

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

**[MD(Y&N) 0222]**

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

**Sub. Code: 1422**

**M.D. (YOGA & NATUROPATHY) DEGREE EXAMINATION  
THIRD YEAR  
BRANCH II – YOGA  
PAPER IV – CLINICAL YOGA  
*Q.P. Code: 461422***

**Time : Three hours**

**Answer ALL Questions**

**Maximum : 100 Marks**

**I. Elaborate on:**

**(2 x 20 = 40)**

1. Yogic management in pulmonary diseases – justify.
2. Explain in detail about Essential Hypertension and yogic management mechanism in EHT.

**II. Write notes on:**

**(10 x 6 = 60)**

1. Sensory Blockage in Yogic Practices.
2. Psychological Differentiation in meditation and Physiological Process in meditation.
3. Calcaneal spur- Causes, symptoms and mechanism of Yogic management.
4. Fibroids of uterus and mechanism of yogic management.
5. Irritable bowel syndrome - causes, symptoms and yoga therapy management.
6. Spondylolisthesis of lumbar spine and its mechanism of yogic management.
7. Epilepsy and yoga.
8. Explain mechanism of Migraine and effect of yoga in migraine.
9. Yoga for various types of Scoliosis.
10. Mechanism of yoga in diabetes.

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