

QP CODE: 203003

Register No.

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

Swasthavritta - II

Time: 3hours

Total Marks: 100

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

Essays

(2x10=20)

1. Definition, elements and principles of primary health care
2. Importance of naturopathy in present era and explain the types of naturopathic modalities

Short notes

(10x5= 50)

3. Describe yama(यम) and niyama(नियम)
4. Ashta kumbaka pranayama(अष्टकुम्भक प्राणायाम) explain
5. Shatkarma(षट्कर्म)
6. Explain positive and negative diet
7. Relation of Ayurveda and Naturopathy
8. Shad-chakras(षट्चक्र)
9. Upavasa chikilsa(उपवास चिकित्स)
10. Define vital statistics and explain mortality indicators
11. Mention the yogasanas(योगासन) beneficial for bronchial asthma
12. Explain national leprosy eradication programme

Answer briefly

(10x3= 30)

13. Dhanurasana(धनुरासन)
14. Explain hatha yoga(हठयोग)
15. Components of RCH (Reproductive Child Health programme)
16. Objectives of family planning
17. Yoga pratibhandhakara bhavas(योग प्रतिबन्धकर भाव)
18. Heliotherapy
19. Different schools of yoga
20. ICDS
21. Anemia control programmes
22. National health policy
