

QP CODE: 203003

Register No.

**Second Professional B.A.M.S (Part I) Supplementary Degree Examinations
March 2018**

Swasthavritta – II

(2010 Scheme)

Time: 3hours

Total Marks: 100

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

Essays

(2x10=20)

1. Explain the family planning methods in detail.
2. Explain pranayama in detail.

Short notes

(10x5= 50)

3. Yoga nirukthi
4. Relationship between yoga and Ayurveda
5. Explain naturopathy principle
6. Naishitiki Chikitsa
7. Yogabhyasa siddhikara and pratibandhakara Bhava
8. Functions of WHO
9. Athapa anana (sun bath)
10. Bandha thraya mentioned in yoga
11. Vajrasana
12. Explain mud therapy

Answer briefly

(10x3= 30)

13. Yama
14. Nadi sudhi pranayama
15. Asana nirukthi
16. Pratyahara
17. Vyadhikshamatva nirukthi
18. Hata yoga
19. Moksh nirukthi
20. Explain hydrotherapy
21. Maternal mortality rate
22. Kapalabhati.
