

Q.P. Code: 224257

Reg. No.:.....

**Final Year PG Ayurveda Degree Regular/Supplementary
Examinations November 2022
(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. Definition of Pranayama and discuss Ashta Kumbhaka in detail

Short essays

(8x10=80)

2. Elaborate Naishtiki chikitsa and satyabudhi concept in detail.
3. Yogic management of Hypertension
4. Fasting therapy in detail as per Nisargopachara
5. Any two Asanas in standing posture with diagrams in detail
6. Physiological effect of Yogasanas on body and mind.
7. Dhauti, Basti, Nauli in detail and its physiological effect.
8. Explain concept of sthula, Sukshama and karana shariras.
9. Explain karmayoga philosophy according to Bhagavadgita.
