

QP CODE: 203003

Reg. No.

**Second Professional B.A.M.S (Part I) Degree Supplementary Examinations
March 2019**

Swasthavritta – II

(2010 Scheme)

Time: 3 hours

Total Marks: 100

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

Essays

(2x10=20)

1. Describe the Ashtanga yoga in detail
2. Explain about Prakruthi Jeevanam.

Short notes

(10x5= 50)

3. Describe shatkarma
4. Raja yoga and hata yoga
5. Describe bandhas
6. Benefits of spinal bath
7. Explain Hata sidhi lakhana
8. The vishva swasthya Sanghatana (WHO – world health organization)
9. Contraceptives for males
10. Define vyadhikshmatva
11. Supplementary nutrition programme
12. Explain about principles and elements of primary health care.

Answer briefly

(10x3= 30)

13. Tetanus vaccine
14. Types of Cu –T
15. Benefits of sarvangasana
16. Benefits of kapalabhati
17. Permanent methods of contraception
18. Advisable yoga techniques for a Prameha (diabetic) patient.
19. Mudra
20. Partial fasting
21. Steam bath indications
22. Yoga siddikara bhavas.
