

APRIL - 1993

[RS 628]

AYURVEDACHARYA (B.A.M.S.) EXAMINATION.

Second Year

(Second Professional Course)

Part I

Paper III -- SWASTHA VRITTA -- II

Time : Three hours

Maximum : 100 marks

Answer in English or Sanskrit.

Answer ALL questions.

Answer Sections A and B in separate answer books.

All questions carry equal marks.

SECTION A

1. Write about the "YOGA VARNANAM" in Ayurveda.
आयुर्वेदे योगस्य वर्णनम् विशदीकृतम्।
2. Describe "Ida-Pingala".
इडा-पिंगला नाडीनां वर्णनम् कुरु।
3. Write about practising "pranayama" and its uses.
प्रणायामस्य आचरणम् तस्य प्रयोजनं लिखत।
4. Write about the uses of "Dhanurasana and Padmasana".
धनुरासनं पद्मसनयोः लाभानि लिखत।

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5. Mention the "Astangas of Yoga".
योगस्य अष्टांगानि लिखत।
6. Write the "MOKSHA" Lakshanas and upayam.
मोक्ष लक्षणानि उपायानिच लिखत।
7. Write the importance and use of "PRAKRUTHI CHIKITSA".
निसर्गोपचारस्य प्रमुखम् प्रयोजनंरच लिखत।
8. Write the uses of "SUNRAYS".
सूर्यकिरण उपयोगः लिखत।
9. Describe the usage of "MUD" in chikista.
चिकित्सायां "मृत्तिका" प्रयोगम् विवृणुत।
10. Describe the importance of "FASTING" in treatment of diseases.
चिकित्सायां उपवासस्य महत्त्वं विवृणुत।

SECTION B

11. Write the importance of "Family Welfare Programme".
भारतवर्षे परिवारकल्याण योजनाया प्रथमत्वं लिखत।
12. Describe the "National Tuberculosis Control Programme".
राष्ट्रीय तबकृत्या नियंत्रण कार्यक्रमं विवृणुत।
13. Write about the importance of "Mother and Child Welfare Programme".
मातृ शिशु कल्याण योजनाया प्रथमत्वं लिखत।
14. Write about "immunisation programme".
वास्तकेषु व्यापिकाप्रतिकारण कार्यक्रमं लिखत।

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15. Describe the merits and demerits of surgical contraceptive methods.

गर्भाकारप्रतिबन्धक सल्लकार्मर्णं पुनरुपेन विधिगतं लिखत।

Write short notes on the following :

सुतु विवरणानि लिखत।

16. Oral contraceptives.

गर्भाविरोधक आन्वीषणानि।

17. Central Council of Indian Medicine.

भारतीय चिकित्सा षट्ते केन्द्रीय परिषद।

18. W.H.O. Programmes.

विश्व स्वास्थ्य संघटन कार्यक्रमानि।

19. Malaria fever.

मलेरिया ज्वरः।

20. Mortality indicators.

मृत्यु सूचकाङ्कानि।

NOVEMBER - 1993

[PR 254]

AYURVEDACHARYA (B.A.M.S.) EXAMINATION.

Second Year

(Second Professional Course)

Part I.

Paper III — SWASTHA VRITTA — II

Time : Three hours

Maximum : 100 marks

Answer either in English or Sanskrit.

Answer ALL questions.

Answer Sections A and B in separate answer books.

All questions carry equal marks.

SECTION A

1. Define the word "Yoga" and write its benefits.
'योग' शब्दं निरुच्य तस्य प्रयोजनं लिखत ।
2. Write the inter-relationship of Ayurveda and Yoga.
योग-आयुर्वेदयोः परस्पर संबंधं लिखत ।
3. Mention "Yamas-Niyamas".
यम-नियम शेषान् उल्लिखन्तु ।
4. Write about the uses of "Sirshasana and Savasana".
शीर्षासन शवासनयोः लाभान् लिखत ।

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5. Write about the Dietetic regime to be observed in "Yogabhyasa".
योगभ्यास योग्य आहारविहारम् उल्लिखन्तु ।
6. Write about "Pranayama".
प्राणायामस्य परिचयं कुरु ।
7. Write about "Nysthikachikista".
नेष्टिक्ये निश्चिन्तायाः परिचयम् कर्तुम् ।
8. What are "Shatkarmas"? — Explain.
षट्कर्मणि कानि — विवृण्वन्तु ।
9. Mention the Siddhi lakshanas of "Hatayoga".
हठयोगस्य सिद्धि लक्षणानि लिखत ।
10. What are the "Moksha" lakshanas and upayas?
मोक्षलक्षण मोक्षोपायान्च लिखत ।

SECTION B

11. What is the physiological fate of "Food" in the body?
आहारस्य शारीरिक प्रयोजनम् लिखत ।
12. Mention the names of "Santarpana Janya", "Apatarpana Janya" vyadhis.
संतर्पणजन्य अपतर्पणजन्य व्याधीनाम् नामानि लिखत ।

[PR 254]

13. Write about the importance of "Vitamins".
जीवन वास्तविकम् प्राप्तान्विताम् लिखत ।
14. How do you determine the Dietetic standards in infants and children?
शिशूनां वास्तविकं आहार मात्र निर्णयं कथं क्रियते ।
15. Explain the method of protection of "Food".
आहार संरक्षण विधानम् लिखत ।
16. Explain the National Programme of "Nutrition".
आहार पोषण विषयक राष्ट्रीय कार्यक्रमम् विवृणुत ।
17. Describe the diseases caused by "Vishama Aaharam".
विषम आहार जन्य व्याधीन् लिखत ।
18. Write about the advantages of Breast Milk over Tinned Baby Food.
दुग्ध पूर्णतः क्षीरापोषणया मातृस्तन्यस्य वैशेष्यम् लिखत ।
19. Write the ill effects of "Passive Smoking".
परतंत्र धूमपानस्य दुष्प्रभावम् लिखत ।
20. What is "Navaneeta" and what for it is used?
नवनीताम् नाम किं । तत् किमर्थं उपयुज्यते ।

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[VM 389]

AYURVEDACHARYA (B.A.M.S.) EXAMINATION.

Second Year

(Second Professional Course)

Part I

Paper III — SWASTHA VRITTA — II

Time : Three hours

Maximum : 100 marks

Answer in English or Sanskrit.

Answer ALL questions.

All questions carry equal marks.

Answer Sections A and B in separate answer books.

SECTION A

1. Explain the term 'हठयोग' and write its importance.
2. Explain the importance of "yoga" in the maintenance of health.
3. Write about the uses of 'Matsendrasana' (मत्स्येन्द्रासन) and Dhanurasana (धनुरासन).
4. Explain the beneficial effects of 'Pranāyāma'.
5. What is Raja yoga? Explain.
6. Name the 'Kumbhaka bhedas' and explain any one of them.
7. Write about 'जलन्यास' and उडुपान बंध.

[VM 389]

8. Explain the effects of "yoga" on shareerika and manasika doshas.
9. Explain the चक्षुःशक्ति lakshanas.
10. Write about the varieties of मर्दान and their importance in chikitsa.

SECTION B

11. Write the importance of "प्राथमिक स्वास्थ्य संरक्षण केन्द्र" (primary health centre).
12. Write a note on the effects of population explosion on the economy of the country.
13. Explain — परिवार कल्याण कार्यक्रम (family welfare programmes).
14. Write about the national programmes adopted for the eradication of kusta (कुष्ठ).
15. Explain the importance of 'Mother and Child Welfare Programmes' (मातृ शिशु कल्याण कार्यक्रम).
16. Explain the immunization schedule in children.
17. Explain the role that is being played by "विराज स्वास्थ्य संगठन".
18. Write the importance of Registration of births and deaths.
19. Describe the health check up programme in schools.
20. Write the preventive measures of 'Rajyakshma' (राज्यक्ष्म).

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[ND 700]

AYURVEDACHARYA (B.A.M.S.) EXAMINATION.

Second Year

(Second Professional Course)

Part I

Paper III — SWASTHA VRITTA — II

Time : Three hours

Maximum : 100 marks

Answer in English or Sanskrit.

Answer ALL questions.

All questions carry equal marks.

Answer Section A and B in separate answer book.

SECTION A

1. What are 'Yama niyamas'? — Describe.
यमनियमानि कानि? — विरचयत।
2. Describe 'pathyas' and 'apathyas' of yogi.
योगीन्द्रहरतीतिनां पथ्यापथ्यानि विवृणुत।
3. What is 'Kumbhaka'? Write its classification.
कुम्भकं शौच किं? तस्य श्रेण्यं विवृणुत।
4. Describe Mayoorsanam.
मयूरासनं विवृणुत।

[ND 700]

5. What are the factors that bring about Yogasiddhi?
योगसिद्धिकरणं भाव्यानि कानि?
6. Describe snema according to naturopathy.
निसर्गोपचारप्रविधिकस्य अस्तिप्रकारानि विवृणुत।
7. Write the procedure and benefits of mud-pack.
मृत्तिकासेपनस्य क्रमं प्रवर्णयत च सिद्धता।
8. Write the procedure and effects of sun bath.
आतपस्नानस्य विधिं प्रवर्णयत च सिद्धता।
9. Prescribe diet for a fever patient according to naturopathy.
निसर्गोपचारप्रविधिकस्य अतपीडितस्य भोजनक्रमं विवृणुत।
10. Describe the basic principles of naturopathy
निसर्गोपचारस्य मूलसिद्धान्तान् विरचयत।

SECTION B

11. Describe 'National Malaria Eradication Programme'.
'राष्ट्रीय विषमय्वर निर्मूलनिषेधनं' विवृणुत।
12. Describe the importance of 'Mother and Child Welfare Programme'.
मदृतिशुद्धिप्रयत्नस्य भोजनस्य प्रथमं विरचयत।

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[ND 700]

13. Write the immunization schedule now being implemented under the "Expanded Programme of Immunisation".

बालकेसु व्यक्तिगतकरणस्य कार्यक्रमं लिखत।

14. Describe the merits and demerits of surgical contraceptive methods.

गर्भासनप्रतिबन्धक सस्त्रकारणानां गुणदोषान् विस्तृतत।

15. Describe 'National Tuberculosis Control Programme'.

राष्ट्रीय तबकृमस्य नियन्त्रण कार्यक्रमं विवृणुत।

16. What are the duties and responsibilities of medical officers posted in a Primary Health Centre?

प्रथमिक स्वास्थ्यकेन्द्रे नियुक्तानां विपनानां कार्यवहानि कानि?

Write short notes on :

ससु विवरणानि लिखत।

17. Condom

कोण्डम

18. Graphical presentation of data

संख्येयस्य संवहणानां चित्रिकरणम्

[ND 700]

19. Oral contraceptives

गर्भासनप्रतिबन्धक खाद्यौषधयः

20. Alma Ata declaration.

अल्मा अटा घोषणपत्रम्

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[SB 713]

AYURVEDACHARYA (B.A.M.S.) EXAMINATION.

Second Year

(Second Professional Course)

Part I

Paper III – SWASTHA VRITTA – II

Time : Three hours

Maximum : 100 marks

Answer ALL questions.

Answer either in English or Sanskrit.

All questions carry equal marks.

SECTION A

1. Write the 'Samyakyoga lakshanas' of 'Hatha yoga'.
हठयोगस्य सम्यक्योगलक्षणानि लिखत।
2. Describe Pranayama.
प्राणायामं विवृणुत।
3. What is Vipareethakarini mudra? Describe.
विपरीतकरिणी मुद्रा नाम किं? विरादयत।
4. Describe Dhanurasana.
धनुरासनं विवृणुत।

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[SB 713]

5. Describe the effects of yogic exercises on 'Doshas' of body and mind.

योगिकक्रियाणां शारीरिक मानसिक दोषेषु प्रभावः विशदयत।

6. Describe the causes of diseases according to naturopathy.

निसर्गोपचारमधिकृत्य रोगकारणान् विवृणुत।

7. Describe the methods and benefits of mud pack.

मृत्कालेपनस्य क्रमं प्रयोजनं च विवृणुत।

8. Describe the benefits of fasting according to naturopathy.

निसर्गोपचारमधिकृत्य उपवासस्य प्रयोजनं विवृणुत।

9. Write the procedure of spinal bath.

पृष्ठवंशस्नानस्य क्रमं लिखत।

10. What is magnetotherapy? Describe.

कान्दचिकित्सा नाम किं? विवृणुत।

SECTION B

11. Describe National Filaria Control Programme.

राष्ट्रीय श्लीषदनियन्त्रण पद्धतिं विवृणुत।

12. What is Alma-Ata declaration?

अल्मा अता घोषणपत्रं नाम किं?

13. Discuss the merits and demerits of oral contraceptives.

गर्भाधानप्रतिबन्धकदाणां खाद्यौषधीनां गुणदोषविचिन्तनं कुर्वत।

[SB 713]

14. Describe Family Welfare Programme.

परिवारकल्याण योजनां विशदयत।

15. Describe National Trachoma Control Programme.

राष्ट्रीय नेत्ररोग नियन्त्रण योजनां विवृणुत।

16. What are the duties and responsibilities of a medical officer deputed for School Health Programme?

विद्यालयारोग्य योजनायां नियुक्तस्य निपजा कर्तव्यानि कानि?

Write short notes on :

तस्य विवरणानि लिखत।

17. W.H.O.

विश्व स्वास्थ्य संगठनं।

18. I.U.C.D.

गर्भाशयान्तर गर्भप्रतिबन्धकोपायाः।

19. Mortality indicators.

मृत्यु सूचकानि।

20. Pie diagram.

'पै' चित्रम्।

NOVEMBER - 1995

[MB 1074]

AYURVEDACHARYA (B.A.M.S.) EXAMINATION.

Second Year

(Second Professional Course)

Part I

Paper III - SWASTHA VRITTA - II

Time : Three hours

Maximum : 100 marks

Answer ALL questions.

Answer either in English or Sanskrit.

Answer Sections A and B in separate answer books.

All questions carry equal marks.

SECTION A

1. What is Hathayoga? Describe.
हठयोगं नाम किं? विरचयत।
2. What are the factors detrimental to 'Yogabhyasa'?
योगाभ्यासप्रतिबन्धकराणि भावयन्ति कानि?
3. Describe Paschimothanasanam.
पश्चिमोत्तानासनं विवृणुत।
4. Describe Pranayama.
प्राणायामं विवृणुत।

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[MB 1074]

5. What are the types of 'Bandha'? Describe them.
बन्धभेदान् कानि? तान् विवृणुत।
6. Describe the causes of diseases according to Naturopathy.
प्रकृतिचिकित्साप्रणाल्याः रोगकारणान् विशदयत।
7. Describe the importance of fasting as a treatment.
चिकित्सायां उपवासस्य महत्त्वं विवृणुत।
8. Describe the method of sun bath.
आतपस्नानविधिं विवृणुत।
9. Write the uses of cold water in treatment.
चिकित्सायां शीतोदकस्य प्रयोजनं लिखत।
10. What are the types of massage? Describe them.
मर्दनस्य भेदाः के? तान् विवृणुत।

SECTION B

11. Describe the effects of population increase on the economic development of our nation.
राष्ट्रस्य आर्थिकविकासोपरि जनसंख्यावर्धनस्य प्रभावात् विशदयत।
12. Describe "National Leprosy Control Programme."
देशीय कुष्ठनियन्त्रण कार्यक्रमं विवृणुत।
13. Describe "National Filaria Control Programme".
देशीय श्लीपदनिवन्त्रण योजनां विवृणुत।

[MB 1074]

14. Describe the merits and demerits of oral contraceptives.
गर्भाधानप्रतिबन्धकतण्डुलाणां खाद्यौषधीनां गुणदोषविचिन्तनं कुर्वत।
15. Describe the role of Ayurveda in Primary Health Care.
प्राथमिक स्वास्थ्य संरक्षणे आयुर्वेदस्य योगदानं विशदयत।
16. What is Alma-Ata declaration? Describe.
अल्मा-आता घोषणं नाम किं? विशदयत।
Write short notes on :
लघुविचारणानि लिखत।
17. Condoth.
'कोण्ड'।
18. Mode.
'मोड'।
19. Bar diagram.
'बार' चित्रम्।
20. Indian Medical Council.
भारतीय चिकित्सा परिषत्।

APRIL - 1996

[A K 1084]

AYURVEDACHARYA (B.A.M.S.) EXAMINATION.

Second Year

(Second Professional Course)

Part I

Paper III — SWASTHA VRITTA — II

Time : Three hours

Maximum : 100 marks

Answer ALL questions.

Answer either in English or Sanskrit.

All questions carry equal marks.

SECTION A

1. What are the 'pathyas' and 'apathyas' of yogis.
योगिनां पथ्यापथ्यानि कानि?
2. Describe Yama and Niyama.
यमनियमान् विवृणुत ।
3. Describe Gomukhasanam.
गोमुखासनं विवृणुत।
4. Write 'Nadi suddhi lakshanas'.
नाडीशुद्धिलक्षणं लिखत ।
5. Describe the varieties of 'Kumbhaka'
कुम्भकभेदान् विवृणुत ।

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[A K1084]

6. Describe the importance and role of nature cure in the present day.

अद्यतने प्रकृतिचिकित्साया प्रभावं प्राधान्यं च विशदयत ।

7. Describe the procedure and uses of mud pack.

मृत्तिका लेपनस्य क्रमं प्रयोजनं च विवृणुत ।

8. Write the method and benefits of spinal bath.

पृष्ठवंशस्नानस्य क्रमं प्रयोजनं च लिखत ।

9. Describe the causes of diseases according to Naturopathy.

निसर्गोपचारमनुसृत्य व्याधिनिदानं विवृणुत ।

10. Describe Enema according to Naturopathy.

निसर्गोपचारमनुसृत्य वस्तिविधानं विवृणुत ।

SECTION B

11. Describe National Trachoma control programme.

देशीय पौधकीर्णनियन्त्रणयोजनां विवृणुत ।

12. Describe the duties and responsibilities of a medical officer in a primary health centre.

प्राथमिक स्वास्थ्यकेन्द्रे चिकित्सकस्य विषयज्ञा कर्तव्यानि विशदयत ।

13. Write the aims and objects of 'mother and child welfare programme'

मातृशिशुकल्याणयोजनाया उद्देशं महत्त्वं च लिखत ।

[A K1084]

14. Classify Intra-uterine contraceptive devices and discuss their merits and demerits.

गर्भनिरोधक गर्भाशयान्तर बलपानां वर्गीकरणं कुर्वन् तेषां गुणदोषविचिन्तनं कुर्वत ।

15. Describe National Malaria Eradication Programme.

देशीय विषमज्वर निवारण योजनां विवृणुत ।

Write short notes on :

लघुविवरणानि लिखत ।

16. Mortality indications.

मृत्यु सूचकानि

17. 'P' value.

पी बालयु

18. Vasectomy

वासेक्टमि

19. Central Council of Indian Medicine.

भारतीय चिकित्सापद्धतीनां केन्द्रीय परिषत्

20. W.H.O.

विश्वस्वास्थ्य संगठनं ।

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AYURVEDACHARYA (B.A.M.S) EXAMINATION

Second Professional Course - Part I

(Old/New Regulations)

Paper III - SWASTHAVRITTHA II

Time: Three hours

Max. marks:100

Answer All questions. They carry equal marks.

Answer in English

Answer Sections A and B in separate answer books.

SECTION A

1. What is Yoga? Explain the purpose of Yoga practices.
2. Describe the varieties of Prānāyāma.
3. Describe Pavana muktāsana and the benefits of its practice.
4. What are Shat-karmas? Explain the beneficiary effects of Prataka.
5. Explain Naishtiki chikitsa.
6. Explain the basic concepts of Nature cure.(Nisargopachara)
7. Explain the use of rest as a treatment.
8. Describe varieties of Bāshpa snana. (Steam bath)
9. What is Surya Prakāsha Chikitsa? Explain how it is done?
10. Describe the varieties of compresses employed in Nature Cure and their uses.

SECTION B

11. What is medical termination of pregnancy act?
12. Explain National Population Policy (Bhāratīya Jana Sankhyā Neeti).
13. What is the School Health Programme? Explain its objectives.
14. What are the aims of Family Welfare Programme?
15. Elucidate the National demographic goals.
16. Describe the National Programme for control of blindness.

Write short notes on:

17. Balanced diet
18. Concept of Health For all
19. Red Cross
20. UNICEF.

APRIL - 1998

[SV 1313]

आयुर्वेदाचार्यः

AYURVEDACHARYA (B.A.M.S.) EXAMINATION.

Second Professional Course

Part I

(Old/New Regulations)

Paper III — SWASTHA VRITTHA — II

Time : Three hours

Maximum : 100 marks

Answer ALL questions. They carry equal marks.

Answer either in English or Sanskrit.

Answer Sections A and B in separate answer books.

SECTION A

1. Explain Yoga—to maintain normal health. (5)
2. Explain meditation and its importance. (5)
3. Explain Pranayama and its importance. (5)
4. Explain Gomukhasana, Padmasana and Savasana. (5)
5. Explain relationship between yoga and Ayurveda. (5)
6. Describe Ida and Pingala. (5)
7. Explain different types of Mardana and their benefits in treatment. (5)
8. Give importance of Raja Yoga. (5)
9. Explain Vajrasana. (5)
10. Describe Moksha. (5)

SECTION B

11. Explain how sunlight is useful to human body. (5)
12. Explain the role of primary health care. (5)
13. Explain how population explosion affects the health of humans. (5)
14. Describe the role of Family Welfare Programme. (5)
15. What is the role of immunisation in prevention of diseases? (5)
16. Write short notes on : (25)
 - (a) W.H.O.
 - (b) Statistics of birth and death.
 - (c) Prevention of Tuberculosis.
 - (d) Oral contraceptives.
 - (e) Prevention of AIDS.

OCTOBER - 1998

[SM 1314]

Sub. Code : 9951

AYURVEDACHARYA (B.A.M.S.) DEGREE EXAMINATION.

Second Professional Course

Part I

(Old/New Regulations)

Paper III — SWASTHA VRITTHA — II

Time : Three hours

Maximum : 100 marks

Answer ALL questions. They carry equal marks.

Answer either in English or Sanskrit.

Answer Sections A and B in separate answer books.

SECTION A

1. Write about the importance of yoga, in modern life.
2. Write about Yama and Niyama.
3. Explain the role of Asanas to maintain normal health.
4. Write about Padmasana and Mayurasana.
5. Write about proper Pranayama.
6. Write about Shad Karmas/Six procedures.
7. Write about the attainment of Moksha.
8. Write about Ashtangas of Yoga.

9. Explain about importance of Mrittika Majjanam.
10. Mention the uses of cold and hot water in treatment, with examples.

SECTION B

11. Write about Bhashpa Snanam.
12. Explain the role of sunlight in prevention of diseases.
13. Explain the role of fasting in treatment.
14. Write about Prushta Snanam.
15. Explain the importance of Mother and Child care.
16. Write short notes on : (5 × 5 = 25)
 - (a) Role of Ayurveda in Health Programmes
 - (b) UNICEF
 - (c) School Health Programmes
 - (d) Health education
 - (e) Vital Statistics.

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[SG 1314]

Sub. Code : 9951

आयुर्वेदाचार्यः

AYURVEDACHARYA (B.A.M.S.) EXAMINATION.

Second Professional Course

Part I

(Old/New Regulations)

Paper III — SWASTHA VRITTHA — II

Time : Three hours

Maximum : 100 marks

Answer ALL questions. They carry equal marks.

Answer either in English or Sanskrit.

Answer Sections A and B in separate answer books.

SECTION A

1. What are the factors that obstruct Yoga?
योगप्रतिबन्धकराणि भावानि कानि?
2. Describe the methods for practising pranayama, its benefits and effects on respiratory system.
प्राणायामशीलनस्य क्रमं, प्रयोजनं तथा स्वासप्रस्वास संस्थानोपरि तस्य प्रभावान् च विवृणुत।
3. Describe "Shad Karmas".
षड् कर्मान् विवृणुत।

4. Write the method of practising Gomukhasana and its benefits.

गोमुखासनशीलनस्य क्रमं, प्रयोजनं च लिखत।

5. Describe briefly "Rajayoga".

राजयोगं विवृणुत।

6. Describe the basic principles of naturopathy.

निर्भर्गोपचारस्य मूल सिद्धान्तान् विवृणुत।

7. Write the procedure and indications of mud pack.

मृत्तिकालेपनस्य विधिं प्रयोगार्हान् च लिखत।

8. Write the procedure and benefits of sun bath.

आतपस्नानविधिं प्रयोजनं च लिखत।

9. Prescribe the diet for a diabetic patient according to naturopathy.

निर्भर्गोपचारानुसारेण प्रमेहरोगिणां भोजनक्रमं लिखत।

10. Describe the importance of fasting in treatment of diseases.

चिकित्सायां उपवासस्य महत्त्वं विवृणुत।

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SECTION B

11. Describe the effects of population explosion.
जनसंख्या वृद्धेः प्रभावान् विवृणुत।
12. Describe various I.U.C.D.s and their merits and demerits.
विविधानि गर्भाशयान्तर गर्भनिरोधकोपायान्, तेषां गुणदोषान् च विवृणुत।
13. Describe National Malaria Eradication Programme.
राष्ट्रीय विषयज्वर निर्मार्जन कार्यक्रमस्य विवरणं कुरु।
14. Write the immunisation schedule followed in India at present under the Expanded Programme of Immunisation.
परिसर्पित व्याधिक्षमताकरणकार्यक्रमान्तर्गतं भारत देशे अद्यतने प्रयुक्तं व्याधिक्षमताकरण पट्टिकां लिखत।
15. Describe Alma-Ata declaration.
'अल्मा आटा' प्रघोषणं विवृणुत।
16. Discuss the importance of Ayurveda as an alternative medicine in the 21st Century.
एक विंशति शतकं अतिरिक्त चिकित्सा शास्त्र रूपेण आयुर्वेदस्य प्राधान्यं विज्ञापयत।

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Write short notes on :

लघु विवरणानि लिखत।

17. Condom.
कोण्डम्।
18. Bar diagram.
बार चित्रम्।
19. W.H.O.
विश्व स्वास्थ्य संगठनम्।
20. Oral contraceptives.
गर्भनिरोधक खाद्यौषधानि।

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OCTOBER - 1999

[KA 1314]

Sub. Code : 9951

(आयुर्वेदाचार्यः)

**AYURVEDACHARYA (B.A.M.S.) DEGREE
EXAMINATION.**

Second Professional Course

Part I

(Old/New/Revised Regulations)

Paper III — SWASTHAVRITHA — II

Time : Three hours

Maximum : 100 marks

Answer ALL questions.

They carry equal marks.

Answer either in English or Sanskrit.

Answer Section A and B in separate answer books.

SECTION A

1. Write the origin and benefits of Yoga.

योगशास्त्रोत्पत्तिं तथा प्रयोजनं च लिखत।

2. Describe the importance of Yoga in maintaining health.

आयुषः परिपालनेन योगस्य महत्त्वं विवृणुत।

3. What are the benefits of Padmasana and Dhanurasana?

पद्मधनुरासनयोः प्रयोजनं लिखत।

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4. Describe the method of practising Matsyendrasana and its benefits.
मत्स्येन्द्रासनाभ्यासक्रमं तथा तस्य प्रयोजनं च विशदयत।
5. What are the definitions of hitahara and mitahara in Yoga?
योगशास्त्रनिर्दिष्टं हितमिताहारयोः लक्षणं लिखत।
6. What are the benefits of Pranayama?
प्राणायामस्य प्रयोजनानि कानि?
7. Describe Neti and its classification and benefits.
नेतिक्रियायाः विभागः प्रयोजनानि च विवृणुत।
8. Write the importance of meditation in Yoga and its influence on mental health.
योगे ध्यानस्य प्राधान्यं किम्? मानसिकारोग्ये अस्य स्वाधीनं किमिति लिखत।
9. Describe Rajayoga.
राजयोगं विवृणुत।
10. Describe the advantages and importance of Nisargopachara.
निसर्गोपचारस्य प्राधान्यं तथा प्रयोजनं च विवृणुत।

SECTION B

11. Describe National Tuberculosis Eradication Programme.
देशीयक्षयरोगनिवारणपद्धतिं विशदयत।

12. Describe the importance of mother and child welfare.
मातृशिशुक्षेमपद्धत्याः प्राधान्यं विवृणुत।
13. Describe the temporary and permanent contraceptive methods.
गर्भनिरोधने तात्कालिकान् स्थिरान् च उपायान् विवृणुत।
14. Describe National Trachoma Control Programme?
देशीय नेत्रान्ध्र निवारणपद्धतिं विवृणुत।
15. Describe Alma-Atta Declaration.
अल्मा आटा प्रघोषनं विवृणुत।
16. Describe the effects of population explosion.
जनसंख्या वृद्धेः प्रभावान् विवृणुत।
Write short notes on :
लघु विवरणानि लिखत।
17. UNICEF.
'यूनिसेफ्'.
18. Pie Diagram.
'पै डायग्राम्'।
19. National Health Policy.
देशीय आरोग्य नयम्।
20. Tratakam.
त्राटकम्।

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[KB 1315]

(आयुर्वेदाचार्यः)

AYURVEDACHARYA (B.A.M.S.) DEGREE
EXAMINATION.

(Old/New/Revised Regulations)

Part I

Second Professional Course

Paper III — SWASTHA VRITTHA — II

Time : Three hours Maximum : 100 marks

Answer Section A and Section B in separate
answer books.

Answer in Sanskrit or English only.

While writing in Sanskrit, use Devanagari script only.

SECTION A

1. Answer any THREE : (3 × 10 = 30)
- (a) Describe the importance of Yoga in Ayurveda.
(b) Explain "Hata Yoga".
(c) Name "Shad Karmas" and write its purpose before doing Prañayama.
(d) Describe the basic principles of "Naturopathy".

2. Write short notes on any FOUR : (4 × 5 = 20)

- (a) पश्चिमोत्तासन
(b) जलस्य महत्त्वं
(c) मोक्षस्य उपाया
(d) पद्यासन
(e) Types and Benefits of Mardana.

SECTION B

3. Answer any THREE : (3 × 10 = 30)

- (a) Write about Health system in our Country.
(b) Explain "IUD" in detail.
(c) Discuss the Basic Resources of Providing Health Care.
(d) Describe R.C.H.

4. Write short notes on any FOUR : (4 × 5 = 20)

- (a) N.L.E.P.
(b) Five Year Plan.
(c) W.H.O.
(d) Indian Red Cross Society.
(e) National Family Welfare Programme.

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[KC 1315]

(आयुर्वेदाचार्यः)

AYURVEDACHARYA (B.A.M.S.) DEGREE
EXAMINATION.

(Old/New/Revised Regulations)

Part I

Second Professional Course

Paper III — SWASTHA VRITTHA— II

Time : Three hours Maximum : 100 marks

Answer Section A and Section B in separate
answer books.

Answer in Sanskrit or English only.

While writing in Sanskrit, use Devanagari script only.

SECTION A

1. Answer any THREE : (3 × 10 = 30)
- (a) Define "Yoga" and its importance.
- (b) Describe "Raja yoga".

(c) Define "Pranāyāma" and write its types and benefits.

(d) Discuss "Snāna" and classify. Mention its benefits.

2. Write short notes on any FOUR : (4 × 5 = 20)

- (a) Sarvangāsana
- (b) नैट्टिके चिकित्सा
- (c) Role of "REST" in Treatment
- (d) Importance of Sunlight
- (e) Bhujangāsana .

SECTION B

3. Answer any THREE : (3 × 10 = 30)

- (a) Define "Primary Health Care" and write its status in our country.
- (b) Describe "Hormonal Contraceptives".
- (c) Write about the presentation of Statistical Data.
- (d) Discuss National Tuberculosis Control Programme.

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4. Write short notes on any FOUR : (4 × 5 = 20)
- (a) National Health Policy
 - (b) 20 Point Programme
 - (c) Functions of P.H.C.
 - (d) Write about Permanent Contraceptive Methods in Males.
 - (e) "Alma ata" Declaration.
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