

**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 Dwadasha Ashana Pravichrana with suitable examples.
2. Write in detail about Shad Karma and its types.

**II. Write Notes on:****(10 x 5 = 50)**

1. Write a short notes on Vyayama, its procedure and its benefits.
2. Define Swastha, Swasthavritta and ArogyaLakshana.
3. Write a short notes on Visarga Kala.
4. Write a short notes on Fat Soluble Vitamins and its Deficiency Diseases.
5. Write about Achara Rasayana.
6. Write about Yoga Siddhikara Bhavas and Yoga Pratibandhaka Bhavas.
7. Write about the procedure, indications and contraindications of Dhanurasana and Halasana.
8. Write about Mardana (Massage) – different methods and effects.
9. Write a short notes on Mrittika Chikitsa (Mud Therapy).
10. Write about Spinal Bath, it's Procedure, indications and Precautions.

**III. Short Answers on:****(10 x 2 = 20)**

1. Define Health According to WHO?
2. Write about Ritu Haritaki.
3. Write about Vishamasana.
4. Define Brahmacharya.
5. Write about Mutra Vega Dharana Chikitsa.
6. Name the Shad Chakras.
7. Write about Yama.
8. Write about Ujjayi Pranayama.
9. Define Fasting and its types.
10. Define Positive Diet.

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