

**Third Professional B.A.M.S Degree Regular/Supplementary Examinations
April 2024**

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. Explain the aims and importance of Dinacharya (दिनचर्या) and write Dinacharya procedures for oral health.
2. Explain Nirukthi and definition of yoga. Explain Ashtanga yoga (योग).

Short notes**(10x5=50)**

3. Describe Doshashodhana in Ritucharya (ऋतुचर्या)
4. Explain role of sadvritta (सद्वृत्ता) in prevention of diseases
5. Define Anupana (अनुपान) and write two examples
6. Yogasiddhikara Bhavas (योगसिद्धिकर भावा)
7. Describe kumbhakbhedas (कुंभकभेदा) in short
8. Define mud therapy and principal behind it
9. Describe Gomukhasana (गोमुखासन) with diagram
10. Define dharaniya vegas (धारणीय वेगा) and discuss in mental health perspective
11. Rituharitaki (ऋतुहरीतिकि) in detail
12. Discuss Samskaraviruddha (संस्कारविरुद्ध)

Answer briefly**(10x3=30)**

13. Explain use of abhyanga (अभ्यंग) for stress management
14. Ardhashakti vyayama
15. Rathribhojanavidhi
16. Yamadamshttra
17. Vitamin A
18. Diwaswapna
19. Vajrasana (वज्रासन)
20. Nitya sevaniya Dravyas
21. Yavagu kalpana (यवागु)
22. Spinal bath
