

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

[MD(Y&N) 0324]

**MARCH 2024
(OCTOBER 2023 EXAM SESSION)**

Sub. Code: 1413

**M.D. (YOGA & NATUROPATHY) DEGREE EXAMINATION
SECOND YEAR
BRANCH II – YOGA
PAPER II – APPLIED BASIC MEDICAL SCIENCES & YOGA**

Q.P. Code: 461413

Time: Three hours

Answer ALL Questions

Maximum: 100 Marks

I. Elaborate on:

(2 x 20 = 40)

1. Write in detail about the procedure, kundalini activation points, contraindications and benefits of practicing surya namaskar with its evidence based therapeutic aspects.
2. Explain in detail about principles of drug therapy. Add a note on adverse reactions to drugs.

II. Write notes on:

(10 x 6 = 60)

1. Write the procedure, contraindications and benefits of Plavini Pranayama.
2. Mention the procedure, contraindications and physiological benefits of Maha Bandha.
3. Write a note on great psychic attitude and physiological benefits of Maha Mudra.
4. Mention the types of Dhauti and write the procedure with benefits of Vastra dhauti.
5. Mention stages of Trataka, its evidence practices.
6. Physiological effects in yoga nidra.
7. Applied physiology, causes and symptoms of Hypoxic hypoxia.
8. Explain yoga as an effective therapy for different socio economic population.
9. Different types of Breathing techniques and its evidence effect on Health.
10. Neurophysiology of Sudarshana Kriya Yoga (SKY).
