

OCTOBER 2012

U/ID 14826/UCAD

---

Time : Three hours

Maximum : 100 marks

PART A — (10 × 2 = 20 marks)

Answer ALL questions.

All questions carry equal marks.

Each answer should not exceed 50 words.

1. Yoga education
2. Protein
3. Tamasic food
4. Peptic ulcer
5. Obesity
6. Stress
7. Asthma
8. Isomnia
9. Indigestion
10. Lumbago

PART B — (5 × 6 = 30 marks)

Answer ALL questions.

All questions carry equal marks.

Each answer should not exceed 250 words.

11. (a) Describe in detail about yoga therapy.

Or

- (b) Explain the present status of yoga therapy in India

12. (a) Explain in detail about yogic diet for obesity.

Or

- (b) Describe the role of satvic and Rajastic food in yoga therapy.

13. (a) Describe the principles of yoga therapy for hypertension.

Or

- (b) Explain the causes and treatment for bronchial asthma.

14. (a) Explain the sign and symptoms of diabetes.

Or

- (b) Describe the sign and symptoms of bronchitis.

15. (a) Explain in detail the issues and problems in yoga therapy.

Or

- (b) Describe in detail about naturophy and siddha.

PART C — (5 × 10 = 50 marks)

Answer ALL questions.

All questions carry equal marks.

Each answer should not exceed 500 words.

16. (a) Describe the need for correct diagnosis of diseases in yoga therapy.

Or

- (b) Describe the need and importance of balanced diet in yoga therapy.

17. (a) Describe the role of proteins and vitamins in yoga therapy.

Or

- (b) Describe in detail the yogic diet for obesity.

18. (a) Describe yoga therapy for stress disorders.

Or

- (b) Explain the yogic treatment for hypothyroidism.

19. (a) Explain the causes and treatment for arthritis.

Or

(b) Describe the sign and symptoms of insomnia.

20. (a) Explain the Research findings on therapeutic applications of yoga.

Or

(b) Discuss in detail “yoga as an alternate therapy”.

---