

**Third Professional B.A.M.S Degree Examinations, October 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 changes in environment and human body during greeshma ritu and describe the charya to be followed.
2. Explain aims and objectives of nisargopachara and describe jalachikilsa in detail.

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

3. Explain the benefits and types of udwarthanam.
4. Describe benefits of vyayama and mention the ardhasakti lakshanam.
5. The ashtaharavidhi viseshayatanani.
6. Benefits and classifications of nidra.
7. Explain the procedure and benefits of bhramari pranayama.
8. Explain mrittika chikilsa in naturopathy.
9. Procedure and benefits of bhujangasana and gomukhasana.
10. Describe dharaneeya vegas.
11. Explain kritanna varga.
12. Mention the various methods of pasteurization of milk.

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

13. Differentiate between gandoosham and kabalam.
14. Significance of ritusandhi.
15. Arogyalakshana according to kasyapa.
16. Sources and deficiency of vitamin C.
17. What is meant by food fortification.
18. Explain achara rasayana.
19. Name the shadkarmas.
20. Yoga sidhikara bhavas.
21. Name the food standards.
22. What is meant by vishamashana .

\*\*\*\*\*