

Reg. No. :

Code No. : 8230

Sub. Code : MYNT 7

M.Sc. DEGREE EXAMINATION, NOVEMBER 2013.

Second Year – Non – Semester

Yoga and Naturopathy — (DD & CE)

**PRINCIPLES OF YOGIC THERAPY AND PATANJALI
YOGA SUTRAS**

(For those who joined in July 2008 – 2009 onwards)

Time : Three hours

Maximum : 100 marks

PART A — (5 × 5 = 25 marks)

Answer any FIVE questions out of Eight.

1. Define yoga according to Patanjali.
2. Explain the principles of yama.
3. How many koshas are there? Name the koshas and explain.
4. Describe patient education in yoga therapy.
5. How yoga helps to release the stress?
6. Explain the symptoms of Hypertension.

7. Name the peoples who are more prone to back pain.
8. What are Thri Doshas? How can we balance it?

PART B — (5 × 15 = 75 marks)

Answer any FIVE questions out of Eight.

9. What is the first limb of Ashtanga yoga? Explain briefly.
10. What is Chakra Dhyana? How many chakras are there and explain.
11. Explain the process of Digestion.
12. The yogic concept of human body is classified into three. What are they? Explain in detail.
13. Explain the symptoms and causes of Hypertension what are the therapeutic measure to cure it?
14. What is meant by obesity? Explain its effect in body, its causes, clinical features and what are the yogasanas which completely eradicate obesity.
15. What are the Asana, Pranayama and Kriyas to cure obesity and prepare a diet chart to control obesity?
16. Explain Pranamaya Kosha and Annamaya Kosha.