

**KALOJI NARAYANA RAO UNIVERSITY OF HEALTH SCIENCES
WARANGAL, TELANGANA STATE – 506 002**

THIRD BNYS PART- II YEAR DEGREE EXAMINATIONS: NOVEMBER, 2024

YOGA THERAPY

Time: 3 Hours

Max Marks: 80

Note: Answer all questions.

Answer part – A &B in separate answer booklets. Answer In part-A should not be answered in part-B or vice versa. Otherwise they will not be valued. Draw Diagrams wherever necessary.

PART – A (40 Marks)

Write an essay on the following:

1 X 10 = 10

1. Explain the basic principles of yoga therapy.

Write a short note on the following:

5 X 5 = 25

2. Mental retardation and yoga.
3. Homeostatic and sedative effect of yoga.
4. Mind Imaging resonance technique (MIRT).
5. Yogic management of hyperacidity.
6. Therapeutic aspect of hatha yoga .

Write briefly on the following

5 X 1 = 5

7. Name the two types of Neti.
8. Bhujangasana — Indication and contraindication.
9. Benefits of Gnana Mudra and Yoni Mudra.
10. Contra-indication of shirsasana.
11. Indication of ujjayi pranayama.

PART – B (40 Marks)

Write an essay on the following:

1 X 10 = 10

12. Explain yoga therapy for neuro-muscular and hormonal disease.

Write short notes on the following

5 X 5 = 25

13. Constipation and yoga.
14. Cyclic meditation.
15. Effect of Breathing Exercise.
16. Phobic disorder and its yogic management.
17. Panchakosha based diagnosis.

Write briefly on the following

5 X 1 = 5

18. Dhanurasana Indication and contra-indication.
19. QRT - Quick Relaxation Technique.
20. Name dasho- upanishads
21. What are Bahiranga sadhana according to Ashtanga yoga?
22. Types of Bandhas.
