

Research & Development:

The Research & Development work is undertaken largely at the Government level although some private institutes are also involved in it. In March 1978 the Central Council of Homeopathy was dissolved to form four separate councils:

1. Central Council of Research for Ayurveda and Siddha,
2. Central Council of Research for Unani,
3. Central Council of Research for Homeopathy and
4. Central Council of Research for Yoga and Naturopathy.

Basic Aims and Objectives of CCRYN:

1. To formulate aims and pattern of research on scientific lines in Yoga and Naturopathy
2. To undertake education, training, research and other programs in yoga and Naturopathy
3. To promote and assist institutions involved in research, propagation and experimental research in prevention, causation and remedy of diseases with special emphasis on the coverage of rural population in the country
4. To initiate, develop and co-ordinate Scientific Research on fundamental and applied aspect of Yoga and Nature cure.
5. To finance research for furtherance of objectives of the Council and to exchange information with other institutions associations and societies having similar objectives
6. To offer prizes and scholarship in furtherance of the objectives of the council

Based on research studies under CCRYN and other Non-government Organisations, it has been established that Yoga & Naturopathy are more effective in the management of the following disorders: -

1. Amoebiasis
2. Anxiety Neurosis/ Depression
3. Arthritis
4. Allergic skin disease
5. Bronchial Asthama
6. Constipation

7. Cervical Spondylosis
8. Diabetes
9. Gastritis
10. Hemiplegia
11. Hypertension
12. Irritable Bowel Syndrome
13. Obesity
14. Peptic Ulcer
15. Respiratory Tract Infection

The aim of the Council for Research in Yoga and Naturopathy is to promote and develop health in the society. They believe that in future drugless therapies will emerge as the most effective mode of treatment to combat chronic diseases.

Past Achievements

- ?? The Council had financed 18 Yoga and 24 Naturopathy Council Research oriented projects
- ?? The Council had financed Rs. 6.6 lakhs to Gandhi Nature Cure College, Hyderabad and Rs. 4.49 lakhs to National College of Naturopathy and Research, Lucknow for conducting regular training courses of 4 ½ years duration from 1981- 1987.
- ?? The Council had organized several all India Level Seminars/Workshops on Yoga and Naturopathy.
- ?? The Council had prepared the model syllabus for degree and diploma courses in Yoga and Naturopathy.

Present Activities

The Council is extending its research, development, training and propagational activities through the following schemes:

- Clinical Research Scheme
- Training Programs
- Treatment cum Propagation Center
- Patient Care Center
 - (a) 10 bedded
 - (b) 5 bedded

- Literary Research/Translation/Publication work
- Seminar/Workshop/Conferences

Future Programs

The Council is planning to expand its activities into various fields so as to bring this traditional system of medicine into limelight and to the forefront of health care. The Council has the following proposals –

- ?? To establish its own direct Research Centers and Regional Research centers for conducting in-depth Clinical Research and Training programs.
- ?? To compile and publish biographies and works of eminent exponents of Yoga and Naturopathy who have dedicated their lives in the development of various aspects of yoga and Naturopathy.
- ?? To suitably amend the IMCC Act-1970 to cover Yoga and Naturopathy under its purview and pursue the matter with the Government of India.
- ?? To bring out useful material out of data collected from various Research Projects financed by it with a view to propagate Yoga and Naturopathy among the masses. The Council will also bring out pamphlets, informative literature and slots highlighting the importance of Yoga and natural way of living and on common remedies.
- ?? To give programs related to educational and propagational activities on Yoga and Naturopathy through Doordarshan and Akashvani.
- ?? To provide a separate identity to Yoga and Naturopathy at the State Government level, the Council is trying to persuade the state authorities to have a “State Institute of Yoga and Naturopathy” with minimum staff and expenditure.
- ?? To start its OPDs at Government Hospitals for providing health consultation to needy people.
- ?? To collect previous research data so as to create a data bank for Research in Yoga and Naturopathy in New Delhi.

Annexure 3 (v) gives a brief insight into the research schemes under the council.

Research and development is also undertaken by the private research institutes and the institutes abroad. They develop new technique of physiotherapy and other types of remedies. They also try to come up with new type of yogic kriya, exercise and equipment to suit their living style.

Annexure 3 (i)
List of important asanas

1. Shavasana	arterial hypertension
2. Ardha Halasana	burns excess fat
3. Uttan Padasana	cures nervous weakness & constipation
4. Utthit Padasana	indigestion & diabetes
5. Sarvangasana	bronchitis, dyspepsia
6. Matsyasana	chronic cough, bronchial asthma, congestion
7. Suptavajrasana	ailments of back, neck & waist
8. Halasana	asthma, diabetes, menstrual disorder
9. Ardha Pavan Muktasana	pain of back, abdomen & buttocks
10. Pavan Muktasana	constipation
11. Setubandhasana	arthritis, lumbar spondylitis & sciatica
12. Skandha Katiasana	arthiritis, asthma, diabetes, constipation.
13. Katichalana	back pains, digestion & joint pains
14. Pagachalana	pain in back, legs & shoulders
15. Chakrasana	diabetes, asthma, constipation & obesity
16. Katishaktiasana	sciatica pain, hip joint pain.
17. Uttan Tadasana	hypertension, heart disease, arthritis, bronchitis
18. Merudanada Shithilikaran	stiffness of spine and backache
19. Bhujangasana	cervical spondylitis, bronchitis, asthma
20. Amila Sulabhasana	pain in lumbar region
21. Shalabhasana	arthritis, diabetes, bronchitis etc
22. Ardha Dhanurasana	
23. Dhanurasana	relieving flatulence, & menstrual irregularities
24. Naukasana	body stiffness & back pain
25. Makarasana	hypertension, heart disease & mental disorders
	Sitting Poses
26. Sukhasana	strained & irritable nervous system
27. Ardra Padmasana	
28. Padmasana	
29. Siddhasana	
30. Vajrasana	constipation, seminal weakness
31. Janushirasana	
32. Paschimottanasana	stiffness

33. Ushtrasana	toned liver, pancreas, kidney & bladder
34. Shashankasana	arthritic pain
35. Parvatasana	lumbar, spinal, shoulder & knee pains
36. Skandhasana	stiffness of back, neck & shoulder
37. Hasta Parshvasana	constipation, arthritis, back pain
38. Vakrasana	enlarged & congested liver & inactive kidney
39. Ardha Matsyendrasana	obesity, diabetes, dyspepsia & urinary disorders
40. Mandukasana	constipation, diabetes & digestive disorders
41. Gomukhasana	sciatica & piles
42. Simhasana	disease of face, tongue, vocal cords, back & anus
43. Utthit Padmasana	genital disease
44. Mayurasana	toned abdominal muscles
45. Trikonasan	stiffness
46. Parvat Trikonasana	reducing fat
47. Udar Abhyas	
48. Shirshasana	dyspepsia & constipation
49. Eye Care myopia	

Annexure 3 (ii)

Statewise Number of Registered Practitioner in Naturopathy as on 1.1.1999

S. No.	States/Union Territories	Institutionally Qualified	Non-Institutionally Qualified	Total
1	<i>Andhra Pradesh</i>	274	47	321
2	Karnataka	67		67
3	Madhya Pradesh	--	2	2
4	Tamil Nadu	12	--	12
5	All India	353	49	402
6	ISM Practitioners	399687	211540	609400

Source: CCRYN Website

Annexure 3 (iii)

Degree/Diploma courses in Yoga conducted by Institutions affiliated to Universities as on 1.4.1998.

Source : Indian System of Medicine and Homeopathy 1998

NAME OF THE INSTITUTE/ DEPARTMENT	OWNERSHIP	AFFILIATION	COURSES IMPARTED	DURATION OF COURSE	ADMISSION CAPACITY
Dept. of Yogic Studies, H P University	Autonomous	Himachal Pradesh University, Shimla	Diploma in Yogic Studies	1 year	60
Dept. of Yoga Studies, Karnataka University	Autonomous	Karnataka University, Dharwad	P.G Diploma in Yoga Studies	1 year	33
Government. Ayurveda Medical College (Nature cure and Yoga), Mysore	Govt. of Karanataka	Board of Studies in ISM&H, Bangalore	Diploma in Yoga and Naturopathy	2 years	12
The Kasturba Medical College (Dept. of Yoga), Manipal	Autonomous	Manipal Academy of Higher Education, Manipal	P.G Diploma in Yoga Therapy Ph.D. Program in Yoga Therapy	1 year 3 years	10 5
Dept. of Yogic Studies, Dr. HS Gour Vishwavidyalaya	Autonomous	Sagar University, Sagar	P.G Diploma in Yoga Jr. Diploma in Yoga Yoga is one of the optionals at BA Degree Course Ph.D. in Yoga	1 year 1 year 3 years 2 years	30 40 20 (in each year) 2
Degree College of Physical Education, Amravati	Voluntary Organization	Amravati University, Amravati	Diploma in Yoga Education	1 year	15
Shri Shivaji College of Education, (Faculty of Physical Education), Amravati	Private	Amravati University, Amravati	Diploma in Yoga Education	1 year	50
Shri Shivaji Mahavidyalaya, Sholapur	Voluntary Organization	Shivaji University. Kolhapur	Yoga Studies in BA part II class as inter-disciplinary course	1 year	80
Mahavir Mahavidyalaya, Kolhapur	Private	Shivaji University, Kolhapur	BA-II BA-III	1 year 1 year	80 80
S N Arts, D J Malpani Comm. & BN Science College,	-	Pune University, Pune	Yoga (General) 3 years	1 st Year BA 2 nd Year BA 3 rd Year BA	80 per year

Ahmednagar					
Tuljaram Chaturchand College of Arts, Science & Commerce, Pune	Ankant Education Society	Pune University, Pune	Graduation in Yoga	3 years (depends on the choice of students)	Not Fixed
Yoga Sadhna Ashram, Jaipur	Voluntary Organization	CCRYN, New Delhi	Diploma Course	1 year	25
Dept. of Gandhian Studies & Ramalingh Philosophy, Madurai	Autonomous	Madurai Kamraj University	Part time Diploma in Scientific Yoga and Meditation	1 year	20
Govt. Yoga Health Organization, Chandigarh	Government	Punjab University, Chandigarh	Bachelor Degree in Yoga Education (B. Ed in Yoga)	1 year	20

Source: *Indian Systems of Medicine and Homeopathy in India, 1998.*

Annexure 3 (iv)

Teaching and training facilities in naturopathy as on 1.4.1998

NAME OF THE INSTITUTE	OWNERSHIP	AFFILIATION STATUS	NAME OF THE COURSE	DURATION OF COURSE	MINIMUM QUALIFICATION	ADMISSION CAPACITY
Govt. Gandhi Nature Cure College, Hyderabad	Government of Andhra Pradesh	Andhra Pradesh University of Health Sciences	Bachelor of Naturopathy & Yogic Sciences (B.N.Y.S)	5 ½ years (including 1 year of compulsory internship)	Inter with Science Group	20
Gandhi National Academy of Naturopathy, Delhi	Voluntary Organization	Gandhi Smarak Prakritic Chikitsa Kendra	Diploma in Naturopathy (N.D)	3 years	10+2 or Inter with Physics Chemistry and Biology or Equivalent	45
			Sahayak Sahayak Chikitsak Pravesh	1 year		30
				1 year		20
Health Home, New Delhi	Voluntary Organization	-do-	Diploma in Naturopathy (N.D)	3 years	-do-	45
			Sahayak	1 year		30
			Pravesh	1 year		30
Chandra College for Voluntary Yoga & Naturopathy, Delhi	Voluntary Organization	C.C.R.Y.N	Diploma in Yoga and Naturopathy	1 year	10+2 or its equivalent qualification	50
Prakritic Chikitsa Anusandhan Yogashram, Ambala	Voluntary Organization	All India Nature Cure Research Council, New Delhi	Diploma in Yoga Sciences Diploma in Naturopathy	6 months 1 year	Matric or equivalent with Science	40
The International School of Humanitarian Thoughts & Practice, Haryana	Voluntary Organization	Independent	Prakritic Chikitsa Vridhi	6 months	Knowledge of Hindi or English	10
Govt. College of Indian Medicine (Nature Cure & Yoga), Mysore	State Government	Board of Studies in ISM Bangalore	Diploma in Naturopathy and Yoga	2 years	Degree in BSAM or BAMS	12
Shri Dharmasthala Manjunatheswara College of Naturopathy & Yogic Sciences, Ujere.	Private	Rajiv Gandhi Institute of Health Sciences, Bangalore	Bachelor o Nature Cure and Yoga Sciences	5 years (including 1 year internship)	45 % aggregate in P.C.B in 10+2 Exam	40

Prakruthi Jeevana Kendra, Gandhi Sahitya Sangh, Bangalore	Voluntary Organization	Karnataka Prakritic Chikitsa Parishad	Nature Cure	1 month	No qualification	60
Indian Yoga and Naturopathy Institute, Bhopal	Voluntary Organization	Registered Body	Diploma in Naturopathy (D.N) Diploma in Naturopathy Sciences	6 months 1 year	High School Pass D.N or regd. Practitioners of any of the recognized Indian system of medicine	20
Indian Council of Research in Yoga sponsor Yoga Bharati , Bhopal	Voluntary Organization	C.C.R.Y.N	Diploma in Naturopathy	1 year	Inter with Science	25
Naturopathy College , Bhind	Aided	Govt. of Madhya Pradesh Chikitsa Mantralaya, Bhopal	Certificate course in Nature Cure Diploma in Nature Cure	2 years 4 years	High School High school & certificate in Naturopathy	15 15
Nature Cure Center Shri Hanuman Vyayam Prasarak Mandal, Amravati	Voluntary Organization	All India Nature Cure Federation, New Delhi	Diploma in Naturopathy	3 years (including internship)	10+2 or Upcharak	200
Indian Institute of Yoga and Naturopathy, Nagpur	Local Body	Arogya Bharati Vidyapeeth Mohata, Nagpur	CNMS DNMS BNMS ND	1year 3 years 5 ½ years 3 years	SSC CNMS?HSC HSC HSC	100 100 60 50
Shriram Naturopathy College, Aurangabad	Local Body	-do-	CNMS DNMS ND	1 year 3 years 3 years	HSC CNMS DNMS	60 60 60
Yoga Nisargopachar Kendra Gramlok Hospital, Ahmedpur	Local Body	-do-	CNMS DNMS ND	1 year 3 years 3 years	SSC CNMS HSC	50 40 30
Kalpataru Arogyadham, Mumbai	Voluntary Organization	Independent	Diploma in Naturopathy System of Medicine	1 year	HS C	40
Orissa Prakritic Chikitsa Parishad, Rourkela	Voluntary Organization	All India Nature Cure Federation, New Delhi	Parichay Pravesh Upcharak Diploma in Nature Cure	6 months 6 months 6 months 3 months	Matric Parichay Pravesh 10+2, Science with Biology	INR
JSS Institute of Naturopathy & Yogic Sciences	Non-government	MGR University, Chennai	B.N.Y.S	5 years	10+2 or equivalent	60

Sciences, Ottackmund						
National College of Naturopathy and Research, Lucknow	Voluntary Organization	C.C.R.Y.N New Delhi	B.N.Y.S	4 years with 6 months house job	Inter Science with Biology	20
Yoga and Nature Cure Research Institute, Gorakhpur	Voluntary Organization	Kundalini Yoga Research Institute , Lucknow	Diploma in Naturopathy	1 year	Intermediate	50
School of Natural Therapeutic Yoga, Lucknow	Voluntary Organization	-do-	-do-	-do-	Graduate	20
Swami Sukdevanand Yoga and Nature College, Rishikesh	-do-	C.C.R.Y.N New Delhi	Diploma in Yoga and Naturopathy	-do-	10+2	25
Bhartiya Yoga Avum Prakritic Chikitsa Vidyapeeth, Hardoi	-do-	Bhartiya Yoga Ayur Prakritic Chikitsa	D.Y.N B.Y.N.S M.D (N & Y)	1 year 5 years 3 years	10+2 10+2 Intermediate or equivalent	20 60 5

Source: *Indian System of Medicine and Homeopathy in India, 1998.*

N.D. = *Doctor in Naturopathy*

INR:= *Information not received*

B.N.M.S = *Bachelor in Naturopathy Medicine Science*

H.S.C. = *High School Certificate*

D.N.M.S. = *Diploma in Naturopathy Medicine Science*

C.N.M.S. = *Certificate in Naturopathy Medicine Science*

Annexure 3 (v)

Existing Research Schemes under the Council

S. No	Name of the institute	Project
Government Institutions		
1.	<i>National Institute of Mental Health and Neuro Sciences, Bangalore</i>	<i>Neuro Dynamical Complexities of Medicative Process from the EEG signals</i>
2.	<i>Institute of Medical Sciences, Banaras Hindu University, Varanasi</i>	Role of Vipassana Meditation on attention memory span and learning abilities among students
3.	<i>Defence Institute of Physiology and Allied Sciences, New Delhi</i>	(a) Coronary artery disease regression through lifestyle changes (b) Effect of Yogic practices on the physiological and anti-oxidants on man.
4.	<i>Department of Physiology, All India Institute of Medical Sciences, Delhi</i>	Yoga and Bio-feedback for the treatment of Irritable Bowel Syndrome
5.	<i>Department of Respiratory Critical Care and Sleep Medicine, Safdarjung Hospital, Delhi</i>	To evaluate the effect of various Yogic practices on Symptomatology and Physiological Parameters in Bronchial Asthma.
6.	Institute of Rotary Cancer Hospital, All India Institute of Medical Sciences, New Delhi	Effect of breathing techniques and meditation on normal individuals and those with cancer in remission
7.	<i>Jawaharlal Nehru Institute of Postgraduate Medical Research (JIPMER), Pondicherry</i>	A study on the effects of Asanas and Pranayamas on Neurological, Neuromuscular and Cardiorespiratory functions in healthy humans
<i>Private Institutions</i>		
8.	<i>Kaivalyadham, SMYM Samiti, Lonavala, Pune</i>	(a) Yoga treatment with or without Biofeedback procedures in the management of 3 disorders. (b) Randomized controlled trial to determine the efficacy of Yoga therapy as compared to the conventional diet and aerobics exercise treatment in cases of obesity.
9.	<i>Atma Darshan Sadhna Kendra, New Delhi</i>	Yoga for memory development
10.	<i>Jeevan Rekha Parishad, Bhubaneswar</i>	Comparative study on Yoga, perfect health and fertility behavior among Yogic and Non-

		Yogic married couples
11.	<i>Swami Vivekananda Yoga Research Foundation, Bangalore</i>	(a) Integrated approach of Yoga therapy in the treatment of cancer (b) Uni-nostril Yoga breathing and obesity: A study of efficacy and mechanism
12.	<i>Navjyoti: Delhi Police Foundation, New Delhi</i>	To study the efficacy of Yoga and Naturopathy in the management of withdrawal of drug dependence
13.	<i>Maa Nature Cure Hospital cum Research Center, Gujarat</i>	Asthma, diabetes, constipation v/s Shivambu
14.	Department of Clinical Immunology, M S Ramaiah Medical Teaching Hospital, Bangalore	Influence of Yoga in immune modulation and outcome of rheumatoid arthritis

Source: Annual Report of Department of ISM & H.