

2012 Scheme

QP CODE: 313003

Reg. No.....

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

October 2024

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 Brahmacharya and Nidra
2. Write Nirukti and definitions of yoga. Explain Shadkarma with its importance in Health Preservation

Short notes

(10x5=50)

3. Mention Ashtahara vidhi visheshayatanani and explain samskara
4. Pratimarsha nasya
5. Dimensions of health
6. Vasanta ritucharya
7. Advantages and disadvantages of Vegetarian diet
8. Food adulterations
9. Ritu sandhi
10. Chankramana
11. Arogya lakshana
12. Ratricharya

Answer briefly

(10x3=30)

13. Dhyana
14. Steam bath
15. Sheetali pranayama
16. Dhanurasana
17. Hip bath
18. Bhastrika
19. Chromo therapy
20. Pasteurization of milk
21. Mud therapy
22. Muktatma lakshana
