

2012 Scheme

QP CODE: 313003

Reg. No.....

Third Professional B.A.M.S Degree Supplementary Examinations July 2021 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. Describe the changes happening in human body and external environment during शिशिर ऋतु (shishira ritu) and explain the regimen to be followed.
2. What are कुम्भक भेदाः (Kumbhaka bhedas). Explain each of them in detail

Short notes

(10x5=50)

3. The procedure and benefits of अञ्जन (anjana) .
4. What is meant by सद्वृत्त (sadvritta) and explain it according to vagbhata.
5. Define pasteurization and explain various types of it.
6. Explain dhanyavarga (cereals and millets) according to ayurveda
7. Define balanced diet and prepare one for a pregnant lady.
8. Explain different types of धौति (dhauti) .
9. The procedure and benefits of गोमुखासन (gomukhasana)
10. What is meant by मूलबन्ध (moolabandha) and mention the procedure.
11. Explain the procedure of heliotherapy.
12. Prepare the diet chart for a diabetic patient according to naturopathy.

Answer briefly

(10x3=30)

13. What type of नस्य (nasya) is advised for swastha and mention its benefits.
14. The types and benefits of उद्वर्तन (udvartana)
15. What is meant by यमदंष्ट्र (yamadamshtra)
16. The sources and deficiency disorders related to vitamin A
17. Define ब्रह्मचर्य (brahmacharya) and mention its benefits
18. The symptoms of मुत्रवेग रोध (moothravega rodha) .
19. Define प्रत्याहार (pratyahara)
20. Enumerate यम (yama)
21. The benefits of naturopathic massage
22. The procedure of spinal bath
