

QP CODE: 322003

Reg. No.....

**Third Professional B.A.M.S Degree Regular/Supplementary Examinations
July 2021**

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 swastha and Swasthya. Explain dimensions of Health.
2. Definition of Yoga. Discuss the importance of Rajayoga and Hatha yoga in maintenance of health

Short notes

(10x5=50)

3. Discuss about basic principles of Indian and western schools of nature cure
4. Concept of Viruddha Ahara
5. Methods of Sunbath.
6. Explain Achara Rasayana
7. Explain Nidra in detail
8. Food Fortification with examples
9. Importance of Ritucharya and add a note on Rituharitaki
10. Explain Gandusha and Kavala
11. Briefly explain Pasteurization of milk
12. Diseases caused due to Adhovata and mala vega dharana and their chikitsa

Answer briefly

(10x3=30)

13. Food Handlers
14. Vishamashana
15. Yamadamshttra
16. Acidic and Alkaline diet
17. Nadishudhilakshana
18. Brahma muhurtahm evam utthana
19. Prathimarsha nasya
20. Marasmus
21. Menstrual hygiene
22. Rituviparyaya
