

2012 Scheme

QP CODE: 313003

Reg. No.....

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

February 2022

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. Explain Sarath ritu charya and write about importance of Ritu shodhana in Ritusandhi
2. Explain Shatkarma in yoga

Short notes

(10x5=50)

3. Describe Adharaniya vegas and mention the chikitsa of Adhovata and Mutra vegadharana
4. Mention the importance of Nidra in Trayopastambha
5. Explain pasteurization of milk
6. Procedure and benefits of Nadisudhi pranayama
7. Importance of Rasayana in health promotion
8. Describe proximate principles of food
9. Explain fasting and its therapeutic effects
10. Kumbhaka bheda
11. Procedure and benefits of Pavanamuktasana and Gomukhasana
12. Pathya-Apathya diet during Yogabhyasa

Answer briefly

(10x3=30)

13. Explain Sandhya charya
14. Balanced diet according to Ayurveda
15. Yama and Niyama
16. Explain Shadchakra
17. Kritanna varga
18. Definition of health according to WHO
19. Panchakosha theory in yoga
20. Gandusha and Kavala
21. Sun bath (heliotherapy)
22. Importance of mud and its application in naturopathy
