

Q.P.Code 224257

Reg. No.:.....

**Final Year PG Ayurveda Degree Regular Examinations
October 2019
(Swastha Vritta)**

**Paper IV – Yoga Evam Nisargopachara
(Yoga and Nature Cure)**

(2016 Scheme)

Time: 3 hrs

Max marks: 100

Essay • Answer all questions **(20)**

1. Explain Ashta Kumbhaka in relation to promotion of health with an example.

Short essays **(8x10=80)**

2. Discuss about Yoga related concepts in Brihat Trayi in detail.

3. Discuss therapeutic Yoga and Pranayama module for prevention and control of depression.

4. Explain regarding Pathya Apathya during Yogabhyasa.

5. Explain fasting therapy with its practical utility.

6. Comparison between basic principles of Ayurveda and Nature cure.

7. Explain attainment of Naishtiki Chikitsa by means of Ashtanga Yoga.

8. Describe the relation between Suryanamaskara and Shatchakra.

9. Explain importance of Yama and Niyama in the present scenario to improve the quality of society.
