

QP CODE: 322003

Reg. No.

Third Professional B.A.M.S Degree Regular Examinations September 2019

Swasthavritta and Yoga (Paper I)

(2016 Scheme)

Time: 3 hours

Total Marks: 100

- Answer all questions
- Draw diagrams wherever necessary

Essays

(2x10=20)

1. Define Ahara and discuss Dwadashashanapravicharana in detail (आहार, द्वादशसनप्रविचारण)
2. Define Yoga and discuss different schools of yoga (योग).

Short notes

(10x5=50)

3. Write indications and contraindications of dantadhavana (दन्तधावन)
4. Explain role of panchkarma in ritucharya (पंचकर्म)
5. Discuss balanced diet
6. Write Yogabadhakar Bhavas (योगप्रतिबंधकरभावा)
7. Describe Neti in short (नेति)
8. Define massage therapy and principal behind it
9. Describe paschimottasana with benefits
10. Pasteurization of milk
11. Fasting and its therapeutic benefits
12. Discuss Adanakala (आदानकाल)

Answer briefly

(10x3=30)

13. Explain use of shavasana for stress management (शवासन)
14. Marsha and Pratimarshanasya (मर्श & प्रतिमर्शनस्य)
15. Anulepana
16. Mitahara (मिताहार)
17. Niacin
18. Anidra
19. Functions of proteins
20. Sun bath
21. Yusha kalpana
22. Spinal bath
