



## **Naturopathy Treatment Attendant Course**

### **Unit 1- Fundamentals of Yoga & Naturopathy**

- Fundamentals of Yoga and Kaivalyadhama Tradition
- Swami Kuvalyanand ji biography and his legacy
- Definition & history of Yoga
- Ashtanga Yoga
- Definition & explanation of Asanas, Pranayama, Bandhas, Mudras, Dhyan and Kriyas
- Definition of Nature cure, cause of health and disease
- History & Fundamental principles of Naturopathy
- Nature cure way of life
- Acute, Chronic and degenerative diseases and their treatments

### **Unit 2- Manipulative Therapy (Theory & Practical)**

- Definition, History of Massage
- Rules and Regulations applicable to massage therapist
- Oils and Lubricants in Massage
- Types of Massages – Kellog’s massage and Geriatric massage, pre & post-natal massages, powder massages, paediatric massage and other types of massages.
- Movements of Massages- Touch, Friction, Stroking, Kneading, Vibration, Percussion and Joints Movements.
- Effects of Massages on each system
- Indication & Contra indications

### **Unit 3- Anatomy & Physiology**

- Musculo skeletal system
- Respiratory system
- Digestive system
- Excretory system
- Circulatory system
- Nervous system
- Endocrine & Reproductive system

### **Unit 4- Hydro Therapy**

- Definition & Introduction of hydrotherapy
- Water- A universal solvent
- Rules of Hydrotherapy
- Prepares of water, procedure of each treatment
- Temperature and Duration, Physiological effect of cold & hot on each system
- Action and Reaction, Indication and contra indication and precautions
- Hydrotherapy treatment – Packs, baths, sprays etc.
- Emergency management through Hydrotherapy

### **Unit 5- Mud Therapy**

- Definition
- Qualities and properties of mud
- Mud processing and purification procedure
- Types of mud application- general and local (direct and pack)
- Effects of mud bath, and local applications
- Preparation of mud packs (Cold & Hot) – Dimension and duration
- Indications and Contraindications of mud application

### **Unit 6- Diet and Nutrition**

- Definition of diet, nutrition, and concept of balanced diet
- Healthy Food Habits what, when, where, how, how much, and how many times
- Types of diet- Eliminative, Soothing, Constructive diet
- Raw diet Fruits, Salads and Sprouts- **Practical work**
- Practical training in Naturopathic Recipes Soups, Porridge. Daliya, Millet's preparations
- Modern Nutrition - Protein, Carbohydrate, Fats, Vitamins and Minerals
- Cooking and non-cooking methods, selections of materials, modes of serving, importance of cleanliness and ambience

### **Unit 7- Fasting**

- Definitions and Importance of Fasting, Fasting vs. Starvation
- Types (Therapeutic, Religious and Political) of fasting
- Procedure of fasting and Importance
- Healing Crisis and Disease Crisis
- Effects of fasting
- Therapeutic Indications and Contraindications of fasting

### **Unit 8- Magneto Therapy**

- Definition, properties, effects of magnets
- Types of Magnets (Shapes and Power)
- Mode of treatment - general and local applications
- Indication and Contra indication for using magnets
- Charging of water and oils and their uses
- Electromagnets field and health importance

### **Unit 9- Chromo Therapy**

- Definition
- Importance of Chrome Therapy
- Effects of Colors Indications and Contraindications
- Changing of Water and Oil
- Chrome Thermoleum
- Sun Bath-Indication, contraindications, precaution and time duration

**Unit 10- Acupressure and Reflexology**

- Definition, concepts and basics of acupressure
- Local point and therapeutic application
- Method of application -pressure and time

**Unit 11- Physio Therapy**

- Definition and principles
- Electrotherapy
- Wax therapy
- Anthropometry
- Indication and contraindications

**Unit 12- Clinical Training and Nursing Care**

- Grooming of the staff -Confidence, Dressing, Hair, Healthy teeth, Healthy finger nails and toenails, Maintain good posture, Shower daily, Personal hygiene, First impression and Self-presentation
- Communication Skills
- Ethics and patient's care (Assisting patients, Primary first aid and Patients on wheel chair)
- Responsibilities of treatment attendant for participants

**Note:**

- Daily duty in Naturopathy or Assigned department when theory classes are not there
- The practical posting will be with Physician, Naturopathy department, Acupuncture, Physiotherapy.
- Case presentation from Manipulative-50
- Case presentation from Hydrotherapy-50
- Case Presentation from Mud therapy-50

**Rules and Regulation:**

- All the rules and regulations of Kaivalyadhama Policy.
- Compulsory attendance in theory and Practical's.
- Compulsory internship in the mother institute after completing six months of course for getting the Certificate.
- Institute will provide first six-month job to all the participants who have completed the course in Kaivalyadhama mother institute or in any of the branches of Kaivalyadhama.
- The minimum intake for each batch will be 10 students. This will be combined number of male and 5 female treatment assistants.
- All the Practical's will be conducted under the observation of Dept. heads (Naturopathy)
- All the practical's records books will be signed by Dept. Head or Naturopath daily after the Practical's
- All the other rules and regulations of the institute will be applicable for the students.