

**Third Professional B.A.M.S Degree Supplementary Examinations
March (November), 2020**

Swasthavritta and Yoga (Paper I)

(2016 Scheme)

Time: 3 hours

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 Diagrams wherever necessary*

Essays

(2x10=20)

1. Definition of health according to Acharyas of Ayurveda and give detailed description of Dincharya according to Ashtanga Hridaya.
2. Define yoga and explain in detail about ashtang yoga.

Short notes

(10x5=50)

3. Method and benefit of Tadasana and vajrasana along with diagrams.
4. Describe Dhauti
5. Define Brahmamuhurta and explain importance of the same.
6. Bhojankala along with its importance.
7. Upavasa chikitsa
8. Ashta Nindita Purusha
9. Deficiency diseases of Vitamin A
10. Methods of Mardana and its effect.
11. Dharaniya vegas.
12. Yogasiddhikar bhavas and write pathya ahara for yogis.

Answer briefly

(10x3=30)

13. Varsh Ritu shodana
14. Hansodaka
15. Importance of Brahmcharya
16. Nidra
17. Harita Varga
18. Tratak
19. Udiyaan Bandha
20. Sunbath
21. Bhasrika Pranayam
22. Hydrotherapy
