

OCTOBER 2013

**U/ID 14826/UCAD**

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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.

Write short notes on:

1. Yoga therapy.
2. Education.
3. Nutrition.
4. Fat.
5. Vitamin.
6. Sattvik food.
7. Colitis.
8. Constipation.
9. Stress disorder.
10. Arthritis.

PART B — (5 × 6 = 30 marks)

Answer ALL questions.

All questions carry equal marks.

Each answer should not exceed 250 words.

11. (a) Explain the need for correct diagnosis in yoga therapy.

Or

- (b) Describe the role of diet in yoga therapy.

12. (a) Describe the role of proteins in yoga therapy.

Or

- (b) Describe the diet for preventing constipation.

13. (a) Describe the causes and treatment for stress disorders.

Or

- (b) Explain the yogic treatment for hypothyroidism.

14. (a) Explain the causes and symptoms of cervical spondylosis.

Or

- (b) Describe in detail the sign and symptoms of insomnia.

15. (a) Explain in detail about therapeutic applications of yoga.

Or

- (b) Describe “Yoga therapy”.

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 yogic concept of human body.

Or

- (b) Describe method of diagnosis and follow-up measures used in yoga therapy.

17. (a) Describe in detail the role diet and nutrition.

Or

- (b) Explain the role of carbohydrates and minerals in yoga therapy.

18. (a) Describe principles of yoga therapy in hypertension.

Or

(b) Explain the signs and symptoms of bronchitis.

19. (a) Explain the clinical features and yogic treatment for ulcer.

Or

(b) Describe in detail about lumbago and migraine.

20. (a) Explain the concept of naturopathy and siddha medicine.

Or

(b) Explain in detail about homeopathy and modern medicine.

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