

SWAMI VIVEKĀNANDA YOGA ANUSANDHĀNA SAMSTHĀNA

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

MD Y T 202 Yoga Therapy for Common Ailments

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

- | A | 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

- | A | 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