

**QP CODE: 313003**

**Register No. . . . .**

**Third Professional B.A.M.S Degree Examinations October 2017**  
**Swasthavritta & Yoga - Paper I**  
**(2012 Scheme)**

**Time: 3hours**

**Total Marks: 100**

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

**Essays**

**(2x10=20)**

1. Explain the changes in environment and human body during vasantha ritu and describe the charya to be followed.
2. Explain ashtangayoga in detail and discuss the importance of asanas in the present era.

**Short notes**

**(10x5=50)**

3. Explain the benefits of pratimarsa nasyam and enumerate the kalas suitable for pratimarsa nasya.
4. Describe the benefits, indications and contra indications of abhyanga.
5. The benefits of yukta nidra and mention the effects of ratrijagarana.
6. Explain balanced diet.
7. Explain the procedure and benefits of anuloma-viloma pranayama.
8. Explain jalachikilsa.
9. The procedure and benefits of pavanamuktasana and ardha matsendriasana.
10. Describe moothravegarodha lakshana and its treatment.
11. Explain dadhi sevana vidhi.
12. Describe the procedure and indications of steam bath.

**Answer briefly**

**(10x3=30)**

13. Positive diet and negative diet.
14. Name the ritu in which vyayama is not advised and why it is so
15. Definition of swastha.
16. Sources and deficiency of vitamin A.
17. What is meant by food toxicants.
18. Effects of virudhahara.
19. Define brahma muhoortha.
20. Significance of sadvritha.
21. Types of mudras.
22. What is heliotherapy.

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