

**Final Year PG Diploma in Ayurveda Regular/Supplementary
Examinations April 2025**

Swasthavritta and Yoga - Diploma in Public Health (Ay.)

**Paper II– Aupasargika - Anoupasargika Roga Pratishedha and applied aspects
of Yoga-Nisargopachara**

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. Define yoga explain about astanga yoga in practical life.

Short essays

(8x10=80)

2. Explain disease prevention and control.
3. Therapeutic application of yoga in asthma and diabetes.
4. Explain disaster management in natural calamities.
5. Explain Mardhana chikista.
6. Describe the indications, types and contraindications of spinal bath and hip bath.
7. Explain the basic principles and treatment modalities of naturopathy.
8. Describe health promotive nutrition in Ayurveda.
9. Explain about Epidemiological triad.
