

**Final Year PG Ayurveda Degree Examinations – October 2013
(Swasthavritta)**

Paper IV -Yoga and Nisargopachara

Time : 3 hrs

Max marks : 100

- Answer all questions

Essay

(20)

1. Explain the nature cure and yogic management of hypertension in detail.

Short essays

(8x10=80)

2. Explain the principles, classification, application and method of preparation of mud & its benefits.
3. Individuals fit for shatkarma and describe shankha prakshalana & laghu shankha prakshalana along with its mode of action.
4. Define pratyahara, explain the significance of pratyahara along with practical utility and benefits.
5. Define asana. Describe meditative asana and explain four shreshtha asanas as per hathayoga pradeepika.
6. Management of hyperacidity through nature cure and yogic practices.
7. Comparative analysis of dietetic principles mentioned in ayurveda & nature cure and elucidate scientifically.
8. Explain the massage and its benefits, indications, contra-indications along with mode of action.
9. Schedule for pregnant lady based on the line of nature cure along with yogic practices.