

Q.P. Code: 224257

Reg. No.:.....

**Final Year PG Ayurveda Degree Supplementary Examinations
September 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 Ashtanga yoga and describe its importance in the present scenario

Short essays

(8x10=80)

2. Describe healthy effects of yoga practices
3. Describe classification and effects of Shatkriya
4. Principles and types of Nisargopachara
5. Explain yoga prathibandhakara and yoga siddhikara bhavas
6. Describe Rajayoga and Hatayoga
7. Yogic management of diabetes
8. Describe yoga and Ayurveda relation
9. Explain concept of Panchakosha
