



योग एवं प्राकृतिक चिकित्सा अधिकारी (राजस्थान)

The Yoga and Naturopathy Officer is the post in the state's AYUSH services through which patients are treated by yoga and naturopathy. The work covers examining patients and setting a treatment plan, directing yoga therapy,...



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कमलेश चौधरी

व्याख्याता (राजनीति विज्ञान) · रा.उ.मा.वि. टापरा

करियर मार्गदर्शन कार्यशाला, डाइट बाड़मेर (14-17 जुलाई 2026) में विकसित व लोकार्पित
Developed & unveiled at the Career Guidance Workshop, DIET Barmer (14-17 July 2026)

यह एक स्वतंत्र परियोजना है, जो सरकार की आधिकारिक करियर-मार्गदर्शन सामग्री पर आधारित है। · An independent project based on the Government's official career-guidance content.

1 About this career

The Yoga and Naturopathy Officer is the post in the state's AYUSH services through which patients are treated by yoga and naturopathy. The work covers examining patients and setting a treatment plan, directing yoga therapy, treatment through diet and lifestyle, the methods of naturopathy, and preventive health and awareness work at community level. This is not a yoga instructor's post — it requires a regular degree course of five years or more, the B.N.Y.S. (Bachelor of Naturopathy and Yogic Sciences), which is a clinical-level degree including an internship. One thing is particularly worth noting: this cadre is new in Rajasthan. The Yoga and Naturopathy Wing was added to these service rules by a notification of 27 March 2017. It is one of the few government posts created in recent years rather than part of a decades-old structure.

2 At a glance

Minimum qualification	A Bachelor Degree in Naturopathy and Yogic Sciences (B.N.Y.S.), a regular course of five or more years, from a university established by law in India — Service Rules 1973, Schedule
Recruiting body	Rajasthan Public Service Commission (RPSC), Ajmer — department: Ayurved and Indian Medicine (AYUSH)
Age limit	20 to 45 years, reckoned on the 1st of January following the last date for applications — the upper limit is 45, higher than on most Rajasthan posts (Service Rules 1973, rule 9) — the upper limit is relaxed for reserved categories and for women (detail below)
Starting salary	The pay matrix level is not given in the service rules — see the advertisement
Demand	100% by direct recruitment — this wing was added to the rules in 2017

3 What you need

INTERESTS

- An interest in health, yoga and natural living
- Preventive health and community awareness
- A direct and long-running relationship with patients

ABILITIES

- Patience — results in this system of treatment come slowly
- A disciplined life of your own, because here the practitioner is the example
- The ability to explain, and to move a patient to change how they live

KEY SKILLS

- Yoga therapy — the clinical use of asana, pranayama and cleansing practices
- Treatment through diet and nutrition
- Managing lifestyle disease — diabetes, blood pressure, obesity and stress
- The methods of naturopathy — hydrotherapy, mud therapy, fasting and heliotherapy
- A grounding in anatomy, physiology and diagnosis
- Patient records and running community health programmes

4 How to get there

- 1 Pass Class 12 with science — physics, chemistry and biology — the gateway to a clinical-level degree.
- 2 Complete the B.N.Y.S. — Bachelor of Naturopathy and Yogic Sciences. The rule is explicit: it must be a regular course of five or more years, from a university established by law in India. No short certificate or diploma in yoga satisfies this condition, however good it may be.
- 3 The B.N.Y.S. is available at a limited number of institutions in Rajasthan, so when choosing a college check that it is affiliated to a university and that the course runs five years or more — usually five and a half, with the internship included.
- 4 Your age must be between 20 and 45. The upper limit of 45 is higher than the 40 on most Rajasthan posts — which matters practically for candidates who have spent time in private practice or other work first.

- 5 A working knowledge of Hindi in Devanagari script and a knowledge of Rajasthan culture are general conditions under these rules as well.
- 6 Apply when the RPSC advertisement appears.

MAIN EXAMS

- Recruitment is by the Rajasthan Public Service Commission and the post is filled 100% by direct recruitment — the Schedule shows no promotion percentage against it, which is natural for a new wing, since there is as yet no cadre below it to promote from.
- One point about the age limit is worth recording, because these rules are easy to misread. The live text of rule 9 says 20 to 45 years. Quoted in a footnote lower on the same page is the older text, which set 28 years for junior posts and 40 for senior ones. That has been substituted out and does not apply today.
- The qualification is single and explicit, with no alternatives: a Bachelor degree in Naturopathy and Yogic Sciences on a regular course of five or more years. This is the most important thing about the post, because the yoga field is full of short certificates and not one of them makes a candidate eligible for it.
- The wing was added to these rules by a notification of 27 March 2017. Practically, that means the recruitment history of this post is short, so it is hard to judge the number of posts or the level of competition from past cycles — the advertisement is the only reliable source.

- Note — this post is not in the Schedules to the CET Rules 2022, so a CET score is not required for it.
- Relaxation in the upper age limit — 5 years for male candidates of the Scheduled Castes, Scheduled Tribes, Backward Classes, More Backward Classes and Economically Weaker Sections; 5 years for women candidates of the General category; and 10 years for women candidates of those same categories. Which means plainly that the bare figure printed against a post understates a reserved-category woman's eligibility by a decade — if you are in that category, work out your eligibility only after adding the relaxation. In Rajasthan, 30% of the posts in direct recruitment are reserved category-wise for women candidates. Widows and divorced women have no upper age limit at all — the rules say it in those words. It is Rule 13(9) of the Rajasthan State and Subordinate Services (Direct Recruitment by Combined Competitive Examination) Rules 1999, it appears again as the same proviso in the Rajasthan Medical & Health Subordinate Service Rules, and RPSC advertisements reproduce it. A widow must furnish a certificate of the death of her husband from the competent authority, and a divorced woman the proof of divorce. The exact terms of relaxation and reservation are given in that recruitment's own advertisement.

5 Where to study

GOVERNMENT INSTITUTES

- Government colleges offering B.N.Y.S., affiliated to state universities — Rajasthan and neighbouring states (<https://ayush.gov.in>)
- National Institute of Naturopathy, Pune — the Ministry of AYUSH institution for the subject — Pune, Maharashtra (<https://www.punenin.org/>)
- Morarji Desai National Institute of Yoga — New Delhi (<https://www.yogamdniy.nic.in/>)
- Government senior secondary schools — Class 12 with biology — In every block

ONLINE

- आयुर्वेद विभाग, राजस्थान (आयुष) — This is the department the post belongs to (<https://ayush.gov.in>)
- Ministry of AYUSH, Government of India — Government of India (<https://ayush.gov.in/>)
- National Commission for Indian System of Medicine — recognised courses and institutions — Government of India (<https://ncismindia.org/>)
- आर.एस.एस.बी. — पिछले प्रश्न-पत्र, उत्तर कुंजी व पाठ्यक्रम (निःशुल्क) — The Staff Selection Board's own site — the most reliable free preparation material there is (https://rsmssb.rajasthan.gov.in/show_archived?menuName=Xj4lCb9vGxpQnfls%2FxlZ2g%3D%3D)
- विभागीय सेवा नियम (कार्मिक विभाग) — पद की योग्यता व आयु मूल दस्तावेज़ में पढ़ें — The Department of Personnel publishes the service rules for every cadre. Read these before any coaching material — qualification, age and the method of recruitment are settled here and nowhere else. (<https://dop.rajasthan.gov.in/>)
- स्वयं (SWAYAM) — भारत सरकार के निःशुल्क ऑनलाइन कोर्स — Free (<https://swayam.gov.in/>)
- राष्ट्रीय डिजिटल पुस्तकालय (NDLI) — Free books and study material (<https://ndl.iitkgp.ac.in/>)
- एन.सी.ई.आर.टी. — निःशुल्क पाठ्यपुस्तकें — The foundation for general knowledge, maths and science (<https://ncert.nic.in/>)

FEES

The B.N.Y.S. is a clinical-level course of more than five years, so this is a longer and more expensive preparation than for many of the posts on this site — and that should be clear from the start. Government and university-affiliated colleges charge far less than private institutions, so give a government seat priority in the admission counselling. Rajasthan's scholarships through to graduation, and state schemes such as Anuprati, apply on this route; check their conditions on the department's website. One practical point: this degree is not only for this government post — it also opens private clinics, wellness centres and independent practice, so waiting for a recruitment does not mean pausing your livelihood.

SCHOLARSHIPS

- Mukhyamantri Anuprati Coaching Yojana (free coaching, apply via SSO) (<https://sso.rajasthan.gov.in/signin>)
- Rajasthan Social Justice and Empowerment Dept scholarships (<https://sje.rajasthan.gov.in/>)
- National Scholarship Portal (NSP) (<https://scholarships.gov.in/>)
- Buddy4Study scholarship search (<https://www.buddy4study.com>)

6 What the work is like

WHERE YOU WORK

Government AYUSH hospitals and dispensaries, yoga and naturopathy centres, district AYUSH units, and community health programmes and camps.

WORK CULTURE

The way this work runs differs from allopathic medicine, and it is worth understanding that difference in advance. There is less emergency work here and more of a long, slow relationship with a patient — improvement in lifestyle disease shows over months rather than days, and much of it depends on the patient's own discipline. So the skill of persuading matters as much as clinical knowledge in this profession. In government service the post sits inside the AYUSH structure, alongside colleagues in Ayurveda, Unani and Homoeopathy, with regular participation in community health and preventive programmes. Because the wing is new, the cadre is small and in its early years the shape of the work has to be made rather than inherited — an opportunity for some and an uncertainty for others.

WHO HIRES

- Department of Ayurved (AYUSH), Rajasthan
- Government AYUSH hospitals and dispensaries
- Yoga and naturopathy centres
- District health and community programmes

DEMAND (2026)

Lifestyle disease — diabetes, blood pressure, obesity and stress — has grown steadily in India, and yoga and preventive health have found a place in government health policy; the wing was added to these service rules in 2017 in that direction. But one thing should be said honestly here: this cadre is new and small, its recruitment history runs to only a few years, and it cannot be said that advertisements will come regularly. Entering a five-year degree with this post as the sole target would be unwise. The sound way to treat it is to regard the B.N.Y.S. as a clinical qualification in its own right — one that works in private practice, in the wellness and health sector and in teaching — with this government post as one of the options within it. The number of posts describes the department's requirement, not your chances of selection. One thing to be clear about — the "demand" described above counts posts, not your chance of getting one. Selection is by open competition and the number of applicants runs to many times the number of posts, so most candidates are not selected in any given recruitment. That is not an argument against this career; it is an argument against making it your only plan. Keep studying or building a skill alongside your preparation, so that the year is not lost whichever way the result goes.

7 Career growth

- 1 Yoga and Naturopathy Officer — the entry post, 100% by direct recruitment
- 2 Senior medical officer level posts within the AYUSH structure
- 3 District AYUSH officer and administrative posts
- 4 Because the wing is new, its promotion ladder is not yet as fully set out in the Schedule as those of Ayurveda and the older wings — worth knowing in advance

EARNINGS

Starting	विज्ञप्ति में घोषित पे मैट्रिक्स स्तर के अनुसार
Mid level	₹60,000 – ₹80,000 (भत्तों सहित, कुछ वर्षों बाद)
Senior level	₹90,000 से अधिक (भत्तों सहित, वरिष्ठ स्तर पर)

The 1973 service rules do not give a pay matrix level for this post, so no starting figure is printed on this page — it will be in that cycle's advertisement. This post requires a clinical-level degree of more than five years, so it sits above graduate-entry posts. The mid-level and senior figures above are approximate and are not confirmed from any official document; read them as a direction, not a promise. The starting figure is BASIC PAY, so that it can be compared directly against other careers. Dearness allowance (60% of basic since 1 January 2026) and house rent allowance are added on top of it, so take-home pay is appreciably higher. The mid-level and senior figures are approximate monthly income including allowances, not basic pay. Note — in Rajasthan a direct recruit is a probationer-trainee for the first 2 years and is paid a fixed remuneration, not the pay scale; dearness allowance and house rent allowance are not payable in those two years (Rajasthan Service Rules, rule 7(30A)). The full pay scale applies once probation is completed. The pay matrix level for this post could not be confirmed on this page from an official document — it is not in the service rules and not in the CET Rules 2022 schedule. No level is therefore stated here. The correct figure is printed in the official advertisement for the recruitment; check it there before applying. The figures above rest on the Rajasthan 7th pay matrix, which is what applies as of 17 August 2026. The Terms of Reference of the 8th Central Pay Commission were approved on 28 October 2025 and it must report within 18 months of its constitution. State governments normally adopt a Central Pay Commission with modifications, and later than the Centre does — so Rajasthan pay will be revised too, though by how much and when is not yet settled.

8 The good parts · The challenges

The good parts

- An upper age limit of 45 — five years more than on most Rajasthan posts
- A single, explicit qualification, so there is no room for confusion about eligibility
- The B.N.Y.S. also works in private practice and the wellness sector, beyond this government post
- Being a new wing, there is room in its early years to shape what the work becomes

The challenges

- A degree of more than five years is required — short yoga certificates are of no use at all for this post
- The cadre is new and small and there is no assurance that recruitment will be regular
- The promotion ladder is not yet as clearly set out as in the older wings
- B.N.Y.S. colleges are limited, so admission may mean going outside the state

9 Sources & further reading

1. Department of Personnel, Rajasthan — Ayurvedic, Unani, Homoeopathy and Naturopathy Service Rules, 1973 — https://dop.rajasthan.gov.in/writereaddata/modulCategory/202308220502591570851ayurved1973_merged.pdf
2. Rajasthan Public Service Commission — advertisements — <https://rpsc.rajasthan.gov.in/advertisements>
3. Ministry of AYUSH, Government of India — the Rajasthan Ayurved Department site is not currently reachable — <https://ayush.gov.in>
4. Ministry of AYUSH, Government of India — <https://ayush.gov.in/>
5. Rajasthan Staff Selection Board (official) — <https://rssb.rajasthan.gov.in/>
6. Department of Personnel, Rajasthan — service rules — <https://dop.rajasthan.gov.in/>
7. 8th Central Pay Commission — Cabinet approval of the Terms of Reference (PIB, 28 October 2025) — <https://www.pib.gov.in/PressReleasePage.aspx?PRID=2183289>



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