

QP CODE: 203003

Register No.

**Second Professional B.A.M.S (Part I) Degree Supplementary Examinations,
March 2017**

Swasthavritta – II

(2010 Scheme)

Time: 3hours

Total Marks: 100

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

Essays

(2x10=20)

1. Describe the different types of baths in hydrotherapy and their effects in various diseases.
2. Describe the ashtangas of yoga in detail.

Short notes

(10x5= 50)

3. Describe national tuberculosis control programme.
4. Yoga sidhikarabhavas
5. Describe the procedure and benefits of Gomughasana
6. Yoga techniques useful in low backache.
7. The basic principles of naturopathy
8. Define pranayama and describe the nadisudhi pranayama
9. Describe the method of preparation of mud packs in mud therapy
10. Mention the types of massage in naturopathy and compare it with the methods in Ayurveda.
11. The importance of barrier methods in prevention of diseases
12. The effects of fasting in the management of obesity

Answer briefly

(10x3= 30)

13. Helio therapy
14. Meditative postures.
15. Shad karmas in yoga
16. Diet therapy
17. Safe period method in family planning.
18. Hatayoga and Rajayoga
19. I.C.D.S programme
20. Conditions under medical termination of pregnancy
21. Types of netikriyas.
22. Juice fasting
