DATE: 27.05.2012  
Time: 3 Hours  
Max. Marks: 100

I. Answer ANY FOUR of the following:  
   4 x 10 = 40 Marks
   a. Explain Hypertension and Coronary Artery Disease and its Yogic Management.
   b. Explain Gastritis and Irritable Bowel Syndrome and its Yogic Management.
   c. Explain Arthritis and its Yogic Management
   d. Explain Back Pain and its Yogic Management.
   e. Explain Obesity and its Yogic Management.

II. Write Short Notes:  
    5 x 6 = 30 Marks
    a. Anxiety
    b. Depression.
    c. Risk factors of obesity
    d. Auto immnunity.
    e. Cervical Spondylosis

III. Write Short Notes  
     6 x 5 = 30 Marks
     a. Explain the role of Kriyas in asthma
     b. Nasal allergy.
     c. Role of Kriyas in IBS and Gastritis
     d. Headache
     e. Sukshma Vyayama
     f. Special techniques for Acute Back pain.