

[LK 1412]

FEBRUARY 2017

Sub.Code :1412

M.D. (YOGA & NATUROPATHY) DEGREE EXAMINATION

BRANCH I & II – (NATUROPATHY AND YOGA)

SECOND YEAR

PAPER III – YOGIC PSYCHOLOGY AND PSYCHONEURO-IMMUNOLOGY

Q.P. Code : 461412

Time: Three Hours

Maximum : 100 Marks

Answer All questions

I. Essay Questions:

(2 x 20 = 40)

1. Physiology of Emotions.
2. Modulating the process of aging and Theories of aging.

II. Short Notes on:

(10 x 6 = 60)

1. Evolution of Psychoanalysis.
2. Programmed cell death.
3. Natural killer cells.
4. Mechanism of exercises in immunity.
5. Factors responsible for free radical formation.
6. Defense through Fever and Inflammation.
7. Yogic way of Life.
8. Yoga of the Gita.
9. Tantra yoga.
10. Properties of Tattwas.

[LL 1412]

OCTOBER 2017

Sub. Code: 1412

M.D. (YOGA & NATUROPATHY) DEGREE EXAMINATION

BRANCH I & II – (NATUROPATHY AND YOGA)

SECOND YEAR

PAPER III – YOGIC PSYCHOLOGY AND PSYCHONEURO-IMMUNOLOGY

Q.P. Code : 461412

Time: Three Hours

Maximum : 100 Marks

Answer All questions

I. Essay Questions:

(2 x 20 = 40)

1. Explain in detail about the Stress and Immunity.
2. Explain about Endocrine effects on Immunity.

II. Short Notes on:

(10 x 6 = 60)

1. The interaction between brain inflammation and systemic infection.
2. The role of sleep in Immune system.
3. Clinical studies about Exercise and Immunity.
4. The Chakra system related to physiology.
5. Karma Yoga and Immunity.
6. Antibody and T-Cell response to vaccines.
7. Oestrogen and Testosterone in Immunity.
8. Psychobiology of HIV infection.
9. Atopic Dermatitis and stress.
10. Cancer and Immune system.

[LN 1412]

OCTOBER 2018

Sub. Code: 1412

M.D. (YOGA & NATUROPATHY) DEGREE EXAMINATION

BRANCH I & II – (NATUROPATHY AND YOGA)

SECOND YEAR

PAPER III – YOGIC PSYCHOLOGY AND PSYCHONEURO-IMMUNOLOGY

Q.P. Code : 461412

Time: Three Hours

Maximum : 100 Marks

Answer All questions

I. Essay Questions:

(2 x 20 = 40)

1. Explain in detail about Neural effects on Immunity.
2. Psycho Neuro Immunological pathways involved in Acute Coronary syndrome.

II. Short Notes on:

(10 x 6 = 60)

1. Allergic Bronchitis and stress.
2. Yogic counselling in post traumatic stress disorder.
3. Auto Immune disorders.
4. Action of cytokines in the brain.
5. Wound healing related to stress.
6. Swara Yoga and diagnosis.
7. Yogic lifestyle.
8. Anatomy of the Koshas.
9. Neuro Inflammation and behaviour.
10. The role of sleep in Immune system.

[LP 1412]

OCTOBER 2019

Sub. Code: 1412

M.D. (YOGA & NATUROPATHY) DEGREE EXAMINATION

BRANCH I & II – (NATUROPATHY AND YOGA)

SECOND YEAR

PAPER III – YOGIC PSYCHOLOGY AND PSYCHO-NEURO IMMUNOLOGY

Q.P. Code : 461412

Time: Three Hours

Maximum : 100 Marks

Answer All questions

I. Essay Questions:

(2 x 20 = 40)

1. Abnormal psychology related to Psychoneuro Immunology.
2. Immune Mechanism.

II. Short Notes on:

(10 x 6 = 60)

1. Mechanism of exercises in immunity.
2. Defense through Fever and Inflammation.
3. Immunoglobulins.
4. Mechanical immunity.
5. Properties of Tattwas.
6. Twenty features of Mooladhara.
7. Prana Shuddhi and Physiology of Nadi Shodana.
8. Tantra Yoga.
9. Yogic way of Life.
10. Yoga of the Gita.

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

[MD(NATU.) 0321]

MARCH 2021

Sub. Code: 1412

(OCTOBER 2020 EXAM SESSION)

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. Physiological effects of Color therapy & Magnetotherapy.
2. Explain Obesity under – Definition, causes, risk factors, complications. Explain its role in immunosuppression.

II. Write notes on:

(10 x 6 = 60)

1. Psychobiology of Viral Infections.
2. Explain the benefits of Swara yoga for mental health.
3. Mechanisms involved in psychological stress induced Acute Coronary Syndrome (ACS).
4. Chakras and its role in spiritual awakening.
5. Hypothalamic – Pituitary – Ovarian axis.
6. Sleep disorders and their yogic management.
7. Immune responses in Psoriasis.
8. Alcohol addiction & its management through the Panchakosha theory.
9. Immune derived opioids.
10. Bhakti yoga & Emotional culture.

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.

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

[MD(Y&N) 1122]

**NOVEMBER 2022
(OCTOBER 2022 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. Neuro physiology of Language and sleep.
2. Modulating the process of aging and theories of Aging.

II. Write notes on:

(10 x 6 = 60)

1. Types of abnormal breathing patterns.
2. Types of EEG waves.
3. Physiological functions of Sleep.
4. Hyperacidity.
5. Thought consciousness and memory.
6. Types of pain and their qualities.
7. Functions of Saliva.
8. Life saving value of collateral circulation in the Heart.
9. Normal Electrocardiogram and its characteristics.
10. Cardiac Reserve.

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

[MD(Y&N) 0324]

**MARCH 2024
(OCTOBER 2023 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 PSYCHONEURO-IMMUNOLOGY**

Q.P. Code: 461412

Time: Three hours

Answer ALL Questions

Maximum: 100 Marks

I. Elaborate on:

(2 x 20 = 40)

1. Yoga of Bhagavad Gita and Natural Immunity by Yoga.
2. Endocrine effects of Immunity.

II. Write notes on:

(10 x 6 = 60)

1. Neuro Inflammation and behaviour.
2. Hypothalamic – Pituitary – Ovarian axis.
3. Laya Yoga and Keerthi Yoga.
4. Yogic concept of disease.
5. Oncogenes and Proto oncogenes with examples.
6. Visual reflexes and name the extraocular Muscles.
7. Modern Psychological classification of mind.
8. Root cause of Tension – explain.
9. Importance of Pineal gland and explain functions and secretion of melatonin.
10. Psycho analysis and its evolution.

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

[MD(Y&N) 0325]

MARCH 2025

Sub. Code: 1412

**M.D. (YOGA & NATUROPATHY) DEGREE EXAMINATION
SECOND YEAR**

**COMMON TO BRANCH I (NATUROPATHY) AND BRANCH II (YOGA)
PAPER III – YOGIC PSYCHOLOGY & PSYCHONEURO-IMMUNOLOGY**

Q.P. Code: 461412

Time: Three hours

Answer ALL Questions

Maximum: 100 Marks

I. Elaborate on:

(2 x 20 = 40)

1. Explain panchakosha theory. Add a note on role of different yogic practice on balancing panchakoshas.
2. Significance of sensory neuropeptides and immune response add a note on HPA axis.

II. Write notes on:

(10 x 6 = 60)

1. Karmayoga.
2. Gunas and their influence on human nature and behaviour.
3. Relation between sleep and immunity.
4. Impact of stress on wound healing.
5. Psycho biology of HIV infection.
6. Obesity and immunity.
7. Role of emotions on immune system.
8. Impact of Raja yoga on life style.
9. Neuroimmunological response and pain.
10. Relationship between mind and personality.

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

[MD(Y&N) 0825]

**AUGUST 2025
(SUPPLEMENTARY EXAM)**

Sub. Code: 1412

**M.D. (YOGA & NATUROPATHY) DEGREE EXAMINATION
SECOND YEAR
COMMON TO BRANCH I (NATUROPATHY) AND BRANCH II (YOGA)
PAPER III – YOGIC PSYCHOLOGY & PSYCHO-NEUROIMMUNOLOGY**

Q.P. Code : 461412

Time : Three hours

Answer ALL Questions

Maximum: 100 Marks

I. Elaborate on:

(2 x 20 = 40)

1. Yogic views of personality Development.
2. Role of neuro-endocrine system and rheumatoid arthritis add a note on cholinergic regulation of inflammation.

II. Write notes on:

(10 x 6 = 60)

1. Gunas and their influence on human nature and behavior.
2. Relation between sleep and immunity.
3. Impact of stress on wound healing.
4. Psycho biology of HIV infection.
5. Obesity and immunity.
6. Role of emotions on immune system.
7. Raja yoga.
8. Neuroimmunological response and pain.
9. Opioids in health and disease.
10. Proinflammatory cytokines.

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

[MD(Y&N) 1125]

NOVEMBER 2025

Sub. Code: 1412

**M.D. (YOGA & NATUROPATHY) DEGREE EXAMINATION
SECOND YEAR (For the Candidates admitted in the academic year 2023-2024)
COMMON TO BRANCH I (NATUROPATHY) AND BRANCH II (YOGA)
PAPER III – YOGIC PSYCHOLOGY & PSYCHONEURO-IMMUNOLOGY**

Q.P. Code: 461412

Time: Three hours

Answer ALL Questions

Maximum: 100 Marks

I. Elaborate on:

(2 x 20 = 40)

1. Neurophysiology of Chakras.
2. Kundalini Kriyas and its benefits.

II. Write notes on:

(10 x 6 = 60)

1. Four forms of awakening.
2. Attitudes of Mindlessness and mindfulness.
3. What is prana?
4. Psychic healing and non touch healing.
5. Psychic properties of Anahata chakra.
6. Practices of bindu chakra and benefits.
7. Research findings on Bhramari and role of Bhramari in improving immunity during COVID-19.
8. Yogic physiology of the Nose.
9. Mechanism of energy Medicine with examples.
10. Attitude of knowing and attitude of consciousness.
