

THIRD PROFESSIONAL B.A.M.S. DEGREE EXAMINATION

PAPER III – SWASTHAVRITTA AND YOGA -- I

Q.P. Code : 641373

Time: Three Hours

Maximum : 100 Marks

I. Essay Questions

(2 x 15 = 30)

1. Write in detail about Dinacharya and its importance.
2. Write in detail about Ashtanga Yoga.

II. Write Notes on:

(10 x 5 = 50)

1. Write a short note on Physical Dimension of Health.
2. Write a short note on Greeshma Ritu Charya.
3. Write about Ashta Ahara Vidhi Vidhana.
4. Write about Composition and Pasteurization of Milk.
5. Write the Nirukti, Relation Between Nidra and Health and Types of Nidra.
6. Write a short note on Relation between Yoga and Ayurveda.
7. Write about Procedure and Benefits of Surya Namaskara.
8. Write about Different Types of Kumbaka.
9. Write about different types, importance and therapeutic effects of Upavasa Chikitsa.
10. Write about the Procedure, Indications, Benefits and Effects of Surya Kirana Sevana (Sun bath).

III. Short Answers on:

(10 x 2 = 20)

1. Write about Chaya, Prakopa, Prasama of Doshas in Different Ritus.
2. Write the Importance of Sadvritta.
3. Define Balanced Diet.
4. Write about Hamsodaka.
5. Write about Pureesha Vega Dharana and its Chikitsa.
6. Write about Benefits of Shavasana.
7. Write about Different types of Neti.
8. Indications of Mud Bath.
9. Write about Visrama Chikitsa Upayoga.
10. Enumerate Pancha Kosha.
