

**Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)**  
**A Deemed to be University established under Section 3 of the UGC Act, 1956**

**Program:** MD (Yoga)  
**Subject Name:** Physiological Effects of Yoga  
**Sem Period:** Aug, 2022 to Dec, 2022  
**Date:** 30.11.2022  
**Examination Mode:** Back Paper

**Semester:** 2<sup>nd</sup> Semester  
**Subject Code:** MDYT- 205  
**Batch:** September, 2021  
**Time:** 09.30 am to 12.30 pm  
**Max. Marks:** 100

**General Instructions:**

1. Read all the questions carefully and then start writing
2. Do not write anything on the question paper
3. Write your registration number on the rectangular space provided here

Reg No:

**Short Notes (Attempt any Ten) – 2 Marks for each Question      10 \*02 =20 Mark**

1. Uppranas
2. Role of saline water in kriyas
3. Trataka
4. Why kapalbhati not a pranayama?
5. HPA axis
6. IAYT
7. Categories of pranayama
8. Kumbhaka
9. Physiological Hibernation
10. Physiological benefits of kriyas
11. Sara and Saamanya
12. GABA

**Short Essay (Attempt any Eight) – 5 Marks for each Question      08 \*5 =40 Marks**

13. Elaborate the concept of prana, its types and functions
14. Psychoneuimmunology
15. How do you correlate yogic and modern pathophysiology?
16. Explain the physiology of kumbhaka
17. Describe in brief Physiological effects of Neti
18. Asthakumbhakas
19. Describe in brief effect of breathing exercises on pulmonary functions
20. Can cooling pranayama are known to quench hunger and thirst. If yes explain how?
21. Write down the various Physiological effects of Yoga Practices
22. Is Agnisara Kriya good for T2DM? If yes, How?

**Long Essay (Attempt any Four) – 10 Marks for each Question**

**4\* 10 =40 Marks**

23. Psoriatic Arthritis. Its types and pathophysiology. Justify the yoga practices with relevant scientific evidences
24. GERD. Explain detailed Pathophysiology. Explain in detail the yogic intervention with relevant scientific evidences.
25. Asanas. Give a brief account of asanas from ancient texts. Write down the various Physiological effects with relevant scientific evidences.
26. Type 2 Diabetes Mellitus. Its types and pathophysiology. Justify the yoga practices with relevant scientific evidences.
27. Bronchial Asthma. Its types and pathophysiology. Justify the yoga practices with relevant scientific evidences



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**Program:** MD (Yoga)  
**Subject Name:** Yoga Medicine- II  
**Sem Period:** Aug, 2022 to Dec, 2022  
**Date:** 28.11.2022  
**Examination Mode:** Back Paper

**Semester:** 2<sup>nd</sup> Semester  
**Subject Code:** MDYT-201  
**Batch:** September, 2021  
**Time:** 09.30 am to 12.30 pm  
**Max. Marks:** 100

**General Instructions:**

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**Short Notes (Attempt any Ten) – 2 Marks for each Question      10 \*02 =20 Marks**

1. Cushing's disease.
2. Pheochromocytoma
3. Classify headache
4. Specific yogic practices for epilepsy
5. Ominous Octate
6. Phases of epilepsy
7. Hypothyroidism
8. Functions of hippocampus
9. Functions of Thyroid hormone
10. Specific practices for Parkinson's
11. Causes of Alzheimer's disease
12. Types of neuron.

**Short Essay (Attempt any Eight) – 5 Marks for each Question      08 \*5 =40 Marks**

13. Causes and symptoms of Meningitis
14. Addison's disease- Causes signs and symptoms
15. Action of yoga in hyperthyroidism
16. Management of Migraine through yoga therapy
17. Enumerate corticosteroids, briefly describe write the functions
18. Explain diseases of Adrenal gland
19. Write the causes and management of motor neuron disease
20. Write the importance of yoga counseling in neurological diseases
21. Write the mechanism of yoga in Parkinson's disease

**Long Essay: (Attempt any Four) – 10 Marks for each Question      4\* 10 =40 Marks**

22. Etiology, clinical features, complications, investigation and management of Diabetes with yoga.
23. Multiple sclerosis disease. Etiopathogenesis, clinical features, investigation and management through conventional therapy and yoga therapy (Yoga module)
24. Give your own yoga module for Peripheral neuropathies
25. Write mechanism of action of yoga in stroke along with causes and symptoms
26. Write the pharmacological management of nervous disorders

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**Program:** MD (Yoga)  
**Subject Name:** Srimadbhagavad Gita  
**Sem Period:** Aug, 2022 to Dec, 2022  
**Date:** 29.11.2022  
**Examination Mode:** Back Paper

**Semester:** 2<sup>nd</sup> Semester  
**Subject Code:** MDYT-203  
**Batch:** September, 2021  
**Time:** 09.30 am to 12.30 pm  
**Max. Marks:** 100

**General Instructions:**

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Reg No:

**Short Notes (Attempt any Ten) – 2 Marks for each Question    10 \*02 =20 Marks**

1. Who is the author of Bhagavad geeta?
2. BG is a text book on Yoga shastra or Yoga tantra?
3. What is the original name of Vedavyasa?
4. Write the names of the parents of vedavyasa?
5. In which parva of mahabharata BG is told?
6. From which chapter to which chapter BG extends?
7. How many types of Geeta can we have as reference? Name them.
8. Who is called as Gaandivi?
9. The whole MB revolves around 7 characters. Name them?
10. Enumerate the shankhas of Arjuna & Nakula?
11. What is Akshohini? Give details
12. How many times do you see the word YOGA used in BG? Justify

**Short Essay (Attempt any Eight) – 5 Marks for each Question    08 \*5 =40 Marks**

13. Mahabharata is the essence of all shastras ..justify? Mention two important contributions of MB and write in short about them.
14. Explain the plight of Duryodhana in front of Bhishma & Drona at the battle field. Explain in short the confusion of duryodhana in the beginning.?
15. Explain synonyms used for Arjuna in BG along with meanings?
16. Explain the importance of Rishi, chandas & devata before entering into BG?
17. Explain Anganyasa & karanyasa of BG?
18. Explain the dhyana shloka of BG?
19. Explain Geeta mahatmya in short?
20. Numerology & Psychology are the two wings of bird philosophy. Justify?

21. Explain shloka "ANANYA'S CHINTAYANTO MAM YE JANAAH.....in short?
22. Concept of nature of soul as per BG?

**Long Essay: (Attempt any Four) – 10 Marks for each Question 4\* 10 =40 Marks**

23. Write in detail the depression of Arjuna & reasons for not to fight.... Analyze?
24. Explain in detail the concept of Dhyana prakriya as per BG?
25. Write an essay on the sequence of concepts in which the person is going to be victimized?
26. Explain in detail the psychology of Arjuna in ordering Krishna to take his chariot in between the armies?
27. Discuss in detail the role of motivation and determination in BG what you have experienced in life?