

2012 Scheme

QP CODE: 313003

Reg. No.....

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

November 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 Virudhahara and its effects on the body
2. Describe Ashtanga Yoga in detail

Short notes

(10x5=50)

3. Adana kala and Visarga kala
4. Mention sources, functions and deficiency disorders of vitamin A
5. Describe basic principles of Nisargopachaara
6. Describe about Panchakosha theory
7. Role of Brahmacharya in health promotion
8. Describe cosmetic effects of dinacharya procedures
9. Greeshmaritu charya
10. Procedure and benefits of spinal bath
11. Procedure and therapeutic benefits of Swasthikasana and Shavasana
12. Enumerate the food-borne diseases and explain food toxicants.

Answer briefly

(10x3=30)

13. Ritu hareetaki
14. What you mean by reference protein
15. Yoga siddhikara bhavas according to Hathayoga
16. Mudras in yoga
17. Explain types of diet according to naturopathy
18. Different definitions of yoga
19. Arogyalakshana
20. Discuss about Harithavarga.
21. Explain Neti
22. Dharaneeya vega
