

QP CODE: 313003

Reg. No.

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

September 2019

Swasthavritta & Yoga - Paper I

(2012 Scheme)

Time: 3hours

Total Marks: 100

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

Essays

(2x10=20)

1. Define Swastha, Swasthya, health. Write about the dimensions of health.
2. Define pranayama and write about Kumbhaka bheda

Short notes

(10x5=50)

3. Write in detail about Nasya (नस्या)
4. Write about Vasanta Rituchariya (वसन्ता ऋतु चर्या)
5. Define Bramhachariya (ब्रह्मचर्या) and write its importance
6. Explain the Nitya Sevaniya Dravya (नित्य सेवनीय द्रव्या)
7. Explain about Rituharitaki (ऋतु हरीतकि)
8. Write the relation between Yoga and Ayurveda
9. Describe Shad Kriya (षड्क्रिय)
10. Write the procedure and benefits of hip bath
11. Define naturopathy and write about Panchabhoota upasana
12. Write about the Yogabhyasa Siddhikara (योगभ्यास सिद्धिकरा) and Pratibandhakara Bhavas (प्रतिबन्धकरा भावा)

Answer briefly

(10x3=30)

13. Describe Chankramana (चक्रमण)
14. Contraindicated diet during Yogabhyasa
15. Define Yoga
16. What is Niyama (नियमा)
17. Write about Bhujangasana (भुजंगासन)
18. Describe Ritu Sandhi (ऋतु सन्धि)
19. Describe Diwaswapna (दिवास्वप्ना)
20. Define Sadvritta (सद्वृत्ति)
21. Write about Karmayoga (कर्म योग)
22. Define Vyayama (व्यायाम)