

M. D. (AYURVED) (2012 - COURSE) :SUMMER – 2019
SUBJECT : SWASTHA VRITTA AND YOGA
PAPER – IV : YOGA AND NISARGOPACHARA

Day : Friday
Date : 21/06/2019

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

S-2019-4204

N. B. :

- 1) All questions are **COMPULSORY**.
- 2) Figures to the right indicate **FULL** marks.
- 3) Draw neat and labelled diagrams **WHEREVER** necessary.

Long Answer Questions: (Any Three out of Four)

(3 × 20 = 60 Marks)

- Q. 1** Explain effects of Yoga on body and mind by Ancient and Modern concepts.
- Q. 2** Describe Shatkriyas and their effects on Health.
- Q. 3** Explain basic principles of Nisargopachara and types and effects of Mud Therapy.
- Q. 4** Discuss yogic therapeutic interventions in Diabetes and Obesity.

Short Answer Questions: (Any Two out of Three)

(2 × 10 = 20 Marks)

- Q. 5** Explain Ashtang Yoga.
- Q. 6** Discuss Suryanamaskara and its effects on Health.
- Q. 7** Describe types of massage and its importance for prevention of Health.

Write short notes (Any Four out of Five)

(4 × 5 = 20 Marks)

- Q. 8** Concept of Moksha
- Q. 9** Fasting
- Q.10** Concept of Panchkosha
- Q.11** Satyabudhhi
- Q.12** Magnetotherapy

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