

**QP CODE: 313003**

**Register No. . . . .**

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

**March 2018**

**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 varsha ritu and describe the charya to be followed.
2. Explain shad karmas and describe procedures and benefits of each of them.

**Short notes**

**(10x5=50)**

3. Explain sadvrita.
4. Describe the procedure and benefits of gandoosha.
5. Benefits of anupana and mention five suitable anupanas.
6. Explain nityasevaneeya dravyas.
7. Explain the procedure and benefits of nadisudhi pranayama.
8. Explain upavasa chikilsa in naturopathy.
9. The procedure and benefits of pachimothanasana and vajrasana.
10. Describe adharaneeya vegas.
11. Explain dhanya varga.
12. Describe the procedure and indications of spinal bath.

**Answer briefly**

**(10x3=30)**

13. Positive diet.
14. Name the ritus comes under adanakala and visargakala.
15. Definition of health according to WHO.
16. Sources and deficiency of water soluble vitamins.
17. What is meant by food adulteration.
18. Name shad chakras.
19. Name the 'single drugs' and 'rasa' that can be advised for dantadhavana.
20. The yogabhyasa pratibhandakara bhavas.
21. Milk borne diseases.
22. What is meant by virudhahara.