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YSH 451



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

YOGIC SCIENCE

Foundation of Yogic Science – III

Time : 3 Hours

Max. Marks : 70

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

- 1) What are the Body Purificatory methods ?
- 2) Synonym for Saptangayoga.
- 3) How many Asanas are mentioned in Shivayogadipika ?
- 4) What is the meaning of Kecharimudra ?
- 5) Mention the types of Shivajnana.
- 6) What is the benefit of Pratyhara ?
- 7) Which Pranayama regulates Vata-dosha ?
- 8) Benefit of Trataka.
- 9) What are the openings in Sanmukhimudra ?
- 10) Who is the author of Caturangayoga ?

II. Write short notes on **any six** of the following : **(6×5=30)**

- 1) Bhalabhati according to Gheranda.
- 2) Sahita pranayama.
- 3) Niyama according to Shivayogadipika.
- 4) Health.
- 5) Ashinimudra and Mandukimudra.
- 6) Matsyendrasana.
- 7) Prakrta and Vaikrta pranayama.
- 8) Danta dhauti

III. Explain **any three** of the following : **(3×10=30)**

- 1) Pancha Dharana.
- 2) Pathya and Apathya.
- 3) Nadishuddi pranayama.
- 4) Dhyana according to Gheranda.
- 5) Evolution theory.