

SEMESTER II

COURSE DETAILS – 1
SUBJECT NAME – PATANJALI YOGA DARSHAN
SUBJECT CODE – PGDYS-201

CREDIT: 4	CA: 30	SEE: 70	MM: 100
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Course Objectives:

The Objectives of learning this course is to:

1. Understand the nature of yoga and the path to meditative absorption.
2. Sadhan Pada: Learn the practical disciplines and ethical foundations for spiritual growth.
3. Vibhuti Pada: Explore the powers and manifestations of advanced yoga while avoiding distractions.
4. Kaivalya Pada: Realize the ultimate goal of liberation and absolute freedom.

Block-1	Introduction of Yogasutra and Samadhi Pada-I (20 hours):
Unit-01	Yoga Sutra: Introduction, Definition and Purpose of Yoga, Importance of Yoga Sutra as compared to other Yogic texts.
Unit-02	Concept of Chitta, Chitta Bhoomi, Chitta vrittis and their types, Chitta Vritti Nidrodhopaya (Abhyas- Vairagya).
Unit-03	Chitta Vikshep (Antaraya), Antarayabhava, Chitta Prasadana and its helpers.
Unit-04	The metaphysics of Sankhyadarshana and its relation with Patanjali Yoga-darshan.
Block-2	Samadhi Pada-II and Sadhan Pada (20 hours):
Unit-05	Ishwar: Swarup, Pranava chanting and its results.
Unit-06	Ashtanga Yoga - 1 (Bahirang Yoga- Yama, Niyam, Asana, Pranayama, Pratyahara)



Unit-07	Importance and Relevance of Ashtanga Yoga and Kriya Yoga.
Unit-08	Describing Klesha, Measures of Klesha elimination. Vivek Khyati, Chaturvyuhavaad, the character of Drishta & Drishya, the form and types of samadhi- Samprajyat, Asamprajnata, Sabij and Nirbij samadhi. Ritambhara Pragma and Adhyatma Prasad.
Block-3	Vibhuti Pada - (10 hours)
Unit-9	Ashtanga Yoga - II (Antaranga Yoga - Dharna, Dhyana, Samadhi).
Unit-10	Concept of Sanyama - Sanyama and its three consequences.
Unit-11	Concept of Vibhuti and introduction of main vibhutis.
Unit-12	Describing Ashtasiddhi.
Block-4	Kaivalya Pada (10 hours)
Unit-13	Five types of Siddhis (birth, medicine, mantra, penance and samadhija). Nirmaan chitta.
Unit-14	Types of Karma, Vaasna, Vivek Gyan.
Unit-15	Dharma Megha Samadhi, Kaivalya.

Books for References-

1. Iyengar, B. K. S. (2011). Introduction of Patanjali Yogasutra-s. MDNIY.
2. Bharti, S. V. (2004). Yogasutra of Patanjali (with the exposition of Vyasa) (Vols. 1-2). Motilal Banarsidass.
1. Bryant, E. F. (2009). *The Yoga Sutras of Patanjali: A New Edition, Translation, and Commentary*. North Point Press.
2. Saraswati, S. (2005). *Four Chapters on Freedom: Commentary on the Yoga Sutras of Patanjali*. Bihar School of Yoga.
3. Iyengar, B. K. S. (1993). *Light on the Yoga Sutras of Patanjali*. HarperCollins.
4. Feuerstein, G. (2012). *The Yoga Tradition: Its History, Literature, Philosophy and Practice*. Hohm Press.
5. Swami Satchidananda. (2012). *The Yoga Sutras of Patanjali: Commentary on the Raja Yoga Sutras*. Integral Yoga Publications.
6. Iyengar, B. K. S. (2011). *Introduction to Patanjali Yogasutras*. MDNIY.

7. Bharti, S. V. (2004). *Yogasutra of Patanjali (with the exposition of Vyasa) (Vols. 1-2)*. Motilal Banarsidass.

Hindi References: -

8. Vivekananda, S. (2016). *Patanjal Yoga Sutra* (स्वामी विवेकानंद द्वारा व्याख्यायित). Advaita Ashrama.
9. Saraswati, S. (2010). योग दर्शन: पतंजलि योग सूत्र पर व्याख्या. Bihar Yoga Bharati.
10. Osho. (2006). योग सूत्र: पतंजलि के सूत्रों पर ओशो की व्याख्या. Rajneesh Foundation International.
11. Gharote, M. L. (2004). पतंजलि योग दर्शन: संपूर्ण व्याख्या सहित. Kaivalyadhama Yoga Institute.
12. Shastri, H. (2000). योग सूत्र भाष्य: पतंजलि योग दर्शन पर विस्तृत विवेचना. Motilal Banarsidass.
13. Ramdev, S. (2017). *Patanjali Yog Sutra: Swami Ramdev's Commentary on Maharishi Patanjali's Yoga Philosophy*. Divya Prakashan.

COURSE DETAILS – 2 SUBJECT NAME – INTRODUCTION TO AYURVEDA SUBJECT CODE – PGDYS-202

CREDIT: 4	CA: 30	SEE: 70	MM: 100
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Course Objectives:

The Objectives of learning this course is to:

Following the completion of this course, students shall be able to

- Understand the basic principles of Ayurveda.
- Have knowledge of different techniques used in Ayurveda to cure general ailments.
- Have basic knowledge of Panchkarma and useful domestic herbal remedies.

Block-1	Introduction to Ayurveda- Dosha, Dhātu, Mala, Srotas (15 hours)
Unit-01	Ayurveda: Origin, Meaning, Definition.
Unit-02	History and Principles of Diagnosis and Testing.
Unit-03	Dosha: Meaning, definition, types, functions and results of deformity; Dhātu: Meaning, definition, types, and results of deformity; Updhatu: Meaning, definition, types, functions and results of deformity; Mala: Meaning, definition, types, functions and results of deformity.



Unit-04	Srotas: meaning, definition, type and functions; Indriyas: meaning, definition, types and functions.
Block-2	Introduction to Agni, Prana, Prakriti & Deha (15 hours)
Unit-05	Agni: meaning, definition, types and functions.
Unit-06	Prana: meaning, definition, types, place and functions.
Unit-07	Prakriti: meaning, definition, characteristics and its disorders.
Unit-08	Deha- prakriti: meaning, definition, types and recognition; Manas Prakriti: meaning, definition, types and recognition.
Block-3	General Introduction and Medical uses of Major Herbs (10 hours)
Unit-09	General introduction, properties, health promotion and medical uses of Major Herbs - Aak, Ajwaain (carom seeds), Amla, Apamarg, Ashwagandha, Tulsi, Giloy, Brahmi, Coriander, Ginger, Cardamom, Harad, Neem, Turmeric and Gwarpatha (Aloe vera).
Block-4	Panchakarma (20 hours)
Unit-10	Pre-Karma, Pradhan Karma and Post-Karma- Meaning, Definition, Types, Purpose, Benefit, Precautions and Health Promotional and Medical Use.
Unit-11	Detailed interpretation of Pradhan Karma and its applications in various ailments (Gout, Arthritis, Obesity, Diabetes, Back- pain, Colitis, IBS, CAD, UBITs, Liver disorders, Insomnia, Depression, Anxiety and Stress etc.).

Books for References-

1. आयुर्वेद सिद्धांतरहस्य- आचार्यबालकृष्ण
2. आयुर्वेदजड़ी-बूटीरहस्य- आचार्यबालकृष्ण
3. आयुर्वेदीय शरीरक्रियाविज्ञान- शिवकुमारगौड़
4. स्वस्थवृत्त – डॉ० रामहर्षसिंह
5. Lad, V. (2002). *Textbook of Ayurveda: Fundamental principles*. The Ayurvedic Press.
6. Sharma, P. V. (2014). *Charaka Samhita (Vol. 1): Text with English translation*. Chaukhambha Orientalia.

COURSE DETAILS – 3
SUBJECT NAME – COMPLEMENTARY & ALTERNATIVE THERAPY (CAT)
SUBJECT CODE – PGDYS-203

CREDIT: 4	CA: 30	SEE: 70	MM: 100
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Course Objectives:

The Objectives of learning this course is to:

- State concept, prevalence, objectives, types, applications and limitations of CAT.
- Have knowledge & skills of therapeutics related to acupressure, Pranic healing, and dietary supplements for managing some of the common health problems and rejuvenation.

Block-1	CAT (12hours)
Unit-01	History, Meaning, Definition, Objectives, Types, Prevalence, Contemporary Need, Applications and Limitations.
Unit-02	Mind-Body Therapy: Origin, Meaning, Definition, Aims, Principles, Factors, Impacts, Prevalence, Applications, and Limitations.
Unit-03	Pioneers in MBM in modern era- Yog rishi Swami Ramdev, Acharya Balkrishna, Swami Satyananda, BKS Iyengar, Norman Cousins, Deepak Chopra, Herbert Benson, Dean Ornish, Bernie Siegal, Lorry Dossey.
Unit-04	Need of mind-body medicine; Mind-body relationship and modern medicine: Epidemiological studies, clinical studies, & experimental studies; Placebo and Nocebo.
Block-2	Manipulative-Body Based Therapy (MBT) (12 hours)
Unit-05	Meaning, Definition, Aims, Principles, Types, Impacts, Prevalence, Applications, and Limitations.
Unit-06	Acupressure: Origin, Meaning, Definition, Principles, Five Elements Theory, Chi Clock Cycle, Meridian Systems and Locating Acupoints on 12 Major Meridians and Reflexology.
Block-3	Energy Medicine (12 hours)



Unit-07	History, Meaning, Definition, Types, Principles, Applications and Limitations.
Unit-08	Pranic Healing: Origin, History, Meaning and Sources of Prana, Principles, Law of Action, & Types (Basic, Advanced, and Psychotherapy); Bio-plasmic body/Aura: structure, types and size
Unit-09	Energy Centres (EC): Meaning, Types (Major, Minor and Mini), Sizes, Colours, Functions and Consequences of their Dysfunctions; Ahartic Yoga & Twin Meditation, Scanning Auras or Chakras, Sweeping and Energizing Procedures.
Block-4	Acupressure & Pranic Therapeutics & Biologically Based Products (Dietary Supplements & Herbal Remedies) (24 hours)
Unit-10	Low Back Pain, Arthritis, Obesity, Diabetes, Hypertension/Hypotension, Hyper/Hypo Thyroidism, Liver Problem, Allergy, CAD, Anaemia, Hyperacidity. Irritable Bowel Syndrome, Colitis, Piles, Migraine, Insomnia, Depression, Chronic Fatigue Syndrome, Epilepsy, Anxiety, Obsessive Compulsive Disorder, Leucorrhoea, Menstrual Disorders, Impotency, Infertility, CSF, Asthma, Pneumonia, Renal Problem, Varicose Veins, Distress, and Myopias.
Unit-11	Probiotics and Prebiotics, Antioxidants, Glucosamine Sulphate, Glutamine, Selenium, Curcumin, Multi-vitamins and their Natural Sources, Omega-3 Fatty Acid and Tryptophan their Functions and natural Sources; Panchgavya (Indigenous Cow urine, Dung, Milk, Curd, Ghee): Importance & uses in disease prevention & health promotion.

Books for References-

1. Acharya, B. (2004). *Ausadh darshan*. Divya Prakashan.
2. Acharya, B. (2005). *Ayurveda jadi-butl rahasya*. Divya Prakashan.
3. Brahmabarchas. (2003). *Nidan chititsa*. Ved Mata Gayatri Trust.
4. Colledge, N. R., Walker, B. R., & Ralston, S. H. (2010). *Davidson's principles & practice of medicine* (21st ed.). Churchill Livingstone, Elsevier.
5. Holford, P., & Bume, J. (2007). *Food is better medicine than drugs*. Piatkus.
6. Holford, P. (2014). *Good medicine*. Piatkus.
7. Joshi, S. A. (2011). *Nutrition and dietetics with Indian case studies*. Tata McGraw-Hill.

8. Lian, Y.-L., Chen, C.-Y., Hammes, M., & Kolster, B. C. (2005). *Pictorial atlas of acupuncture: An illustrated manual of acupuncture points*. h. f. Ullmann.
9. Micozzi, M. S. (2015). *Fundamentals of complementary and alternative medicine* (5th ed.). Elsevier Saunders.
10. Patanjali Research Foundation. (2015). *Research publications*. Divya Prakashan.
11. Peeters, J. (2008). *Reflexology*. Paragon.
12. Ramdev, S. (2006). *Yoga sadhana and yoga chikitsa rahasya*. Divya Prakashan.
13. Ramdev, S. (2009). *Pranayam rahasya*. Divya Prakashan.
14. Sah, R. L., Joshi, B., & Joshi, G. (2002). *Vedic health care system*. New Age Books.
15. Sharma, S. (1998). *Jivem Saradm Satam*. Akhand Jyoti Samsthan.
16. Sharma, S. (2010). *Gayatri Mahavijyan* (Combined and revised ed.). Yug Nirman Yojana Bistar Trust.

COURSE DETAILS – 4
SUBJECT NAME – YOGA PSYCHOLOGY (ELECTIVE)
SUBJECT CODE – PGDYS-GE-204

CREDIT: 4	CA: 30	SEE: 70	MM: 100
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Course Objectives:

The Objectives of learning this course is to:

1. Become familiar with the relation between ancient yoga & modern psychology.
2. Find out the key elements of psychology in Yogic texts.
3. Incorporate the techniques of yoga & psychology together to cure mental problems.

Block-1	Introduction to Psychology (12 hours)
Unit-01	Psychology - word meaning, definition, nature, scope and utility of Psychology. Goals and branches of Psychology, concept of Psyche in Vedic literature (Ved, Upnishad, Shankhya, Vedant), Goals and branches of Psychology, concept of Psyche in Vedic literature (Ved, Upnishad, Shankhya, Vedant).
Unit-02	States of consciousness according to yogic scriptures (Jagrata, svapna, susupti and Turiya). Yogic etymology for somatic, mental, social and spiritual disharmony.



Unit-03	Stress: Definition, Physiological and psychological stress; Understanding stress in accordance with scriptures; Stress assessment tools and biomarkers of stress; Stress & disease.
Block-2	Yogic Insights on Psychological Concepts (12 hours)
Unit-04	Yogic and Psychological concept of Emotion.
Unit-05	Causes of Emotions in the mind according to yoga texts, Physiology of Emotion (Psychological concept), Concept of Personality in Yogic and Psychological Context, types of Personality and personality assessment.
Block-3	Intelligence, Mental Deficiency & Common Mental Disorders (24 hours)
Unit-06	Meaning and definitions of intelligence, types of intelligence (Mental, emotional, social and spiritual intelligence).
Unit-07	Mental deficiency: meaning and its types, causes of mental deficiency and cure of mental deficiency through Yoga.
Unit-08	Causes and Consequences of Conflicts and Frustrations; Common mental disorders; Depressive disorders.
Unit-9	Anxiety disorders; Serious mental disorders; Mental retardation; Alcohol and drug abuse; Suicide, attempted suicide and suicide prevention.
Block-4	Yogic counselling and Personality development (12 hours)
Unit-10	Counseling: skills of counseling, code of ethics for lay counselors, building counseling relationship (factors that influence the counseling process), building yogic rapport and efficient communication, acceptance, empathy and solving the problems with yogic wisdom.

Books for References -

1. Abhedananda. (1973). *The yoga psychology*. Ramakrishna Vedanta Math.
2. Sachdev, I. P. (1978). *Yoga and depth psychology*. Motilal Banarsidass.
3. Taimini, I. K. (1973). *Glimpses into the psychology of yoga*. Theosophical Publishing House.
4. Aatreya, S. P. (1965). *Yoga manovijnana (Indian psychology)*. International Standard Publication.

5. Hecker, J. E., & Thorpe, G. L. (2010). *Introduction to clinical psychology: Science, practice & ethics*. Pearson.
6. Hilgard, E. R., Atkinson, R. C., & Atkinson, R. L. (n.d.). *Introduction to psychology*. Oxford and IBH Publishing.
7. Nagendra, H. R. (n.d.). *New perspectives in stress management*. Vivekananda Kendra.
8. Herrman, H., Saxena, S., & Moodie, R. (2005). *Promoting mental health*. World Health Organization Press.
9. Singh, A. K. (2007). *Saral samanya manovijnana*. Motilal Banarasidas Publications.
10. Taylor, S. E. (2006). *Health psychology* (6th ed.). Tata McGraw Hill.
11. Udupa, K. N. (2007). *Stress and its management by yoga*. Motilal Banarasidas.

COURSE DETAILS – 4
SUBJECT NAME – PRINCIPAL UPANISHADS (ELECTIVE)
SUBJECT CODE – PGDYS-GE-205

CREDIT: 4	CA: 30	SEE: 70	MM: 100
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Course Objectives:

The Objectives of learning this course is to:

- Locate Yogic principles and practices covered by principal Upanishads.
- Interpret Tattva Mimamsa.
- Analyze yogic elements covered by principal Upanishads.

Block-1	Introduction to Upanishads (15 hours)
Unit-01	Meaning of Upanishad, Concept of Veda and Upanishad, Comparison between subject matters of Veda & Upanishads.
Unit-02	Number of Upanishads & Brief Introduction to Principal Upanishads- Isha, Kena, Katha, Prashna, Mundaka.
Unit-03	Number of Upanishads & Brief Introduction to Principal Upanishads- Mandukya, Aitreya, Taittiriya, Brihadaranyak & Chhandogya Upanishad.
Unit-04	Nature of Brahma & Atma according to Principal Upanishad in view of Acharya Shankar, Acharya Ramanuj, Acharya Madhva, Acharya Vallabh, Acharya Nimbark, Shrishti Prakriya (Process of Creation).



Block-2	Essence of Ishavasyopanishad, Kena Upanishad, Kath & Prashna upnishad (15 hours)
Unit-05	Ishavasyopanishad: Concept of Karmanishta; Concept of Vidya and Avidya; Knowledge of Brahman; Atma Bhava.
Unit-06	Kena Upanishad: Self and the Mind; Intuitive realization of the truth; Moral of Yaksha Upakhyana.
Unit-07	Katha Upanishad: Definition of Yoga; Nature of Soul; Importance of Self Realization.
Unit-08	Prashna Upanishad: Concept of Prana and Rayi (creation); Panchapranas; The six main questions.
Block-3	Essence of Mundaka Upanishad, Mandukya Upanishad, Aitareya Upanishad & Taittiriya Upanishad (20 hours)
Unit-09	Mundaka Upanishad: Two approaches to Brahma- Vidya- Para and Aparā; The greatness of Brahman; Worthlessness of Selfish-karma; Tapas and Gurubhakti; The origin of creation, the ultimate aim of Meditation- Brahmanubhuti.
Unit-10	Mandukya Upanishad: Four States of Consciousness and their relation to syllables in Omkara.
Unit-11	Aitareya Upanishad: Concept of Atma, Universe and Brahman.
Unit-12	Taittiriya Upanishad: Concept of Pancha Kosha; Summary of Shiksha Valli, Ananda Valli, Bhrigu Valli.
Block-4	Essence of Chhandogya Upanishad & Brihadaranyaka Upanishad (10 hours)
Unit-13	Chhandogya Upanishad: Om (Udgitha) Meditation; Shandilyavidya.
Unit-14	Brihadaranyaka Upanishad: Concept of Atman and Jnana Yoga; Union of Atman and Paramatman.

Books for References-

1. Aurobindo, S. (2001). *Kena and other Upanishads: The complete works of Sri Aurobindo (Vol. 18)*. Sri Aurobindo Ashram Publication Department.

2. Aurobindo, S. (2003). *Isha Upanishad: The complete works of Sri Aurobindo (Vol. 17)*. Sri Aurobindo Ashram Publication Department.
3. Acharya, P. S. S. (n.d.). *108 Upanishad – Sadhana Khand*. Shantikunj.
4. Acharya, P. S. S. (n.d.). *108 Upanishad – Brahavidya Khand*. Shantikunj.
5. Acharya, P. S. S. (n.d.). *108 Upanishad – Jnana Khand*. Shantikunj.
6. Shastri, J. (n.d.). *Upanishad Sangraha*. Motilal Banarsidass.
7. Sivananda, S. (1980). *The essence of principal Upanishads*. Divine Life Society.
8. Nikhilananda, S. (2003). *The principal Upanishads*. Courier Corporation.

COURSE DETAILS – 5
SUBJECT NAME – YOGA PRACTICUM
SUBJECT CODE – PGDYS-206

CREDIT: 4	CA: 30	SEE: 70	MM: 100
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Course Objectives:

Following the completion of the course, students shall be able to:

1. State techniques, health benefits, applications, precautions and contraindications of under mentioned yogic practices;
2. To demonstrate and instruct under mentioned yogic practices.
3. Enhancing Mind-Body Connection & Inner Awareness.
4. Regulating Vital Energy & Optimizing Health.

Block-1	Shatkarma (20 hours)
Unit-01	Sutraneti, Agnisara, Sheetkram and Vyutkram (Inverse), Dand dhauti, Vastr dhauti, Nauli, Trataka, Kapalbhati and all the practices described in PGDYS 105.
Block-2	Asana (60 hours)
Unit-02	All asana described in Hathyog prdipika- Benefits, Precautions & Contraindications.
Unit-03	All Asana described in Gherand Samhita- Benefits, Precautions & Contraindications.



Unit-04	Advance Asanas- Dvipada Skandhasana, Purna Bhujangasana, Purna Matsyendrasana, Pakshee Aasan, Vrishchik Aasana, Padma Mayurasana, Purna Vrishchikasana, Takiya Aasana, Padma Sheershasana, Karnapidasana, Purna Dhanurasana, Gorakshasana, Purna Chakrasana, Purna Shalabhasana, Ek Pada Bakasana, Omkar Aasana, Purna Natarajasana and all the practices of previous semesters.
Block-3	Pranayama, Mudra & Bandha (20 hours)
Unit-05	Suryabhedhi, Chandrabhedhi, Ujjayi, Bahyavritti, AabhyantarVritti and all practices of MA105.
Unit-06	Jnana Mudra, Chin Mudra, Vipreet Karni Mudra, Yoga Mudra, Jalandhar Bandh, Uddiyan Bandh, Moolbandha and all mudras decribed in Hath and Gherand Samhita.
Block-4	Mantra & Meditation (20 hours)
Unit-07	Devyajna & Brahma Yajna Mantras- Meaning, Memorization & Recitation.
Unit-08	Om meditation, So-Ham meditation, Chakra meditation, Transcendental meditation, Cyclic meditation, Mind-Sound Resonance Technique (MSRT).

Books for References-

1. Balkrishna, A. (2015). *Dainik yogabhyasakram*. Divyayog Prakashan.
2. Yogrishi, S. R. (2015). *Dand-baithak*.
3. Bhrahmachari, S. D. (n.d.). *Yogasana vijnana*. Dhirendra Yoga Publications.
4. Kuvalyananda, S. (n.d.). *Asana*. Kaivalyadhama.
5. Acharya, B. (2015). *Dainik Yogabhyasakram*. Divya Prakashan.
6. Ramdev, Y. S. (2015). *Dand-baithak*. Divya Prakashan.
7. Brahmachari, S. D. *Yogasana Vijnana*. Dhirendra Yoga Publications.
8. Saraswati, S. S. (2006). *Asana, Pranayama, and Mudra Bandha*. Yoga Publication Trust.
9. Acharya, B. (2015). *Dainik Yogabhyasakram*. Divya Prakashan.
10. Ramdev, Y. S. (2015). *Dand-baithak*. Divya Prakashan.
11. Tulsi, N. (2015). *A complete guide for structural bodywork*. Divya Prakashan.
12. Basavaraddi, I. V., & Others. (2009). *Shatkarma: A comprehensive description about the cleansing process*. MDNIY.

COURSE DETAILS – 6
SUBJECT NAME – COMPLEMENTARY & ALTERNATIVE THERAPY-PRACTICUM
SUBJECT CODE – PGDYS-207

CREDIT: 4	CA: 30	SEE: 70	MM: 100
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Course Objectives:

The Objectives of learning this course is to:

- Understand the principles of Acupressure and Pranic Healing to balance the body's energy flow.
- To know the therapeutic Applications & Treatment Methods.
- Explore the role of dietary supplements and herbal remedies in complementary medicine,

Practical File:

Viva-Voce

Block-1	Acupressure
Block-2	Pranic Healing
Block-3	Acupressure and Pranic Healing Treatment methods of Health problems described in MA-403
Block-4	Dietary Supplements & Herbal Remedies

Books for References-

1. Gach, M. R. (1990). *Acupressure's potent points: A guide to self-care for common ailments*. Bantam Books.
2. Choa Kok Sui, G. M. (2004). *Miracles through pranic healing*. Institute for Inner Studies Publishing Foundation.
3. Becker, C. (2017). *The complete guide to acupressure: Jin Shin Do*. Healing Arts Press.
4. Murray, M. T., & Pizzorno, J. (2012). *The encyclopedia of natural medicine*. Atria Books.
5. Chevallier, A. (2016). *Encyclopedia of herbal medicine: 550 herbs and remedies for common ailments*. DK Publishing.