

2012 Scheme

QP CODE: 313003

Reg. No.....

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

March 2023

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 in detail about "Roga anutpadaniya".
2. Describe Mud therapy and hydrotherapy in detail.

Short notes

(10x5=50)

3. What is balanced diet. Write balanced diet chart for a pregnant lady.
4. Explain the concept of wellbeing.
5. How to assess the freshness of fish and egg.
6. What is adulteration. Give examples.
7. What is "Trataka". Write the benefits and contraindication of Jyotirtrataka.
8. Mention types of Pranayama and explain surya bhedhana pranayama.
9. Name the 10 types of Yama and explain Ahimsa.
10. Describe Vasanta ritucharya.
11. What is the procedure and benefits of spinal bath.
12. Write various definitions of Yoga.

Answer briefly

(10x3=30)

13. Enumerate the disorders caused by intake of viruddhahara.
14. What is Jala and Sthala basti.
15. Write a note on importance of menstrual hygiene.
16. Write a note on benefits of fasting therapy
17. Why Vishrama is considered as Chikitsa. Give reason.
18. Mention the sources, Recommended Daily Allowance and deficiency disorders of Vitamin B₁₂.
19. Define moksha.
20. Milk borne diseases.
21. Pratimarsha nasya sevana kala.
22. Mention benefits and contraindication of steam bath.