

**SWAMI VIVEKANANDA YOGA ANUSANDHANA SAMSTHANA
(S-VYASA)**

(declared as Deemed-to-be University under Section 3 of the UGC Act, 1956)

FINAL EXAMINATION

PGDYT T 104 Common Ailments

Date : 27-May-2011

Time : 3Hr

Max Marks: 100

Note: 2 Marks for Neatness

I. Answer the following questions.

10X4 = 40

1. Explain Diabetes Mellitus and its yogic Management.
2. Explain Coronary artery disease and its yogic Management.
3. Explain Back Pain and its yogic Management.
4. Explain Arthritis and its yogic Management.

II. Short notes [Answer Any six]

06X5 = 30

1. Hypertension
2. Anxiety
3. PCOS
4. Parkinson
5. Asanas
6. Pranayama
7. Role of kriyas in Asthma

III. Short notes [Answer Any five]

05X5 = 25

1. Role of Sukshma Vyayama in Rheumatoid Arthritis
2. Role of Pranayama in Nosal allergy
3. What asanas do you give for scanty periods
4. Headache
5. Pregnancy
6. Gastritis
7. IBS

IV. Fill in the blanks [Answer All]

03X1 = 03

1. ----- is the kriya useful in Asthma
2. ----- is the kriya useful in gastritis
3. Nadisudhi is the ----- pranayama

***** Wish You All the Best *****