

OCTOBER 2011

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. Koshas.
2. Doshas.
3. Sattric diet.
4. Ulcer.
5. Hypothyroidism.
6. Types of stress.
7. Cervical spondylosis.
8. Sciatica.
9. Ayurveda.
10. Siddha system of treatment.

PART B — (5 × 6 = 30 marks)

Answer ALL questions.

All questions carry equal marks.

Each answer should not exceed 250 words.

11. (a) What are the objectives of yoga therapy?
Or
(b) What are the principles of yoga therapy?
12. (a) Why do we need carbohydrates?
Or
(b) Why do we need vitamins?
13. (a) How is stress occurred?
Or
(b) Define stress.
14. (a) List down the yogic practices for obesity.
Or
(b) List down the yogic practices for constipation.
15. (a) Yoga is an adjustment therapy – Discuss.
Or
(b) Yoga is for total well-being — Discuss.

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 advantages of yoga therapy.
- Or
- (b) Describe the nature and need of yoga therapy.
17. (a) Give an account on the ideal dietary schedule for obesity.
- Or
- (b) Give an account on the ideal dietary schedule for diabetes.
18. (a) Give an account on the yogic treatment for Bronchitis.
- Or
- (b) Give an account on the yogic treatment for indigestion.
19. (a) List down the yogic practices for ulcer.
- Or
- (b) List down the yogic practices for migraine headache.

20. (a) Describe the principles of naturopathy.

Or

(b) Describe the methods of naturopathy.
