

**SWAMI VIVEKANANDA YOGA ANUSANDHANA SAMSTHANA  
(S-VYASA)**

(declared as Deemed-to-be University under Section 3 of the UGC Act, 1956)  
**FINAL EXAMINATION**

**MSC T 206 Common Ailments**

**Date : 27-May-2011**

**Time : 3Hr**

**Max Marks: 100**

**Note: 2 Marks for Neatness**

**I. Long notes [Answer All]**

**10X4 = 40**

1. Explain Diabetes Mellitus and its yogic Management.
2. Explain Coronary artery disease and its yogic Management.
3. Explain Back Pain and its yogic Management.
4. Explain Arthritis and its yogic Management.

**II. Short notes [Answer Any six]**

**06X5 = 30**

1. Hypertension
2. Anxiety
3. PCOS
4. Parkinson
5. Asanas
6. Pranayama
7. Role of kriyas in Asthma

**III. Short notes [Answer Any five]**

**05X5 = 25**

1. Role of Sukshma Vyayama in Rheumatoid Arthritis
2. Role of Pranayama in Nosal allergy
3. What asanas do you give for scanty periods
4. Headache
5. Pregnancy
6. Gastritis
7. IBS

**IV. Fill in the blanks [Answer All]**

**03X1 = 03**

1. ----- is the kriya useful in Asthma
2. ----- is the kriya useful in gastritis
3. Nadisudhi is the ----- pranayama

\*\*\*\*\* *Wish You All the Best* \*\*\*\*\*