

BOARD OF NATUROPATHY AND YOGA SYSTEM U.P.



Under H.H.E.T. Act. 1882, All India Basis & N.E.D.S. Regd. SR. Act XXI 1860

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D.N.Y.S SYLLABUS

Head Office: -

AMAN VIHAR COLONY AONLA DIST. BAREILLY

PINCODE- 243301

Mob: - 9719475666

WEBSITE: - www.bnysup.com

Email: - info@bnysup.com

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PINCODE 243301

WEB: WWW.BNYSUP.COM

BOARD OF NATUROPATHY AND YOGA SYSTEM U.P

D.N.Y.S THREE YEAR COURSE

Subjects are prescribed in DNYS by BOARD of NATUROPATHY AND YOGA SYSTEM U.P

D.N.Y.S [FIRST YEAR]

[DIPLOMA IN NATUROPATHY & YOGIC SCIENCE]

1. **Anatomy.**
2. **Physiology.**
3. **Philosophy of Nat & Yoga.**
4. **Social & Preventive Medicine.**

ANATOMY

1. Superior extremity, inferior extremity, head, neck, thorax, abdomen and pelvis to be studied regionally and system (Special reference to be made to development and its anomalies, regional, innervations, functional groups of muscles in relation to joint of otherwise and applied Anatomy).
2. Endocrine organs-with special reference to development and applied anatomy. Development anatomy-General principles of development and growth and the effect of hereditary and environment factors to be given by lectures, charts, models and slides. Neurone-anatomy, Gross Anatomy of brain and spinal cord and the main nerve tracts. The peripheral nerves. Cranial nerves their relations course and distributions. Autonomic nervous system-Development and anomalies, Applied Anatomy. The study to be covered by lectures, lecture-demonstrations, of brain conceptions of cell, epithelial tissue, connective tissue, muscular tissue, nervous tissue and systematic structure.

(A) Introductory Lectures

- (a) Modern conception of cell-components and their functions, why a cell divides, cell division, types with their signification.
- (b) Genetic Individuality :
 - (i) Elementary genetics definition, health and disease, result of interaction between organism and its environments, utility of knowledge from Homeopathic point of view
 - (ii) Mendel's Laws and their significances
 - (iii) Applied genetics.

(B) Embryology.

(C) General anatomy & micro-anatomy

(D) Regional anatomy- Regional Anatomy shall be thought with emphasis on developmental anatomy, broad relationship, surface marking, Radiological anatomy, and applied anatomy.

(a) Extremities :-

- (i) Skeleton, position and functions of joints,
- (ii) Muscle groups, lumber plexus,
- (iii) Arterial supply, venous drainage, neurone-vascular bundles, lymphatic's and lymph nodes, relation of nerves to bones.
- (iv) Joints with special emphasis on limbo – sacral, hip, knee and joints, muscles producing movement, results of nerve injury.
- (v) Radiology of bones and joints, classification, determination of age.
- (vi) Applied anatomy.
- (vii) Surface marking of main arteries, nerves.

(b) Thorax :-

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- (i) Skeleton of joints of muscles of chest wall-diaphragm, innervations of abdominal and thoracic respiration, difference with age. The mammary gland lymphatic drainage.
- (ii) The Pleura & lungs.
- (iii) Arrangements structures in the mediastinum, heart, coronary arteries, great vessels, trachea, oesophagus, lymph nodes, thymus.
- (iv) Radiology of heart, aorta, lung Broncho gram.
- (v) Surface marking – pleura, lung, and heart – valves of heart, border, arch of aorta, sup, venacava, bifurcation of trachea.

(c) Abdomen and Pelvis :-

- (i) The abdominal wall-skin and muscles, innervations of fascia, peritoneum, and blood vessels, lymphatic's, autonomic, ganglia and plexuses.
- (ii) Stomach, small intestine, caecum, appendix, large intestine.
- (iii) Duodenum, pancreas, kidneys, uterus, supra renal.
- (iv) Liver and gall bladder
- (v) Pelvis, skeleton and joints, muscles of the pelvis, organs internal and external genitalia in male and in the female, lumbosacral plexus, vessels, lymphatic's, autonomic ganglia, and plexuses.
- (vi) Blood vessels and nerve plexuses of abdomen and pelvis, the portal venous system.
- (vii) Applied anatomy of referred pain, portal systemic anastomosis, catheterization of the urinary bladder in the male and female.
- (viii) Surface marking of organs and blood vessels.

(d) Head and neck :-

- (i) Scalp – Innervations, vascular supply middle meningeal artery.
- (ii) Face-main muscles groups, muscles of facial expression muscles of mastication, innervations of skin and repair muscles, vascular supply, principles of repair scalp and face wrinkles.
- (iii) The eyelids, eyeball, lachrymal apparatus, the muscles that move the eyeball.
- (iv) The nasal cavity and nasopharynx, septum. Conchae, para-nasal sinus, Eustachian tube lymphoid masses.
- (v) Oral cavity and pharynx.
- (vi) Larynx and laryngeal part of pharynx structure (no details) functions, nerves supply, laryngoscopes' appearances.
- (vii) Cervical vertebrae, joints of head and neck.
- (viii) Structures of neck, stern-mastoid, brachial plexus, main arteries and veins, disposition of lymph nodes, areas, of drainage, phrenic nerve, thyroid gland and its blood supply, para-thyroid, the trachea, oesophagus. The position of the sub-mandibular and sublingual salivary glands.
- (ix) Teeth and dentition.
- (x) The external middle and internal ear.
- (xi) Applied anatomy.
- (xii) Surface marking: parotid gland, middle meningeal artery, thyroid gland, common internal and external carotid arteries.

(e) Neurone Anatomy :-

- (i) Meanings-functions of.
- (ii) Cerebrum-areas of localization, vascular supply basal ganglion, internal capsules.
- (iii) Cerebellum-functions.
- (iv) Pons, medulla, midbrain, cranial nerves, palsies.
- (v) Cerebro-spinal fluid-formation, circulation function, absorption.

- (vi) Cranial nerves, origin, courses (with minimum anatomical detail) areas of distribution.
- (vii) The sympathetic and parasympathetic nervous system location, distribution, function.
- (viii) Applied anatomy of lumbar puncture, referred pain, spinal anaesthesia increased intracranial pressure.

PHYSIOLOGY

Bio-chemical principles

Elementary constituents of protoplasm, chemistry of proteins, carbohydrates and lipids, diffusion, ultra-filtration, dialysis, surface tension, absorption, hydrography, domain equilibrium, colloid, acid-base concentration.

Environmental physiology

1. Skin – structure and functions.
2. Regulations of body temperature hypothermia.

Skeleton – Muscular System

1. General introduction and classification of muscles fibres.
2. Excitation-contraction coupling and molecular basis of contraction.
3. Properties of skeleton muscles and factors affecting development of tension.
4. Energy metabolism of muscles.

Nerve

1. Structure and function of nerve cell.
2. Bioelectric phenomena in the nerve and muscle. R.M.P. Action and its propagation, neuromuscular transmission.
3. Classification and Properties of nerve fibres.
4. Wallerian degeneration and reaction of degeneration.

Blood composition

1. Composition and functions in general
2. Physiology of plasma proteins, normal values, E.S.R. & other blood indices.
3. Physiology of R.B.C, W.B.C. and platelets formation, fate and physiological and functions of formed elements of blood.
4. Body fluid compartments, their measurements, blood volume and its regulation.
5. A.B.O. and RH. Blood group systems.
6. Lymphatic's and RE system.
7. Coagulation & haemostasis.

Cardio-vascular system

1. Structure and properties of cardiac muscle.
2. Generation and conduction of cardiac impulse, E.C.G. (Normal).
3. Cardiac cycle with reference to pressure, volume changes, heart sounds etc.
4. Heart rate and its regulations.
5. Haemodynamic, B.P. and its regulations.
6. Nervous and chemical control of blood vessel.
7. Physiological basis of shock.

Respiratory system

1. Introduction, general organization.
2. Mechanics of respiration, compliance.
3. Pulmonary volumes and capacities.
4. Pulmonary and alveolar ventilation.
5. Physical principles of gaseous exchange and transport of respiratory gases.
6. Nervous and chemical control of respiration.

7. Hypoxia, acclimatization, cyanosis, dyspnoea, asphyxia, abnormal respiration.
8. Pulmonary function tests.
9. Effect of high and low atmospheric pressure effect of respiration on circulation, artificial respiration.

Digestive system

1. General introduction, organisation plan and evolutionary significance.
2. Composition, function and regulation of salivary, gastric pancreatic intestinal and biliary secretions.
3. Movements of G.I. tract.
4. Absorption of G.I tract.
5. Physiology of liver and gall bladder structure and functions.

Excretory system

1. General Introduction, structure and functions of kidney.
2. Mechanism of formation of urine.
3. Mechanism of concentration and dilution of urine.
4. Physiology of micturition.

Endocrine

1. Physiology of pituitary, Thyroid, parathyroid, pancreas adrenal cortex and adrenal medulla.
2. Regulation of secretion of endocrine glands.

Reproduction

1. Introduction in general and types of reproduction.
2. Physiology of testes and ovaries.
3. Physiology of menstruation, pregnancy and lactation.
4. Placenta and its function, foetal circulation and respiration.

Central Nervous System

1. General Organisation, structure and function of nerve cell and neuralgia.
2. Cerebrospinal fluid.
3. Physiology of synapse and receptor organs.
4. Physiology of reflex action-classification properties etc. of reflexes.
5. Sensory and motor tracks and effects of sections transaction & hemi section of the spinal cord.
6. Spinal, decerebrate and decorticate preparations and regulations of posture and equilibrium.
7. Reticular formation.
8. Cerebellum and basal ganglia.
9. Sensory and motor cortex.
10. Physiology of voluntary movements.
11. Higher functions of cortex: sleep and wakefulness. EEG. Memory, speech, learning.
12. Physiology of thalamus and hypothalamus and limbic system.
13. Physiology of autonomic nervous system, peripheral and central mechanism.

Special Senses

1. Physiology of taste and smell sensation.
2. Ear-General anatomy, conduction of sound waves through external, middle and internal ear.
3. Peripheral and central mechanism of hearing and auditory pathways.
4. General anatomy refractory media and protective mechanisms in Eye.
5. Formation, circulation and functions of aqueous humour.
6. Physiology of optics, formation of image, accommodation errors of refraction, acuity of vision.
7. Physiology of retina photographer functions, dark and light adoption, photochemistry of vision, colour vision.
8. Visual pathway and effects of various levels.

Nutrition

1. Balanced diet and special dietary requirements during pregnancy, lactation and grown.

Biochemistry

1. Biochemistry principles and elementary constituents of protoplasm.
2. Chemistry of proteins.
3. Chemistry of carbohydrates.
4. Chemistry of lipids.
5. Enzymes and vitamins.
6. Metabolism of proteins, fats carbohydrates, minerals. Biophysical process and their principles in relation to human body.

PHILOSOPHY OF NATUROPATHY & YOGA

The Principle of Nature Cure

Gandhian Philosophy of Nature cure

Panchtantra and laws of nature

Method of Nature of Preservation and importance general health

Fasting nature diet, Exercise Regular habits Rest and Relaxation

Hunger etc.

How to acquire natural immunity to diseases.

Healing crisis and Disease Crisis.

Toxins and anti toxins and its elimination

Suppression of disease and its consequences.

The importance of right mental attitude.

Vaccination and their ill effects.

Science of Facial Expression

Foreign matter theory-Definition and formation of foreign matter.

Accumulation of foreign matter liquids and solids dry and Form

Bad habits and accumulation of foreign matter

Encumbrances types and characters

Elimination of foreign matter and how to increase the matter.

Hydrotherapy

Physical properties of water 2 principles of hydrotherapy

Physiological effects of water applications on skin respiration

Digestion Action and Reaction

Classification of Hydrotherapy Prescriptions.

- A. Primary effects B. Excitant effects.

Internal excitation.

Secondary Excitant effects.

- a. Restorative effects c. Expectorant effects
b. Tonic effects d. Resultative and Derivative effects

General and local Sedative effects.

The Technique of Hydrotherapy.

Water drinking Effusions

(Some Missing)-----

-----**Lines any time to add their line these here.**

- a) Tumors-Nephroblastoma, (Wilms's Tumor), Hypernephroma, Polycystic kidney.
- b) Ureter-calcs, Hydroureter.
- c) Bladder Cystitis Hydroureter.
- d) Urethra- Gonococcal Urethritis, Structure of Urethra.

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- e) Prostate- Beingn Hyperplasia of prostate & Carcinoma of prostate.
- f) Penis- Balanoposthitis, Carcinoma of penis.
- g) Orchitis, Filariasis, post Mump Tuberculosis, Testicular Tumor.
- h) Female genital system:- (i) Ovary – Cyst & Tumor, (ii) fallopian tube-Sulpingitis, pyosalpingis, & Tuberculosis.
- i) Uterus – Fibriod, Carcinoma.
- j) Cervix – Erosion, carcinoma, of Cervix.
- k) Vagina – Virginitis & Tumor.

(a) Alimentary Tract:-

Stomatitis, various tyoes, vincent's angina, Glositis, Cheilosis, Leukoplakia, Carinoma, of Tongue, Pharyngitis, Oesophagatis Peptic, achaliasis cardia carcinoma of oesophagus. Gastritisw – Peptic ulcer, Zollinger, Ellisons Syndrome, Carcinoma. Intestine – Enteritis, cholera, Typhoid, Tubercular Crohn's diseases, Amoebic typlitis, Amoebic colitis, Ulcerative Colitis, Carcinova of colon, Diverticulitis, Hepatobiliary system – Cirrhosis of liver, jaundice, Hepatocellar, Haemolytic, Obstructive, Amoebic liver Abcess, Viral Hepatoma, Choleocystitis, Cholelithiosis. Carcinoma, Mucocoel, Empyema, Gall bladder.

SOCIAL & PREVENTIVE MEDICINE

1. Environment Sanitation:-

- (b) Definition & Importance.
- (c) Atmospheric pollution, purification of air, air sterilization, Air borne diseases.
- (d) Water supplies: - Sources and uses, impurities & purification, public water supplies in Urban & rural areas, Standard of drinking water, Water borne diseases.
- (e) Conservancy:- Method in village, town & cities, septic tanks, dryearth latrines, Water closets, disposal of sewage. Disposal of the dead, disposal of refuse, incineration,
- (f) Sanitation of fairs & festivals.
- (g) Disinfection:- Disinfactents, deaodorants, antiseptics germicides, method of disinfection & sterilization.

2. Air, Light, Sunshine

3. Effect of Climate:- Humidity, Temperature, Pressure & other enterological condition, comfort zone, Effect of overcrowding.

4. Personal Hygiene:- Cleanliness. Rest, work & sleep physical exercise & Training care of health in topic.

5. Food and Nutrition:- Food is relation to health & diseases, Balanced diets, Nutritional deficiencies & nutritional survey, food processing, Pastrurization of milk, Adulteration of food & food inspection, food poisoning.

6. Nature history of diseases.

7. Preventive Medicine:- General principles of preventive & control of communicable disease, plague, cholera, small pox, Diphtheria, Leprosy, Tuberculosis, Malaria, Kalazar, Filariasis, Common Virus diseases, e.g. Chicken pox, Infective Hepatitis, Helminitis infection, polio-myelitis, common cold, Measles, Enteric fever, Dysenteries, Animal diseases Transmissible to man, their description & method of preventive spread by droplet, insect, contact, animal fountries etc. Natropathic point of view regarding prophylaxis & Vaccination.

Family Planning:- Demography, channel of communication national family planning programme, Knowledge, attitude regarding contraceptives practices, population & growth control.

D.N.Y.S [SECOND YEAR]

1. Pathology

2. Jurisprudence**3. Nat & Yoga Treatment****4. E.N.T & OPhthalamology****PATHOLOGY****COURSE CONTENTS –****1) The Cell in health and disease**

a. Introduction of pathology.

b. Cellular structure and metabolism.

c. Inflammation – Acute and Chronic

d. Derangement of Body Fluids and Electrolytes.

• Types of shocks • Ischaemia • Infection e. Neoplasia – Etiology and Pathogenesis

2) Introduction of hematology.

a. Formation of Blood.

b. Erythropoiesis.

c. Leucopoiesis.

d. Thrombopoiesis.

e. Collection of Blood.

f. Anticoagulants.

g. Red cell count – Haemocytometer, Methods and Calculation.

h. WBC Count – Methods

i. Differential Leucocytes Count (DLC) – Morphology of White Cells, Normal Values

Ranancostroy Stains : Staining procedures Counting Methods, Principle of staining

j. Hb estimation – Method Colorimetric Method Chemical Method Gasmetric Method S.G.

Method Clinical Importance

I. Hematology : • ESR • Methods • Factors –

Affecting ESR • Normal Values • Importance • RBC – Indices ∅ WBC • Platelets II.

Body Fluids :

(a) Urine : • Method of Collection • Normal Constituents • Physical Examination • Chemical Examination

(b) Stool Examination : • Method of Collection • Normal Constituents and appearance • Abnormal Constituents (Ova, Cyst)

(c) C.S.F. Examination • Physical Examination • Chemical Examination • Microscopy • Cell 1 Count • Staining

(d) Semen Analysis • Collection • Examination • Special Tests

Practical : Urine, Stool,

Semen and C.S.F. – Collection, Handling, Examinations

(a) Absolute Eosinophil Count, PCV, RBC indices, ESR Estimation, Platelet Count • Collection of Sample • Hb estimation • TLC and DLC • RBC Count • Peripheral blood film – staining and study of Malarial Parasite II. Laboratory management – Sample Collection, Labeling, Transport, Screening, Reporting and Dispatch of Reports.

JURISPRUDENCE

Medical jurisprudence deals with the legal rights, privileges, duties and obligations of medical practitioner. Learning Objectives: At the end of the course, the learner shall be able to: -

1. Identify, examine and prepare report or certificate in medico-legal cases/situations in accordance with the law of land.

2. Perform medico-legal post-mortem examination and interpret autopsy findings and results of other relevant investigations to logically conclude the cause, manner and time since death.
3. Be conversant with medical ethics, etiquette, duties, rights, medical negligence and legal responsibilities of the physicians towards patients, profession, society, state and humanity at large.
4. Be aware of relevant legal / court procedures applicable to the medico-legal/medical practice.
5. Manage medico-legal implications, diagnosis and principles of therapy of common poisons.
6. Understand the important procedures and applicability of the general principals of analytical toxicology
7. Be aware of laws in relation to medico-legal work, medical practice and be acquainted with related relevant amendments and also related judgments passed by constitutional courts.

Paper-I Medico Legal Aspects

Paper-II law and Medical Profession

Paper-III Medico legal Practice

Paper –IV Practical

Visits to (i) Medical college (ii) Courts (iii) labs (iv) Project report

Paper-I Medico Legal Aspects

1. Medical Jurisprudence: Definition, Development and Need
2. Medical and Legal terminology
3. Constitution of India: Preamble & concept of Fundamental Rights/ Conceptual analysis.
4. Relevant Sections of IPC, Cr.P.C. and Evidence Act. a) IPC: b) Cr.P.C.: c) Indian Evidence Act:
5. Jurisdiction of Criminal Courts and Procedure a) Hierarchy of Courts b) FIR, Complaints, Investigations, summons, warrant, Affidavit, Oath.

Paper-II law and Medical Profession

1. Hippocratic Oath, Declaration of Geneva, Florence Nightingale Oath
2. Offences & Professional Misconduct of Doctors, as per Medical Council of India
3. Preventive Steps for Doctors/Hospitals to avoid litigation a) Consent form b) Life Support c) Dying Declaration d) Death Certificate e) High Risk f) Post Mortem g) Injury certificate
4. Illustrative Cases of Medical Negligence in India a) Surgery b) OBST/GYNAEC c) Medicine d) Paediatrics e) Other Disciplines/Anaesthesia f) Supreme Court & High Courts on Medical Negligence
5. Consent in Medical Profession.
6. Medico-Legal Aspects of Sexual Assaults. Precautions to be taken by Medical Professionals at the time of examination of female patients/victims
7. Medico-Legal Aspects of Road Accidents a) Disability Certificate. b) The Motor Vehicles Act, 1988 (Extracts)
8. Pre - natal Diagnostic Techniques –
a) The Pre natal Diagnostic Techniques Act, 1994 (Extracts) Amended as The Pre conception and Pre- natal Diagnostic Techniques (Prohibition of Sex Selection) Act, 2003 b) Government Resolutions and Circulars.
9. The Transplantation of Human Organs Act, 1994
10. The Medical Termination of Pregnancy Act, 1971.
11. The Protection of Child from Sexual offences Act, 2012.

12. Mental Health Act 1987 and Rules, 1990 (extract)

Paper-III Medico legal Practice

1. Organizational & Procedural Lawsa) Indian Contract Act b) Nursing Home Registration Act c) Birth-Death Registration Act d) Insurance Policy General Claims Procedure e) Medical Negligence: (i) Criminal liability, (ii) law of Torts & compensation (latest cases) (iii)The Doctrine of Res Ipsa Loquitur (iv)Vicarious liability- of management, hospital authorities, Government hospitals.(Refer to important and latest cases)
2. Patients Right of Self Determination
3. Rights & Duties of Medical Practitioner
4. Doctors & Patients Contractual Relationship
5. Consumer Protection Act, 1986 (Relevant Sections)
6. The Drugs & Magic Remedies (Objectionable Advertisements) Act 1954

NATUROPATHY & YOGA TREATMENT

a. Introduction to NATUROPATHY & YOGA TREATMENT

i. Definition, meaning, Nature, Scope, Principle sand history of nursing. ii. Nurse: Definition and meaning, preparation of a nurse qualitiespersonal, professional. iii. Ethics in nursing, Role and responsibilities of a nurse. iv. Health care agencies: Hospital and Community, Types of Hospitals and their functions. v. Holistic approach to nursing. vi. Comprehensive nursing care. b. Unit – II Nursing care of the patient / Client i. Introduction to the sick and well. ii. Determinants of health status. iii. Patient/Client : As an individual, member of the family, society, effects of illness and hospitalization on patient and his family. 13 iv. Admission of a patient : Patient’s unit, set up and care admission procedure, reception of patient, care of patient’s belongings. v. Bed and Bed Making - Principle of bed-making, factor to be considered in selecting and making bed, different types of beds and their uses. vi. Maintenance of therapeutic environment: Temperature, Light, noise and humidity. c. Psycho Social Environment i. Meaning and its importance, aesthetic consideration in the environment, colour scheme beauty and flower arrangements. ii. Nursing Process and Nursing Care Plan: Meaning importance and steps in development. iii. Recording and Reporting: Importance, types and nurses responsibilities. d. Discharging a patient: Preparation of the patient physically and mentally, discharge procedure, hospital policies, preparation of the patient’s relatives for discharge. Follow-up and Rehabilitation revisit, treatment compliance and referral. e. Basic Nursing Care and Needs of Patients: Hygienic Needs and Physical needs - Importance of maintaining good personal and environmental hygiene in health and disease. - Nurse’s role in maintaining good personal and environmental hygiene. - Care of Skin and Mucous Membrane. - Bed bath, care of hair, eyes, nose, ears, teeth, genitalia, hands and feet. Nutritional needs. - Importance of diet in health and disease, factors affecting the normal nutrition in sickness, nurse’s role in maintaining good nutrition, feeding helpless patients, maintenance of intake and output record. Elimination needs - Problem in sickness: Constipation and diarrhea, retention and incontinence of urine. - Nurse’s role in meeting elimination needs. Safety needs - Environmental hazards, role of nurses in prevention of health hazards. - Interpersonal relationship, cultural/spiritual/religious needs. Activity and Exercises - Importance of activity and exercise in health and sickness, active and passive exercise. Physical Comforts - Comfort : meaning and its importance in health and disease, factors promoting 14 and inhibiting physical comfort, comfort devices and their uses, body mechanics, positions. Moving, shifting and Lifting of patient - Care of pressure points, bed sores: causes, signs, symptoms, prevention and nursing care - Shifting of patient from one side to another, from

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bed to wheel chair and bed to stretcher. Unit – IV Assessment of patient / Client - Principles and importance of assessment, methods of assessment : observation, palpation, auscultation, percussion, developing skill in observation. Physical Assessment - Height, weight, posture, speech Physiological Assessment - Temperature, pulse, respiration and blood pressure - Characteristics of normal and abnormal (T.P.R. and B.P.) and factors influencing the variations. - Urine stool, vomit, sputum, normal and abnormal behaviour and its deviation. Unit – V Therapeutic Nursing Care and Procedures Asepsis - Hand washing, hand scrubbing, use of mask, gown, gloves - Disinfection techniques, sterilization techniques. - Autoclaving, boiling, flaming, ultra violet rays. Care and Sterilization of: - Linen, bed, mattress, floor, walls, cupboard and other articles. - Rubber goods, dressings, instruments, needles, syringes enamel articles. - Barrier Nursing and isolation. Care of Respiratory System - Inhalation: dry inhalation, moist inhalation, jug, Nelson's inhaler, steam tent, electric inhalers, suction oro-nasal. - Collection of specimen of sputum for examination. Care of Gastro Intestinal Treat - Preparation and giving of enema : Retention enema, evacuation enema, suppository, passing of flatus tube. Care of Genito Urinary System - Perineal care of terminally ill patient and patient with urinary catheter. - Collection of specimens of urine and stool for routine and cultural examination. Care of Skin and Mucous Membranes Cold application : Ice cap, cold packs, use of evaporating lotion. Hot application : use of hot water bottle, dry fomentation, moist - fomentation, medicated fomentation. 15 Unit – IV Basic Needs and Care in Special conditions - Care of patient with fever, unconscious patient, patient with fluid imbalance, patient with dyspnoea. - Care of terminally ill patient. - Care of physically handicapped

E.N.T & OPHTHALOMOLOGY

1. E.N.T: - 1. Anatomy & Physiology of Ear, Nose and Throat. 2. E.N.T. Examination & Knowledge of Instruments. 3. Nose :- nasal injury, Epistaxjs, Foreign body in nose, Boils of nose, Acute & Chronic allergic Rhinitis, Nasal Polyp, Acute & Chronic sinusitis. 4. Mouth :- Thrush, Gingivitis, Pyorrhoea. 5. Pharynx :- Acute & Chronic Tonsillitis, Quinsy, Acute & Chronic Pharyngitis, Diphtheria, Vincent's Angina. 6. Larynx :- Acute & Chronic Laryngitis, Acute Oedema of Larynx, Laryngeal stridor, Croup. 7. Ear :- Otitis External, Wax in ear, Fungal infection, Foreign body in ear. Eustachian cattarrh, Acute Otitis Media, Chronic Otitis media, Mastoiditis, Labyrinthitis; Vertigo. 8. Diagnostic instruments used.

2. OPHTHALOMOLOGY: - 1. Examination of eye. 2. Diseases of eyelid :- Blepharitis, Stye, Chalazion, Entropion, Ptosis, Dacryocystitis, Orbital cellulitis. 3. Diseases of Conjunctiva :- Hyperaemia, Acute Conjunctivitis (Muco purulent, purulent & membranous) 4. Cornea :- Purulent keratitis (Hypopyon & Marginal Ulcer) Herpes, Interstitial Keratitis, Arcus senilis, Corneal Opacities. 5. Sclera :- Episcleritis, Iridocyclitis. 6. Lens :- Cataract. 7. Glaucoma, Papilloedema, Optic neuritis, colour blindness, Night blindness, Foreign body in eye, Squint. 8. Diagnostic instruments used.

D.N.Y.S [FINALYEAR]

1. Gynaecology
2. Nat & Yoga Treatment
3. Surgery
4. Clinical Diagnosis

GYNAECOLOGY

Normal and abnormal microbiology of genital tract & bacterial, viral & parasitic infections responsible for maternal fetal & Gynae disorders. Endocrinology related to reproduction

Physiology of menstruation, ovulation, fertilization & menopause. Methods of contraception. Fibroid uterus Colposcopy & vaginal and cervical cytology Endometrial Hyperphasia, DUB, Abnormal bleeding. Endometriosis, Adenomyosis Endocrine abnormalities, Menstrual abnormalities Amenorrhoea, PCOD, Hirsutism, Hyperprolactinemia, Thyroid disorders. Laparoscopy & Hysteroscopy Ca Cervix Ca Endometrium Carcinoma Ovary Menopause Genital Fistulae / Urinary Incontinence Prolapse Contraception / Family Planning / Sterilization methods Endometriosis, Adenomyosis Infertility.

Pap Smear Wet smear examination Post Coital Test Endometrial Biopsy Endometrial Aspiration Dilatation and Curettage/Fractional Curettage / Polypectomy Cervical Biopsy Cryo / Electrocautery of Cervix Hystero Salpingography Diagnostic Laparoscopy & Hysteroscopy Opening & Closing of abdomen Operations for utero vaginal prolapse Operations for Ovarian tumors Operations for Ectopic Pregnancy Vaginal Hysterectomy Abdominal Hysterectomy Myomectomy Colposcopy Loop Electro Surgical Excision Procedure Tuboplasties, Paracentesis Culdocentesis Endoscopic Surgery (Operative Laparoscopy & Hysteroscopy) Repair of genital fistulae Operations for Urinary incontinence Radical operations for Gynaecological Malignancies Vaginoplasty Intrauterine insemination Basic ultrasound / TVS Hydrotubation Vulval Biopsy Incision & drainage

NAT & YOGA TREATMENT

a. Introduction to NATUROPATHY & YOGA TREATMENT

i. Definition, meaning, Nature, Scope, Principle and history of nursing. ii. Nurse: Definition and meaning, preparation of a nurse qualities personal, professional. iii. Ethics in nursing, Role and responsibilities of a nurse. iv. Health care agencies: Hospital and Community, Types of Hospitals and their functions. v. Holistic approach to nursing. vi. Comprehensive nursing care. b. Unit – II Nursing care of the patient / Client i. Introduction to the sick and well. ii. Determinants of health status. iii. Patient/Client : As an individual, member of the family, society, effects of illness and hospitalization on patient and his family. 13 iv. Admission of a patient : Patient's unit, set up and care admission procedure, reception of patient, care of patient's belongings. v. Bed and Bed Making - Principle of bed-making, factor to be considered in selecting and making bed, different types of beds and their uses. vi. Maintenance of therapeutic environment: Temperature, Light, noise and humidity. c. Psycho Social Environment i. Meaning and its importance, aesthetic consideration in the environment, colour scheme beauty and flower arrangements. ii. Nursing Process and Nursing Care Plan: Meaning importance and steps in development. iii. Recording and Reporting: Importance, types and nurses responsibilities. d. Discharging a patient: Preparation of the patient physically and mentally, discharge procedure, hospital policies, preparation of the patient's relatives for discharge. Follow-up and Rehabilitation revisit, treatment compliance and referral. e. Basic Nursing Care and Needs of Patients: Hygienic Needs and Physical needs - Importance of maintaining good personal and environmental hygiene in health and disease. - Nurse's role in maintaining good personal and environmental hygiene. - Care of Skin and Mucous Membrane. - Bed bath, care of hair, eyes, nose, ears, teeth, genitalia, hands and feet. Nutritional needs. - Importance of diet in health and disease, factors affecting the normal nutrition in sickness, nurse's role in maintaining good nutrition, feeding helpless patients, maintenance of intake and output record. Elimination needs - Problem in sickness: Constipation and diarrhea, retention and incontinence of urine. - Nurse's role in meeting elimination needs. Safety needs - Environmental hazards, role of nurses in prevention of health hazards. - Interpersonal

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relationship, cultural/spiritual/religious needs. Activity and Exercises - Importance of activity and exercise in health and sickness, active and passive exercise. Physical Comforts - Comfort : meaning and its importance in health and disease, factors promoting and inhibiting physical comfort, comfort devices and their uses, body mechanics, positions. Moving, shifting and Lifting of patient - Care of pressure points, bed sores: causes, signs, symptoms, prevention and nursing care - Shifting of patient from one side to another, from bed to wheel chair and bed to stretcher. Unit – IV Assessment of patient / Client - Principles and importance of assessment, methods of assessment : observation, palpation, auscultation, percussion, developing skill in observation. Physical Assessment - Height, weight, posture, speech Physiological Assessment - Temperature, pulse, respiration and blood pressure - Characteristics of normal and abnormal (T.P.R. and B.P.) and factors influencing the variations. - Urine stool, vomit, sputum, normal and abnormal behaviour and its deviation. Unit – V Therapeutic Nursing Care and Procedures Asepsis - Hand washing, hand scrubbing, use of mask, gown, gloves - Disinfection techniques, sterilization techniques. - Autoclaving, boiling, flaming, ultra violet rays. Care and Sterilization of: - Linen, bed, mattress, floor, walls, cupboard and other articles. - Rubber goods, dressings, instruments, needles, syringes enamel articles. - Barrier Nursing and isolation. Care of Respiratory System - Inhalation: dry inhalation, moist inhalation, jug, Nelson’s inhaler, steam tent, electric inhalers, suction oro-nasal. - Collection of specimen of sputum for examination. Care of Gastro Intestinal Tract - Preparation and giving of enema : Retention enema, evacuation enema, suppository, passing of flatus tube. Care of Genito Urinary System - Perineal care of terminally ill patient and patient with urinary catheter. - Collection of specimens of urine and stool for routine and cultural examination. Care of Skin and Mucous Membranes Cold application : Ice cap, cold packs, use of evaporating lotion. Hot application : use of hot water bottle, dry fomentation, moist - fomentation, medicated fomentation. 15 Unit – IV Basic Needs and Care in Special conditions - Care of patient with fever, unconscious patient, patient with fluid imbalance, patient with dyspnoea. - Care of terminally ill patient. - Care of physically handicapped

SURGERY

1. Wounds & Acute infections 2. Chronic infections 3. Tumors cysts, Ulcers, Sinuses, 4. Hemorrhage, Blood transfusion, shock. 5. Burn injury and its Management, 6. Infection of hand and its management 7. Injuries of hand and fingers 8. Infections of bones & joints 10 General principles in the treatment of fractures & Dislocation of joints 11. Head, Spinal and Nerve injuries 12. Diseases of face, Palate, lips neck and Oral cavity. 13. Diseases of Arteries & veins, 14. Diseases of Salivary glands, Stomach, Gall Bladder, Rectum & Canal 15. Intestinal Obstruction, Appendicitis 16. Hernia, Inguinal, Femoral, Umbilical Epigastric & Hiatus 17. Diseases of Prostate, Seminal Vesicles, Urethra 18. Anaesthesia of bandages and dressings 19. Application of minor surgery & drainage of Abscesses, Carbuncles & Cysts 20. Diseases of Breast Kidney, Ureter & Bladder Renal Stones

CLINICAL DIAGNOSIS

1. Case History of Patient.
 2. Abdomen Inspection of lips, Teeth, Gums, Tongue, Oral Cavity, Breath.
- **Palpation** – Abdomen its region for kidney, liver, Spleen, Bladder, Urinary bladder, growing region Swelling.
- **Percussion** – Other Masses, Liver, Spleen, bladder.

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- Auscultation listen for bowel sound.
- **Inspection** – Male & Female Genital with Palpation.
- **Rectal Examination** – Inspection Palpation.
- **Acute Abdomen** – Detail Explanation.
- **Respiratory System** – Inspection of Chest, Palpation, Percussion, and auscultation breath sound vocal resonance X-rays examination of chest, bronchography, Tomography.
- **Cardiovascular System Pulse:** - Rate, rhythm, volume, character B.P. examine of neck, cardiac impulse thrill, percussion, auscultation, Heart Sound murmurs, ECG.
- **Nervous System** – Mental function, speech, Motar, function, Sensation, Cranial nerves, examine of N.S.
- Ear, Nose, Throat, Deafness, Otorrohea, Vertigo past history, examine eye visual acuity, field, & examine.

Investigation – Prasite in blood, B.T, C.T., TLC, DLC, ASO, Uric acid, HLA Type. DNA, Binding test, Synovial examine ANA,RA,JOINT Examine C.T. Scan, MRI, Angiography, EMG, EEG, L.P, CSF, FNAC, Uric Analysis stool analysis, semen Analysis, Blood Serum.



BOARD OF NATUROPATHY AND YOGA SYSTEM U.P.



Under H.H.E.T. Act. 1882, All India Basis & N.E.D.S. Regd. SR. Act XXI 1860

BY Government of Uttar Pradesh

Naturopathy Recognized by the Govt. of India & other states

No. 301/3/80/15- June- 1981 Ministry of Health Govt. of India

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Head Office: -

AMAN VIHAR COLONY AONLA DIST. BAREILLY

PINCODE- 243301

Mob: - 9719475666

WEBSITE: - www.bnysup.com

Email: - info@bnysup.com

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