

Q.P. Code 202269

Reg. No.:.....

**Final Year PG Diploma in Ayurveda Regular/Supplementary
Examinations April 2024**

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 different definitions of Yoga and discuss the role of Ashtanga Yoga in Health Promotion and disease prevention.

Short essays

(8x10=80)

2. Describe the Ayurvedic aspects of Kuprasangaja and Aupasargika Roga.
3. Write the techniques and benefits of fasting.
4. Discuss the role of Pathya-apathya in Obesity and Diabetes and prepare diet chart for both.
5. What do you mean by natural calamities and how will you tackle them.
6. What are the indicators for Shatkarma and explain the practical utility of Dhauti and Neti.
7. Explain the dynamics of disease transmission.
8. Explain mud therapy.
9. Write procedure, indications and contraindications of steam bath.
