**DIPLOMA IN NATUROPATHY (N.D.)**

**DURATION:** ONE YEAR

**LEVE**L: DIPLOMA AFTER (10+2), INTERMIDIATE

**TYPE:** DIPLOMA

**ELIGIBILITY:** 10+2 (INTERMIDIATE)

**STREAM** - Intermediate (10+2) up board /any board/university equivalent any stream. But preference to biology/math group with 60% marks.

**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 Medicartrix 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

**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, Asthma, Arterio sclerosis, Blood pressure (high), Bronchitis, Catarrah , Colitis , Colds (Acute), Diarrhoea, Piles, Pyorrhoea, Neurasthenia, heart Disease , Skin Disease , Ulcers , Varicose veins , Dysentery , Acne………………etc