

AYURVEDA VACHASPATI (M.D.AYURVEDA) (2017 COURSE)
Specialisation SWASTHAVRITTA :SUMMER- 2022
SUBJECT : PAPER-IV YOGA EVAM NISARGOPACHARA (YOGA & NATURE
CURE)

Day : Monday

Time : 10:00 AM-01:00 PM

Date : 22-08-2022

S-18024-2022

Max. Marks : 100

N.B :

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

Long answer questions : (Any Three out of Four) [3 x 20 = 60 Marks]

- Q.1** Define Hathayoga. Describe in detail the syllabus (Abhyaskrma) of Hathayoga.
- Q.2** Explain Bhiranga and Antaranga Yoga.
- Q.3** Define Naturopathy. Describe Mud Therapy and Hydrotherapy in detail.
- Q.4** Describe Naisthikichikitsa and its Path, Satyabuddhi and Tatvasmruti as per Charak Samhita.

Short answer questions: (Any Two out of Three) [2 x 10 = 20 Marks]

- Q.5** Describe the Procedure of Performing Bhujangasana and Shalabhasana with their Effects.
- Q.6** Describe the diet for a Yogi Purusha as mentioned in Hathayoga Pradipika.
- Q.7** Explain Shatchakras in detail.

Short Notes : (Any Four out of Five)

[4 x 5 = 20 Marks]

- Q. 8** Types of Mardana Chikitsa.
- Q.9** Fasting Therapy (Upawas Chikitsa)
- Q.10** Moksha and Mukta Atma Lakshanas.
- Q.11** Yogic Intervention in Musculoskeletal Disorders.
- Q.12** Kapalbhatai

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