

QP CODE: 322003

Reg. No.....

**Third Professional B.A.M.S Degree Supplementary Examinations
October 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. Ahara vidhi vidhana and explain concept of incompatible diet.
2. Describe Adharniya Vegas and their Management.

Short notes

(10x5=50)

3. Nisha Charya
4. Abhyanga
5. Difference between Adana and Visarga Kala
6. Vasant ritu Shodhanakarma
7. Pawanmuktaasana and Bhujagasana Method and benefits
8. Importance of fasting
9. Kapalabhati
10. Write the description on Jalandhara Bandha and mulabandha
11. Sadvritta
12. Poximate principles of food

Answer briefly

(10x3=30)

13. Yamadamshttra kala
14. Sunbath
15. Ritu Haritaki
16. Vitamin D
17. Write the difference between Udvardhana and Utsadana
18. Definition of health according to Kashyapa samhitha
19. Mud therapy
20. Milk hygiene
21. Divaswapna
22. Nadishodhana pranayama
