

**Rajiv Gandhi University of Health Sciences, Karnataka**  
**Final Year M.D. / M.S. Ayurveda Degree Examination - 11-Mar-2026**

**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 The Questions**

**10 X 10 = 100 Marks**

1. Discuss about different schools of yoga.
2. Define pranayama and write about Ashtakumbhaka.
3. Write about the yogic Shadkriyas in detail.
4. Describe about Hatayoga.
5. Describe about Bandhas and its effect on health.
6. Discuss about the yoga Sidhikara and Pratibandha karabhava.
7. Discuss about the relation between yoga and Ayurveda.
8. Describe about yogic management in hypertension.
9. Describe about the Tejomahabhoota chikitsa.
10. Write about the relation between Ayurveda and Nisargopachara.



\* \* \* \* \*