

**Q.P. Code: 224257**

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

**Final Year PG Ayurveda Degree Regular/Supplementary  
Examinations December 2021  
(Swastha Vritta)**

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

**(2016 Scheme)**

**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. Explain Nirukti and various definitions of yoga and explain Rajyoga in detail

**Short essays**

**(8x10=80)**

2. Concept of Shatchakras

3. Describe Nadis; Kundalini and signs of Nadishudhi

4. Explain Neti and Trataka in detail

5. Explain different types of mud therapy and massage as per nisargopachara

6. Therapeutic yogic management of obesity

7. Definition of pranayama and discuss Suryabhedana, Ujjai, Bhasrika and Bhramari pranayama

8. Discuss utility of yoga in rehabilitation

9. Trikonasana and Sethubandhasana in detail with diagram.

\*\*\*\*\*