

QP CODE: 203003

Register No.

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

Swasthavritta - II

Time: 3hours

Total Marks: 100

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

Essays

(2x10=20)

1. Describe the basic principles of naturopathy. Explain the classification of food according to naturopathy
2. Explain occupational hazards- effects on health and precautionary measures

Short notes

(10x5= 50)

3. Describe ashtanga yoga(अष्टांग योग)
4. Explain different types of pranayama(प्राणायाम)
5. Shatkarma(षट्कर्म)
6. Explain revised national tuberculosis control programme(RNTCP)
7. Different types of fasting
8. Hydrotherapy
9. Explain the levels of health care
10. Explain mortality and morbidity indicators
11. Suitable yogasanas for diabetes
12. Functions of primary health care

Answer briefly

(10x3= 30)

13. Bhujangasana(भुजंगासन)
14. Explain yogasidhikarabhavas(योगसिद्धिकरभाव)
15. UNICEF
16. Shad-chakras(षट्चक्रं)
17. Enema
18. Components of RCH
19. Steam bath
20. Pathya and apathya (पथ्यापथ्य) during yoga training
21. Mudras(मुद्रं)
22. Heliotherapy
