

2010 Scheme

QP CODE: 203003

Reg. No.

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

Swasthavritta – II

Time: 3 hours

Total Marks: 100

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

Essays

(2x10=20)

1. Mention various definitions of Yoga and describe Ashtanga yoga
2. Discuss family planning and mention the methods of family planning

Short notes

(10x5= 50)

3. Principles of nature cure
4. Describe procedure of hip bath
5. Describe Panchakosa theory
6. Antenatal care
7. Health problems of the aged
8. Alma-ata declaration
9. Upavasa chikitsa
10. Mention Kumbhaka bheda and discuss bhrumari
11. Describe the procedure and benefits of Ardhamatsyendrasana
12. Importance of yoga in mental health

Answer briefly

(10x3= 30)

13. Yoga and moksha
14. Nadisudhi pranayama
15. Enumerate Voluntary Health Agencies in India.
16. Types of diet therapy
17. Mud bath
18. Ashta aishwarya
19. Principles of primary health care
20. Stages of demographic cycle
21. Sources and importance of vital statistics
22. Post-natal care
