

QP CODE: 203003

Register No.

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

Swasthavritta – II

(2010 Scheme)

Time: 3 hours

Total Marks: 100

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

Essays

(2x10=20)

1. Define pranayama and describe ashtakumbhakas in detail.
2. Describe different types of therapeutic baths in hydrotherapy

Short notes

(10x5= 50)

3. National aids control programme
4. Mention shadkriyas and compare them with the panchakarmas in Ayurveda
5. Describe the procedure and benefits of Bhujangasana
6. The method of collection of mud and different applications in naturopathy
7. Observe the similarities in basic principles of Ayurveda and naturopathy
8. The effective yoga techniques in stress management
9. The importance of fasting and their different methods
10. The basic differences in asana and exercise.
11. Describe the method of meditation and the importance in mental health
12. Which are the naturopathy treatment procedures in spinal disorders.

Answer briefly

(10x3= 30)

13. Sooryanamaskara
14. Massage therapy
15. Bandhas
16. Sun bath
17. Trataka
18. Hata yoga and Raja yoga
19. UNICEF
20. Mid day meal programme
21. Panchabhoothopasana
22. Mudras
