



**KAIVALYADHAM S.M.Y.M. SAMITI'S,**

**GORDHANDAS SEKSARIA COLLEGE OF YOGA & CULTURAL SYNTHESIS**

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**Syllabus of P.G.Diploma in Yoga Therapy**

**PAPER I**

**FOUNDATION OF YOGIC TEXTS AND TRADITIONS Part -1**

<b>UNIT</b>	<b>TOPICS</b>	<b>SUB-TOPICS</b>	<b>HOURS</b>
<b>YOGA</b>	<b>HISTORICAL ASPECTS</b>	ORIGIN OF YOGA	<b>5</b>
	<b>CONCEPT OF YOGA</b>	Development	
		Meaning & Definitions in the light of Upanishads, PYS, Geeta, HP, Gh.S.	
<b>Tradition of Yoga</b>	<b>Brief Survey</b>	Introduction to Indian Darshana's	<b>10</b>
<b>Brief introduction to Hathayogic Texts</b>	<b>Concept of Hathayoga</b>		<b>20</b>
	<b>From Therapeutical Perspective: Hathapradipika</b>	Structure	
		Profile and Content Importance of each text	
<b>PYS</b>	<b>From Therapeutical Perspective: Patanjala Yogasutra</b>	Brief Introduction to 4 Chapters	<b>20</b>
<b>TOTAL</b>			<b>55</b>

**PAPER II**

**YOGA THERAPY I – (ANATOMY AND PHYSIOLOGY)**

UNIT	TOPICS	SUB-TOPICS	HOURS
Introduction	Introduction to Anatomy and Physiology	Meaning of the Terms- Anatomy, physiology etc.	5
		Meaning of the Basic Terms, (Cell, Tissue, Organs and Systems and related terms).	
		Importance of the Subject	
		Yogic View of Anatomy and	
		Physiology	
Systems in Human Body	1. Digestive System	Anatomy of the Digestive Organs	4
		Physiology of Digestion	
		Factors influencing Digestive system.	
		<b>Unique Factors pertaining to Digestive system-</b> 1. Concept of Yogic Diet	
		2. Comparison with Modern	
		Dietary concepts	
		3. Other relevant aspects	
	2. Respiratory System	<b>Anatomy of the Respiratory System</b>	4
		Physiology of Respiration	
		Factors influencing Respiration	
		<b>Unique Factors pertaining to Respiratory system-</b>	
		1. Lung Capacity and related Terms	
		2. Importance of Respiratory Muscles	
		3. Other relevant Factors	
	3. Circulatory System	Anatomy of Circulatory System	4
Physiology of Circulation			
Factors influencing Circulation			
<b>Unique Factors pertaining to Circulatory system-</b>			

		1. Concept of Blood pressure	
		2. Factors affecting blood pressure	
		3. Regional Blood Circulation	
		4. Lymphatic System	
		5. Other relevant Factors	

<b>Systems in Human Body Body</b>	<b>4. Muscular System</b>	Anatomy of Muscular System	<b>4</b>	
		Physiology of Muscle Movements and Posture		
		Factors influencing Muscular activities		
		Unique Factors pertaining To muscular system		
		1. Mechanism of stretching and contraction.		
		2. Neuromuscular mechanism		
		3. Musculo-skeletal Mechanism		
		Other relevant factors		
		Anatomy of Skeletal System		<b>4</b>
		Physiology of Skeletal System		
		Factors influencing Bones and Joints		
	Unique Factors pertaining To Skeletal system			
	1. Bone Density			
	2. Regulation of Bone Physiology by Hormones			
	3. Ageing Process of Bones			
	4. Other relevant factors			
	Anatomy of Urinary System	<b>4</b>		
	Physiology of Urinary System			
	Factors influencing urinary system			
	Unique Factors pertaining To Urinary system			
	1. The role of diet			
	2. Urine Threshold			
	3. Hormonal Mechanism			
	4. Excretion of waste products			

	Other relevant factors	
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<b>Systems in Human Body</b>	<b>7. Reproductive System</b>	Anatomy of Male and Female Reproductive System	<b>4</b>		
		Physiology of Male and Female Reproductive System			
		Factors influencing Reproductive system			
		Unique Factors pertaining To Reproductive system			
		1.Hormonal Regulation			
		2.Physiology of Pregnancy			
		3.Other relevant factors			
		<b>8.Neuro-Endocrine System</b>		Anatomy of Nervous and Endocrine Systems	<b>4</b>
				Physiology of Nervous and Endocrine Systems	
				Factors Influencing Nervous and Endocrine Systems	
	Unique Factors pertaining To Nervous and Endocrine Systems				
	1.Neuro Endocrine axis				
	2.Physiology of Fight or flight mechanism				
	3.Autonomous Balance				
	4.Role of Hypothalamus				
	5.Other relevant factors				

<b>Scientific Aspect of Yogic Practices</b>	<b>Yama – Niyama</b>	Concept of Yama	<b>4</b>
		Concept of Niyama	
		Cultivation of correct Psychological Attitude	
		Psychophysical Reconditioning	
	<b>Kriyas</b>	Importance of Kriya Physiology of each Kriya	<b>4</b>
		Precautions during Kriya Practice	
		Researches in Kaivalyadhama about Kriya	
		Other relevant features	
	<b>Asanas</b>	Physiology of Asana	<b>4</b>
		Types of Asanas	
		Explanation of fundamental	
		Mechanism of Asanas	
		Precautions during Asanas	
	<b>Pranayama</b>	Psychophysiological Mecahnism of Pranayama	<b>4</b>
		Types of Pranayama and their Mechanism	
		Physiology of Mudra and Bandhas	
	<b>Pratyahara and Meditation</b>	Concept of Pratyahara	<b>1</b>
		Concept of Dharana-Dhyana	
		Modern Research in Meditation	
		Techniques of Meditation	
<b>Nadi-Chakra Concept</b>	Concept of Prana, Nadis and Chakras	<b>1</b>	
	Traditional and modern understanding of		
	Kundalini awakening		
	Scientific interpretation and its		
	Limitations		
	<b>Total</b>	<b>55</b>	

PAPER III

Yoga and Mental Health: Therapeutic Perspectives

Sr No.	Units	Sub-units	Hrs.
1.	Psycho-therapeutic approaches in yoga texts	<p><b>1. Conventional Therapy vis-à-vis Yogic Therapy</b></p> <ul style="list-style-type: none"><li>• Principles of Conventional Therapy for Mental Health</li><li>• Principles of Yogic Therapy for Mental Health</li><li>• Limitations, advantages, and possible synthesis</li></ul> <p><b>2. Psychotherapeutic approaches in the <i>Patanjala Yoga Sutra</i></b></p> <ul style="list-style-type: none"><li>• Yogic Health as per the <i>Patanjala Yoga Sutra</i></li><li>• Concept of <i>Chaturvyuh: Heya, Hetu, Hana Hanopaya</i></li><li>• Concept of <i>Nirodhaha, Drashta and Vritti Sarupya</i> with reference to Field Dependence and Field Independence</li></ul>	14

		<p>concepts of Modern Psychology</p> <ul style="list-style-type: none"> <li>• Journey from Yogic Therapy to Yoga state (PYS I: 18-39)</li> <li>• How the Yoga state fulfills the WHO definition of Mental Health, transcending the same towards Self-Realization</li> <li>• Constitution of Personality in Yoga and role of <i>Sukshma Sharira</i> in Yogic Therapy</li> </ul> <p><b>3. Psychotherapeutic approaches in <i>Hatha Yoga</i></b></p> <ul style="list-style-type: none"> <li>• <i>Prana-Citta</i> interaction in select <i>Hatha Yoga</i> texts</li> <li>• <i>Manas</i> dynamics in <i>Hatha Pradipika</i></li> <li>• <b>Chapter 5.</b></li> </ul> <p><b>4. Psychotherapeutic approaches in <i>the Bhagawat Gita</i></b></p> <ul style="list-style-type: none"> <li>• Concepts of <i>prasada</i>, <i>samatva</i>, and <i>yogastha</i> towards the state of yoga (Chs. 2 &amp; 6)</li> <li>• Handling the Triguna dynamics for</li> </ul>	
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		transcendence (Chs. 16 & 17)	
<b>2.</b>	<b>Important mental health related frameworks in Psychology and their relation to Yoga</b>	<b>1. Introduction to Psychology</b> <b>2. Psychoanalytical theory</b> <ul style="list-style-type: none"> <li>• Sigmund Freud's concepts of Id, Ego, Superego, conscious, subconscious and unconscious</li> <li>• Defense mechanisms</li> <li>• Psychoanalysis as a therapy method</li> <li>• Relevance to yogic therapy</li> </ul> <b>3. Humanistic Psychology</b> <ul style="list-style-type: none"> <li>• Principles of Humanistic Psychology</li> <li>• Carl Rogers' Client Centered Therapy</li> <li>• Relevance to Yogic Therapy</li> </ul> <b>4. Personality</b> <ul style="list-style-type: none"> <li>• Personality concept and definitions</li> <li>• Biopsychosocial factors affecting Personality</li> </ul>	<b>14</b>

		<ul style="list-style-type: none"> <li>• Yogic approach to Personality – <i>Pancha Kosha</i> theory, <i>Triguna</i> Theory, <i>Chittabhumi</i> theory</li> <li>• Personality development through yoga</li> </ul>	
3.	Common disorders in Psychology and yogic approaches for their management	<p><b>1. Stress and its mechanisms</b></p> <ul style="list-style-type: none"> <li>• Abnormal human behavior with reference to Psychoticism and Neuroticism</li> </ul> <p><b>3. Common psychological disorders and yogic approaches to their management</b></p> <ul style="list-style-type: none"> <li>• Depressive disorders</li> <li>• Anxiety disorders</li> <li>• Substance use disorders</li> <li>• Obsessive compulsive disorder</li> <li>• Post-traumatic stress disorder</li> <li>• Schizophrenia</li> </ul> <p><b>4. Neurodevelopmental disorders and yogic approaches to their management</b></p> <ul style="list-style-type: none"> <li>• Attention deficit hyperactivity disorder</li> </ul>	14
		<ul style="list-style-type: none"> <li>• Autism spectrum disorder</li> <li>• Intellectual disability</li> </ul>	

<p>4.</p>	<p><b>Ashtanga Yoga as a psycho-physiological intervention</b></p>	<p>1. <b>Psychotherapeutic implications of Ashtanga Yoga</b></p> <ul style="list-style-type: none"> <li>• Experiential aspects of <i>Yama</i> and <i>Niyama</i> as attitude forming strategies towards Holistic Health</li> <li>• Conflict and Frustration as sources of abnormalities: Remedies in <i>PYS</i> and <i>Bhagawat Gita</i></li> <li>• <i>Patanjala Yoga</i> approach to Stress and its Management</li> <li>• From <i>Vyutthitta Citta</i> to <i>Samahita Citta</i>: Psychological and yogic approaches in Adjustment (Intrapersonal and Interpersonal)</li> <li>• Relevance of <i>Pratyahara, Dharana and Dhyana</i></li> <li>• Research evidences of efficacy of <i>Dhyana</i> as therapy</li> </ul>	<p>7</p>
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5.	Counselling: Psychological and Yogic	<p><b>1. Basic Principles of Psychological Counselling</b></p> <ul style="list-style-type: none"> <li>• Yoga teacher as a counselor</li> <li>• Relevance in today's times</li> <li>• Skills needed to be a counselor</li> <li>• Roger's Client Centered Counselling</li> <li>• Ethics related to being a counselor</li> </ul> <p><b>2. Yogic Counselling</b></p> <ul style="list-style-type: none"> <li>• Bases of <i>Yogic</i> Counselling in the <i>Patanjala Yoga Sutra</i></li> <li>• Bases of <i>Yogic</i> Counseling in the <i>Bhagawat Gita</i></li> <li>• Role of <i>Pratyahara</i>, <i>Dharana</i> and <i>Dhyana</i> in Yogic Counselling</li> </ul>	6
		<b>Total hours</b>	<b>55</b>

**PAPER IV**  
**PRACTICAL AND PROFESSIONAL UNDERSTANDING**

UNIT	TOPICS	SUB-TOPICS	HOURS
Unit 1	Vertebral Column		1
	Important joints		1
	Joint movements		1
	Muscles involved		1
	Postural Analysis		4
Unit 2	Stretching -1		1
	Stretching-2		1
	Joint exercise		2
Unit 3	Yogasana	Forward bending yogasana	1
		Backward bending yogasana	1
		Twisting bending yogasana	1
		Lateral bending yogasana	1
		Balancing yogasana	1
		Mixed yogasana	3
Unit 4	Therapeutic Precautions during Teaching	Precautions during Kriya	3
		Precautions during Asana	
		Precautions during Pranayama	
		Precautions during bandha and Mudra	
		Precaution during Meditation	
		Yoga injuries	2
		Evaluation of Traditional Texts	
		Evaluation of Modern yogic schools	
Unit 5	Scientific principles of Yogic practices	Yogic Principles	3
		Anatomico-Physiological Principles	
		Psychological Principles	
		Sociological Principles	
		Educational Principals	
	Group Teaching - Principles and Skills	Class Arrangement	1
		Sitting Arrangement	

	Principles about Personal Teaching	Methods of Clinical Examination	2
		Recording of the findings	
		Medical aspect	
		Communication with Doctor	
Unit 6	Pathological understandings	Blood Examination	2
		X-ray Reports	
		MRI Scanning	
		Regarding Heart and Cerebral Diseases.	
		Other investigations	
	Psychological understandings	Sleep Status and Daily Routine	2
		Traditional Parameters (Guna Orientation)	
		Modern Testing (Phycological Tests) Questionnaires.	
	Assessment of Musculoskeletal Status	Testing through simple movements	1
		Testing through simple Asanas	
		Other Methods (Sit and Reach test, etc.)	
	Assessment of Respiratory Status	Clinical Exam of chest	1
		Lung Capacity Testing	
Spirometry			
Unit 7	Therapeutic Lesson Plan	Need of Lesson Plan	1
		Guideline for Preparation of Lesson Plan	
		Model Lesson Plans	
	Principles of Counselling	1	
	Group Counselling	1	
Family- Marital Counselling	2		
Unit 8	Yogic Counselling	3	
	Medico-legal aspect	6	
	Ideal Yoga Therapist	4	

## Paper V

## FOUNDATION OF YOGIC TEXTS AND TRADITIONS Part -2

UNIT	TOPICS	SUB-TOPICS	HOURS
Introduction to Bhagavat Geeta	Introduction to the chapters of Bhagavat Geeta (Therapeutic Significance)	General introduction to BG.	20
		Definition of Yoga in Geeta.	
		Introduction to different forms of yoga- Karma, Bhakti, Jnana etc.	
Brief Introduction to Hathayogic Texts	Gheranda Samhita (Therapeutic Significance)	Structure	25
		Profile and Content	
		Importance of each text	
Yogavasishtha	Brief Introduction to the text	Concept in Yogavasishtha in view of Therapy	5
Shivaswarodaya		Therapeutic significance of shivaswarodaya	5
	<b>TOTAL</b>		<b>55</b>

**Paper VI**  
**YOGA YHERPHY-II**

UNIT	TOPICS	SUB-TOPICS	HOURS
1	Introduction to health and diseases	1. Definition of health and disease	
		2. Classification of diseases- various aspects.	
		3. Basics of pathology- Inflammation, Infection, Degeneration etc.	
2	Principles of Yoga therapy	1. View of Swami Kuvalayananda towards yoga therapy-	10
		Cultivation of correct psychological attitude	
		Reconditioning of psychophysical mechanism.	
		Elimination of waste from the body (cleansing)	
		2. Role of Yama – Niyama in life style management.	
		3. Hints while using yogic practice as a therapy.	
3	Diseases related to digestive system	1. Hyperacidity	4
		2. Indigestion,	
		3. Constipation	
		4. Diseases of liver	
		5. Chronic coeliac disease	
		6. Ulcerative colitis	

4	Diseases related to Respiratory system	1. Acute and chronic rhinitis	4
		2. Chronic Sinusitis	
		3. Chronic throat infections.	

		4.Chronic bronchitis	
		5.Bronchial asthma	
		6.COPD.	
5	<b>Diseases related to Circulatory system and yoga therapy</b>	1.Anemia	4
		2.Hypertension	
		3.Hypotension	
		4.Ischemic heart disease	
6	<b>Diseases related to musculoskeletal system and yoga therapy</b>	1.Osteoporosis	4
		2.Rheumatoid arthritis	
		3.Acute and chronic back pain	
		4.Problems related with various joints.	
		5.Sprain and strain.	
7	<b>Metabolic diseases and yoga therapy</b>	1.Obesity	4
		2.Complications of obesity	
		3. Diabetes	
8	<b>Diseases related to Endocrine system and yoga therapy</b>	1.Related to thyroid gland	2
		2.Related to pancreas	
		3.Related to adrenal gland	
		4.Related to gonads.	

9		1.Dysmenorrhoea	4
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	<b>Diseases related to Reproductive system and Yoga Therapy</b>	2.PCOD	
		3.Problems in Pregnancy	
		4.Uterine prolapse	
		5.Menopausal syndrome	
		6.Impotency	
		7. Related to Prostate gland.	
<b>10</b>	<b>Diseases related to Urinary system and yoga therapy</b>	1.Urinary stone	<b>1</b>
		2.UTI.	
<b>11</b>	<b>Psychosomatic diseases and yoga therapy</b>	1.Migraine	<b>4</b>
		2.Irritable bowel syndrome	
		3.Fibromyalgia	
		4.Insomnia	
<b>12</b>	<b>Injuries related to sports and faulty yogic practices</b>	1.Common sports injuries	<b>4</b>
		2.Injuries related to faulty asana	
		3.Injuries related to faulty kriya	
		4.Injuries related to faulty pranayama	

<b>13</b>	<b>Psychological disorders And yoga therapy</b>	1.Anxiety	<b>4</b>
		2.Depression	
		3.Schizophrenia	
		4.Personality disorders	
<b>14</b>	<b>Diseases related to Nervous system And yoga therapy.</b>	1.Parkinson's diseases.	<b>4</b>
		2.Dementia	

		3.Cerebrovascular diseases	
		4.Epilepsy	
15	<b>Autoimmune disorders And yoga therapy</b>	1. Concept of immunity	2
		2. Various Autoimmune diseases.	
	<b>TOTAL</b>		<b>55</b>
	<b>Reference books-</b>	1.Yoga Therapy- Swami Kuvalaynanda-Dr. Vinekar	
		2.Yoga Therapy- Dr. S.D. Pathak.	
		3.Therapeutic application of Hathayogic practices- Dr. S.D. Bhalekar.	
		4. Yoga Therapy- Dr. Ananda Balyogi Bhavnani	

## PAPER VII

### YOGA RESEARCH

UNIT	TOPICS	SUB-TOPICS	HOURS
1	Research Methodology	Research Methods	12
2	History – Swami Kuvalayananda’s Contribution	Foundation of Kaivalyadhama	2
		Yoga-Mimamsa	
	Fundamental research upto 1966	About Kriya	8
		About Asana	

		About Pranayama and Meditation	
	Fundamental research after 1966	About Kriya	6
		About Asana	
		About Pranayama and Meditation	
	Philosophico-Literary Research in Kaivalyadhama	By Swami Kunalayananda	5
		By Swami Digamberji	
		Others	
3	Psychological Research in Kaivalyadhama	Before 1966	5
		After 1966	
	Therapeutic Research in Kaivalyadhama	Before 1966	5
		After 1966	
4	Outside Researches	About Kriya	6
		About Asana	
		About Pranayama and Meditation	
5	Therapeutic Researches (Outside)	Psychosomatic Disorders	6
		Metabolic Disorders	
		Musculoskeletal and Nervous system Diseases	
	<b>TOTAL</b>		<b>55</b>

## PAPER VIII

### YOGA AND ALLIED SCIENCE

UNIT	TOPICS	SUB-TOPICS	HOURS
1	Basics of Ayurveda-1	History of Ayurveda	4
		Introduction to Philosophy of Ayurveda	

		Dosha- Vata Pitta Kapha	
		Dathu –Mala	
		Agni-Aahar Ras-Poshana	
	<b>Concept of Prakriti</b>	Concept of Prakriti	<b>4</b>
		Types of Prakriti	
		Analysing of Prakriti	
	<b>Swastha Vritta</b>	Swastha – Introduction	<b>4</b>
		Dina Charya	
		Ritucharya	
		Sadvritta	
	<b>Concept of Aahar</b>	General Concept	<b>4</b>
		Rasa Importance	
Aahar-Dravya			
<b>2</b>	<b>Concept of Vikruti</b>	Dosha Vriddhi-Kshya	<b>4</b>
		Shat Kriya Kala	
		Nidan Panchaka	
		Vyadhi Prakar-Marga	
<b>3</b>	<b>Medicines in Ayurveda</b>	Dravya Guna Vijnana	<b>5</b>
		Commonly Used Herbs	
		Rasa Shastra	
	<b>Concept of Chikitsa</b>	Various Therapies	<b>4</b>
		Panchakarma	
	<b>Yoga and Ayurveda</b>	Panchakarma and Shatkarma	<b>5</b>
Prakriti and Asana		<b>5</b>	

<b>4</b>	<b>Basics of Naturopathy-1</b>	History of Naturopathy	<b>4</b>
		Basic Principles of Naturopathy	
		Concept of Panchamahabhuta	
		Hydro Therapy	
	<b>Treatments in</b>	Massage Therapy	<b>6</b>

	<b>Naturopathy-1</b>	Mud Therapy		
		Fasting as Therapy		
		Other Therapies		
	<b>Concept of Diet</b>	Raw Food		<b>6</b>
		Juice Therapy		
		Types of Diet		
		Therapeutic Plans of Diet		
	<b>Yoga and Naturopathy</b>	Meeting Points		<b>5</b>
		Application		
	<b>TOTAL</b>			<b>55</b>

## YOGA PRACTICAL

### **SUPINE ASANAS**

Shavasana

Ardha Halasana (one leg/both legs)

Co-ordination Movement (Supine)

Pawan Muktasana (Ardha/Purna)

a Setu Bandhasana

Crocodile variations

Uttana Padasana

Naukasana (Supine)

Matsyasana

Halasana

Chakrasana (Back Ward)

Uttana Mandukasana

Akarna Dhanurasana

Ugrasana

Hansasana Mayurasan

### **STANDING ASANAS**

Tadasana

Chakrasana (Lateral)

Vrikshasana

Utkatasana

Trikonasana

Padhastana a

### **PRONE ASANAS**

Natrajasana

Makarasana  
Niralambasana  
Marjari Asana  
Bhujangasana  
Sarpasana  
Ardha Shalabhasana  
Co-ordination Movement (Prone)  
Shalabhasna  
Naukasana (Prone)  
Dhanurasana

### **SITTING ASANAS**

Vajrasana  
Bhadrasana  
Parvatasana  
Gomukhasana  
Janushirasana  
Vakrasana  
Ardha  
Matsyendrasana  
Paschimottanasana  
Supta Vajrasana  
Yoga Mudra  
Ushtrasana  
Mandukasana

### **PRANAYAMA**

Anuloma-  
Viloma Ujjayi  
Suryabhedana  
Shitali  
Sitkari  
Bhramari  
Bhastrika

### **MUDRAS & BANDHAS**

Brahma Mudra Simha  
Mudra Jivha  
Bandha  
Mula  
Bandha  
Jalandhara Bandha  
Uddiyana Bandha  
(Bahya/Antar)

### **MANTRA CHANTING**

Garudasana

### **INVERTED ASANAS**

Viparitkarani  
Sarvangasana  
Shirshasana

### **MEDITATIVE ASANAS**

Swastikasana  
Samasana  
Padmasana  
Siddhasana

### **DRISHTI**

Bhru Madhya Drishti  
Nasagra Drishti  
Jatru Drishti

### **SHUDDHI KRIYA**

Kapalabhat i  
Agnisara  
Nauli  
Trataka  
Jala Neti  
Rubber Neti  
Vaman  
Dhauti Danda Dhauti  
Vastra  
Dhauti  
Shankha Prakshalana (Varisara)

Pranava Japa  
Swasti Mantra  
Om Stavan  
Savitropasana  
Rudropasana  
Mahapurushavidya  
Bhagvadgita Chapter 15

### **Reference Books**

1. Yoga Therapy- Swami Kuvalayananda &Dr. Vinekar- Kaivalyadhama.
2. Patanjala Yogasutra - P. V. Karambelkar
3. The Quintessence of Yoga: Dr. Rajeshwar Mukherjee and Dr. Kakali Ghosh
4. Yoga Mimansa (Volume 1-45), Kaivalyadhama
5. Indian Philosophy by S. Radhakrishnan
6. Raja Yoga Swami Vivekananda
7. Indian Philosophy Dutta and Chatterjee
8. Science of Yoga I. K. Taimini
9. Bhagavadgita : Swami Swarupananda (English)
10. Bhagavadgita: Swami Apurvananda (Hindi) / Geeta Press
11. Karambelkar, P. V. (2005). Pātañjala Yogasūtra. Kaivalyadhama, Lonavla, India.
12. The Quintessence of Yoga: Dr. Rajeshwar Mukherjee and Dr. Kakali Ghosh
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