

Third Professional B.A.M.S Degree Examinations, September 2015
Swasthavritta & Yoga - Paper I
(2012 Scheme)

Time: 3 hours

Total Marks: 100

- *Answer all questions*
- *Draw diagrams wherever necessary*

Essays

(2x10=20)

1. Explain dosha predominance in greeshma ritu and give a detailed description on greeshma ritu charya.
2. List the types of kumbhaka. Mention the procedure and benefits each of them

Short notes

(10x5=50)

3. Morning wakeup time suggested is called brahma muhurta - Why. Analyze different opinions of acharyas about the time of brahma muhurta.
4. Mention the procedure, indications and contra indications of abhyangam.
5. Explain the special qualities of thila thylam recommended for abhyangam, nasyam etc.
6. Why shadrassa bhojanam is recommended.
7. Explain the methods of food preparations through agni sannikarsham in aahara samskara kalpana
8. Explain the social aspect of nutrition
9. What is douthi in yoga. Mention its procedure and benefits
10. Explain prethyahara in yoga.
11. Procedure and indications of sun bath [suryakirana sevana].
12. Methods for pasteurization of milk

Answer briefly

(10x3=30)

13. Importance of anjanam.
14. Hamsodhakam.
15. Enumerate the sources and deficiency disorder of Vit.A.
16. Preparation of mud for mud therapy (Mrithika chikitsa).
17. Procedure of nethi.
18. Explain yamam.
19. Indications and contra indications of upavasa.
20. Write about the health hazards of alcohol abuse.
21. Importance of ritu sandhi.
22. Explain dharaneeya vegas.