

# Participant Handbook

Sector  
**Beauty & Wellness**

Sub-Sector  
**Alternate Therapy & Rejuvenation**

Occupation  
**Neurotherapy Services**

Reference ID:  
**BWS/Q2302, Version 3.0 NSQF Level 4**



**Senior Wellness  
Neurotherapist**

## Published by

Beauty & Wellness Sector Skill Council  
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This book is sponsored by Beauty & Wellness Sector Skill Council

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**Shri Narendra Modi**  
Prime Minister of India

“ Skilling is building a better India.  
If we have to move India towards  
development then Skill Development  
should be our mission. ”



## Certificate

### CURRICULUM COMPLIANCE TO QUALIFICATION PACK – NATIONAL OCCUPATIONAL STANDARDS

is hereby issued by the

**BEAUTY & WELLNESS SECTOR SKILL COUNCIL**

for the

### PARTICIPANT HANDBOOK

Complying to National Occupational Standards of

Job Role/ Qualification Pack: Wellness Neurotherapist QP No. BWS/Q2301\_v2.0, NSQF Level-3

Date of Issuance: 31st Aug' 2021

Valid up to: 08th April' 2024

\* Valid up to the next review date of the Qualification Pack

Chairperson  
(Beauty & Wellness Sector Skill Council)

## Acknowledgement

Beauty & Wellness Sector Skill Council (B&WSSC) would like to express their gratitude to all the individuals and organizations who have contributed in the preparation of this Participant's Handbook. Special thanks are extended to those who have collaborated in the preparation of the different modules. The preparation of this handbook would not have been possible without the support from the Neurotherapy experts of the wellness industry. The industry feedback has been extremely encouraging from inception to conclusion & it is with their inputs that we have tried to bridge the skill gaps existing today in the industry. We would also like to acknowledge the founder and pioneer of Neurotherapy, Dr Lajpatrai Mehra for his contributions and research in this rejuvenating healing technique.

We would specially like to thank Acharya Ram Gopal Dixit, Aarogya Peeth and Nirogalaya Institute of Wellness Research & Training (NIWRT) who were instrumental in giving the inputs for this handbook. This participant handbook is dedicated to all the aspiring youth who desire to achieve and acquire the skill of neurotherapy, which would be a lifelong asset for their future endeavours and help them make a successful career in the Wellness Sector.

## About This book

Neurotherapy is an alternative way of healing. It does not require any chemicals or medicines from outside, because human body has the capacity to heal itself by producing the requisite hormones and chemicals. In this treatment, pressure is applied on different parts of the body at different angles for specific period of time which rejuvenate and detoxify the body. It relaxes body and mind, and is an effective technique which provides physical and mental wellbeing by restoring the glands to their optimal level of functioning. The therapy focuses at the cause not at the symptoms of the disease.

Neurotherapy services comes under the sub-sector of Alternate Therapy & Rejuvenation. Beauty and Wellness industry in India is growing at a CAGR of 18.64 % and is likely to reach the 100,000 crore mark soon. The sector is thriving on the increasing section of affluent and middle-class population that has started considering beauty and wellness as a necessity. Increased emphasis on a holistic wellbeing with people's desire to look good and young are other motivators for the beauty and wellness industry.

This Participant Handbook is designed to enable theoretical and practical training to become a Wellness Neurotherapist. The Qualification Pack of a Wellness Neurotherapist includes the following National Occupational Standards which have all been covered in this Trainee Manual:

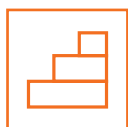
1. Prepare and maintain work area for neurotherapy procedure
2. Carry out neurotherapy procedure as per recommenda on
3. Use basic health and safety prac ces in neurotherapy workplace
4. Assess clients needs and recommend appropriate neurotherapy procedures for increased comfort and enhanced fitness
5. Mentor or coach subordinate neurotherapists to improve work performance
6. Employability Skills

We would also like to acknowledge the efforts put in by the B&WSSC team, master trainer, consultants and our Industry Partners who give their valuable inputs in making this Participant Handbook.

## Symbols Used



Key Learning  
Outcomes



Steps



Time



Tips




Notes



Unit  
Objectives

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# 1. Introduction

Unit 1.1 - Introduction to Neurotherapy

Unit 1.2 - Neurotherapy Treatments

Unit 1.3 - Job role of a Senior Wellness Neurotherapist

Unit 1.4 - Setting-up and Maintaining a Neurotherapy Center



**(BWS/N2301)**

## Key Learning Outcomes

**At the end of this unit, participant will be able to:**

1. Explain the meaning of Neurotherapy
2. Explain major benefits of doing Neurotherapy
3. Describe the history & evolution of Neurotherapy
4. Explain common treatments of Neurotherapy
5. Define job role & responsibilities of a Senior Wellness Neurotherapist
6. Describe the requirements of a Neuropathy Center setup

## UNIT1.1:Introduction To Neurotherapy

### Unit Objectives

At the end of this unit, participant will be able to:

1. Explain the meaning of Neurotherapy
2. Describe history & evolution of Neurotherapy
3. Describe methodology of Neurotherapy
4. Describe major benefits of Neurotherapy

### 1.1.1 What Is Neurotherapy?

Neurotherapy is an Indian Traditional Wellness technique based on naval setting. It is a pressure therapy in which pressure is given on different parts of the body at different angles for specific period of time which rejuvenate and detoxify the body. The therapy includes therapeutic massage for body rejuvenation and detoxification. It relaxes the body and mind. It also maintains the homeostasis level of the body by balancing acid and alkaline level in the body. It is a very effective technique which provide physical and mental wellbeing as it alleviate physical and mental stress.



Fig. 1.1.1. Neurotherapy Treatment

### 1.1.2 History And Evolution Of Neurotherapy

Since Vedic time there have been number of experiments successfully done to keep our body fit & healthy. A healthy body depends on several factor but the most important is our daily routine.

In India our Rishis & Munis believe that naval is the center of our body. They emphasis to keep the naval system in balance which control the body keeping it fit where as on the contrary unbalanced naval bring many deficiencies in the body.

To keep the naval in balance is an Ancient technique. Our Rishi Munis gave their knowledge to the people by practicing Natural care and Yoga. They experienced by just setting the naval the whole body functions work properly and a person fell healthy.

In India there are numbers of technique used to set the naval and neurotherapy is one of them.



Fig. 1.1.2. Neurotherapy Treatment

### 1.1.3 Methodology

The method comprises of the client lying on a thin mattress or on some other similar soft comfortable area where the trained therapist then applies pressure and massages the relevant areas using either his/her hands and feet with the help of supporting stands.

The duration and number of times the pressure is applied is fixed and sometimes also depends on the tenderness and softness of the body part.



Fig. 1.1.3. Methodology of Neurotherapy

### 1.1.4 Benefits Of Neurotherapy

Following are some of the benefits of Neurotherapy -

- 1- Sets the naval, which make client feel lighter
- 2- Provides rejuvenation
- 3- Detoxifies the body
- 4- Gives relief in body pain/body ache
- 5- Increases energy level.
- 6- Controls/reduces obesity
- 7- Increases alertness and wellness
- 8- Prevents pigmentation and dark circles
- 9- Prevents Wrinkles on face
- 10- Increases flexibility in the body
- 11- Gives peace to mind
- 12- Relaxes body and mind
- 13- Removes stiffness
- 14- Bring grace and glow on face

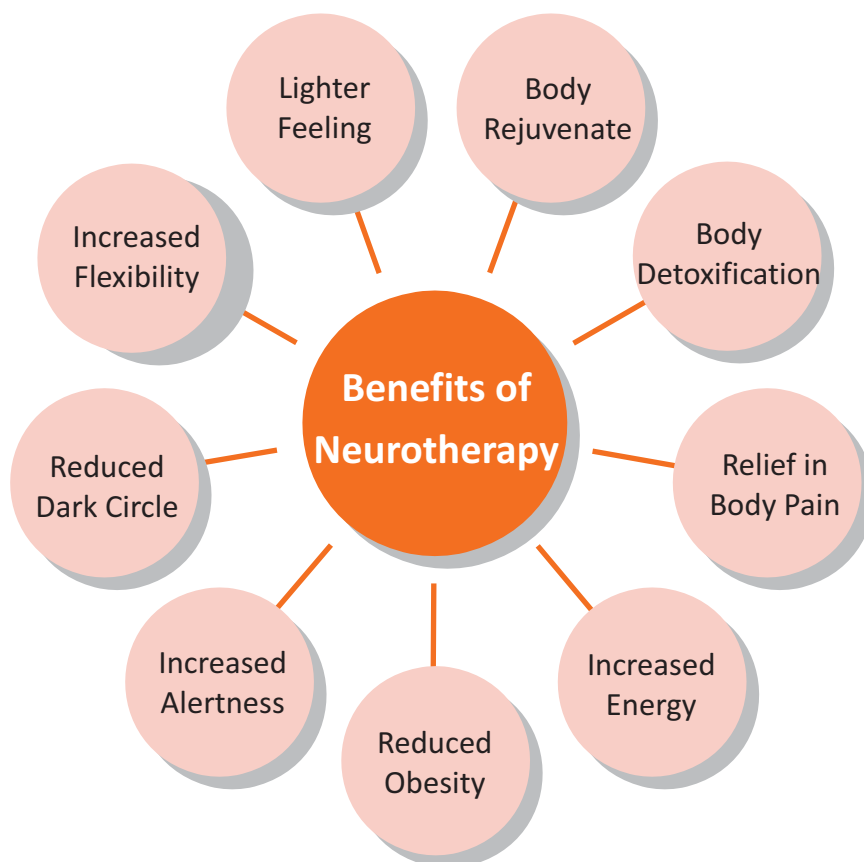


Fig. 1.1.4. Benefits of Neurotherapy

Notes



A large rectangular area with a thin orange border, containing 25 horizontal lines for writing notes.

## UNIT 1.2: Neurotherapy Treatments

### Unit Objectives

**At the end of this unit, participant will be able to:**

1. Describe the common Neurotherapy treatments
2. Explain the composition of Neurotherapy treatments
3. Describe the Wellness Neurotherapy Formulas

### 1.2.1 Common Neurotherapy Treatments

There are many Neurotherapy Treatments, which are made of combination of various Neurotherapy procedures :

Rejuvenation treatment: (20)TF, NAN , Both Vitamin Formation , Spine c/w , OC , NG, RELAX

Detoxification Treatment: Kidney Clear , P. Evacuate + Basic

Relaxation Treatment: Spine c/w , Basic , Both vitamin Formation , New Parkhoo , New Bottom of feet

Happy Ending Treatment: Basic , All Body Ghisai , EP1 , Feather touch

Body Balancing Treatment: Acid Treatment Or Alkaline treatment + Basic x 3 times

Digestion Improving Treatment: Old UDF

Metabolism Booster Treatment: Metabolic + Basic

Panch Tatva Treatment: UDF ,Oxygen trt , M Evacuate , NAN (Decide Oxygen & Evacuate according to client's health)

Panch Kosha Treatment: I. UDF

II. Oxygen

III. (8) CNS (6) CNS (20) CNS (30) CNS x 2

IV. Antarmukhikriya

Mind Balancing Treatment: I. (20) TF (6) NNS , NC , Spine c/w

II. Serotonin , M Evacuate , Antarmukhikriya

Adhi Vyadhi Mukti Treatment: (20) TF , Immunity Treatment , Re-vital Treatment , Multi Evacuate Treatment



Fig. 1.2.1. Step of N4 Treatment



Adhi Vyadhi Mukti Treatment: (20) TF , Immunity Treatment , Re-vital Treatment , Multi Evacuate Treatment

Sanjeevani Treatment: Basic , Oxygen , Re-vital Treatment

Tan Sundar Treatment: UDF , Large Folic Black , Acid or alkaline treatment

Mann Sundar Treatment: N4 N6 treatment , M Evacuate , Antarmukhikriya

Vighnesh Treatment: UDF , Viral treatment , Re-vital Treatment

VaatMukti Treatment: (20)TF (6) NNS , UDF , G.L treatment , J.Evacuate

Hair Loss Treatment: Acid Treatment , Thyroid , LTPT

Immunity Booster Treatment: UDF , Immunity Treatment , Re-vital Treatment

Distress Treatment: Acid Treatment , M Evacuate , DCC



Fig. 1.2.2. Step of N6

Antiscars Treatment: Full Rt ovary treatment

Revital Treatment: UDF , Immunity Treatment , Re-vital Treatment

Anti Fatigue Treatment : Large Folic Black , Re-vital Treatment

Weight loss Treatment: Full liver, Inflammation treatment , New Planet acid , New Planet alkaline

Glow Treatment: UDF , Large Folic Black , Kidney Clear , Antarmukhikriya

Madhuri Chaal Treatment: Full Liver , New Planet Acid , Genetic treatment

Jheel si Aankhein Treatment: UDF , Large Folic Black , M Evacuate , SINSP, Face c/w

Kali Ghata Treatment: Acid Treatment , Thyroid , LTPT

Chitt Shudhi Treatment: (20) TF, Acid treatment , M Heparin / Full liver, M Evacuate , Both Vitamin Formation , Antarmukhikriya

Anti-Wrinkle Treatment: (20) TF (2) N4 (2) N5 (2) N6 (2) N7 x2 (30) CNS (4) N5 (4) N6 (6) OV1 (8) TH G Ch1

Younger Looking Treatment: (20) TF

(3) N6 (3) Lk1

VIRAL TREATMENT

BLACK TREATMENT

Refer to Annexure 1: **Neurotherapy Points** ([Click here to access the Annexure](#))



## 1.2.2 Wellness Neurotherapy Formulas

S. No.	Treatment Name	Formulas
1	NEW EVACUATE TREATMENT	(10)N3 (3)N4 (12) N6 (12)CH1
2	CALCIUM TREATMENT	(6)N1 (6)N2 (10)N3 (3)N4 (12)N6 (4)RTPT (9)RK1 (9)LK1 (4)CH1 - OC
3	VITAMIN TREATMENT	(10)CNS (3)N1 (3)N2 (10)N3 (15)CNS (8)RTHP (8)N3 (3)N4 (9)N6 (8) LTHP(6)ADRC – OC
4	DIGESTIVE TREATMENT	(15)CNS x 2 (10)CNS x 2 N1 N2,RTHP LTHP
5	ACID TREATMENT	(10)N3 (3)N4 (3)N5 (9)LK1 (3)LK2 (8)CH1 (3)LK2 (9)ADRC (2)S45
6	ALKALINE TREATMENT	(10)N3 (3)N4 (12)N6 (9)RK1 RK2 (4)CH1
7	KIDNEY TREATMENT	(10) N3 x 3 trt (10)N3 (3)N4 (12)N6 (4) CH1 (6)LUSH P (10)N3 (9)RK1 (9)LK1 (8)CH1 + OC, (2)S45
8	TOXINS REMOVE TREATMENT	(15) CNS x 2 (10) N3 (6) N1 (6) N2 (8) RTHP (5) N4 (12) N6 (8) LTHP + OC (6)ADRC
9	BODY BALANCING TREATMENT	(15) CNS x 2 10) N3 (3) N4 (3) N5 (9) N6 (9) N7 (3) OV1 (3) OV2 (9) RK1 (9) LK1 + LK2 (8) RTHP + LTHP (BOTH)
10	RELAX TREATMENT	(12) CNS x 3trt (8) CNS x 3trt NC New parkhoo OC (20)round arrow NG EP1
11	METABOLLIC TREATMENT	(15) CNS x 2 (4) THRD G(10)N3 x 3 N4 : N5 : N6 : N7 OC (4) THRD G (6)ADRC
12	PRAN URJA TREATMENT	SINSP Organ sacral clearance (20) SPN1 (20)beside the spine (20)round arrow (6)BA1 (3)HA1 Sacral clearance ,spine c/w (4)VOCAL G (6) LUSH P (10)STRETCH (15) CNS x 3trt NG
13	FULL ACID TREATMENT	1.)NC 2.)RELAX 3.)8) CNS x 3 trt 4.)(20) TF (6)NNS x 2 5.)Fast Treatment - N1, N2, N4,N5,N6,N7,OV1,OV2, OV3 ,RK1, LK1,LK2, RK2 x 2

14	FULL ALKALINE TREATMENT	1.)NC 2.)RELAX 3.)(8)CNS x 3 4.)(20) TF (6)NNS x 2 5.)* (2)N4 (3) N6 x 2 * (1)N4 (2)N6 x 3 * (3)N4 (4) N6 (4)N1 (4)N2 {fast} * (8)N3 (1)N5 (2)N4 (2)N7 (3)N6 (3)OV2 (3)OV1, LK2 , RK2 , spine c/w OC , NG, RELAX
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Refer to Annexure 1: **Neurotherapy Points** ([Click here to access the Annexure](#))

#### List of Abbreviations

Point	N1	N2	N3	N4	N5	N6	N7
Denoted as	GAS ONLY	GAS I	PAN	GAL	SPL	LIV	MU
Point	OV1	OV2	OV3	STOOL	LOOS	RK	LK
Denoted as	RT.OV	LT.OV	WD	CONST	DYS	LIV0	MU0

## UNIT 1.3: Job Role of Senior Wellness Neurotherapist

### Unit Objectives

At the end of this unit, participant will be able to:

1. Define job role of a Senior Wellness Neurotherapist
2. Explain responsibilities of a Senior Wellness Neurotherapist
3. Establish expectations from a Wellness Neurotherapist

### 1.3.1 Job Role of Senior Wellness Neurotherapist

Following are the Job role of a Wellness Neurotherapist -

- 1- Enrolling new Clients.
- 2- Taking care of all organisational documentation, like - filling in Initial form for client, filling in progress report and creating incidence report.
- 3- Ensure all safety aspect while doing neurotherapy treatment.
- 4- Take appropriate actions as per organisation during any emergency.
- 5- Using appropriate personal protective equipment and/or work attire prior to carrying out the work in line with relevant occupational health & safety guidelines.
- 6- Assessing potential risks related to work and implement relevant safety measures wherever applicable.
- 7- Obtaining tools, equipment and materials required for the procedures specified in adequate quantity and designated containers Tools & equipment: Like - weighing scale, height measuring instrument, procedure support stands, etc.
- 8- Confirming that the selected tools and equipment are in working order and safe to handle.
- 9- All the other assigned roles by organisation or superior.



Fig. 1.3.1. Neurotherapy treatment by a Neurotherapist

### 1.3.2 Responsibilities Of A Wellness Neurotherapist

Following are the responsibilities of a Senior Wellness Neurotherapist

- 1- To ensure the appropriate environmental conditions for procedures at the site based on the following parameters: neat & tidy; good ventilation; appropriate room temperature; adequately light; etc.
- 2- To ensure that the environment is suitable for procedures of different types of clients including age, sex and purpose.
- 3- To check that the bed is set with comfortable mattress, pillows and clean linen.
- 4- To ensure the stands for support are stable, rightly positioned as per space and support requirements.
- 5- To change bed linen if soiled and after every procedure as per organisational standards.
- 6- To ensure clean towels and sanitizers are available for use as appropriate and positioned conveniently for use by customer and the therapist.
- 7- To rearrange the beds, pillows and stands as per standard requirements post the procedure.
- 8- To leave the work area in a safe condition after completing work.
- 9- To exercise safe working practices while dealing with tools and accessories.
- 10- To follow relevant electrical safety practices whenever required.
- 11- To return all tools, materials and equipment in appropriate storage location.
- 12- To collect used materials such as foot covers, towels, work clothes, etc. and deposit in the appropriate location for laundry service.
- 13- To report any work related problems or issues to appropriate personnel in line with relevant regulatory and safety requirements



*Fig. 1.3.2. Neurotherapy treatment by a Neurotherapist*