

**Final Year PG Ayurveda Degree Examinations – October 2014**  
**(Swasthavritta)**

**Paper IV -Yoga and Nisargopachara**

**Time : 3 hrs**

**Max marks : 100**

- Answer all questions

**Essay**

**(20)**

1. Describe the basic principles of nature cure of different schools and classify the treatment modalities adopted in nature cure.

**Short essays**

**(8x10=80)**

2. Describe pranayama and its effects on physical and mental health
3. Formulate therapeutic protocol of yoga practices for control of obesity and diabetes.
4. Discuss the hatha yoga sidhi lakshanas and explain shatkarmas in relation to ayurvedic panchakarma
5. Formulate yogic schedule for stress, headache and depression.
6. Explain causes for disturbance in pancha koshas and mention yogic intervention to tackle the problems at panchakosha level.
7. Describe principles and therapeutic effects of hydro therapy.
8. Discuss the basis for magneto therapy and explain its therapeutic effects.
9. Prepare naturopathic diet chart for diabetes and acid peptic diseases.

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