

SWAMI VIVEKĀNANDA YOGA ANUSANDHĀNA SAMSTHĀNA
Swami Vivekananda Yoga Anusudhana
A University, established under Section 3 of the UGC Act, 1956
(Eknath Bhavan, # 19, Gavipuram Circle, Kempegowda Nagar, Bangalore 560 019, India)

MD Y F Arogydhama Training - 2

DATE: 22.05.2012

Time: 3 Hours

Max. Marks: 100

I. Answer ANY EIGHT of the following:

8 x 10 = 80 Marks

1. Define obesity. Its classification and treatment/ management according to yoga.
2. Ulcerative colitis? Treatment/ management according to yoga.
3. How Sankha-Praksalana Kriya helps?
4. What are the effects of Uddiyana Bandha, Agnisara and Nauli in DM. explain?
5. Explain diabetic retinopathy. What are the practices to be avoided in such case and Why?
6. How does stress increase blood glucose in body- both yogic and modern view.
7. Write down the eight yogic relaxation steps for acute neck pain?
8. What is Lumbar spondylosis? Treatment/ management according to yoga.
9. Sciatica. Treatment/ management according to yoga?
10. What is the role of Anandamaya Kosa practice for digestive disorders?

II. Answer ANY FIVE of the following:

5 x 4 = 20 Marks

1. Whiplash injury.
2. Aggressors.
3. Peripheral neuropathy.
4. Types of Prana and its function and location.
5. Explain the process of Vaman dhouti and how it helps.
6. Eating disorders.