

Q.P. Code: 224257

Reg. No.:.....

**Final Year PG Ayurveda Degree Regular/Supplementary
Examinations February 2024
(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 history and evolution of yoga in detail

Short essays

(8x10=80)

2. Explain Ashtanga yoga with its practical importance
3. Describe therapeutic yogic management of cardiovascular diseases
4. Concept of moksha; tools for moksha and Mukta Atma Lakshanas
5. Basic principles of Indian school of nature cure
6. Explain all stages of Suryanamaskaras and its effect on health
7. Ashta kumbhakas in detail
8. Explain Mantrayoga Layayoga, Jnanayoga and Bhaktiyoga
9. Paschimottasana and Vajrasana in detail with diagram
