

M.D. (YOGA & NATUROPATHY) DEGREE EXAMINATION

BRANCH II – YOGA

THIRD YEAR

PAPER IV – CLINICAL YOGA

Q.P. Code : 461422

Time: Three Hours

Maximum : 100 Marks

Answer All questions

I. Essay Questions:

(2 x 20 = 40)

1. Clinical examination of Cardiovascular system and How do you identify Ischemic cardiac pain and Non cardiac Pain?
2. Write on Obesity under following headings:
 - a) Definitions, identifications, classifications, aetiology, specific causes of weight gain, Brown and white fat.
 - b) Justify your yoga prescriptions.

II. Short Notes on:

(10 x 6 = 60)

1. Mechanism of yoga in the management of Polycystic ovarian syndrome and features of PCOS.
2. Clinical significance of free radicals and prevention of aging through natural methods.
3. Endocrinal responses to exercise and Yoga.
4. Neuro physiology of Sleep.
5. Mechanism of respiration and add a note on Yogic breathing.
6. Diabetes - WHO's latest criteria for diagnosis, classification and diabetic vascular Disease.
7. Fatty liver and Nonalcoholic steatohepatitis.
8. Features of simple mechanical low back pain and nerve root pain.
9. Mechanism of Yoga in Stress management.
10. Examination of respiratory system and physiological effects of Kumbhaka.

[LN 1422]

OCTOBER 2018

Sub. Code: 1422

M.D. (YOGA & NATUROPATHY) DEGREE EXAMINATION

BRANCH II – YOGA

THIRD YEAR

PAPER IV – CLINICAL YOGA

Q.P. Code : 461422

Time: Three Hours

Maximum : 100 Marks

Answer All questions

I. Essay Questions:

(2 x 20 = 40)

1. Clinical examination of the patient with diabetes and justify any three yoga prescription for type 2 Diabetes mellitus.
2. Coronary heart diseases - stable and unstable angina, myocardial infarction and justify your yoga therapy for CHD patients.

II. Short Notes on:

(10 x 6 = 60)

1. Yogic Basti mechanisam, types and Disorders of Defecation.
2. Visama Vritti Pranayama, Pratiloma Pranayam, Sahita and kevala Kumbhaka Pranayama.
3. Refractive Disorders of eyes and Eight yoga exercises for the eyes.
4. Spondylolysis and spondylolisthesis.
5. Causes, features of Polycystic ovarian syndrome and justify your yoga treatment.
6. Eleven Clinical features of Acromegaly.
7. Causes of neck pain and limitations of yoga in neck pain.
8. Aetiology, clinical features and diagnosis of Irritable Bowel syndrome.
9. Thyroid Function Test including antibody tests and justify your yoga prescription for Hypothyroidism.
10. Psychological disorders and mechanism of yoga nidra.

[LP 1422]

OCTOBER 2019

Sub. Code: 1422

M.D. (YOGA & NATUROPATHY) DEGREE EXAMINATION

BRANCH II – YOGA

THIRD YEAR

PAPER IV – CLINICAL YOGA

Q.P. Code : 461422

Time: Three Hours

Maximum : 100 Marks

Answer All questions

I. Essay Questions:

(2 x 20 = 40)

1. Yoga as medicine-Justify.
2. Write on Lumbar Disc Prolapse, mechanism of lumbar pain in situation of disc prolapse and explain how yoga therapy works.

II. Short Notes on:

(10 x 6 = 60)

1. Psychosomatic adaptation and yoga.
2. Aspects of nervous system in yoga.
3. Prolapse of the uterus and mechanism of yogic management.
4. Prevention of a stroke with yoga—explain.
5. Yogic management in cardiomyopathy.
6. Bell's Palsy and yoga.
7. Yoga as surgery.
8. Diseases of small intestine and yoga.
9. Eye disorders and yogic management.
10. Explain Bronchial asthma and yoga.

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

[MD(NATU.) 0321]

MARCH 2021

Sub. Code: 1422

(OCTOBER 2020 EXAM SESSION)

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. Explain Arthritis - Mechanism of yogic management for various arthritis.
2. Yogic management of IHD with mechanism.

II. Write notes on:

(10 x 6 = 60)

1. Types of Scoliosis and Justify your yoga prescription for Scoliosis.
2. Mechanical lower back pain and yogic management.
3. Diabetes and yogic management, explain.
4. Yogic surgery.
5. Pschosis and psychonurosis relation with yoga.
6. Principal disorders causing Malabsorption and yoga.
7. Alcoholism and drug dependence and yoga.
8. Mechanism of yoga therapy in Thyroid disorders.
9. Allergic respiratory diseases and yoga.
10. Trigeminal Neuralgia and yoga.

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.

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

[MD(Y&N) 1122]

**NOVEMBER 2022
(OCTOBER 2022 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. Define Bronchial Asthma, discuss etiology, pathogenesis, manifestations, diagnosis and management of Bronchial asthma, add a note on complications of Bronchial asthma.
2. Discuss Etiology pathophysiology, clinical features, Diagnosis and management of Rheumatoid arthritis.

II. Write notes on:

(10 x 6 = 60)

1. Bipolar disorder.
2. Irritable bowel Syndrome.
3. Inflammatory Bowel Disease.
4. Eating disorders.
5. Physiological effects of ageing.
6. Senile dementia – clinical features and treatment.
7. Restless leg syndrome
8. Meralgia paresthetica.
9. Young onset osteoarthritis.
10. Vertigo.

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

[MD(Y&N) 1223]

**DECEMBER 2023
(OCTOBER 2023 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. Explain diagnosis and approach to the patients with diseases of the respiratory system and mention the conventional medicine. Add a note on pulmonary rehabilitation through yoga.
2. Classify the neurotic disorder and explain in detail about management of Generalized anxiety and phobic disorder through yogic therapy.

II. Write notes on:

(10 x 6 = 60)

1. What is infertility? Explain in detail about its causes and management through yogic therapy.
2. What are the pathophysiology, clinical manifestations of Psoriasis? Add a note on its management through yogic therapy.
3. Explain yogic management of chronic fatigue syndrome.
4. Describe the Disorders of autonomic nervous system.
5. Explain the psycho-social factors in the etiology and pathogenesis of cancer.
6. Elaborate the disorders of the heart with clinical view on vascular disease. Add Yogic approach during cardiac rehabilitation.
7. Explain in detail about the approach on liver and biliary tract diseases with yogic management.
8. What is immune mediated injury – diseases? Mention a note on autoimmune management through yoga.
9. Explain psychosocial factors in the etiology and pathogenesis of Tuberculosis.
10. Explain in detail about IBS clinical view and integrated approach.

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

[MD(Y&N) 0225]

FEBRUARY 2025

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. Explain in detail about the diagnosis and approach to the patients with heart diseases – physical examination of cardiovascular system, Add a note on knowledge about Yogic and conventional treatment in Cardiac rehabilitation.
2. Classify Menstrual disorders. Explain its causes, diagnostic assessments and management through Yogic therapy.

II. Write notes on:

(10 x 6 = 60)

1. Write the Laghu sankhaprachalana mechanism, types and effect on IBD.
2. Explain in detail on Disorders of intermediary metabolism-disorders of lipoprotein metabolism.
3. Explain in detail about disorders of the eye and add a note on management of refractive errors through yogic therapy.
4. Explain the causes, pathophysiology, symptoms and management of muscular dystrophy.
5. Explain the yogic management for AIDS.
6. Explain causes, clinical features and diagnosis of cushing syndrome.
7. Explain in detail about migraine headache and cluster headache and its management through yoga.
8. Explain in detail about causes, symptoms of anxiety neurosis.
9. Discuss the physiology of hypothalamus, mention the patho-physiology of hypothyroidism and mention the yogic management.
10. Explain the yogic management for Myopia.
