

QP CODE: 203003

Register No.

Second Professional B.A.M.S (Part I) Degree Examinations, February 2014

Swasthavritta - II

Time: 3hours

Total Marks: 100

- *Answer all questions*
- *Draw diagrams wherever necessary*

Essays

(2x10=20)

1. Explain the shatkarmas(षट्कर्म) mentioned in yoga chikitsa(चिकित्सा).
2. Define primary health care. Explain the principles and elements of primary health care.

Short notes

(10x5= 50)

3. What are the basic principles of naturopathy.
4. Briefly explain ante natal care.
5. Explain prathyahara(प्रत्याहार) and dharana(धारण).
6. Briefly explain child health problems in India.
7. Describe the procedure and indications of hipbath.
8. Enumerate voluntary health agencies in India.
9. Explain the procedure, indications and contra indications of fasting.
10. Briefly explain yama(यम) and niyama(नियम) mentioned in yoga (योग).
11. What are the different types of mud used for mudbath. Explain the procedure.
12. What are ashtanga yogas(अष्टांग योग). Briefly explain pranayama(प्राणायाम).

Answer briefly

(10x3= 30)

13. Explain the features and objectives of hathayoga(हठयोग).
14. Chromotherapy.
15. Summarize the activities of UNICEF.
16. Pathya(पत्य) and apathya aharas(अपत्य आहार) mentioned in yoga(योग).
17. Sources and uses of health statistics.
18. Classify the methods of family planning.
19. Pulse polio immunization.
20. Advantages and disadvantages of oral contraceptive pills.
21. Injectable contraceptives.
22. Rajayoga(राजयोग).
