

QP CODE: 313003

Reg. No.

Third Professional B.A.M.S Degree Supplementary Examinations

March 2019

Swasthavritta & Yoga - Paper I

(2012 Scheme)

Time: 3hours

Total Marks: 100

- Answer all questions
- Draw diagrams wherever necessary

Essays

(2x10=20)

1. Describe the changes happening in human body and external environment during ग्रीष्म ऋतु (greeshma ritu) and explain the regimen to be followed.
2. What is meant by (पञ्चभूत उपासन) panchabhuta upasana. Explain in detail.

Short notes

(10x5=50)

3. The procedure and contra indications of अभ्यांग (abhyanga).
4. What is meant by विरुद्धहार viruddhahara. Explain.
5. Explain मांस वर्ग mamsa varga.
6. Food borne diseases.
7. Explain menstrual hygiene.
8. Different types of नेति (Neti). Explain the procedures.
9. Explain the procedure and benefits of भुजंगासन (bhujangasana)
10. What is जालन्धर बन्ध (jalandhara bandha). Explain.
11. Prepare the diet chart for bronchial asthma according to naturopathy.
12. Define fasting and mention the proper way to begin, conduct and end fasting.

Answer briefly

(10x3=30)

13. Define ब्रह्ममुहूर्त (brahmamuhurta)
14. The benefits of धूमपान (Dhumapana)
15. Define ऋतु सन्धि (ritu sandhi) and mention its importance
16. Differentiate between समशन (samashana) and विषमाशन (vishamashana).
17. The clinical features of marasmus
18. What is meant by reference protein and why it is called so.
19. Define समाधि (samadhi) and mention its types
20. Define हठयोग (hathayoga) and mention its benefits
21. The procedure of steam bath
22. What are the benefits of fresh air breathing
