

Rajiv Gandhi University of Health Sciences

IV Year B.N.Y.S Degree Examination – OCT-2019

Time: Three Hours**Max. Marks: 80 Marks****Yogic Therapy (RS-3)****QP Code: 2548****(QP contains two pages)**

Your answers should be specific to the questions asked.

Draw neat, labeled diagrams wherever necessary.

Section - A

Multiple Choice Questions**10 X 1 = 10 Marks**

- Which is the basic text of "Yoga Philosophy"?
 - Hatha yoga pradipika
 - Gherandasamhitha
 - Patanjali yoga sutra
 - Shiva samhitha
- Which mahabhuta forms the gross constituent for Annamaya kosa?
 - Earth
 - Water
 - Fire
 - Air
- Which is the cause of our suffering?
 - Abhyasa
 - Avidya
 - Vairagya
 - Avirati
- Kapalbhati is contraindicated for
 - Epilepsy
 - Constipation
 - Asthma
 - None of the above
- Mitahara is defined as
 - Only agreeable food
 - Only sweet food
 - Agreeable and sweet food
 - None of the above
- Which of the following is otherwise called 'Stress born disease'?
 - Adhija vyadhi
 - Anadhija vyadhi
 - Amadhija vyadhi
 - None of the above
- The Ailments brought about by the Stress are
 - Life style diseases
 - Communicable diseases
 - Non communicable diseases
 - Psychosomatic diseases
- Every yoga teacher must start the practice session with
 - Asana
 - Pranayama
 - Kriya
 - Silence
- Practice of meditation reduces
 - Endorphin

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- b) Cortisol
- c) Serotonin
- d) None of the above

10. Hereditary diseases are ----- type of vyadhi
- a) Samanya
 - b) Sara
 - c) Anadhijaha
 - d) Adhijaha

Section B

LONG ESSAYS (Answer any two)

2 X 10 = 20 Marks

- 11. Explain the basic principles of Yogic therapy.
- 12. What is Bronchial asthma and explain in detail its management through Yogic therapy.
- 13. What is Hypertension? Explain in its management through Yoga therapy.

SHORT ESSAYS (Answer any ten)

10 X 5 = 50 Marks

- 14. Yogic management of Hyper acidity
- 15. Effect of Asanas on Endocrines
- 16. Effect of meditation on CNS
- 17. Effect of Asanas on Muscular system
- 18. How yoga therapy helpful in Amenorrhea and Leucorrhoea?
- 19. Role of habits in vijnyanamaya kosha
- 20. Tranquilizing the mind through yoga
- 21. Yogic management of Hypothyroidism
- 22. Schizophrenia
- 23. Pranic Energizing technique
- 24. Pure consciousness
- 25. Yogic management of Obesity

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