

QP CODE: 202003 (Old Scheme)

Register No.

**Second Professional B.A.M.S (Part I) Supplementary Degree Examinations,
March 2016**

**Swasthavritta – I
(2010 Scheme)**

Time: 3hours

Total Marks: 100

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

Essays

(2x10=20)

1. Define sadvritta(सद्वृत्त) and achara rasayana(आचार रसायन). Explain the role in the prevention of psycho-somatic disorders.
2. Explain milk borne diseases, sources of infection and various methods of pasteurization

Short notes

(10x5= 50)

3. Benefits and types of udvarthana(उद्वर्तन)
4. Adharaneeya vegas(अधारणीय वेग)
5. Explain physical and chemical disinfection
6. Explain vasantha ritu charya(वसन्त ऋतुचर्य)
7. Ashtahara vidhivisheshaayanani(अष्टहारविधिविशेषायतनानी)
8. Importance of nidra(निद्रा)
9. Methods of water purification
10. Virudhahara(विरुधाहार)
11. Consumption of alcohol and its effect on personal and social health
12. Explain chicken-pox in brief

Answer briefly

(10x3= 30)

13. Ritu sandhi(ऋतुसन्धि)
14. Benefit of abhyanga(अभ्यंग)
15. Vishamasana(विषमाशन)
16. Adanakala(आदानकाल) and visargakala(विसर्गकाल)
17. Concurrent disinfection
18. Arogyalekshana(आरोग्य लक्षण) according to Kasyapa
19. Properties of madhu(मधु)
20. Define brahmamuhurta(ब्रह्ममुहूर्त)
21. Define endemic
22. Vyadhikshamatwa(व्याधिक्रमत्व)
