

QP CODE: 202003

Reg. No.

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

Swasthavritta – I

(2010 Scheme)

Time: 3 hours

Total Marks: 100

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

Essays

(2x10=20)

1. Describe the Dinacharya procedures for healthy skin
2. Mention WHO definition of health. Describe dimensions of health and concept of well-being

Short notes

(10x5= 50)

3. Concept of Nidra, types and yoga Nidra
4. Mention Sarath Ritucharya
5. Describe Dwadasa asana pravicharana
6. Proximate principles of food
7. Concept of Janapadodhwamsa and its control measures
8. Jala Sudhi prakara according to Ayurveda
9. Describe the housing standards
10. Mention the modes of disease transmission
11. Discuss water soluble vitamins and their sources
12. Explain fundamental aspects of disaster management

Answer briefly

(10x3= 30)

13. Pasteurization of milk
14. Biological importance of water
15. Immunizing agents
16. Ritu hareethaki
17. Balanced diet
18. Dantadhavana
19. Air composition
20. Methods of removal of hardness of water
21. Sources of radiation
22. Dosha sodhana in ritu
