

**Q.P. Code 202269**

**Reg. No.:.....**

**Final Year PG Diploma in Ayurveda Supplementary Examinations  
October 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. Management of hypertension with yoga and naturopathic techniques and diet therapy.

**Short essays**

**(8x10=80)**

2. Define vector borne diseases and describe Chikungunya cause, incubation period, symptoms, diagnosis and management through Ayurveda.
3. Disaster management during earthquake.
4. Procedure, indications, contraindications and therapeutic effects of Halasana, Ushtrasana and Bhujangasana.
5. Describe Ashtanga yoga in health promotion and disease prevention.
6. Describe the causes, manifestation and control measures of Janapadodhwamsa.
7. Techniques and therapeutic benefits of fasting and massage.
8. Explain the schools of naturopathy – Indian and Western.
9. Describe Shatkriya

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