

**Final Year PG Ayurveda Degree Regular/Supplementary  
Examinations February 2025  
(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. Substantiate the role of astanga yoga in maintenance of health.

**Short essays**

**(8x10=80)**

2. Explain the procedures of Suryanamaskara and its effect on health.

3. Write about different schools of yoga.

4. Explain principles of nature cure – Indian and western school

5. Enumerate and describe shadchakras.

6. Write the yogic practices in the management of cardio vascular disorders.

7. Explain mud therapy and its effects.

8. Explain management of low backache by yoga and nature cure.

9. Explain shatkriyas for the prevention of diseases.

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