

M.D. (SWASTHA VRITTA & YOGA) : SUMMER - 2018

**SUBJECT: SWASTHA VRITTA AND YOGA
PAPER-IV: YOGA AND NISARGOPACHARA**

Day: **Sunday**
Date: **24/06/2018**

S-2018-3739

Time: **10.00 AM TO 01.00 PM**
Max. Marks 100

N.B.:

- 1) All questions are **COMPULSORY**.
- 2) Figures to the **RIGHT** indicate full.

Long Answer questions (ANY THREE out of FOUR)

(3 x 20 = 60 marks)

- Q.1** Describe Concept of Panchakosha and its applicability in Integrated approach of Yoga Therapy (IAYT).
- Q.2** Explain Shad Karmas and their therapeutic effect in Life style disorders.
- Q.3** Define the basic concepts of Naturopathy. Explain the therapeutic interventions of Naturopathic in IBS, Psoriasis, and stress disorder.
- Q.4** Describer Karma Yoga- philosophy according to Bhagwat Gita. Explain Shad chakras in details.

Short Answer questions (ANY TWO out of THREE)

(2 x 10 = 20 marks)

- Q.5** Explain the Concept of Sthula, Sukshuma and Karna Sharir.
- Q.6** Describe types of massage and their therapeutic interventions in musculo-skeletal disorders.
- Q.7** Define Yoga and Describe different school of yoga.

Short notes (ANY FOUR out of FIVE)

(4 x 5 = 20 marks)

- Q.8** Chromotheraphy.
- Q.9** Gheranda Samhita.
- Q.10** Yoga in Ayurveda.
- Q.11** Satyabuddhi.
- Q.12** Bhastrika Pranayam.

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