

**MD Y T 103 Yoga Therapy Concepts**

**DATE: 25.05.2012**

**Time: 3 Hours**

**Max. Marks: 100**

**CLOSED BOOK**

**SECTION I**

**Write Answer on the Question Paper itself and return it**

**Name:** \_\_\_\_\_

**Reg. No.** \_\_\_\_\_

This is closed book section. Be relaxed and effortless. Answer in the given space and return the question paper.

**I. Fill up the blanks:**

- a. Complete the sloka and give the meaning in the space provided 6

**Pranasyedam vase** -----

Meaning :

- b. This is a quote from the scripture \_\_\_\_\_ 1  
c. Pranayama has three parts called puraka, \_\_\_\_\_, and antar \_\_\_\_\_, bahya 1

- II.** a. Stress according to yoga is defined as kamakrodha \_\_\_\_\_ in gita 2  
b. Stress 5

- |    |                                  |      |       |
|----|----------------------------------|------|-------|
| a. | Increases ACTH                   | true | false |
| b. | Decreases adrenalin              | true | false |
| c. | produces peripheral vasodilation | true | false |
| d. | Increases sweating               | true | false |
| e. | can cause mutation               | true | false |

**P T O**

**III. State whether true or false**

5

- |   |      |       |
|---|------|-------|
| a. Kaama begin in anandamaya kosha        | true | false |
| b. Vignanamaya is perfect health          | true | false |
| c. Sleep is excess speed                  | true | false |
| d. Electrons and atoms are manomaya kosha | true | false |
| e. celiac plexus is the seat of muladhara | true | false |

**IV. Match the following**

5

- | <b>A</b>           | <b>B</b>                         |
|--------------------|----------------------------------|
| 1. Excess of Prana | a. Morning sickness              |
| 2. Excess Apana    | b. Atherosclerosis               |
| 3. Excess Udana    | c. Abdominal cramps              |
| 4. Excess Vyaana   | d. Heavy bleeding during periods |
| 5. Excess Samana   | e. Asthma                        |

**V. Match the following**

5

- | <b>A</b>          | <b>B</b>             |
|-------------------|----------------------|
| 1. Neti           | a. Blinking reflex   |
| 2. Basti          | b. Vomiting          |
| 3. Traataka       | c. Pupillary reflex  |
| 4. Dhouti         | d. Sneezing reflex   |
| 5. Jyoti traataka | e. Defecation reflex |

## SECTION B

Use of diagrams, pictures, tables, schemata and references fetches more marks:

1. What type of adhija vyadhi is life style disease? What is panchakosha viveka. Explain a disease model using this concept. 15
2. **Answer any ONE** 10
  - a. Describe the role of Annamaya kosha practices in IAYT
  - b. Role of Vignanamaya practices in IAYT
3. **Answer Any ONE** 10
  - a. Describe Chakri Karma and discuss the novelty of the same.
  - b. Prepare a table containing all the Kumbhakas (Name, Procedure, benefits)
4. **Write short notes on any FOUR** 4X5 = 20
  - a. Types and uses of Dhouti
  - b. Dharana, Dhyana, Samadhi & sanyama in therapy
  - c. Energy model
  - d. How to manage anger
  - e. bhakti yoga
5. **Write short notes on any THREE** 5X3 = 15
  1. Rajayoga vs Hatha Yoga
  2. Yoga according to Hatha Ratnavali
  3. Diet in Hatha Yoga practice
  4. Write details about the etymology of HATHA YOGA