

QP CODE: 313003

Register No.

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

March 2017

Swasthavritta & Yoga - Paper I

(2012 Scheme)

Time: 3hours

Total Marks: 100

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

Essays

(2x10=20)

1. Describe the changes happening in human body and external environment during वसन्त ऋतु (Vasanta Ritu) and explain the regimen to be followed.
2. What are the six purificatory procedures explained in हठयोग (Hathayoga). Explain each of them in detail.

Short notes

(10x5=50)

3. The procedure and contra indications of दन्तधावन (Dantadhavana).
4. What are अष्टाहारविधि विशेषायतन (Ashtaharavidhi viseshayatanas).
5. Explain दुग्धवर्ग (dugdha varga).
6. Explain meat hygiene and write its importance in community medicine.
7. The sources and deficiency diseases related with B complex vitamins.
8. Define प्राणायाम (pranayama) and mention the procedure and benefits.
9. Explain the procedure and benefits of पद्मासन (padmasana)
10. The procedure and benefits of उड्याण बन्ध (udyana bandha)
11. Prepare the diet chart for obesity according to naturopathy.
12. What is meant by hydrotherapy and how it is employed in treatment.

Answer briefly

(10x3=30)

13. Mention संध्या चर्या sandhyacharya
14. What are the benefits of जिह्वा निर्लेखन jihwa nirlekhana
15. What is meant by ऋतु हरीतकी (ritu haritaki)
16. Prepare balanced diet chart for an adolescent girl
17. What are the consequences of improper sleep according to ayurveda
18. What are the lakshanas of छर्दिवेग रोध (chardi vega rodha)
19. Define ध्यान (dhyana)
20. Enumerate नियमाः (niyamas)
21. The procedure of mud bath
22. What is meant by eliminative diet and mention two examples
