

2012 Scheme

QP CODE: 313003

Reg. No.....

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

October 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 the role of Ashtavidha aharvishesh ayatanani (अष्टविध आहार विशेषायतनानि) in the maintenance of health
2. Discuss the role of Ashtanga Yoga (अष्टाङ्ग योग) in the maintenance of health

Short notes

(10x5=50)

3. Classify Ritus(ऋतु) according to different Acharyas (आचार्या)
4. Explain nirukti (निरुक्ति), utpatti (उत्पत्ति) & types of Nidra (निद्रा)
5. Describe Anjanavidhi (अञ्जन विधि)
6. Write about Dharaneeya vega (धारणीय वेग)
7. Explain Proteins in detail
8. Explain Dhanurasana (धनुरासन)
9. Principles of naturopathy
10. Hot water treatments
11. Fasting therapy
12. Sitz bath

Answer briefly

(10x3=30)

13. Enumerate Vitamin A deficiency disorders
14. Enumerate Ashta ninditas (अष्ट निन्दित)
15. Nitya Sevaneeya dravyas (नित्य सेवनीय द्रव्य)
16. Food toxicants
17. Pancha Kosha(पञ्चकोश) theory in Yoga
18. Sun bath
19. Collection of mud for mud therapy
20. Methods of Veerya raksha (वीर्य रक्षा)
21. Importance of Hatha Yoga (हठ योग)
22. Importance of Ritu sandhi (ऋतु संधि)
