



RABBI ZIDNI 'ILMA
YENEPOYA
(Deemed to be University)
Mangalore, India



Complementary Medicine Study Tour

*Designed for students in Medicine, Dentistry, Nursing,
Physiotherapy, Public Health, Health Sciences and
other Healthcare Fields*

(1 week duration)

Programme Outcome

By the end of the visit, students will be able to:

- Understand the fundamental principles and practices of Naturopathy, Yoga, Ayurveda, and Homeopathy
- Appreciate the role of complementary medicine in promoting holistic health and well-being
- Gain firsthand knowledge of how complementary therapies are delivered in rural community settings
- Build connections and network with local students and healthcare practitioners

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Naturopathy

- Visit to the Naturopathy Hospital
- Demonstration of naturopathic diagnostic techniques
- Training sessions on Reflexology and Acupressure
- Demonstration of various hydrotherapy treatments
- Hands-on experience with naturopathy diagnostic methods



Yoga

- Introduction to basic yoga practices, including loosening exercises and Surya Namaskara
- Practice of different yoga asanas (postures)
- Discussion on the clinical benefits of yoga for health
- Guided pranayama (breathing) session
- Relaxation techniques including meditation and stress relief exercises



Ayurveda

- Visit to the Ayurveda Hospital
- Assessment of individual body constitution (Prakriti)
- Tour of the Ayurvedic herbal garden
- Demonstration of Ayurvedic medicine preparation using metals, minerals, and herbs
- Demonstration of Ayurvedic detoxification procedures (Panchakarma)
- Visit to an Ayurvedic community clinic



Homeopathy

- Visit to the Homeopathy Hospital
- Overview of patient management in homeopathy
- Demonstration of homeopathic drug preparation and potentization process
- Clinical application of Materia Medica: remedy differentiation
- Demonstration of repertory use and digital tools in homeopathy
- Visit to a homeopathic community clinic

Ayurveda is an ancient system of medicine originating in India that emphasizes harmony between the mind, body, and spirit. Rooted in the belief that each individual is unique, it advocates for personalized treatment and lifestyle practices. At its core, Ayurveda seeks to maintain balance among the three fundamental bio-energies or doshas: Vata (air and space), Pitta (fire and water), and Kapha (earth and water).

Practitioners employ traditional diagnostic tools such as pulse reading, tongue examination, and constitutional assessment to understand an individual's health profile. With a strong focus on preventive care, Ayurveda provides natural, holistic solutions for managing wellness and chronic conditions. Its individualized approach and time-tested methods make it increasingly relevant as part of modern complementary and integrative healthcare worldwide.



About *Ayurveda*



About *Yoga*

Yoga is an ancient Indian discipline that unites the body, mind, and spirit through a blend of physical postures (asanas), controlled breathing (pranayama), meditation, and philosophical teachings. The term "yoga" comes from the Sanskrit root yuj, meaning "to unite," symbolizing its goal of creating harmony within oneself and with the universe.

Yoga practices range from gentle stretches to advanced poses that enhance strength, flexibility, balance, and body awareness. Breath control techniques help regulate the nervous system, reduce stress, and promote mental clarity, while meditation fosters inner peace and mindfulness.

Yoga includes various paths such as Karma Yoga, Bhakti Yoga, Jnana Yoga, Raja Yoga, Kundalini Yoga, and Tantra. Pranayama is central to all paths, especially Hatha Yoga, which also integrates mudras and kundalini-related practices. Beyond physical fitness, yoga is a profound spiritual discipline aimed at cultivating awareness, intention, and holistic well-being.

Naturopathy is a comprehensive system of traditional and complementary medicine, recognized by the World Health Organization and practiced in over 80 countries. It integrates age-old healing traditions with evidence-based clinical science, grounded in the belief that the body has an innate capacity to heal itself.

Guided by six core principles—such as First, do no harm and Treat the whole person—naturopathic medicine emphasizes holistic care, natural therapies, and preventive strategies. Modern research supports its effectiveness in managing conditions like cardiovascular disease, musculoskeletal pain, type 2 diabetes, PCOS, depression, and chronic illnesses.

With around 80% of the global population using herbal remedies in their primary care, naturopathy reflects the growing demand for plant-based, non-invasive treatments that promote long-term health and vitality.



About *Naturopathy*



About *Homeopathy*

Homeopathy is a holistic system of medicine that treats illness using highly diluted natural substances, based on the Law of Similars—the idea that "like cures like." Developed over 200 years ago, classical homeopathy involves a detailed case-taking process, in-depth constitutional analysis, and remedy selection tailored to the individual's unique physical, emotional, and mental symptoms.

Homeopathic remedies are prepared through a process of serial dilution and succussion (vigorous shaking), with the belief that this enhances their therapeutic potential while minimizing side effects. Treatment focuses on stimulating the body's self-healing ability, rather than merely suppressing symptoms.

Homeopathy is used worldwide to address a broad spectrum of conditions—from acute ailments to chronic diseases—and is particularly valued by healthcare professionals seeking to expand their therapeutic toolkit with safe, non-toxic interventions that support whole-person healing.

About the University:

Yenepoya (Deemed to be University) is located in the coastal town of Mangalore in the southern state of Karnataka, India. The University is recognized by the University Grants Commission of India and accredited by the National Accreditation and Assessment Council with an A+ grade. Also, the university has consistently appeared among top the 100 institutions in the National Institutional Ranking Framework carried out by the Government of India. Also, the University is a member of the Association of Indian Universities. The University offers over 130 programs across 12 disciplines. Over 17000 students are currently enrolled in the University. Our constituent units are recognized by respective regulatory bodies like Dental Council of India, National Medical Commission, Indian Nursing Council, Central Council of Indian Medicine, Central Council of Homeopathy, Pharmacy Council of India, and All Indian Council for Technical Education. The University has collaborations with over 30 overseas institutions and organizations.



Our constituent units:

- Yenepoya Dental College
- Yenepoya Medical College
- Yenepoya Nursing College
- Yenepoya Physiotherapy College
- Yenepoya Pharmacy College and Research Center
- Yenepoya Institute of Arts, Science, Commerce and Management
- Yenepoya Ayurveda Medical College & Hospital
- Yenepoya Homoeopathy Medical College & Hospital
- Yenepoya Naturopathy and Yogic Science College & Hospital
- Yenepoya School of Allied Health Sciences
- Yenepoya School of Engineering and Technology

Patient care at Yenepoya DU

The University has established accredited teaching hospitals, clinics, and community centers that serve over 2500 patients per day. In addition, state-of-the-art facilities have been established for cancer treatment under the Tata Trust-sponsored Zulekha Yenepoya Institute of Oncology.

Community engagement at Yenepoya DU

The university has established the Rural Healthcare Development Center to run 50 primary health centers in the local villages. Also, the University has established 100 National Social Service units and 10 Youth Red Cross units to facilitate student engagement at the community level. Our outreach efforts have been recognized through various national and international awards. The majors are listed below:

-  **Best NSS University 2021**
Karnataka State National Service & Scheme Cell
-  **Dr. Kedar N. Rustagi Award 2022**
International College of Dentists
-  **Community Service 2023 Group Award**
Indian Academy of Oral Medicine and Radiology
-  **First Place in Inter Dental Collegiate Sweetness Revolution 2023**
World Dental Development Fund
-  **IAB Blind Empowerment Champions 2023**
Indian Association for the Blind
-  **Best Performing Youth Red Cross Unit 2023**
International Red Cross Society
-  **First Place in Youth Red Cross Internship Program 2023**
Indian Red Cross Society
-  **International Best Dental Institute Award 2025**
Pierre Fauchard Academy, USA

Program customization:

Will be considered on request

Travel and Accommodation:

- The programme fees include hostel accommodation on sharing basis and all meals.
- Mangalore International Airport (IXE) is just 20 km away from the campus. Pickup and drop will be arranged.
- University representative will coordinate the entire visit from the time of arrival at Mangalore Airport till departure.

Course fee:

Approximately 200 USD per visitor