

Q.P. Code 202269

Reg. No.:.....

**Final Year PG Diploma in Ayurveda Regular Examinations
December 2021**

Swasthavritta and Yoga - Diploma in Public Health (Ay.)

**Paper II Aupasargika - Anoupasargika Roga Pratishedha and applied aspects
of Yoga-Nisargopachara**

Time: 3 hrs

Max marks: 100

- *Answer all questions to the point neatly and legibly • Do not leave any blank pages between answers • Indicate the question number correctly for the answer in the margin space*
- *Answer all parts of a single question together • Leave sufficient space between answers*

Essay

(20)

1. Write the procedure, indications, contraindications and therapeutic benefits of Tadasana, Vajrasana, Gomukhasana, Sarvangasana and Dhanurasana

Short essays

(8x10=80)

2. Enumerate the Bandha and Mudra. Discuss their importance in practice of yoga.
3. Write the definition, classification and importance of Pranayama. Add notes on research updates on management of diseases by Pranayama.
4. What are the vector borne diseases and explain its preventive measures.
5. Write the concept of health promotive nutrition in Ayurveda.
6. Briefly explain the types of immunity.
7. Write the concept of naturopathy in disease manifestation and diagnosis.
8. Explain importance and methods of sunbath.
9. Types of diet according to naturopathy and write about techniques and therapeutic benefits of fasting.
