

# ALLIED & HEALTHCARE INSTITUTE

## PG DIPLOMA IN NATUROPATHY

(N.D.)

**DURATION:** ONE YEAR + Three Months Internship

**ELIGIBILITY:** Graduate

### **FIRST PAPER - FOUNDATION OF NATUROPATHY HEALTH AND NUTRITION**

- Nutrition
- Principles of Nutrition
- Proteins ----- Carbohydrates ( Sources , Essential Functions , Deficiency symptoms) , Fats (Sources , Essential Functions , Deficiency symptoms) , Protein (Sources , Essential Functions , Deficiency symptoms) , Vitamin A (Sources , Essential Functions , Deficiency symptoms), Vitamin B2, B1 , C , D, E, K (Sources , Essential Functions , Deficiency symptoms), Mineral (Sources , Essential Functions , Deficiency symptoms)

### **SECOND PAPER - METHOD OF NATURE CARE**

- Important Method Of Nature Cure -----Hydro therapy,Chromo therapy,Electro therapy, Physical exercise,Fasting,Asanas,Nutrition,Panch karma, Massages, Mud Therapy, Air Bath, Heliotherapy,Psycho-Therapy.
- Methods Of Nature Care -----Pioneer Group, Electic Group or Advance group, Return to Natural Principles, Elementary Remedies, Chemical Remedies, Mental & Spiritual Remedies.
- Principles of Nature Cure ----- Vis Medicatrix Nature , Cause of Diseases, Acute and Chronic Diseases, Theory of Germs & Waste Matter , Unity of Cure, Treat The whole body and not the affected parts only , Non - nocere.
- Diagnosis & Nature Cure
- Use of Medicine in Nature Cure & On Surgery & Nature Cure
- Germs & Nature Cure
- Vaccination and Nature Cure
- Drugs & Diseases
- Healing Crisis-----Fasting , Fresh Air Treatment , Natural Diet , Right Mental & Emotional Attitudes

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### **THIRD PAPER - FUNDAMENTAL ANATOMY OF HUMAN BODY**

- The Cell ----- Define Cell wall, Nucleus, Cytoplasm, Microsomes.
- Function of Cell
- Organs and Systems
- Functions of Blood , Composition of Blood
- Cardiovascular System -----heart (Position of the Heart , Structure of the heart , valves of the Heart , Arterial and Venous System, Function of the Heart), The Veins (Veins of upper limb, veins of lower limb , veins of head and neck , venous sinuses) , Blood Circulation (Systemic Circulation , Pulmonary Circulation , Coronary circulation , Portal )
- Skeletal system
- Digestive System
- Central Nervous System
- The Muscular System

### **FOURTH PAPER - DISEASE AND TREATMENT BY NATUROPATHY**

- Drugs & diseases
- Management of common disease -----Headaches, Anemia, Asthma, Arterio sclerosis, Blood pressure (high), Bronchitis, Catarrh, Colitis , Colds (Acute), Diarrhoea, Piles, Pyorrhoea, Neurasthenia, heart Disease , Skin Disease , Ulcers , Varicose veins , Dysentery , Acne.....etc

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