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YSS 553A

Fourth Semester M.Sc. Degree Examination, September/October 2022

YOGIC SCIENCE

Scientific Studies in Yogic Science – III

Time : 3 Hours

Max. Marks : 70

I. Answer the following questions in one **word**/one **sentence** each. (10×1=10)

- 1) What is the length of a exhalation according to Sage Gheranda ?
- 2) Name the practice of yoga which felicitates Bandhatraya.
- 3) Which variety of practice helps to overcome 'dvandva' ?
- 4) What is Chitta ?
- 5) Which Asana practice helps to attain 16 Adharas ?
- 6) Which tattva is activated by holding Big toe ?
- 7) Increase in which dosha creates eye disorders ?
- 8) What is the normal range of Blood Pressure ?
- 9) What do you mean by C₁ in spinal column ?
- 10) Which guna is predominant is salt ?

II. Write short notes on **any six** of the following.

(6×5=30)

- 1) Stress.
- 2) Constipation.
- 3) Blood pressure reading.
- 4) Hyper activity.
- 5) Pranayama in yoga therapy.
- 6) Yoga therapy concepts.
- 7) Purification of Nadis.
- 8) Food system in yoga therapy.

III. Explain **any three** of the following.

(3×10=30)

- 1) Yoga therapy for Cervical Spondylosis.
 - 2) Yoga therapy for occupational back pain.
 - 3) Yoga therapy for Diabetic Mellitus.
 - 4) Role of Yama and Niyama in yoga therapy.
 - 5) Effect of food system.
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