

**Third Professional B.A.M.S Degree Supplementary Examinations –
March 2016**

Swasthavritta & Yoga - Paper I

(2012 Scheme)

Time: 3hours

Total Marks: 100

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

Essays

(2x10=20)

1. Explain the influence of utharayana and dekshinayana in human health.
2. Name the limbs of rajayoga and explain each.

Short notes

(10x5=50)

3. Why night is called triyama.
4. The procedure, indications and contra indications of denta dhavanam.
5. Explain the special qualities of sali dhanyam.
6. What are the food items recommended in ayurveda for daily use.
7. Explain sahaja vyadhikshemathvam.
8. Food fortification and adulteration.
9. Explain bendha trayas in yoga.
10. Methods to keep fish and egg fresh.
11. Explain the procedure, indications and contra indications of spinal bath.
12. Describe protein energy malnutrition.

Answer briefly

(10x3=30)

13. Importance of nasyam in dinacharya.
14. Explain the method of preparation and special qualities of panchasaara paanakam.
15. The procedure, indications and contra indications of vajrasana.
16. Describe Manipuraka. chakram.
17. Sayanavidhi according to bhava mishra.
18. Enumerate the sources of Vit.D.
19. Positive diets according to naturopathy.
20. The health problems related to nidra vegarodham.
21. Types of virudhaharam
22. Explain the criteria to determine a person drug addict.
