana Yoga, Mantra Yoga, Laya Yoga, and Raja Yoga, Important Yoga teachers and their Contributions: Swami Vivekananda and his propagation of Yoga & Vedanta, Swami Shivananda of Rishikesh and Divine Life movement, Maharshi Ramana: his philosophy and works, Tirumulai Krishnamacharya and the trend of Modern Yoga, Acharya Shriram Sharma and Pragy Yoga, Swami Sivananda of Umachal and his contribution

**Unit-II: Principles and practices of Hatha Yoga:**

Introduction of Hatha Yoga Texts- Yoga Beeja, Hatha Pradipika (H.P.), Gheranda Samhita (Gh.S.), Goraksha Samhita (G.S.), Vashishtha Samhita (V.S.), Shiv Samhita (S.S.), Siddha-Siddhant Paddhati (S.S.P.), Hatha Ratnavali (H.R.), Introduction to Hatha Yoga- Aim and Objectives, Misconceptions about Hatha Yoga, Prerequisites of Hatha-Yoga- dasa Yama & dasa Niyama, Sadhaka and badhaka tattvas in hathayoga, Concept of Ghata, Ghatashuddhi, Concept of Matha, Concept of Mitahara and diet, Proper season and time, Characteristics of Hatha-siddhi, Hatha Yogic practices: Concept and importance of shodhan kriyas in hatha yoga, pre requisites & special features of Asanas, Asanas in H.P., Gh.S., H.R., S.S., V.S., Concept of Prana & Pranayama, Pranayama- its phases and stages, Pre-requisites of Pranayama in hatha yoga sadhana, Pranayama in H.P., Gh.S., S.S., V.S., Concept, definition, benefits and techniques of Pratyahara, Concept & definition of bandha & mudras in H.P., Gh.S., H.R., S.S. and V.S., Concept of Dharana in Gheranda Samhita, Concept of Dhyana in Gheranda Samhita, Concept of Nadanusandhan in Hatha Pradipika

**Unit-III: Basic Yoga Texts:**

Principal Upanishads: Isha: Concept of Karmanishta; Concept of Vidya & Avidya; Knowledge of Brahman; Atma Bhava, Kena: Indwelling Power; Self & the Mind; Indriya & Antahkarana; Moral of Yaksha Upakhyana, Katha: Definition of Yoga; Nature of Soul; Importance of Self Realization, Prashna: Concept of Prana and rayi (creation); Pancha pranas; the five main questions, Mundaka: Two approaches to Brahma Vidya-the Para and Aparā; The greatness of Brahmailidya, The worthlessness of Selfish-karma, Mandukya: Four States of Consciousness and its relation to syllables in Omkara, Aitareya: Concept of Atma, Universe and Brahman. Taittiriya: Concept of Pancha Kosha. Chandogya: Om Meditation; Shandilya vidya, Brihadaryanaka: Concept of Atman and Jnana Yoga. Union of Atman and Paramatman, Bhagavad Gita: General Introduction to Bhagavad Gita (B.G.). Definitions of Yoga in B.G. and their relevance; Essentials of B.G- the meanings of the terms Atmaswarupa, Stithaprajna, Sankhya Yoga (Chpt.II), Karma Yoga (Chpt.III ), Sanyasa Yoga & Karma Swarupa (Sakama and Nishkama) etc; Samnyasa, Dhyana Yoga(Chpt. VI); Nature of Bhakti (Chpt.XII), Means and Goal of Bhakti-Yoga; The Trigunas and modes of Prakriti; Food for Yoga Sadhaka, Classification of food (Chpt.XIV & XVII); Moksa-Upadesa Yoga (Chpt. XVIII), Yoga Vashishtha: Highlights of Yoga Vashistha, Concept of Adhis and Vyadhis; Psychosomatic Ailments; The four Gatekeepers to Freedom; How Sukha is attained the Highest State of Bliss; Practices to overcome the Impediments of Yoga; Development of Satvaguna; Eight limbs of Meditation; Jnana Saptabhumika.

**Unit-IV: Yoga Therapy:**

Principles of Yoga Therapy; Integrated Approach of Yoga Therapy, Concept of disease, Concept of Body, How Yoga therapy works on each koshas, Scope and limitations of Yoga Therapy; Role of lifestyle and diet in Yoga Therapy; Approach of Yoga towards Holistic Health, Yoga for Health-care of children and adolescence, Adult, Women, Pregnant women, Corporate person, Sport person; Yogic management of Arthritis, Spondylitis, Backache, Sciatica, Hernia, Muscle fatigue, Kidney disorder, Hypo and Hyperthyroidism, Diabetes, Obesity, Liver disorder, Heart disease, Hyperacidity, Constipation, Asthma, Hypertension, Stress, Anxiety, Depression, Insomnia.

**Unit-V: Patanjali Yoga Sutras:**

Brief historical outlines of the Yoga system of Patanjali; Sage Patanjali and Commentators of the Yoga Sutras with their Commentaries; Brief Introduction to the subject matter of the Yoga Sutras, Definition of Yoga; Chitta, Chitta Bhumi, Chitta Vrittis; Abhyas and Vairagya; Ishwar and Ishwar pranidhan; Types of Samadhis; Chaturvyuhvada, Obstacles of Yoga; Means of Chitta-prasadan; Kriya Yoga; Panch-kleshas; Karmashaya; Vivek-khyati; Saptadha Pragma, Ritambhara Pragma, Ashtanga Yoga; Samyam; Yoga Vibhutis; Nirmana-chitta, Samskar and Vivek-jnana; Five types of Siddhis; Types of Karma; Dharmamegha Samadhi; Kaivalya; Swaroop-pratishthan.

-sd/-

Dr. Ujjwal Arun Maske  
Head(i/c) & Assistant Professor  
Department of Yogic Science and Naturopathy