

SWAMI VIVEKĀNANDA YOGA ANUSANDHĀNA SAMSTHĀNA

स्वामी - विवेकानन्द - योगानुसन्धान - संस्थानम्

A University, established under Section 3 of the UGC Act, 1956
(Eknath Bhavan, # 19, Gavipuram Circle, Kempegowda Nagar, Bangalore 560 019, India)

Phd / MDY T 301 MIND-BODY MEDICINE

Date:- 03.12.2011

3 Hours

Max Marks: 100

I. GENERAL: All Compulsory (about 1 hour for this question) (40 pts max)

Please take 3-4 minutes to answer *each* of the following questions (3 pts each)

1. Explain what *distinguishes* Mind-Body Medicine (MBM) from other fields of medicine.
2. How does the well accepted field of psychosomatic medicine relate to MBM?
Why is it an accepted part of medicine whereas Mind-Body Medicine is not?
3. How do other medical fields such as psychology, neurology etc. relate to MBM?
4. Which best researched medical phenomenon is, par excellence, part of MBM?
Why? What does it tell us about mind and body?
5. Is the phenomenon of spontaneous remission of cancer related to Mind-Body Medicine?
If not, why not? If so how? What can it tell us about the Genetic paradigm?
6. Why is Mind-Body Medicine not universally recognized as a Medical Discipline?
7. How might the field of Mind-Body Medicine be unified?
8. How can its different areas be classified?
9. Briefly describe each of any 10 disciplines within Mind-Body Medicine (10 points)
10. To which areas do these disciplines/interventions belong? (6 points)
11. How could Mind-Body Medicine be given a scientific basis?
12. How does the principle of regulation make some Mind-Body Interventions so powerful?

II . NOTES QUESTIONS

Provide Brief Notes to the Following Topics

1. Decoding Ayurveda – Tridosha / Tridhatu
2. Critical Regulation, Fractal Physiology and Heart Rate Variability
3. How to create a new Medical Paradigm that includes Mind-Body Medicine
4. The origins of Mind-Body Medicine

III. MULTIPLE CHOICE QUESTIONS (Please do as many as possible) (30 pts max)

A. Yes/No Questions – Correct answer +1,

Give immediate answers to the following questions – **DO NOT GUESS**

(Do not spend time thinking about these, only give an answer if you know which is correct)

- | | |
|--|----------|
| 1. Harvard University Medical School helped found Mind-Body Medicine | Yes / No |
| 2. The first research on meditation was on Transcendental Meditation in 1963 | Yes / No |
| 3. The first scientific paper on Yoga was published by Nagendra in 1985 | Yes / No |
| 4. Integrative medicine and Mind-Body Medicine are the same thing | Yes / No |
| 5. Mind-Body Medicine can be understood in terms of a hierarchical System of regulation. | Yes / No |
| 6. Ayurveda has its own system of Mind-Body Medicine | Yes / No |
| 7. The Subdoshas of Tridosha in Ayurveda regulate cellular subsystems | Yes / No |
| 8. A paper on Ayurveda has appeared in the Proceedings of the National Academy of Sciences, arguably the world's leading scientific journal. | Yes / No |
| 9. The Epigenome is responsible for regulating genome expression | Yes / No |
| 10. The concept of 'Edge of Chaos' originated in the work of Stuart Kauffman | Yes / No |

C. Choose one answer from each of the five possibilities for 10 of the following questions.

1. Does Ayurveda's concept of *Pragya aparadha* connect to Mind-Body Medicine
Completely Strongly Partly Weakly Not at all
2. Ayurveda's tridosha regulate Breathing – The Mind – Sleep – Systems Functions - Ageing
3. Ayurvedic Vatavyadhis are diseases of Mind – Digestion – Nerves –Urinary tract – Body
4. For MBM, Psychosomatic aspects of illness are Central – Peripheral – Important – Irrelevant
5. Chi in Chinese medicine corresponds to Nadis – Hridaya – Sadhaka Pitta – Samana – Prana
6. Toxic Emotions poison the Nervous system – GIT – Nadis – Heart – Marmas
7. The Life force corresponds to Energy – Prana – Epinephrine – Cortisol – Sattva
8. Consciousness can be understood as Knowledge – Knower – Known – Unity between them
9. The 'Edge of Chaos' is an important concept in:
Control Theory – Psychiatry – Mind – Regulation – Information Theory
10. Complexity Biology concerns Complex Systems – Complex Organisms – Complex Stimuli – Complex Nervous systems – Complex Reactions
11. Hans Selye's work concerned Mind-Body – Trauma – Health – Stress – Symptomatology
12. Claude Bernard's pathophysiology relates closely to
Dosha Imbalances - Suffering – Dying – Recovery – Dosha Prakriti
13. The Ayurvedic Doshas and subdoshas tell us about the history of
Vision – Pranic energy – Sexuality – Regulation – Systems theory
14. Mind-Body Interventions may be classified using
Gunas – Bhutas – Koshas – Doshas – Tanmatras
15. Mind-Body interventions are more powerful if their primary concern is
Mind – Body – Spirit – God – Life Force
16. The next medical paradigm should include theories of
The Paranormal – Spirituality – Stress Release – Gene Regulation – Liberation
17. Powerful forms of Mind-Body Medicine involve
Manipulation – Meditation – Medication – Masturbation – Mortification
18. Which of the following is not part of Mind-Body Medicine:
Auditing – Feldenkreis – Neurology – Alexander Technique – Hatha Yoga

19. Which of the following are not included in Mind-Body Medicine
Gene Therapy – Dance Therapy – Aromatherapy – Psychotherapy – Music Therapy
20. Which of the following does not form triplets
Dosha/Dhatus – Gunas – Bhutas – Subdoshas – DNA

IV. ESSAY QUESTION (40 pts max) Please take at least one hour or more

Choose one of the following three questions and write a short, well constructed essay of up to 800 to 1,000 words. Use bullet points if and where necessary to save time.

1. Explain why regulation is the key principle by which Mind-Body Medical might be united with main-stream medical science, and how a good theory might possibly be developed integrating both fields.
2. Explain the different aspects of the Integrated Approach to Yoga Therapy (IAYT) in terms of Mind-Body Medicine, and use the concept of *Ashtanga Yoga* (and any others you choose) to show how the unity between yoga disciplines reflects a unity in Mind-Body Medicine. How does Yoga promote a state of perfect health, and carry the patient beyond the possibility of pathology?

OR

3. Consider which broad topic within the course you most enjoyed learning about, and explain what you understand to be its key points and why they may have increased your understanding of medical science as a whole and mind-body medicine in particular. Be specific and give / refer to examples wherever possible.

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MDY T 102 Vedas, Upanishad & Darshanas

Date: 06.12.2011

Time:10.00 - 01.00pm

Marks:100

(Five marks for neatness of the paper)

- Q 1.** a) Compare and contrast Shat Darshanas **6 Marks**
b) Is Sankhya of shat Darshanas same as that in Gita ? Describe **2 Marks**
- Q: 2** a) How many are the Vedas? Their meaning and antiquity? **2 Marks**
b) What are the differences between Jnana Kaīda and Karma Kāīnda? **3 Marks**
c) What is the relevance of Vedas to our lives in this high Tech Era? **5 Marks**
- Q: 3** a) What are Upanisads? How many? Name the ten major Upanisads. **4 Marks**
b) What is Yoga and its connection to Upanisads ? **2 Marks**
c) What are the two main conclusions of Upanisads? **1 Marks**
- Q: 4** a) What is Ātma Parikṣā? Describe Panca Kosa Viveka and compare the results with those of modern science? **10 Marks**
Or
4.b) Where has modern science reached in search for Reality?
Describe the dimensions of Reality in Panca Kosa Viveka.
- Q: 5** Describe Happiness analysis as described in the Upanisads and the conclusion with examples from your own life experiences **10 Marks**
- Q: 6** Write short notes on any 5 **25 Marks**
- Layers of Silence
 - Mantras and Vedic chanting
 - The Energy Model
 - Prasthāna Traya
 - Pūrva Mimāmsā
 - Nididhyasana and Dhyana
 - Prakriyas in Upanishads

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MDY P 202 ADVANCE YOGA TECHNIQUES

Date : 08.12.2011

Time : 1-1/2 Hours.

Max. Marks: 50

5. Fill up the blanks: 5 Marks
- b) Depth of and expansion of awareness are two dimensions of executive growth.
- b) Five features of dhyāna are,,, and
- c) Concentration is and dhāraṇa is
- d) is at the base of all emotions; even gods like Yama work under this.
- e) Vyāna corresponds toSense.
6. Match the following : 5 marks
- | | |
|---------------------|------------------------|
| xi) Bliss | k) Happy people |
| xii) Delight | l) Nerve impulse |
| xiii) Friendliness | m) Focusing |
| xiv) GAIA | n) Taittiriya Upaniṣad |
| xv) Annamaya koṣa | o) Virtues |
| xvi) Prāṇamaya koṣa | p) Silence |
| xvii) Dhāraṇa | q) Bhūmāta |
| xviii) Dhyāna | r) Samāna |
| xix) MIRT | s) Defocussing |
| xx) ANAMS | t) Bhagavadgīta |
7. Describe briefly any two of the following advanced techniques 20 Marks
A] MEMT B] PET C] CM
8. Mention the eight steps of any two of the following advanced techniques 10 Marks
A] ANAMS B] VISAK C] MIRT and write down the prayers in the two techniques along with meaning
5. Write short notes on any two of the following: 10 Marks
- e) Genesis of anger and its consequence.
- f) Bliss and its quantification.
- g) Āhata, Anāhata and Ajapajapa.
- h) Research on advanced techniques.

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MDY T 202 YOGA THERAPY FOR COMMON AILMENTS

Date: 08.12.2011

Time: 3 hours

Max. Marks: 100

1) Answer any 4 of the following :

4*10=40 Marks

- Explain Back Pain and its yogic management.
- Explain Arthritis and its yogic management
- Explain Hypertension and Coronary Artery Disease and its yogic management.
- Explain Asthma and its yogic management.
- Explain Diabetes and its yogic management.

4) Write Short notes on any 8 of the following :

8*5=40 Marks

- Cervical spondylosis.
- Gastritis
- Nasal allergy
- O C D
- Headache.
- Role of Kriyas in Asthma
- Specific Kriyas for
- Parkinson's disease
- P C O D
- Pregnancy

5) Answer the following in brief :

5*4=20 Marks

- Name some practices of relieve nasal allergy immediately,
- Name some practices of to relieve an episode of Asthma.
- Explain some Kriyas and their action in Diabetes.
- Vaman Dhauti.
- Name some practices to relieve acute back pain.

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Marks:100

(Five marks for neatness of the paper)

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- Vyāna corresponds toSense.

2. Match the following :

5 marks

- | | |
|--------------------|------------------------|
| i) Bliss | a) Happy people |
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| iv) GAIA | d) Taittiriya Upaniṣad |
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| x) ANAMS | j) Bhagavadgīta |

3. Describe briefly any two of the following advanced techniques

20 Marks

A] MEMT B] PET C] CM

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5. Write short notes on any two of the following:

10 Marks

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CHIKITSA IN AYURVEDA (PANCHA KARMA) – PART I

Date: 11.12.2011

Time : 2 Hours.

Max. Marks : 50

1. MULTIPLE CHOICES – CHOOSE 1 ANSWER 10 Marks
 - (i) Types of Poorva karma
 - (a) Vamana, Vasti Virechana
 - (b) Pachana karma, Sneha karma, Swedha karma
 - (c) Poorva Karma, Pradhana Karma, Paschat Karma
 - (d) Samsarjana Karma, Rasayanodhi Karma, Shamanam.
 - (ii) Which is the best sneha dravya?
 - (a) Tailam
 - (b) Vasa
 - (c) Majja
 - (d) Gritham
 - (iii) Following are the Sneha Ayogyas (not eligible)
 - (a) Athisthree
 - (b) Madhyapana
 - (c) Ama
 - (d) Bala
 - (iv) For which Dosha Snehanam should not be given?
 - (a) Vata
 - (b) Pitta
 - (c) Kapha
 - (d) All the 3
 - (v) Vamana Yogya's (eligible for Vamana)
 - (a) Athisara
 - (b) kushta
 - (c) Visarpa
 - (d) All the 3
 - (vi) Vega Samkhya for Virechana (Number of times)
 - (a) 15 20 30
 - (b) 5 10 20
 - (c) 10 15 30
 - (d) 10 20 30
 - (vii) Types of Nasyam based on Action?
 - (a) 4
 - (b) 3
 - (c) 5
 - (d) 6
 - (viii) 1 pala is ?
 - (a) 30 gms
 - (b) 100 gms
 - (c) 48 gms
 - (d) None of the above
 - (ix) Basti Netra for 12 years of age?
 - (a) 8 angula
 - (b) 10 angula
 - (c) 12 angula
 - (d) 6 angula
 - (x) Nasya should not be given for people who are above
 - (a) 70 years
 - (b) 80 years
 - (c) 90 years
 - (d) 60 years.
2. Name the classifications of Panchakarma, Poorva Karma, Pradhana Karma and Paschat Karma. 5 Marks
3. Explain Sneha drayas, Yogya's, Ayogyas, Vidhi (procedure), Samyak, Ayoga, Athiyoga 10 Marks
Ahiyoga and benefits of Snehanam and Swedanam.
4. Explain the Yogyas, Ayogyas, Vidhi (procedure), Samyag. Atiyoga, Ayoga, Vega 10 Marks
Samkhya, Apachara and benefits (phala) of VAMANA KARMA.
5. Explain in detail the definition, types, measurements of Vasti Netra, Asthapana 10 Marks
And Anuvasana Vasti Matra, Karma, kala, Yoga Vasti numbers, Vasti Kala and procedure of VASTI KARMA.
6. Explain RAKTHA MOKSHNAM in detail 5 Marks