

Rajiv Gandhi University of Health Sciences, Karnataka

Final Year M.D/M.S. Ayurveda Degree Examination - 05-Feb-2024

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.



10 X 10 = 100 Marks

Answer All The Questions

1. Explain in detail Shad Kriyas – classification, procedure and their effects.
2. Define yoga Physiological effect of Yoga on Body and mind – ancient and modern concepts.
3. Write in detail about Basic principles of Nisargopachara, Western school and Indian school of Nature Cure – Panchabhuta Upasana.
4. Discuss the role of Ashtanga Yoga in the maintenance of health.
5. Write importance, types, rules and health benefits of fasting.
6. Explain in detail about concept of Shad chakras and Kundalini.
7. Write Interventions of yogi practices in the following diseases Piles, Psoriasis and Stress disorders.
8. Write a note on Mud therapy methods indications and contraindications.
9. Define Pranayama its Maatra Kala and Benefits and explain Nadishudhilakshana.
10. Explain philosophy of yoga according to Bhagavad Gita.

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