

**CERTIFICATE COURSE IN
THERAPY ASSISTANT IN NATURE CURE
(6 MONTHS+3 MONTHS INTERNSHIP)**



**STATE BOARD OF TECHNICAL EDUCATION & TRAINING
SANKETHIKA VIDYA BHAVAN, MASAB TANK,
TELANGANA, Hyderabad**

Therapy Assistant course in Nature Cure

SUB CODE	NAME OF THE SUECT	HOURS/WEEK		TOTAL PERIODS PER ANNUM	SCHEME OF EXAMINATION			
		Theory	Practicals		Duration Hours	Sessional Marks	End Exam Marks	Total Marks
NC-101	Basic Anatomy & Physiology of Human body	03	--	50	03	--	100	100
NC-102	Naturopathy – Principles and Remedies	03	--	50	03	--	100	100
NC-103	Practices (Practical)		06	75	03	40	60	100
	TOTAL	06	06	175		40	260	300

Therapy Assistant in Nature Cure

NC-101-Paper 1: Basic Anatomy & Physiology of Human body (Theory)

1. The Skeletal System & Muscular System
2. The nervous System & Sensory System
3. Circulatory and Lymphatic System
4. The Respiratory System
5. The Excretory System
6. The Endocrine System

NC-102-Paper 2: Naturopathy – Principles and Remedies (Theory)

1. Basic principles of Naturopathy, brief outlines of Indian naturopaths
2. Natural remedies in the Integrated Naturopathy: Fasting therapy - procedure and therapeutic effect; Diet therapy – food as medicine, patient related diets, method of cooking diets, salad making, sprouts etc.
3. Hydrotherapy and Mud therapy – introduction to various treatment modalities in water cure; and Mud therapy
4. Yoga – introduction to asanas and pranayama and practice
5. Chromotherapy – therapeutic effects of primary and secondary colours, Massage therapy – therapeutic effects and rejuvenation. Acupuncture and acupressure introduction as therapy, Magnetotherapy – introduction to therapeutic effects of magnets, Colon therapy – enema, types of enema, procedure and therapeutic effects.
6. Manipulative Therapeutics: Different massage manipulations classification, uses and contraindications.
 - i. Reflexology
 - ii. Acupressure
 - iii. Acupuncture

NC-103-Paper 3: Practices (Practical)

1. Practical Application of Magnets
2. Hydrotherapy- hip bath, spinal bath, packs and compresses etc.
3. Preparation of salads, sprouts, various special diets, way of serving
4. Practical application of different massages and Acupuncture on Patients
5. Practice and teaching of Asanas, Pranayama
6. Assisting patients – bedside, therapy sections