

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

[MD(Y&N) 0222]

**FEBRUARY 2022
(OCTOBER 2021 EXAM SESSION)**

Sub. Code: 1412

**M.D. (YOGA & NATUROPATHY) DEGREE EXAMINATION
SECOND YEAR
COMMON TO BRANCH I (NATUROPATHY) AND BRANCH II (YOGA)
PAPER III – YOGIC PSYCHOLOGY AND PSYCHO NEURO-IMMUNOLOGY
*Q.P. Code : 461412***

Time : Three hours

Answer ALL Questions

Maximum : 100 Marks

I. Elaborate on:

(2 x 20 = 40)

1. How is Yoga defined according to various traditional texts & scriptures? Explain its relevance in health care with a multi-dimensional example.
2. Define Immunity. Explain in detail the development of immunity from conception through weaning.

II. Write notes on:

(10 x 6 = 60)

1. Stages of sleep and its effects on the immune system.
2. Role of Yoga in allergic responses.
3. Psycho-neuro-immunology of Schizophrenia.
4. Concept of Karma Yoga according to ancient scriptures and texts.
5. Stages of wound healing.
6. Yogic management for psychoactive substance abuse.
7. Oncogenes & Proto oncogenes with examples.
8. *Panchakoshas* and mental health according to Yoga.
9. What are pro – inflammatory cytokines? Add a note on cytokine storm.
10. *Guna* based description of personality in Yoga.
