

**Third Professional B.A.M.S Degree Supplementary Examinations
February 2022**

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. Nirukti, Swarupa (निरुक्ति, स्वरूप) and lakshana (लक्षण) of swastha (स्वस्थ). Explain about physical, mental, social dimensions of health
2. Define Nisargopachara, (निसर्गोपचार) & Write in detail about pancha bhootopasana (पञ्च भूतोपसन)

Short notes

(10x5=50)

3. Define Anjana, (अञ्जना) Write about its prakara (प्रकार)
4. Sandhya vidhi (सन्ध्य विधि) according to Bhavamishra (भावमिश्र)
5. Achara Rasayana (आचार रसायन)
6. Vasanta Ritucharya (वसन्त ऋतुचर्य)
7. Discuss about the concept of balanced diet in Ayurveda
8. Shad Chakras (षट्चक्रा)
9. Ayrveda yoga sambandha (आयुर्वेद योग सम्बन्ध)
10. Ashtasidhis (अष्ट सिद्धि)
11. Kumbhaka bhedas (कुम्भक भेदा)
12. Explain Yoga sidhikara bhavas (योगसिद्धिकरभावा)

Answer briefly

(10x3=30)

13. Dharaneeya Vega (धारणीय वेग)
14. Sandhya varjitha karya (सन्ध्या वर्जित कर्मा)
15. Define health
16. Visrama Chikitsa (विश्राम चिकित्सा)
17. Avapeedaka Nasya (अवपीदक नस्य)
18. Ritu Hareetaki (ऋतु हरीतकि)
19. Mudras (मुद्रा)
20. Benefits of Bhujangasana (भुजंगासन)
21. Pratyahara (प्रत्याहार)
22. Muktatma lakshan (मुक्तात्म लक्षण)