

QP CODE: 202003 (Old Scheme)

Register No.

**Second Professional B.A.M.S (Part I) Supplementary Degree Examinations,
March 2015**

Swasthavritta – I (2010 Scheme)

Time: 3hours

Total Marks: 100

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

Essays

(2x10=20)

1. Explain the importance of ritucharya(ऋतुचर्य). Describe varsharitucharya(वर्षऋतुचर्य) in detail
2. Definition of health according to WHO and various dimensions of health in detail

Short notes

(10x5= 50)

3. Explain domestic level of water purification
4. Benefits of vyayama(व्यायाम) and ill effects of athivayama(अतिव्यायाम)
5. Difference between kabala(कबल) and gandoosha(गण्डुष)
6. Explain adharaneeya vegas(अधारणीयवेगा)
7. Saptahara kalpana(सप्ताहार कल्पना)
8. Explain chemical disinfection
9. Importance of abrahamacharya(अब्रह्मचर्य)
10. Methods of pasteurization
11. Food borne diseases
12. Explain measles in brief

Answer briefly

(10x3= 30)

13. Benefits of abhyanga(अभ्यंग)
14. Explain vitamin B deficiency
15. Define vishamasana(विषमाशन)
16. National immunization schedule
17. Define safe and wholesome water
18. Adverse effects of air pollution
19. Rules for chlorination of water
20. Properties of thakram(तक्र)
21. Yamadamshttra(यमदंष्ट्रा)
22. Define epidemic
