

2012 Scheme

QP CODE: 313003

Reg. No.....

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

June 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. Describe Sadvritta and Achara rasayana. How are they useful in the prevention of psychosomatic disorders. Explain.
2. Write in detail about shat karma with their benefits.

Short notes

(10x5=50)

3. Describe Ushajalapana.
4. What are the advantages and disadvantages of vegetarian diet?
5. Which are the causes and solutions for the Anidra?
6. Explain Varsha ritucharya.
7. Write a note on dwadasha ashana pravicharana.
8. Enumerate Ashta aishwaryas and Ashta siddhis of yogis.
9. Differentiate between Vyayama and Yogasanas.
10. Explain the procedure and therapeutic effects of heliotherapy.
11. Which are the benefits and contraindication of hip bath.
12. Explain the types of diet as per naturopathy.

Answer briefly

(10x3=30)

13. Food fortification.
14. Sources, recommended daily allowance and deficiency disorders of Vitamin A.
15. Standard of living.
16. Dharaneeya vega
17. Mention shayana vidhi.
18. Yoga pratibandhakara bhavas
19. Benefits of Shitali pranayama
20. Contra indication of dhanurasana and sarvangasana.
21. Enema.
22. Define Pranayama.