

**Third Professional B.A.M.S Degree Supplementary Examinations
October 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. Write the importance of Dinacharya, write Dinacharya procedures for skin health.
2. Enumerate the different types of Yoga. Define Asana and explain any two asanas with its physiological benefits

Short notes

(10x5=50)

3. Describe about Upayoga samstha
4. Protein Energy Malnutrition
5. Vasanta Ritucharya
6. Management of Anidra as per Swasthavritta
7. Nature Cure diet
8. Effects of Spices and condiments on health
9. Achara Rasayana
10. Write Classification of Shatkarma, and explain Dhauti
11. Principles of Nature cure
12. Hatha Yoga

Answer briefly

(10x3=30)

13. Trinadi and Kundalini
14. Ritushodhana
15. Role of Sadvritta in prevention of infectious diseases
16. Importance of Samyoga
17. Ushajalapana
18. Beri beri
19. Pratimarsha Nasya
20. Ritu Viparyaya
21. Pavanamuktasana
22. Fasting
