

2012 Scheme

QP CODE: 313003

Reg. No.....

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

March (November), 2020

Swasthavritta & Yoga - Paper I

Time: 3hours

Total Marks: 100

- *Answer all questions to the point neatly and legibly • Do not leave any blank pages between answers • Indicate the question number correctly for the answer in the margin space*
- *Answer all parts of a single question together • Leave sufficient space between answers*
- *Draw table/diagrams/flow charts wherever necessary*

Essays

(2x10=20)

1. Write the Nirukti, Swarupa of Ahara. Explain about Aharavidhi viseshayathanani (आहार विधि विशेष आयतनानि)
2. Define Yoga and write in detail about Ashtanga Yoga (अष्टांग योग).

Short notes

(10x5=50)

3. Methods of pasteurization and tests of pasteurized milk
4. Nidra (निद्रा) definition and types of nidra
5. Achara Rasayana (आचार रसायन)
6. Greeshma Rituchariya (ग्रीष्म ऋतुचर्य)
7. Definition of Swastha and write Arogya Lakshana (आरोग्य लक्षण)
8. Sarvangasana and Bhujangasana
9. Shad Chakras (षट्चक्रा)
10. Relation between naturopathy and Ayurveda
11. Heliotherapy
12. Importance of naturopathy in present era

Answer briefly

(10x3=30)

13. Pratimarsha Nasya (प्रतिमर्श नस्या)
14. Sandhya varjitha karya (सन्ध्या वर्जित कर्मा)
15. Dharaneeya Vega (धारणीय वेग)
16. Acidic and alkaline diet
17. Yoga siddhikarabhavas
18. Ritu Shodhana (ऋतु शोधना)
19. Anjana (अञ्जना)
20. Mithahara (मिताहार)
21. Upavasa Chikitsa (उपवास चिकित्सा)
22. Dhauti (धौति)
