

**Second Professional BAMS Degree Supplementary Examinations
July 2025
Swasthavritta & yoga - Paper 1
(2021 Scheme)**

Time: 3 Hours

Total marks:100

- Answer all questions to the point neatly and legibly • Do not leave any blank pages between answers • Indicate the question number correctly for the answer in the margin space
- Answer all parts of a single question together • Leave sufficient space between answers
- Draw diagrams wherever necessary

1. Multiple Choice Questions**(20x1=20)**

The Answers to MCQ questions (Q.No. i to Q.No. xx) shall be written continuously on the first two writing sheets (ie Page No. 3 & 4) only

- i. Properties of Nav Dhanya
 - a) Abhishyandi b) Anabhishyandi c) Cause chardi d) Cause Raktapitta
- ii. Properties of Vilepi
 - a) Anulomana b) Grahi c) Vidahi d) Laghu
- iii. Pellagra is caused by the deficiency of
 - a) Vitamin B₆ b) Vitamin B₁₂ c) Vitamin C d) Vitamin B₃
- iv. Which one is Viruddha Ahar
 - a) Krishra, sura with milk b) Takra with Kadli phal
 - c) Both d) Milk with Shunthi
- v. Stree Prasanga in every 15 days indicated in which ritu
 - a) Grishma ritu b) Vasantha ritu c) Hemant ritu d) Varsha ritu
- vi. Nidravega Dharana causes
 - a) Laghava b) Sukha c) Aalasya d) Deepana
- vii. Avapeedaka sneha pana is indicated in vegarodha of
 - a) Pureesham b) Mutram c) Adhovayu d) Jrumbha
- viii. 'Ida' is
 - a) Chandra Nadi b) Surya Nadi c) Pratyahara d) Pranayama
- ix. One can attain by chatra dharan
 - a) Oja b) Moksha c) Santosh d) Nidra
- x. Yoga Pratibandakar Bhav is
 - a) Prajalpam b) Laulya c) Both d) Klesh
- xi. Wholesome food for Yogi is
 - a) Triphala b) Yav c) Yavani d) Atisheet ahar
- xii. Annamaya and Anandmaya are the types of
 - a) Bandha b) Panchakosha c) Shatkarma d) Samadhi
- xiii. Which one is Yama
 - a) Brahammchaya b) Santosh c) Swadhyay d) tap
- xiv. Which mud is commonly used for mud therapy
 - a) Black mud b) Dry mud c) White mud d) Rose mud
- xv. Milk is good source of vitamins **EXCEPT**
 - a) Vitamin B b) Vitamin C c) Vitamin A d) Vitamin D
- xvi. Foot Safety and Standard Act (FSS Act) implemented by all states
 - a) 2006 b) 2010 c) 2000 d) 2008

- xvii. International Yoga day
a) June 21 b) July 21 c) June 1 d) July 11
- xviii. Ratriswabhava nidra is stated as
a) Divaswapnam b) Athinidra c) Bhoota dhatri d) Kalarathri
- xix. Rithu sandhi includes
a) 12 days b) 14 days c) 30 days d) 5 days
- xx. Meaning of Anyadhakamam
a) Jealousy b) Unlawful sex
c) Tendency to harm d) Longing for other peoples well

Short Answer Questions

(8x5=40)

2. Explain the procedure and therapeutic benefits of Sunbath (Atapasnan)
3. Explain sleep apnoea and describe the solutions to sleep disorders (Asatmya jagarana)
4. Describe 'Nityasevaniya ahara' and their benefits.
5. Explain the types of Rasayana with examples.
6. Explain the mental and physical health dimensions.
7. Explain the Dincharya role in relation to health promotion.
8. Explain the importance of dharaniya vegas in promotion of mental health.
9. Define Achara Rasayan effect in relation to disease prevention

Long Answer Questions

(4x10=40)

10. Describe ingredients, procedure and benefits of Kavala and Gandoosha for oral hygiene
(5+5)
11. Define the changes occurs in human body during Sisira ritu and explain the Ahar and vihar of Sisira ritu.
(4+6)
12. Enlist Shatkarmas of yoga and describe procedure, benefits and indications of Trataka
(3+3+2+2)
13. Explain Ashtaharavidhivisheshayatanani and write down the importance in present era.
(7+3)
