

APRIL 2000

[KB 1410]

B.N.Y.S. DEGREE EXAMINATION.

Second Year

Part II

(Old Regulations)

Paper II — CLEANSING PROCEDURES IN YOGA

Time : Three hours

Maximum : 100 marks

Answer ALL questions.

**Answer Section A and Section B in separate
answer books.**

SECTION A

1. What do you mean by cleansing process? Describe its precautions and limitations. (10)
2. Define the Dhauti. Classify Dhauti in brief. (10)
3. Write short essay on Gherand Samhita. (10)
4. Write short note on any FOUR : (4 × 5 = 20)
 - (a) Vastra Dhauti
 - (b) Moola Shodhana
 - (c) Vatsara
 - (d) Madhyma nauli
 - (e) Kapala Randra.

SECTION B

5. Explain therapeutical effects of cleansing procedures in diseases. (10)
6. Define Kapal Bhati, its types and benefits. (10)
7. How many types of Trataka? Describe any two. (10)
8. Write short notes on any FOUR : (4 × 5 = 20)
 - (a) Rubber Neti
 - (b) Jala Basti
 - (c) Varisara Dhauti
 - (d) Vaman Dhauti
 - (e) Herbal Neti.

OCTOBER 2000

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SECTION A

1. Explain Basti in detail. (10)
2. What is neti? Describe all types of NETI and its benefits. (10)
3. What do you mean by HRID DHAUTI? Describe its three types. (10)

4. Write short notes on : (4 × 5 = 20)
 - (a) Ganesh kriya
 - (b) Lago Slanka Prakshalana
 - (c) Eye exercises
 - (d) Ihiva Dhauti.

SECTION B

5. What is Nauli? Explain them in detail. (10)
6. Describe various types of kapalabathi with their indications and contra indications. (10)
7. What is Vastra dhouti? Explain its therapeutical effects. (10)
8. Write short notes : (4 × 5 = 20)
 - (a) Bahiskrita
 - (b) Jyothi Trataka
 - (c) Madhyama Nauli
 - (d) Chaksu and kapalaranda.