

# BASICS OF NATUROPATHY



## Course Details

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### About This Course

This course is designed for UG students of RIHS, Bhograi with an objective to Know the general principles of Naturopathy and to learn the application of nature therapy for total health.

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### Duration

The entire course is of 3 months duration only. The classes are to be conducted on off-hours. There must be at least 24 classes to cover the entire course. Each class will be of 45 minutes duration only.

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### Certificate

Certificate of Completion will be given to each student having 75% of attendance and after the final assessment

Rural Institute of Higher Studies, Bhograi  
Affiliated to F. M. University, Balasore

# SYLLABUS

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## Module-I

- 1) Meaning of Naturopathy. Definition and Principles of Naturopathy.
  - 2) History & Development of Nature Cure.
  - 3) Concept of Disease and Health.
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## Module-II

- 1) General Principles of Hydrotherapy importance and properties of Water
  - 2) Introduction to Mud therapy , types of Mud therapy. Action and reaction of Mud therapy.
  - 3) Art of Healthy living
  - 4) Factors attaching the Health. Environment & Preservation of Health. Air, Water, Earth, Sun etc.
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## Module-III

- 1) Meaning of Fasting , Types of Fasting , Benefit of Fasting.
  - 2) Massage Therapy, History of Massage , Types of Massage , Step of Massage.
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## Module-IV

- 1) Purificatory Acts. Asanas & Breathing Exercise : Their Diseases, Preventive and Curative.
- 2) Health Promotes Importance . Health Problems of Modern age.