

QP CODE: 313003

Reg. No.

Third Professional B.A.M.S Degree Examinations September 2018

Swasthavritta & Yoga - Paper I

(2012 Scheme)

Time: 3 hours

Total Marks: 100

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

Essays

(2x10=20)

1. Explain dosha predominance and the measures to maintain the health in vasantha ritu.
2. Enumerate shad chakras in yogic physiology.

Short notes

(10x5=50)

3. Describe nishacharaya.
4. Procedure, indications and contra indications of udvarthanam.
5. Why masha is considered as avara dhaanyam and mudga as sreshta dhaanyam.
6. Enumerate anupaanam recommended for selected foods.
7. Food borne diseases.
8. Explain upayoga vyavastha in aahara kalpana.
9. Methods to keep fruits and vegetables fresh.
10. Describe naadi sudhi pranayama.
11. Explain iodine deficiency disorders.
12. Describe different methods and effect of mardana (massage) in naturopathy.

Answer briefly

(10x3=30)

13. Explain the importance of sira-sravana-paadha abhyanga.
14. Explain Pathya Ahara recommended in Greeshma Ritu.
15. Describe the importance of iron in human nutrition.
16. Procedure and benefits of pachimothanasana.
17. Describe the precautions advised in trisandhya.
18. Describe the acidic and alkaline diets according to naturopathy.
19. What are the diseases caused due to asruvegarodham and mention its remedies.
20. Describe virudhaaharam.
21. The instructions to maintain a slaughter house.
22. Mamsa varga (Meat types)
