

[LK 1413]

FEBRUARY 2017

Sub.Code :1413

M.D. (YOGA & NATUROPATHY) DEGREE EXAMINATION

BRANCH II – (YOGA)

SECOND YEAR

PAPER II – APPLIED BASIC MEDICAL SCIENCES AND YOGA

Q.P. Code : 461413

Time: Three Hours

Maximum : 100 Marks

Answer All questions

I. Essay Questions:

(2 x 20 = 40)

1. Physiology of Respiration.
2. Yoga Compared to other systems of exercise.

II. Short Notes on:

(10 x 6 = 60)

1. List the yogic diet with its nutritive and medicinal value.
2. Properties of Mucus in the gastrointestinal tract.
3. Clinical features of Acromegaly.
4. Iatrogenic effects of drugs .
5. Muscles in Exercise.
6. Tabulate autonomic effects on various organs of the body.
7. Hypersomnias.
8. Lifesaving value of collateral circulation in the heart.
9. Theories of Aging.
10. Endocrine responses to exercise.

[LL 1413]

OCTOBER 2017

Sub. Code: 1413

M.D. (YOGA & NATUROPATHY) DEGREE EXAMINATION

BRANCH II – (YOGA)

SECOND YEAR

PAPER II – APPLIED BASIC MEDICAL SCIENCES AND YOGA

Q.P. Code : 461413

Time: Three Hours

Maximum : 100 Marks

Answer All questions

I. Essay Questions:

(2 x 20 = 40)

1. Write in detail about procedure, therapeutic indication, contraindications and benefits of Jalaneti and Sutra neti.
2. Write on yogic diet (a) name complete list of yogic diet
(b) its nutritive value
(c) justify benefits, each diet role on today's health and disease.

II. Short Notes on:

(10 x 6 = 60)

1. Mention few contraindications, benefits and precautions in practice of Vastradhauti.
2. Mention few contraindications and benefits of Mayurasana.
3. Write few contraindications and benefits of Chakrasana.
4. Mention few contraindications and benefits of Halasana.
5. Stress response of Sympathetic nervous system.
6. Blood glucose regulation.
7. Types of pain and their qualities.
8. Tabulate autonomic effects on various organs of body.
9. Types EEG waves.
10. Basic theories of sleep.

[LN 1413]

OCTOBER 2018

Sub. Code: 1413

M.D. (YOGA & NATUROPATHY) DEGREE EXAMINATION

BRANCH II – (YOGA)

SECOND YEAR

PAPER II – APPLIED BASIC MEDICAL SCIENCES AND YOGA

Q.P. Code : 461413

Time: Three Hours

Maximum : 100 Marks

Answer All questions

I. Essay Questions:

(2 x 20 = 40)

1. Write in detail about the procedure, the therapeutic indication, contra indications and benefits of shankhaprakshalana and Gaja karma Kriya.
2. Various routes of Drug Administration.

II. Short Notes on:

(10 x 6 = 60)

1. Write precautions, contraindications and benefits of Moorchha Pranayama.
2. Write contraindications and benefits of Jalandhara Bandha.
3. Write a very brief answer on benefits of Vipareeta Karni Mudra.
4. What are the indications and contraindications of Jalaneti?
5. Mention stages of Nauli and its few benefits.
6. Maximum voluntary ventilation.
7. Cause of Hypoventilation and hyperventilation.
8. Hypoxia and Oxygen therapy.
9. Types of abnormal breathing patterns.
10. Properties of Mucus in the gastrointestinal tract.

[LP 1413]

OCTOBER 2019

Sub. Code: 1413

M.D. (YOGA & NATUROPATHY) DEGREE EXAMINATION

BRANCH II – (YOGA)

SECOND YEAR

PAPER II – APPLIED BASIC MEDICAL SCIENCES AND YOGA

Q.P. Code : 461413

Time: Three Hours

Maximum : 100 Marks

Answer All questions

I. Essay Questions:

(2 x 20 = 40)

1. Mechanism of Breathing.
2. Role of Immunity and Yoga.

II. Short Notes on:

(10 x 6 = 60)

1. Physiological effects of yogic practices on endocrine and metabolic effects.
2. Name the complete list of yogic diet with its medicinal and nutritive value.
3. Life saving value of collateral circulation in the heart.
4. Basic Theories of Sleep.
5. Normal Electrocardiogram, its Characteristics.
6. Muscle Metabolic Systems in Exercise.
7. Types of EEG waves.
8. Clinical features of Hypo thyroidism.
9. Properties of Mucus in the gastrointestinal tract.
10. Blood glucose Regulation.

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

[MD(NATU.) 0321]

**MARCH 2021
(OCTOBER 2020 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. Pressure changes during breathing with evidence based.
2. Physiological effects of yogic practices on endocrine and metabolic effects, nervous system and metabolic rate.

II. Write notes on:

(10 x 6 = 60)

1. Methods of Drug Administration.
2. Lifesaving value of collateral circulation in the Heart.
3. Cause of Hypoventilation and Hyperventilation.
4. Functions of Thyroid Hormones.
5. Thought, consciousness and memory.
6. Physiological functions of sleep.
7. Functions of Saliva.
8. Muscle Metabolic Systems in Exercise.
9. HRV Tests and Cardiac Markers.
10. Properties of Mucus in the Gastrointestinal tract.

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.

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

[MD(Y&N) 1122]

**NOVEMBER 2022
(OCTOBER 2022 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. Physiological mechanism of Shatkarmas.
2. Pathophysiology of Diabetes – Write on Recent research papers on yoga in diabetes.

II. Write notes on:

(10 x 6 = 60)

1. Physiology of nasal passage.
2. Lumbar spine and its nerves.
3. Circadian Rhythm.
4. 17-OH Progesterone.
5. Anatomy of eye.
6. Distribution of sciatic nerve.
7. Muscles of Knee joint with its functions.
8. Cranial nerves with functions.
9. Anatomy of Brachial plexus.
10. Mechanism of dhauti.

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).

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

[MD(Y&N) 0325]

MARCH 2025

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. Neurophysiology of Respiration.
2. Explain in detail about concept of Yogic diet.
 - a) Role of gunas in yogic diet.
 - b) Intake calorific value of yogic diet.
 - c) Justify bioenergetics and eating behaviors of yogic diet.

II. Write notes on:

(10 x 6 = 60)

1. Kriyas – classify and mention its evidence based therapeutic benefits.
2. Physiological functions of peristalsis in the digestive tract.
3. General Physical Examination of Cranial nerves.
4. Adverse drug reactions.
5. Anatomy and physiological aspects of practicing Suryanamskara.
6. Homeostatic effects of yoga.
7. Fatigue and Malaise difference and management of Pranayama on that conditions.
8. Role of yoga in public Health.
9. Physiological changes of photo aging.
10. Autonomic response to stress.

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

[MD(Y&N) 1125]

NOVEMBER 2025

Sub. Code: 1413

**M.D. (YOGA & NATUROPATHY) DEGREE EXAMINATION
SECOND YEAR (For the Candidates admitted in the academic year 2023-2024)**

**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. Tabulate the body segment involved and muscles actively involved with its kinematics in Tadasana and Vrikshasana.
2. Physiology of Learning and Memory.

II. Write notes on:

(10 x 6 = 60)

1. Write down holding asanas and types of contraction occurs during holding of most Asanas.
2. Factors affecting Melatonin Secretion.
3. Physiology of Bhramari and Bhastrika.
4. Extra ocular Muscles and write on visual reflexes.
5. Physiology of Dhyana.
6. Karna Dhauti and Chakshu Dhauti.
7. Mechanics of tension.
8. Mechanics of breathing and write on middle and upper breathing.
9. Pre meditative exercises as per Swami satyanandha Saraswathi.
10. Tabulate the body segment involved and muscles actively involved with its kinematics in Utitha Trikonasana.
