



**Final Year M.D. / M.S. Ayurveda Degree Examination - APRIL-2019**

Time: Three Hours

Max. Marks: 100 Marks

**SWASTHAVRITTA AND YOGA - PAPER-IV**

**YOGA (Revised Scheme 3)**

**Q.P. CODE: 3544**

Your answers should be specific to the questions asked.

Draw neat, labeled diagrams wherever necessary. Answer all questions

**LONG ESSAY**

**2 X 20 = 40 Marks**

1. Define Yoga according to yoga sutra. Write classification of Patanjali yoga sutra and explain Sadhana Pada and its therapeutic use in detail.
2. Write history, origin of modern day Nisargopchara. Name few western Indian pioneers of Nisargopchara. Explain principles of Nisargopchara with suitable example in detail.

**SHORT ESSAY**

**6 X 10 = 60 Marks**

3. Explain the therapeutic effect of Nauli kriya and its role in management of diseases.
4. Give brief explanation of Panchakosha theory.
5. Explain types, indications and contra-indications of massage therapy.
6. Explain the concept of sthula, sukshma and karana sharing.
7. Define chromotherapy and write its therapeutic utility in skin diseases.
8. Use of Yogic practices in musculo-skeletal disorders

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