

**Rajiv Gandhi University of Health Sciences,
Karnataka**

4th “T” Block, Jayanagar, Bangalore – 560041

**REGULATIONS AND CURRICULA FOR
FELLOWSHIP PROGRAM**

FELLOWSHIP

ON

CARDIOLOGY IN NATUROPATHY & YOGA





RGU/AUTH/ N&Y FELLOWSHIP/178 (4)Syn /2023-24

Date:27/09/2023

NOTIFICATION

Sub: Approval for starting of New Fellowship Courses in Naturopathy & Yoga.

Ref: 1)Recommendation of BOS in Naturopathy & Yoga (UG& PG) held on 10/10/2022

2) Proceedings of Faculty meeting held on 10/10/2022

3) Proceedings of AC meeting held on 27/10/2022

4) Proceedings of 178th Syndicate meeting held on 27/02/2023

In exercise of the powers vested under Section 35(2) of RGUHS Act,1994, in pursuance of the decision of the Syndicate, approval is accorded for starting of following Fellowship courses from the academic year 2023-24 onwards.

1 Fellowship on Orthopedic Medicine in Naturopathy & Yoga

2 Fellowships on Pulmonary Medicine in Naturopathy & Yoga

3.Fellowship on Cardiology in Naturopathy & Yoga


REGISTRAR



To

The Principals of all affiliated colleges of Naturopathy & Yogic Sciences of RGUHS

Copy to:

1. The Principal Secretary to Governor, Raj Bhavan, Bangalore - 560001
2. The Principal Secretary Medical Education, Health & Family Welfare Dept., M S Building, Dr.B.R. Ambedkar Veedhi, Bangalore - 01
3. The Commissioner, Department of AYUSH, Anand Rao Circle, Dhanvathari Road, Bangalore
4. PA to Hon'ble Vice - Chancellor/PA to Registrar/Registrar (Eva.)/Finance Officer, Rajiv Gandhi University Health Sciences, Bangalore
5. All Officers of the University Examination Branch/ Academic Section.
6. Guard File / Office copy.

CONTENTS

Sl. No.	SECTIONS	PAGE NUMBER
01	SECTION 1: Regulation of Fellowship Programme in Cardiac Medicine	3 - 7
02	SECTION 2: Course contents	08 - 15

SECTION 1: REGULATIONS OF FELLOWSHIP PROGRAMME IN CARDIAC MEDICINE

1. Goal:

Fellowship program started with the intention of to reach the advancement & clinical excellence in each system & to develop the advance skills & knowledge in concerned with the particular system of the body. In a capsule format to expertise the doctor to see the effect of this medicine at the cellular level & unravel the hidden healing forces of Naturopathy & Yoga as per the disease of the each system.

2. Branches of Study:

Fellowship course on cardiac medicine through Naturopathy & Yoga

3. Eligibility for Admission:

1. A candidate who has passed in the final year MD in any recognized Universities of India, disciplines like MD courses in (MD Yoga, MD Naturopathy & MD Diet & Nutrition) eligible to take the admission in this Course. Candidate who has completed MD after 2 years of clinical practice
OR
2. Candidate who have completed PhD from recognized Universities of India with BNYS
OR
3. Candidate who has completed BNYS course from a recognized university having continuous 20 years clinical experience,
OR
4. Candidate who has completed BNYS from the recognized universities of India having 10 years pure academic experience from reputed Yoga & Naturopathy are eligible to join this course.

4. Intake of students:

The intake of students to each course shall be in accordance with the ordinance in this behalf. The maximum number of fellowship candidates shall not exceed 10 in each discipline every year.

5. Duration of study:

The Program starts on first working day of January of every year and duration of the programme will be not less than one year and not exceeding 24 months.

6. Medium or instruction:

Medium of instruction shall be in English.

7. Fee:

Fee for candidate payable by the Fellow or sponsoring Institution to the University at the time of admission is Rs. 20,000/-. No capitation fee or donation shall be taken by the training institution.

8. Intake of Fellows:

The intake of fellows for each programme shall be in accordance with the number specified for each course and to be decided by Fellowship/Certificate Registration Committee in consultation with Head of the Department and Head of the Institution, but in any case, not exceeding two candidates at a time.

9. Attendance, Progress and Conduct:

A fellow pursuing the programme should work in the concerned department of the institution for the full period prescribed as full time candidate. He/she is not permitted to run or work either in a private clinic/laboratory/nursing home, while pursuing the fellowship.

He/she will attend the activities such as patient care in hospital including emergency, grand rounds, clinics, case presentations, journal review meetings, symposia, seminars, CPCs, assignments, lectures, laboratory or experimental work and conferences etc., during the fellowship as prescribed by the department and not absent himself / herself from work without valid reasons.

Leave of absence with the permission of Head of the Department up to a maximum period of 12 days in a year is permitted.

10. Monitoring Progress:

Work diary / Log book – Every candidate shall maintain a work diary and record his / her participation in the training programmes conducted by the department such as journal reviews, seminars etc. Special mention may be made of the presentations by the candidate as well as details of 3 clinical or laboratory procedures, if any conducted by the candidate once in every six months. The work diary shall be scrutinized and certified by the Head of the Department and Head of the Institution and submitted to the University for Review.

Progress report should be submitted once in every six months by the co-coordinator of the programme and the candidate should submit a self assessment report at the end of six months of training, certified by the Head of the Department / Co-coordinator and forwarded through the head of the institution to the University which will be reviewed by the committee.

11. Scheme of Assessment:

a) Eligibility: Prior to being deemed eligible to be assessed for the award of fellowship, the candidate will need to furnish a letter to the University from the Head of the Department and Head of Institution, certifying satisfaction with the candidate's competence and performance. After verification by the Rajiv Gandhi University of Health Sciences, permission will be granted to appear for assessment. The Practical & Viva-Voce will be conducted in the respective institutions.

b) Written Assessment: There shall be a written assessment conducted in the month following the completion of the course consisting of at least two question papers. Each paper shall be of three hours duration and carry notional marks equivalent to 100. There shall be two long essay questions and six short essay questions in each paper. Questions in basic sciences and recent advances may be asked in any or all papers.

Registrar (Evaluation) shall recommend the names of the paper setters to the Hon'ble Vice-Chancellor from the panel suggested by the Head of the Institution in consultation with the programme coordinator. The written assessment shall be conducted in the RGUHS on a date notified by Registrar (Evaluation). The papers shall be valued by the examiners appointed for conducting practical assessment. No marks will be assigned, only grades will be assigned to the performance as Grade 'A' means pass and Grade 'B' means fail and the same is informed to the University.

In case of unsatisfactory completion, the fellow would be given another chance to appear before the examiners (6 months) later. Only two chances will be given to a candidate to pass the examination. However, the fellowship in the institution for such a candidate ceases at the end of the duration of the course.

c) Clinical / Practical:

Clinical / Practical assessment consists of examination of given cases or practicals and presentation to the examiners on which viva-voce will be held. The assessment will be conducted by the respective institutions. No marks will be assigned, only grades will be assigned to the performance as Grade 'A' means pass and Grade 'B' means fail and the same is informed to the University.

For the award of Fellowship, a candidate should secure Grade 'A' both in Written Assessment as well as in Clinical / Practical Assessment.

d) Examiner:

There shall be one internal examiner, generally the programme co-coordinator and an external examiner appointed by the Rajiv Gandhi University of Health Sciences. The appointment of external examiner is by invitation based on the panel of three names given by the programme co-coordinator. The external examiner shall be paid TA and DA by Rajiv Gandhi University of Health Sciences as per RGUHS rules.

e) Certification:

Based on the recommendations made by the examiners successful candidate/s would be awarded the fellowship scroll by Rajiv Gandhi University of Health Sciences.

12. Stipend:

Since the candidates pursuing the fellowship would be providing service to the institution offering the programme, the institution shall pay stipend and provide reasonable accommodation equivalent to that of a senior resident.

13. Recognition of the Institution / Course:

An institution desirous of starting fellowship programme in any one or more subjects should have been in existence as a center for that particular subject or speciality for atleast five years.

Medical colleges that have been running PG Courses for a minimum period of three years and is recognized as a centre for excellence in that particular topic / speciality may apply for fellowship programme.

The prescribed application form for starting new Fellowship programme may be obtained from the University on payment of Rs. 10,000/- towards application fee separately for each Fellowship programme. Application fee shall be payable by Institution only. The application fee for 5 Government institutions are exempted vide and Syndicate decision Guidelines for new specialties will be issued by RGUHS from time to time as per the regulations of the new specialty.

An institution desirous of starting the fellowship programme should have in-house facilities listed below:

a) Teaching Staff: Minimum of three qualified teachers or consultants of

Which one teacher appointed shall be a full time, other two may be part time visiting consultants and these two they should not be faculty for fellowship programme in any other institution.

Qualification:

PG Degree in concerned specialty from recognized University

Experience:

Professional experience of 10 years after PG degree or Teaching experience of 9years after PG degree

b) Hospital : should have 100 beds, with 30 beds dedicated to concerned

Specialty for fellowship programme applied. The clinical work load shall be:

- In patient turnover : Not less than 5 new patients per day in the concerned Specialty.
- Out patient turnover : Not less than 20 new patients per day in the concerned Specialty.
- If the fellowship programme is in any surgical specialty the surgical Procedures in the concerned specialty shall be not less than 25 per month.
- If the fellowship programme is in any specialty related to Image logy it Should include the following modalities of investigations: X-Ray , Ultrasound, CT scans, MRI, etc., and imaging procedures per month should be At least 250.

c) Teaching Programme : Specific curriculum should be prepared as per the format enclosed in the annexure.

The academic training programme should be held in the institution itself. Only institutions fulfilling all the requirements shall be allowed to conduct the programme and no relaxation in the requirements will be made.

The Rajiv Gandhi University of Health Sciences will arrange for inspection of the institution / department by a duly constituted registration committee for validation of the facilities, staff etc., and will accord recognition based on the recommendation. Renewal fee of Rs. 5,000/- for each course will be charged and renewal of registration shall be done once in every two years.

The application received only on or before August 1st of each year will be processed.

14. Registration Committee:

The Fellowship Registration Committee will have members as follows:

1. One Senate member of RGUHS nominated by the Vice Chancellor, Chairman of the Committee.
2. One or more subject specialist nominated by the Vice Chancellor.

* * * *

SECTION 02: COURSE CONTENTS

Fellowship in cardiac medicine: till date our naturopathy and yoga had primed their flag in managing and also in treating cardiovascular diseases by reducing the cardiovascular risk by change in the lifestyle which has showed that lifestyle was the root cause for all the disorders, which was rooted by changing the autonomicity and cardiorespiratory coverage which were most needed, where influence of lifestyle change in the area of epigenetics was evident, so here in this fellowship students will be trained by applying the treatment modalities in the aspects as follows

1.PREVENTIVE CARDIOLOGY

This includes risk factors contributing for the cardiovascular diseases and the diseases that are cardiac origin but can be prevented

A. Systemic diseases

1. Obesity
2. Diabetes mellitus
3. Metabolic syndrome
4. Hypertension
5. Substance use disorder – smoking and alcohol
6. Peripheral arterial diseases
7. Gestational hypertension

B. Cardiac origin

1. Ischemic heart disease
 - a. Coronary artery disease
 - b. Single vessel disease
 - c. Triple vessel disease
2. Cardiac arrhythmias

C. Psychiatric disorders

1. Anxiety
2. Depression
3. Chronic fatigue syndrome

2.INTEGRATIVE CARDIOLOGY

This includes conditions that are managed by both conventional as well as with Indian system of medicine

1. Ischemic heart disease
2. Congenital heart disease
 - a. Atrial septal defect
 - b. Ventricular septal defect
 - c. Patent ductus arteriosus
 - d. Tetralogy of Fallot
3. Valvular heart disease
 - a. Aortic valve disease
 - b. Mitral valve disease
 - c. Multivalvular disease
4. Rheumatic heart disease
5. Cardiomyopathy & specific heart muscle disease
 - a. Dilated cardiomyopathy
 - b. Hypertrophic cardiomyopathy
6. Cardiac diseases in pregnancy
7. Heart failure
8. Anxiety, depression
9. Bipolar disorder

3.CARDIAC REHABILITATION

This includes conditions that is managed after any adverse cardiac events

1. Cerebrovascular accidents (CVA/ stroke)
2. Transient ischemic attacks
3. Peripheral arterial diseases
4. Status post – coronary artery bypass graft (CABG)
5. Status post – percutaneous transluminal coronary angioplasty (PTCA)
6. Acute myocardial infarction
7. Ischemic heart diseases

8. Cardiac sport rehabilitation
9. Congestive heart failure
10. Cardiac arrhythmias
11. Pregnancy induced hypertension

4.COMPARISON OF MANAGEMENT OF CARDIAC EMERGENCIES BETWEEN CONVENTIONAL MEDICINE & NATUROPATHY & YOGA

REFERENCES

1. Handbook of General Anatomy, BD Chaurasia / General Anatomy, Vishram Singh
2. Human Genetics, SD Gangane / Medical Genetics, GP Pal / Emery's Elements of Human Genetics, Peter Turnpenny and Sian Ellard
3. BD Chaurasia's / Dutta's / Vishram Singh's Textbook of Anatomy – all volumes
4. Grant's atlas / McMinn's atlas / Netter's atlas
5. Gray's Anatomy for Students, South Asia Edition
6. Gray's Anatomy - The Anatomical Basis of Clinical Practice
7. 7.Clinical Anatomy: A Revision and Applied Anatomy for Clinical. Students, Harold Ellis, Blackwell Publishing, 2006
8. Atlas of Cardiac Anatomy - Mori, Shivkumar
9. Guyton and Hall. Text of Medical Physiology. South Asian edition. Mario Vaz, Anura Kurpad, Tony Raj
10. Ganong's Review of Medical Physiology.
11. Vander's Human Physiology
12. Principles of Medical Physiology. Sabyasachi Sircar
13. Text book of Medical Physiology. Indu Khurana.
14. Text book of Medical Physiology. D Venkatesh, H H Sudhakar
15. . Text book of medical physiology. G K Pal.
16. Essentials of Medical Physiology. ABS Mahapatra.
17. Berne and Levy Physiology. BM Koeppen, BA Stanton
18. Human Physiology. Lauralee Sherwood
19. McLeod's Clinical Examination
20. Hutchison's Clinical Methods.
21. Samson Wright's Applied Physiology, Oxford University Press (India).
22. Comprehensive textbook of medical physiology, G K Pal

23. Applied Biochemistry of Clinical Disorders (Hardcover). Allan G. Gornall, Lippincott Williams & Wilkins, 1981.
24. Harper's Biochemistry, latest edition
25. Lippincott's illustrated review - biochemistry, 2nd edition
26. Marshall and Bangert. Clinical Chemistry
27. Baynes and Dominiczak. Medical Biochemistry
28. Bhagavan and Ha. Essentials of Medical Biochemistry with clinical cases
29. Stryer. Biochemistry
30. James Watson. Molecular biology of gene
31. Medical Textbook of Biochemistry Chaterjee.
32. Modern diagnosis
33. Churchill's Pocketbook of Differential Diagnosis by Andrew T. Raftery; Eric Ks Lim; Andrew J. K. Östör
34. Degrowing's Diagnostic Examination by Manish Suneja; Richard F. LeBlond; Donald D. Brown; Joseph F. Szot
35. The Patient History: An Evidence-Based Approach to Differential Diagnosis by Mark Henderson; Lawrence Tierney; Gerald Smetana
36. Davidson's manual of clinical medicine
37. Hutching manual of clinical applications
38. Harrison manual of internal medicine
39. PJ Mehata practical manual
40. McLeod's clinical medicine
41. Pathophysiology, Lee Ellen Copstead, Jacquelyn L. Banasik, Elsevier, 2013
42. Study Guide for Understanding Pathophysiology - E-Book, Sue E.
43. Huether, Kathryn L. McCance, Clayton F. Parkinson, Elsevier Health Sciences, 2011
44. Robbins and Cotran Pathology , Edward C. Klatt, Richard N Mitchell, Elsevier Health Sciences, 2014
45. Applied Pathophysiology: A Conceptual Approach, Judi Nath, Carie Braun, Wolters Kluwer Health, 2021s
46. CURRENT Medical Diagnosis and Treatment 2022
47. Maxine Papadakis, Stephen mcphee, Michael Rabow, Kenneth mcquaid
48. Complete Book of Yoga : Karma Yoga, Bhakti Yoga, Raja Yoga, Jnana yoga (Hardcover) by Swami Vivekananda, Vijay Goel, 2005
49. Hatha Yoga Pradipika (Light on Hatha Yoga) by Maharishi Swatimarama,

- translation and commentary by Swami Satyananda Saraswati and Swami Muktibodhananda, Bihar School of Yoga
50. The Science of Yoga (A commentary on Patanjali's Yoga Sutras). By I.K. Taimini; the Theosophical Publishing House, 2005.
 51. Asana Pranayama Mudra Bandha by Swami Satyananda Saraswati, Bihar School of Yoga
 52. Yoga for Health, Relaxation and Well-Being (Gotta Minute) by Nirvair Singh Khalsa, 2001
 53. Meditation As Medicine: Activate the Power of Your Natural Healing Force (Paperback) by Dharma Singh Khalsa, Simon & Schuster, 2002
 54. Meditation: classic and contemporary perspectives by Deane H. Shapiro, Roger N. Walsh, Aldine Transaction, 1984
 55. The Power of Yoga: Health, Exercise, Stress Relief & Relaxation, Mind & Spirit It by Vimla Lalvani, 2004
 56. Yoga for Wellness: Healing with the Timeless Teachings of Viniyoga by Gary Kraftsow
 57. The Science of Yoga. I. K. Taimini. (The Theosophical Publishing House. Adyar Chennai 2005)
 58. Anatomy of Hatha Yoga: A Manual for Students, Teachers, and Practitioners by H David Coulter
 59. The Philosophy, Psychology and Practice of yoga Swami Chidananda. (The Divine Life Society UP Himalayas
 60. Yoga for transformation: ancient teachings and practices for healing the body, mind, and heart by gary kraftsow
 61. Yoga for Hypertension and Heart Diseases Nagarathna R and Nagendra H R (Swami Vivekananda Yoga Prakasana, Bangalore, 2000)
 62. Yoga Daily Planner-Heart Care (The Yoga Institute, Santacruz (East) Mumbai)
 63. How to Reverse Heart Disease the Yogic Way -Research Fact and programme Cyclopedia (The Yoga Institute, Santacruz (East) Mumbai)
 64. ABC of complementary Medicine By Catherine Zollman 2000,
 65. Integrative Medicine By Benjamin Kligler & Roberta Lee.2004. The McGraw Hill

Companies.

66. The Scientific Basis of Integrative Medicine. By Leonard A. Wisneski & Lucy Anderson. 2005. The CRC Press. Boca Raton, FL, USA
67. Alternative advisor: the complete guide to natural therapies & alternative treatments.
68. Alternative health & medicine encyclopedia. Reference WB 890 M378a 1998
69. Alternative medicine- what works: A comprehensive, easy-to-read review of the scientific evidence
70. Complementary and alternative medicine: an evidence -based approach.
71. Integrating complementary medicine into health systems
72. Basics Of Clinical Nutrition, Joshi Y K
73. Jane Brody`S Nutrition Book, Brody,Jane E
74. Advanced Text Book On Food And Nutrition Volume 1, Swaminathan M
75. Advanced Text Book On Food And Nutrition Volume 2, Swaminathan M
76. A Manual Of Nutrition, Nin
77. Encyclopedia Of Fruits Vegetable, Joseph M
78. The Healing Powers Of Fruits And Vegetables, Jensen Bernard
79. A Textbook Of Foods, Nutrition And Dietetics, Raheena Begum
80. Food Science Chemistry And Experimental Foods Swaminathan,M
81. Foods That Heal, Bakhru H K
82. Food And Nutrition, Association Of Indian Universities
83. Nutritive Value Of Indian Foods, National Institution Of Nutrition
84. Clinical Dietetics And Nutrition, Antia,F.P
85. Complete Guide To Health And Nutrition, Null, Gary
86. Human Nutrition And Dietetics, Swaminathan M
87. Modern Nutrition In Health And Disease, Passmore R & Others
88. Nutrition And Diet Therapy Evidence Based Applications, Lutz
89. Carroll AndPrzytulski Karen
90. "Diabetes Meal Planning and Nutrition For Dummies" by Toby Smithson and AlanL Rubin
91. Nutrition: An Applied Approach" by Janet B Anderson and Emily Hoffman
92. "Nutrition Through the Life Cycle" by Carolyn Sharbaugh and Jamie Stang

93. Principles of Naturopathy Combining Old and New: Naturopathy for 21st Century by Robert S. Thiel Whitman Publications, 2001
94. Therapeutic Massage: A Scientific Approach. Turchaninov R. Aesculapius Books, 2000
95. The Massage Connection: Anatomy and Physiology (Lww Massage Therapy & Bodywork Series) (Hardcover), Kalyani Premkumar
96. Lippincott Williams & Wilkins; 2 Signed edition
97. Rational Hydrotherapy J H Kellog Indian Edition pub by NTN, Pune (2005)
98. Toxemia explained J H Tildon, Pub
99. Hydrotherapy Principles and Practice by Margaret Reid Campion
100. Technique of hydrotherapy and Swedish massage by George Knapp Abbott
101. Modern Hydrotherapy for the Massage Therapist by Marybetts Sinclair
102. Hydrotherapy in Practice by Bridget C. Davis and Ronald A Harrison
103. Naturopathy and Yoga by Parvesh Handa
104. Color Psychology and Color Therapy: A Factual Study of the Influence of Color on Human Life (Paperback) Faber Birren, Kessinger Publishing, 2006
105. Magnet Therapy (Hardcover) Joseph Kandel, David Sudderth, Prima Publishing, 1998
106. Clinical electrotherapy Your guide to optimal treatment. Jan M. Bjordal, Ph.D. PT, Mark I. Johnson, ML Physiol., Ph.D, Christian Coupe, PT, Prima Books, 2007.
107. Aromatherapy for Holistic Therapists Francesca Gould, Nelson Thornes., 2003
108. Scientific Explanations and Consciousness, BV Sreekantam: (NIAS Bangalore)
109. Braunwald's Heart Disease: A Textbook of Cardiovascular Medicine, Douglas P. Zipes, Peter Libby, Robert O. Bonow, Douglas L. Mann, Gordon F. Tomaselli, Eugene Braunwal
110. Manual of Cardiovascular Medicine, Steven P. Marso, Brian P. Griffin, Eric J. Topo
111. Braunwald's Heart Disease Review and Assessment E-Book, Leonard S. Lilly
112. Kern's Cardiac Catheterization Handbook, 7th Edition - South Asia Edition Paul Sorajja, Michael J Lim, MD, Morton J Kern
113. Clinical Examinations in Cardiology, Elsevier India, 2009
114. Clinical Cardiology: A Disease Specific Approach, Achyut Sarkar
115. Cardiology - An Illustrated Textbook (2 Volume Set), Barry London, Kanu Chatterjee, Donald Heistad, Richard E Kerber
116. Hypertension: A Clinician's Guide to Diagnosis and Treatment, Barry J. Sobel,

George L. Bakris

117. Cardiology: Clinical Methods, V Jacob Jose

118. Braunwald's Heart Disease: a Textbook of Cardiovascular Medicine, Douglas L. Mann, Douglas P. Zipes, Peter Libby, Robert O. Bonow

119. Clinical Arrhythmology and Electrophysiology E-Book: A Companion to Braunwald' Heart Disease *Companion to Braunwald's Heart Disease*