

Q.P. Code: 224257

Reg. No.:.....

**Final Year PG Ayurveda Degree Regular/Supplementary
Examinations March 2026
(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. What are chittavrittis explained by Patanjali. Explain them in detail along with Yama and Niyamas.

Short essays

(8x10=80)

2. Write the Yoga schedule for Diabetes mellitus along with the mode of action of different Yogic practices advocated.
3. Explain the basic principles of Indian school of Nature Cure. Write in detail about Surya Kirana Chikitsa along with mode of action.
4. Explain the principles of fasting and its types according to nature cure.
5. Define Pranayama, write the types and write in detail about any Two Pranayamas with their mode of action.
6. Explain Naishthiki Chikitsa and its role in mental health promotion.
7. Explain Shad chakras in detail.
8. Critically analyse the difference between Different types of Dhyana and Samadhi.
9. What are complimentary Asanas and their importance in designing Yoga schedule. Enumerate at least Five sets of complimentary Asanas and write in detail about any one set of Asanas with indications and contraindications.
