

YOGA THERAPY

2marks

- a. Write two cause for skin disorder.
- b. Define Bronchitis.
- c. What is hypothyroidism
- d. What is migraine.
- e. Name of hormone secret for thyroid gland.
- f. Name of pranayam to deal with Asthma.
- g. Cause behind the hypothyroidism
- h. What is slipped disk.
- i. Name of two asana to deal with Siatca.
- j. Write two asana for healthy skin.

5marks

- a. Write about yogic management for skin disease.
- b. Write about cause of slipped disk& its yogic management.
- c. Write about yogic management for Tonsillitis.
- d. Write about cause of Bronchitis& its yogic management.
- e. Give a brief note about yogic management for Migraine.
- f. Write a brief note about Depression& its yogic management.
- g Write brief note about Respiratory disorder & its symptoms.

10 marks

1 Give a brief note about Kidney disorder and its yogic management.

2 Write about skin & different types of skin disorder as per yoga . 10

3 Give a brief note about important of yoga therapy for stress anxiety& depression.

06 Give a brief note about important of yoga therapy for day to day life.

4 Give a brief note about cause of hypothyroidism& how to deal with yogic management.