

Syllabus for Licensing Examination of Diploma in Naturopathy & Yogic Sciences 2025



Nepal Health Professional Council

Bansbari, Kathmandu

Table of Content

S.N.	Topic	Marks
1	Basic and Allied Sciences	40%
	A. Anatomy & Physiology	15
	B. Clinical Pathology	7
	C. General Medicine, Emergency Care and First Aid	10
	D. Preventive and Community Medicine	5
	E. Health care system, Health Management, Ethics and Jurisprudenc	3
2	Clinical Subjects Yoga and Naturopathy	60%
	A. Yoga (General & Therapeutic)	10
	B. Naturopathy (Philosophy & Clinical)	10
	C. Hydrotherapy and Spa Therapy	7
	D. Massage & Manipulative Therapies	5
	E. Acupuncture Acupressure and Reflexology	7
	F. Physiotherapy & Sports Medicine	7
	G. Nutrition, Dietetics & Fasting Therapy	7
H. Dravyaguna Vigyan (Herbology, Pharmacology and Pharmacognosy)	7	

1 Basic and Allied Sciences

A Anatomy & Physiology

Introduction of Anatomy & physiology, structure and function of the Skin and integumentary system, Skeletal system, Muscular system, Nervous system, Somatic and special senses, Endocrine system, Blood, Cardiovascular system, Lymphatic system and immunity, Digestive system, Respiratory system, Urinary system, Male reproductive system, Female reproductive system and Human Growth & Development.

B Clinical Pathology

Cell injury, Inflammation and repair, Etiologies & pathology of Hemodynamic disturbance (Edema), Diseases of Blood Vessels and Cardiovascular System (Arteriosclerosis and Atherosclerosis), Diseases of Respiratory System (COPD & ARDS), Gastro intestinal Diseases (Indigestion, vomiting, constipation, weight loss, nausea, bloating, heartburn, Ulcerative and inflammatory lesions of oral cavities, Gastritis, peptic ulcer, IBS), Endocrine Pathology (Hypothyroidism and hyper thyroidism, Diabetes mellitus), Musculo– skeletal pathology (Osteomyelitis, Osteoporosis, osteoarthritis, Rheumatoid Arthritis & Gout)

C General Medicine, Emergency Care and First Aid

Cardiovascular Conditions (Atherosclerosis & Hypertension), Respiratory Disorders (Asthma & COPD), Gastrointestinal Disorders (Gastritis, Peptic Ulcer, Constipation & Hemorrhoids), Endocrine System Disorders (Diabetes, Thyroid disorder), Hepatic disorder, Central Nervous System Disorders (Cerebro-vascular accident, Chronic disorders of CNS), Musculoskeletal Disorders (Arthritis, Back & Neck Pain), Dermatological Conditions (Skin inflammatory disorder, skin ulcer, pressure sore), Basic Medical Procedures (Administration of IM & IV medicines, Universal precaution & Infection control, Administration of oral and topical medicines), Emergency Treatments (Fractures, splints, immobilization), Basic First Aid

D Preventive and Community Medicine

Environmental Health (Environmental pollution, source, hazards and safety measures), Hospital waste management, Food hygiene & food Safety, Occupational health, Health Education, Demography, Basic Epidemiology, Common communicable diseases

E Health care system, Health Management, Ethics and Jurisprudenc

Concept of Health & Holistic Health, Principles of Health Care System, Health care system in Nepal, Fundamentals of Health Management, Naturopathy Yoga Centre, fitness and spa Management, Health related organization, National Health Policy and Health Programs, Health Issues and Professional, Practice, Medical Ethics & Jurisprudence

2 Clinical Subjects Yoga and Naturopathy

A Yoga (General & Therapeutic)

Branches of Yoga, Ashtanga Yoga, Kriyas, Asanas & Pranayamas, Meditation, Basis of Yogic Therapy, Physiological effects of Yogic practices, Yoga Therapy for common disorders - Cardiovascular disorders

(Hypertension, Arteriosclerosis), Musculoskeletal disorders (Cervical, Lumber pain & radiculopathy, Arthritis) Nervous system disorders, Mental &

Psychiatric disorders (Insomnia, Depression, Headache & Migraine, Sleep disorders, Anxiety Disorders, Peripheral Neuropathy, Gastrointestinal disorders (Acid Peptic Diseases, Irritable Bowel Syndrome, Constipation, Hemorrhoids), Respiratory disorders (Allergic Rhinitis, Sinusitis, COPD, Chronic Bronchitis, Asthma, Nasal polyps), Hormonal & Metabolic disorders (Diabetes mellitus, Thyroid Disorders, Obesity).

B Naturopathy (Philosophy & Clinical)

Fundamental principles, concepts & theories of Naturopathy, Naturopathy prospective of Health, Diseases and treatment approach, Diagnostic procedures

in Naturopathy, Natural Therapies, Life style medicine, Naturopathy treatments for Cardiovascular disorders (Hypertension & atherosclerotic), Respiratory Disorders disorders (Sinusitis, Nasal polyp, Allergic rhinitis, Deviated nasal septum, Asthma), Gastrointestinal Disorders (Gastritis, Reflux Esophagitis and Peptic Ulcer Diseases Constipation,

Piles, Colitis and Irritable Bowel Syndrome) Endocrine and Metabolic Disorders (Type 2 Diabetes Mellitus, Thyroid disorders Obesity), Disorders of Nervous System (Paralysis & Peripheral Neuropathies), Musculoskeletal Disorders(Osteoarthritis ,Rheumatic arthritis, Gout, Back and Neck Pain , Problems of ligaments , tendons, Fascia and muscles), Psychological Disorders(Anxiety, Depression & sleep disorder)

C Hydrotherapy and Spa Therapy

Physiological basis of Hydrotherapy, General rules & principles of hydrotherapy, Indication & contradiction of different Techniques of Hydrotherapy, Indication & Contra indication of Mud Therapy, Treatment Modalities in spas and their application.

D Massage & Manipulative Therapies

Techniques of massage, Massage movements & Therapeutic usage Precautions, Indications & Contra-indications of massages

E Acupuncture Acupressure and Reflexology

Basics & Principles of Acupuncture, Meridians & commonly used Acupuncture

Points, Identification, Collection, Processing& application of Moxa, Common Acupressure & Reflex points

F Physiotherapy & Sports Medicine

Indication & Contra-indication of Electrotherapy Modalities (EMS, Ultrasonic therapy, TENS, IFT, Wax therapy, Short Wave Diathermy, Microwave, Pack, compress, Moist heat, Traction Modalities), Exercise Therapy (Types of Exercises & Their effect) , Sports medicine(Types of sport injuries, their prevention, care, first aid, management of Sprain, Strain, Tendonitis, Dislocation, Bruises, Laceration, Dehydration

Hemorrhage and bleeding, Shock, Wounds, Fractures

G Nutrition, Dietetics & Fasting Therapy

Nutrient Contents and Recommended daily dietary Allowance (RDA) for different age groups, nutritional deficiency disorders, Dietetic principles in naturopathy, Nutritional care for overweight and underweight, febrile condition, Gastric and duodenal ulcer, diarrhoea, constipation, malabsorption syndrome, hemorrhoids, ulcerative colitis, liver disease, Gout, hypo and hyper thyroidism-Causes, Hyperension, Diabeties, Chronic Kidney diseases, Types of fasting & Precautionary measures

H Dravyaguna Vigyan (Herbology, Pharmacology and Pharmacognosy)

Dravya (Properties, Actions and Effects of Drugs), Essential Drugs, Herbology (indications & doses of common medicinal plants)