

QP CODE: 322003

Reg. No.....

**Third Professional B.A.M.S Degree Regular/Supplementary Examinations
June 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. Explain types of Vegas, Describe Dharaneeya vega in detail with their role in promotion of Health.
2. Definition of naturopathy. Describe Jala chikitsa in detail.

Short notes

(10x5=50)

3. Role of Sadvritta in prevention of psychosomatic diseases
4. Concept of Viruddha Ahara
5. Ashta Nindita Purusha
6. Concept of Brahmacharya and Abrahmacharya
7. Explain Nidra in detail
8. Sources of Vitamin A and its deficiency Disorders
9. Explain Panchakosha
10. Definition of Swasthavritta, Arogya Lakshana and Swasthavritta Prayojana
11. Doshashodhana in Ritucharya
12. Food Adulteration

Answer briefly

(10x3=30)

13. Slaughter house
14. Nitya Sevaneeya darvya
15. Ushnajalapana
16. Visarga Kala
17. Visrama chikitsa upayoga
18. Nadi shuddhi pranayama
19. Yoga Prathibandhakara and Siddhikara Bhavas
20. Jalandhara Bandha
21. Collection and preparation of mud for mud therapy
22. Trataka
