

QP CODE: 322003

Reg. No.....

**Third Professional B.A.M.S Degree Regular/Supplementary Examinations
March 2023**

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. Concept of well-being and discuss concept of prevention and control
2. Explain classification of pranayama in detail and write kumbhaka bhedas.

Short notes

(10x5=50)

3. Write down method and benefit of Gomukhasana and Pavanamuktasana.
4. Describe Netikarma
5. Define Brahmacharya and explain importance of the same
6. Write down the milk hygiene
7. Upavasa chikitsa
8. Jalandhara bandha
9. Balanced diet
10. Achara rasayana
11. Niyamas
12. Food adulteration

Answer briefly

(10x3=30)

13. Ritu Viparyaya
14. Abhyanga
15. Effects of Divaswapna and Ratri jagarana.
16. Prati marsha nasya
17. Protein energy malnutrition
18. Pratyahara
19. Naishthiki chikitsa
20. Sitz bath
21. Ujjai Pranayam
22. Principles of naturopathy
