

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

[MD(Y&N) 0222]

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

Sub. Code: 1413

**M.D. (YOGA & NATUROPATHY) DEGREE EXAMINATION
SECOND YEAR
BRANCH II – YOGA
PAPER II – APPLIED BASIC MEDICAL SCIENCES AND 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 procedure, therapeutic indication, contra indications and benefits of Vastra Dhauti and Nauli.
2. What are the types of Mudras, write in detail about Hasta Mudras and their procedures and benefits.

II. Write notes on:

(10 x 6 = 60)

1. What are the precautions in practice and benefits of Kapalabhati?
2. Write precautions and benefits of Moola Bandha.
3. Write contra indications and benefits of Yoga Mudra.
4. Mention few contraindications and precautions for Sutra neti.
5. Write few contra indications and benefits of Trataka.
6. Muscle metabolism systems in exercise.
7. Effect of Muscles in exercise.
8. Clinical feature of Acromegaly.
9. Regulation of Thyroid Hormone Secretion.
10. Adrenal Hormone actions.
