

**Third Professional B.A.M.S Degree Supplementary Examinations
November 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. Adhaaraneeya vega, (अधारणीय वेग) tatjanya vikaras (तत्जन्य विकार) and chikitsa (चिकित्सा) in detail.
2. Define yoga (योग), utpathi (उत्पत्ति) nirukti, (निरुक्ति) and discuss about Yogic Shadkriyas (योगिक शदक्रिया).

Short notes

(10x5=50)

3. Discuss about Virudha ahara (विरुध अहर)
4. Nirukti (निरुक्ति), gunas (गुण) and prakaras (प्रकार) of nidra (निद्रा)
5. Importance of Brahmacharya (ब्रह्मचर्य)
6. Ashta nindita purushas (अष्ट निन्दित पुरुष)
7. Ashtavidha ahara vishesha ayatanani (अष्टविध आहार विशेष अयतनानि)
8. Soorya namaskaara (सूर्य नमस्कार)
9. Helio therapy
10. Bahiranga yoga (बहिरंग योग)
11. Relation between Ayurveda and naturopathy
12. Upavaasa chikitsa (उपवास चिकित्सा)

Answer briefly

(10x3=30)

13. Define Sadvritta (सद्वृत्ति)
14. Paschimothanasanam (पश्चिमोत्तानसनम्)
15. Hamsodakam (हम्सोदक)
16. Ritu viparyaya (ऋतुविपर्यय)
17. Yamadamshttra (यमदमष्ट्र)
18. Foot and arm bath
19. Moksha lakshana (मोक्ष लक्षण)
20. Bandhas (बन्ध)
21. Ashta aishwaryas (अष्टऐश्वर्य)
22. Satya budhi (सत्य बुधि)
