

APRIL 2001

[KD 1410]

SECOND B.N.Y.S. DEGREE EXAMINATION.

(Old Regulations)

Second Year

Part II

Paper II — CLEANSING PROCEDURE IN YOGA

Time : Three hours

Maximum : 100 marks

Answer ALL questions.

Answer Section A and B separately.

SECTION A

- 1 Write a short essay on sat karma. (10)
- 2 Explain in detail antar Dhauti and its classification. (10)
3. Describe Basti with indication and contra indication. (10)
4. Short note : (5 × 4 = 20)
 - (a) Karan Randra
 - (b) Madhyama Mauli
 - (c) Vat karma Kapal Bhati
 - (d) Jala Neti
 - (e) Mula Sodhana.

SECTION B

5. What do you mean by dhauti kriya and explain the classification of Dhauti? (10)
6. What do you mean by Kapal Bhati explain the therapeutic cupartane of Kapal Bhati. (10)
7. What is Trataka? Explain all types of Trataka. (10)
8. Short note : (5 × 4 = 20)
 - (a) Sutra Nete
 - (b) Vaman Dhauti
 - (c) Vastra Dhauti
 - (d) Dand Dhauti
 - (e) Shankprakshalana.

NOVEMBER 2001

[KE 1410]

B.N.Y.S. DEGREE EXAMINATION.

Second Year

Part II

(Old Regulations)

Paper II — CLEANSING PROCEDURES IN YOGA

Time : Three hours

Maximum : 100 marks

Answer Section A and B separately.

Answer ALL questions.

SECTION A

1. What do you mean by Sat karma? Explain in detail indication and contra-indication. (10)
2. Explain in brief hrd Dhauti and its classification. (10)
3. What do you mean by Kapal Bhati? Explain in detail all types of Kapal Bhati. (10)
4. Short notes : (5 × 4 = 20)
 - (a) Trataka
 - (b) Basti
 - (c) Varisara
 - (d) Mula Sadhana
 - (e) Jiuha Mula.

SECTION B

5. Describe in detail Therapeutic importance of Suddhi Kriya. (10)
6. What do you mean by Neti Kriya and explain in detail indication and contra indication of this kriya. (10)
7. Explain in detail Nauli Kriya with all types of classification. (10)
8. Short note : (4 × 5 = 20)
 - (a) Vatsara
 - (b) Dauto mula
 - (c) Kapal Raudra
 - (d) Karan Raudra
 - (e) Vaman Dhauti.

MARCH 2002

[KG 1410]

SECOND B.N.Y.S. DEGREE EXAMINATION.

(Old Regulations)

Second Year

Part II

Paper II — CLEANSING PROCEDURE IN YOGA

Time : Three hours

Maximum : 100 marks

Answer ALL questions.

Answer Sections A and B separately.

SECTION A

1. Describe ShatKriyas with their therapeutic benefits. (10)
2. What is Nauli Kriya? Give the classification. Indication and contra-indications. (10)
3. Explain in detail Kapal bhati and its therapeutic importance. (10)

4. Short note on : (5 × 4 = 20)
 - (a) Precautions for Shatkriya practices.
 - (b) Jyoti Trataka.
 - (c) Vastra Dhauti - Indication and Contra-indication.
 - (d) Shankprakshalana - benefits.
 - (e) Jala Neti - Indication.

SECTION B

5. What do you mean by Dhauti Kriya and explain the Danda Dhauti and its benefits. (10)
6. Therapeutic importance of Shat Kriyas as cleansing procedures of Yoga. (10)
7. What is Bindu Trataka? Explain the importance of Trataka in eye disorders. (10)
8. Short note on : (5 × 4 = 20)
 - (a) Nauli chalana.
 - (b) Antar dhauti.
 - (c) Sit Karma Kapalbhati.
 - (d) Sutra Neti - Contra indication.
 - (e) Sthala Basti.

SEPTEMBER 2002

[KH 1410]

Sub. Code : 1410

SECTION B

SECOND B.N.Y.S. DEGREE EXAMINATION.

(Old Regulations)

Second Year

Part II

Paper II — CLEANSING PROCEDURE IN YOGA

Time : Three hours Maximum : 100 marks

Answer ALL questions.

Answer Section A and B separately.

SECTION A

1. What are shat kriyas? Give a detailed description. (10)
2. Explain in detail about classification of Dhanti Kriya and its physiological effects. (10)
3. Describe Basti kriyas with classification, Indication and contra indications. (10)
4. Short note : (5 × 4 = 20)
 - (a) Danta dhanti
 - (b) Dakshina Nauli
 - (c) Jalaneti – physiological effects
 - (d) Vyutkarma kaphalbhati
 - (e) Sutra neti – Indication.

5. What is Neti Kriya? Explain therapeutic importance of Jala Neti, its indication and contra indication. (10)

6. Explain the importance of shat karma in yogic management of diseases. (10)

7. What is trataka Kriya? Explain therapeutic importance of Trataka. (10)

8. Short note : (5 × 4 = 20)

(a) Mula sodhana

(b) Dugdha Neti

(c) Vamana Dhauti

(d) Dand Dhauti – indication and contra indication

(e) Kapalbhata – indication.

APRIL 2003

[KI 1410]

Sub. Code : 1410

B.N.Y.S. DEGREE EXAMINATION.

(Old Regulations)

Second Year

Part II

Paper II — CLEANSING PROCEDURE IN YOGA

Time : Three hours

Maximum : 100 marks

Answer ALL questions.

Answer Sections A and B in the SAME Answer Book.

SECTION A

1. Describe Shatkriyas in detail with their therapeutic benefits as cleansing procedures. (10)
2. What is Dhanti kriya? Describe Vastradhanti with indication and contra indications. (10)
3. Explain in detail about sankaprakshalana Kriya with therapeutic importance and precautions. (10)

4. Short notes on : (5 × 4 = 20)
 - (a) Danda Dhauti
 - (b) Dugdha neti – benefits
 - (c) Nauli Chalana
 - (d) Vatkarma Kapalabhati
 - (e) Basti Kriya – benefits.

SECTION B

5. Explain the role of Shatkriyas in yogic management of various diseases. (10)
6. Classify Trataka kriya, with its therapeutic importance in eye disorders. (10)
7. Netikriya – its classification, explain about Jala Neti and ? Sutra neti in detail. (10)
8. Short notes on : (5 × 4 = 20)
 - (a) Hrid dhauti
 - (b) Dakshina Nauli
 - (c) Kapalabhati – benefits
 - (d) Jyotitrataka – indications
 - (e) Diet in Shankaprakshalana Kriya.

OCTOBER 2003

[KJ 1410]

Sub. Code : 1410

B.N.Y.S. DEGREE EXAMINATION.

(Old Regulations)

Second Year

Part II

CLEANSING PROCEDURE IN YOGA

Time : Three hours

Maximum : 100 marks

Two hours and Forty

Sec. A & Sec. B : 80 marks

minutes for

Section C : 20 marks

Sec. A and Sec. B

Twenty minutes for Sec. C

Answer Sections A and B in the **SAME** Answer Book.

Answer Section C in a **SEPARATE** Answer Sheet.

SECTION A — (2 × 15 = 30 marks)

(Essay Questions)

1. Explain the influence of Kriyas on Health and Diseases. (5 + 10 = 15)
2. Describe Shat Kriyas and the step of practice and their Benefits. (5 + 5 + 5 = 15)

SECTION B — (10 × 5 = 50 marks)

Short notes on :

3. Describe the place of Kriyas in Hata Yoga Pradipika.
4. Explain the procedure and effect of Vastra Dhauti.
5. Explain the physiological benefit of Neti Kriya.
6. How many kriyas are there? Explain their benefits.
7. Kaphalabathi.
8. Basti and Enema.
9. Spiritual values of Kriyas.
10. Technique and Benefit of Agni Sara Kriya.
11. Treatment of Bronchial Asthma through Kriyas.
12. What is Danda Dhauti? Write its Technique and Indications.

[KJ 1410]

APRIL 2004

[KK 1410]

Sub. Code : 1410

B.N.Y.S. DEGREE EXAMINATION.

(Old Regulations)

Second Year

Part II

CLEANSING PROCEDURE IN YOGA

Time : Three hours

Maximum : 100 marks

Sec. A & B. : Two hours and
forty minutes

Sec. A & B : 80 marks

M.C.Q. : Twenty minutes

M.C.Q. : 20 marks

Answer Sections A and B in the **SAME** answer book.

Answer **ALL** questions.

SECTION A

Essay Questions : (2 × 15 = 30)

1. Write in detail about Jala Neti and Sutra Neti, their indications, contra indication and therapeutic benefits.
2. Write about Trataka, its benefits and contra indications.

SECTION B

Short notes. (10 × 5 = 50)

3. Write about different chakras.
4. Compare yogic kriyas with panchakarmas.

5. Write about Trataka.
6. What are the benefits of Shankaparakshalana?
7. Contra Indications of Nauli.
8. Write about physiological effects of Jala Neti.
9. Describe the technique of Vastradhanti.
10. Explain the therapeutic benefits of vamana kriya.
11. Write about treatment of Asthma through kriyas.
12. Precautions to be taken for the practice of yogic kriyas.

AUGUST 2005

[KN 1410]

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B.N.Y.S. DEGREE EXAMINATION.

(Old Regulations)

Second Year

Part II

CLEANSING PROCEDURE IN YOGA

Time : Three hours Maximum : 100 marks

Theory : Two hours and Theory : 80 marks
forty minutes

M.C.Q. : Twenty minutes M.C.Q. : 20 marks

Answer ALL questions

I Long Essay : (2 × 15 = 30)

1. What is kriya? How many Kriyas are there.
Explain Kapalaleathi kriya explain its importance in
the yogic curriculum. (2 + 1 + 7 + 5 = 15)

2. Explain indetaelalert neti kriya and its physiological
benefit. (8 + 7 = 15)

II Short notes on : (10 × 5 = 50)

1. Why it is called Shankha Prakshelena Kriya?
Explain its physiological benefits.

2. Explain Dhauti kriya.

3. Nauli.

4. Sutraneti.

5. Trataka

6. Basti

7. Compare Kriyas with Panchakarma.

8. Sheetkarma Kaphalathi or Jalakapheleathi.

9. Treatment of digestive disorders through Kriyas.

10. Precautions for practicing Kriyas.

FEBRUARY 2006

[KO 1410]

Sub. Code : 1410

B.N.Y.S. DEGREE EXAMINATION.

(Old Regulations)

Second Year

Part II

CLEANSING PROCEDURE IN YOGA

Time : Three hours

Maximum : 100 marks

Theory : Two hours and
forty minutes

Theory : 80 marks

M.C.Q. : Twenty minutes

M.C.Q. : 20 marks

Answer ALL questions.

I. Long Essay : (2 × 15 = 30)

1. Classify Nauti and explain them in detail.
2. Explain briefly "The cleansing procedures in yoga".

II. Short notes on : (10 × 5 = 50)

1. Dristis.
2. Laghu Shankaparakshalana.
3. Ganesha Kriya.

4. Vatakarma kapalbhati.
5. Classify Hrid dhourti and explain 'vastra in detail.
6. Jyothi Trataka.
7. Difference between Jalaneti and Vatakarma kapalbhati.
8. Effects of Neti.
9. Explain 'Yogic Enemia'.
10. Write briefly on the following Dhourtis :
 - (a) Jihwa
 - (b) Kapalarandra
 - (c) Chakshu
 - (d) Karna.

AUGUST 2006

[KP 1410]

Sub. Code : 1410

B.N.Y.S. DEGREE EXAMINATION.

(Old Regulations)

Second Year

Part II

CLEANSING PROCEDURE IN YOGA

Time : Three hours Maximum : 100 marks

Theory : Two hours and Theory : 80 marks
forty minutes

M.C.Q. : Twenty minutes M.C.Q. : 20 marks

I. Long essay :

- 1. Classify Nauti and explain them in detail. (20)**
- 2. Kriyas are beneficial in treatment of Respiratory disorders - Justify. (15)**
- 3. Types, Method and Benefits of Trataka. (15)**

II. Short Answers : (6 × 5 = 30)

- 1. Sankha Prakshalana**
- 2. Nauli chalana**

3. Indications and Contra Indications of Vastra dhauti

4. Agnisara

5. Jala Basti

6. Gajakarani

FEBRUARY 2007

[KQ 1410]

Sub. Code : 1410

B.N.Y.S. DEGREE EXAMINATION.

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Second Year

Part II

CLEANSING PROCEDURE IN YOGA

Time : Three hours

Maximum : 100 marks

**Theory : Two hours and
forty minutes**

Theory : 80 marks

M.C.Q. : Twenty minutes

M.C.Q. : 20 marks

I. Long Essay :

- 1. Briefly explain Kriyas. Describe the role of Kriyas in health and Disease. (20)**
- 2. Compare and contrast Kriyas with other system of medicine. (15)**
- 3. Explain the spiritual and physiological benefits of Shatkriyas. Add a note on the effect of kriyas on gastro intestinal and respiratory system. (15)**

II. Short essay

(6 × 5 = 30)

- 1. Who is eligible to practice kriyas?**
 - 2. Gajakarani.**
 - 3. Agnisara Kriya.**
 - 4. Lauliki.**
 - 5. Gritha Neti.**
 - 6. Physiological benefits of neti.**
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AUGUST 2007

[KR 1410]

Sub. Code : 1410

B.N.Y.S. DEGREE EXAMINATION.

(Old Regulations)

Second Year

Part II

CLEANSING PROCEDURE IN YOGA

Time : Three hours

Maximum : 100 marks

**Theory : Two hours and
forty minutes**

Theory : 80 marks

M.C.Q. : Twenty minutes

M.C.Q. : 20 marks

Answer ALL questions.

I. Long Essays : (2 × 15 = 30)

1. What are Shatkriyas? Explain role of kriyas in health.

2. Classify dhouti.

Explain dhouti under following headings.

(a) Preparation

(b) Techniques

(c) Indication and contra indication.

II. Short answers :

(10 × 5 = 50)

1. Bahiranga Trataka.

2. Jala neti.

3. Benefits of nauli.

4. Sheetkrama kapalabhati.

5. Compare enema and basti.

6. General rules followed during shatkriya practice.

7. Laghoo shankaprakshalana.

8. Moola shodhana.

9. Dristis.

10. Sthala basti.