

**THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY**

**[BNYS 0823]**

**AUGUST 2023  
(MAY 2023 EXAM SESSION)**

**Sub. Code: 1523**

**B.N.Y.S. DEGREE EXAMINATION  
FOURTH YEAR  
(For the candidates admitted from the academic year 2011-12)  
PAPER I – YOGA THERAPY**

*Q.P. Code: 821523*

**Time: Three Hours**

**Answer ALL questions**

**Maximum : 100 Marks**

**I. Essay Questions:**

**(2 x 15 = 30)**

1. Coronary artery disease a) pathogenesis and its clinical features.  
b) yogic diet and yoga therapy.
2. Classification of disease according to yoga. Explain stress and its yogic management.

**II. Write Notes on:**

**(10 x 5 = 50)**

1. Vipasana meditation.
2. Statistical analysis.
3. Yoga nidra technique - III.
4. Correction of displaced nabis.
5. Gardening.
6. Stula vyayam.
7. Yoga therapy for Covid 19.
8. Hypothyroidism and its management.
9. Somatoform disorders.
10. Yoga and mental health.

**III. Short Answers on:**

**(10 x 2 = 20)**

1. Angulisakthi vikasaka.
2. Gut brain axis.
3. Locust pose and its indication.
4. Jalaneti physiology.
5. Frontal brain cleansing technique.
6. Bujangini pranayama.
7. Zinc deficiency and its management.
8. Baroreceptors role in jalandra bandha.
9. Sudarshana kriya.
10. Psycho Therapy and psycho analysis.

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