

R8191

Sub. Code

813401

M.Sc. DEGREE EXAMINATION, APRIL – 2023

Fourth Semester

Yoga

PRINCIPLES OF YOGIC THERAPY

(CBCS – 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** questions.

1. Define yoga.
2. Short note on ayurveda.
3. Short note on chronic diseases.
4. Write the types of patients.
5. Write about diet regulation.
6. Write any two follow up measures of education.
7. Short note on diabetes mellitus.
8. Short note on siddha medicine.
9. Define migraine.
10. Write about hearing impairment.

Part B

(5 × 5 = 25)

Answer **all** questions, choosing either (a) or (b).

11. (a) Explain the neurohumoral modal based on the studies of Udupa.
Or
(b) Describe the limitations of yoga as therapy.
12. (a) Explain the stress modal diseases.
Or
(b) Explain the types of injuries.
13. (a) Explain the need for correct diagnosis.
Or
(b) Write about psycho psychological reconditioning.
14. (a) Explain the issues and problems in yogic therapy.
Or
(b) Describe the yogic therapy for arthritis disorders.
15. (a) Explain the scope and limitations of yoga treatment.
Or
(b) Explain the autonomic dysfunctions.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Discuss the yoga and therapy according to Tirumanthiram.
17. Explain the four phases of stress disorders.
18. Explain the basic principles of yogic therapy.
19. Explain the yogic therapy for hypertension.
20. Discuss yoga and its relation with naturopathy.