

Second Professional BAMS Degree Supplementary Examinations
June 2026
Swasthavritta & Yoga – Paper I

QP CODE: 239003

(2021 Scheme)

MCQ FINAL Answer key

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|--------|---|--|
| i. | d | Aggressive mind |
| ii. | d | Drinking water early morning |
| iii. | a | First Yama of night |
| iv. | d | Madhura |
| v. | c | Nidra |
| vi. | c | Unlawful sex |
| vii. | a | Guda |
| viii. | b | Ten |
| ix. | c | Heliotherapy |
| x. | b | Inner canthus to outer canthus |
| xi. | c | Brain can't control the ability to sleep or stay awake |
| xii. | b | Sisira |
| xiii. | a | Compassion |
| xiv. | c | Intake of wholesome and unwholesome food together |
| xv. | b | Shuka Dhanya |
| xvi. | d | Niacin |
| xvii. | a | Egg protein |
| xviii. | b | Type of vyayama |
| xix. | d | 14 days |
| xx. | b | Dharana |

Controller of examinations