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YSH 452(R)



**Second Semester M.Sc. Degree Examination, September/October 2022
(Repeater) (2018-19 Batch)
YOGIC SCIENCE
Basics Relevant to Yogic Science – II**

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) Define Nutrition.
- 2) Define *Svara*.
- 3) Name an essential fatty acid.
- 4) Name the *mahabhuta* predominant in *kasaya rasa*.
- 5) Write the normal range for HDL cholesterol.
- 6) Name a food which reduces aggravated *pitta dosa*.
- 7) Name a deficiency problem of vitamin K.
- 8) Who is the author of Yoga Rahasya ?
- 9) How many calories are there in one gram of alcohol ?
- 10) Write any two qualities of *satvika* food.

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

(6×5=30)

- 1) *Pathya* food.
- 2) Fibers.
- 3) *Sadrasa* concept of food.
- 4) Lipid Profile.
- 5) *Asanas* and Physical Exercises.
- 6) Modern concept of Health.
- 7) Balanced diet.
- 8) Role of proteins in diet.

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

(3×10=30)

- 1) *Triguna* concept of food.
 - 2) Water soluble vitamins.
 - 3) Therapeutical concepts in Yoga Rahasya.
 - 4) *Tridosha* concept of food.
 - 5) Minerals in diet.
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