

APRIL - 2001

[KD 1315]

B.A.M.S. (Ayurvedacharya) 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 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) Explain the relationship between Yoga and Ayurveda.
- (b) Write the advantages of asans and their influence on health.
- (c) Write about suitable and unsuitable regimens during yoga.
- (d) Describe the basic principle of Naturopathy.

2. Write short notes on any FOUR : (4 × 5 = 20)
- (a) Gomukhasana.
- (b) Importance of Fasting.
- (c) Swastikasana.
- (d) Bashpa snanam.
- (e) Signs of nadi suddhi.

SECTION B

3. Answer any THREE : (3 × 10 = 30)
- (a) Write about the "Health care systems" in our country.
- (b) Describe permanent contraceptive methods.
- (c) Write about W.H.O.
- (d) Discuss National Malaria eradication programme.
4. Write short notes on any FOUR : (4 × 5 = 20)
- (a) I.U.D.S.
- (b) Increase in population and economic development.
- (c) 20 point programme.
- (d) Five year plans.
- (e) National population policy.

NOVEMBER - 2001

[KE 1315]

(आयुर्वेदाचार्यः)

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

Second Professional Course

(Old/New/Revised Regulations)

Part I

Paper III — SWASTHA VRITTHA — II

Time : Three hours Maximum : 100 marks

Answer Section A and B in separate answer books.

Answer in English or Sanskrit only.

While writing in Sanskrit use  
Devanagari script only.

SECTION A

1. Answer any THREE only : (3 × 10 = 30)
- (a) Explain the stanza "योगश्चित्तवृत्तिनिरोधः" in relation to योग and स्वस्थ्य.
- (b) Enumerate the "Ashtanga Yogas" and explain in detail the relation between धारण, ध्यान and समाधि and their individual features.

(c) Explain the importance of निसर्गोपचार and explain जल चिकित्सा in detail.

(d) Explain the stanza हठयोग कायसाधन मूलं and explain नैतिकर्म.

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

- (a) नैष्ठिका चिकित्सा
- (b) सर्वाङ्गासन
- (c) Importance of उपवास in nisargaupachar
- (d) शीतली प्राणायाम
- (e) अपरिग्रह and स्वाध्याय.

SECTION B

3. Answer any THREE : (3 × 10 = 30)

(a) Write the definition of contraceptive methods, write the classification of contraceptive methods and explain features of Intra uterine device with its uses.

(b) Write about National Leprosy Eradication Programme.

## NOVEMBER - 2001

(c) Write in detail about Primary Health Care and explain about Health Care System in India with examples.

(d) Write about preventive medicine in obstetrics and write about child survival and safe motherhood programme.

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

(a) Oral contraceptives

(b) PAN AMERICAN SANITARY BUREAU

(c) Contribution of Ayurveda (Indigenous Medicine) in health care system

(d) Tetanus

(e) Calculation of Birth and Death rates.

MARCH - 2002

[KG 1315]

(आयुर्वेदाचार्यः)

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

Second Professional Course

(Old/New/Revised Regulations)

Part I

Paper III — SWASTHAVRITHA — II

Time : Three hours Maximum : 100 marks

Answer Sections A and 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)
- Explain Hatayoga in brief.
  - Write about the origin and benefits of Yoga.
  - Describe Shat karmas.
  - Discuss the basic principles of Naturopathy.

2. Write short notes on any FOUR : (4 × 5 = 20)
- Padmasana
  - Mayurasana
  - Naishtiki Chikitsa
  - Mud bath
  - Role of rest in treatment.

SECTION B

3. Answer any THREE : (3 × 10 = 30)
- Discuss "Primary healthcare"
  - Write about W.H.O.
  - Discuss National Malaria Eradication programme
  - Describe IUD's.
4. Write short notes on any FOUR : (4 × 5 = 20)
- Hormonal Pills
  - National family welfare programme
  - Health Resources
  - Functions of P.H.C.
  - Five year plans.

SEPTEMBER - 2002

[KH 1315]

(आयुर्वेदाचार्यः)

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

Second Professional Course

(Old/New/Revised Regulations)

Part I

Paper III — SWASTHA VRITHA — II

Time : Three hours Maximum : 100 marks

Answer Sections A and 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) Write about the description of yoga in Ayurveda.
- (b) Explain pranayana.
- (c) Write suitable and unsuitable regimes during yoga.
- (d) Write advantages and importance of naturopathy.

2. Write short notes on any FOUR : (4 × 5 = 20)
- (a) Dhanurasana
- (b) Upavasam
- (c) Signs of nadisuddi
- (d) Bashpa snanam
- (e) Sirshasanam.

SECTION B

3. Answer any THREE : (3 × 10 = 30)
- (a) Write about the National Tuberculosis programme.
- (b) Describe Barrier contraceptive methods.
- (c) Describe "Health Care Delivery" in India.
- (d) Discuss "Mother Child health care".
4. Write short notes on any FOUR : (4 × 5 = 20)
- (a) M.T.P.
- (b) 20 point programme
- (c) Alma alta declaration
- (d) Indian Red cross society
- (e) National health strategy.

APRIL - 2003

[KI 1315]

Sub. Code : 1315

(आयुर्वेदाचार्यः)

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

Second Professional Course

(Revised Regulations)

Part I

Paper III — SWASTHA VRITHA — II

Time : Three hours

Maximum : 100 marks

Answer Section A and B in **SAME** answer book.

Answer in Sanskrit or English only.

While writing in Sanskrit, use Devanagari script only.

SECTION A

1. Answer any **THREE** : (3 × 10 = 30)
- Write about the origin and benefits of Yoga.
  - Describe Pranayama.
  - Write about "Snana" in naturopathy.
  - Discuss Hatayoga.

2. Write short notes on any **FOUR** : (4 × 5 = 20)
- Simhasana.
  - Bandhas.
  - Suitable and unsuitable regimens during yoga.
  - Atapasnana Vidhi.
  - Classification of mardana.

SECTION B

3. Answer any **THREE** : (3 × 10 = 30)
- M.C.H. (Mother Child Health Care)
  - Role of Alternative medicines in health.
  - Health system in India.
  - Explain Hormonal pills.
4. Write short notes on any **FOUR** : (4 × 5 = 20)
- National Family Welfare Programme.
  - Health Resources.
  - Red Cross.
  - 20 Point Programme.
  - Principles of Primary Health Care.

[KI 1315]

OCTOBER - 2003

[KJ 1315]

Sub. Code : 1315

SECTION B — (10 × 5 = 50 marks)

(आयुर्वेदाचार्यः)

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

Second Professional Course

(Revised Regulations)

Part I

Paper III — SWASTHA VRITHA — II

Time : Three hours                      Maximum : 100 marks  
Two hours and forty minutes  
for Sec. A and Sec. B                      Sec. A & Sec. B : 80 marks  
Twenty minutes for Sec. C                      Section C : 20 marks

Answer ALL questions.

Answer Sections A and B in **SAME** Answer books.

Answer Section C in the answer sheet provided.

SECTION A — (2 × 15 = 30 marks)

1. Describe Intra Uterine devices.
2. Describe yogic shat karmas and compare with Ayurvedic Pancha karmas.

1. Raja Yoga.
2. Naistiki chikista.
3. Sun bath.
4. Importance of fasting in the treatment of diseases.
5. Alma Ata declaration.
6. Village health guides scheme.
7. N.L.C.P.
8. Padmasana and Sarvangasana.
9. Importance of Hydro therapy.
10. M.C.H.

APRIL - 2004

[KK 1315]

Sub. Code : 1315

(आयुर्वेदशास्त्र)

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

Second Professional Course

(Revised Regulations)

Part I

Paper III — SWASTHA VRITHA — II

Time : Three hours

Maximum : 100 marks

Sec. A & B : Two hours and  
forty minutes

Sec. A & B : 80 marks

M.C.Q. : Twenty minutes

M.C.Q. : 20 marks

Answer ALL questions.

Answer Sections A and B in SAME answer books.

Answer Section C in the answer sheet provided.

SECTION A — (2 × 15 = 30 marks)

Essay questions :

1. Explain "Primary health care".
2. Describe "Astanga Yoga".

SECTION B — (10 × 5 = 50 marks)

3. Bandhas.
4. N.M.E.P.
5. Adverse effects of oral contraceptives.
6. Mud bath procedure and indications.
7. Dhanurasana – Procedure and Indications.
8. Sarvāngāsana .
9. National health policy.
10. Bar charts.
11. Red cross society.
12. Importance of Naturopathy.



**AUGUST - 2004**

**[KL 1315]**

**Sub. Code : 1315**

(आयुर्वेदाचार्यः)

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

**Second Professional Course**

**(Revised Regulations)**

**Part I**

**Paper III — SWASTHA VRITHA — II**

**Time : Three hours**

**Maximum : 100 marks**

**Sec. A & B : Two hours and  
forty minutes**

**Sec. A & B : 80 marks**

**M.C.Q. : Twenty minutes**

**M.C.Q. : 20 marks**

**Answer ALL the questions.**

**Answer Section A and B in SAME answer books.**

**SECTION A**

**Answer the following questions. Each question  
carries 15 marks : (2 × 15 = 30)**

1. What is the relation between Yoga and Ayurveda?
2. Discuss the national programme for TB eradication.

**SECTION B**

**Answer the following questions. Each question  
carries 5 marks : (10 × 5 = 50)**

3. What is pranayama? Explain the types of pranayama.
4. Describe sarvangasana and sirsasana.
5. Explain the shatkriyas of yoga.
6. What is the role of fasting in naturopathy?
7. Explain steam bath.
8. Write about national programme for leprosy eradication.
9. Describe the immunization schedule.
10. What is the role of Ayurveda in the national health policy?
11. What is Raja Yoga?
12. What are IUCDs?

**FEBRUARY - 2005**

**[KM 1315]**

**Sub. Code : 1315**

(आयुर्वेदाचार्यः)

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

**Second Professional Course**

**(Revised Regulations)**

**Part I**

**Paper III — SWASTHA VRITHA — II**

**Time : Three hours**

**Maximum : 100 marks**

**Sec. A & B : Two hours and  
forty minutes**

**Sec. A & B : 80 marks**

**M.C.Q. : Twenty minutes**

**M.C.Q. : 20 marks**

**Answer ALL questions.**

**SECTION A — (2 × 15 = 30 marks)**

1. Explain the fundamental principles of naturopathy.
2. What is primary health care? How can ayurveda contribute to this field.

**SECTION B — (10 × 5 = 50 marks)**

**Short notes :**

3. Define yoga. What is its importance in maintaining health.
4. Describe padmasana and sukhasana.
5. What are the pathyapathyas in yoga?
6. What is the importance of sunlight in treatment of diseases?
7. Describe mud bath and its benefits.
8. What are the various types of family welfare programmes?
9. What is the alma ata declaration?
10. What are the types of pranayama?
11. What are the various contraceptive methods for women?
12. Write about WHO.

**AUGUST - 2005**

**[KN 1315]**

**Sub. Code : 1315**

(आयुर्वेदाचार्यः)

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

**Second Professional Course**

**(Revised Regulations)**

**Part I**

**Paper III — SWASTHA VRITHA — II**

**Time : Three hours**

**Maximum : 100 marks**

**Theory : Two hours and  
forty minutes**

**Theory : 80 marks**

**M.C.Q. : Twenty minutes**

**M.C.Q. : 20 marks**

**Answer ALL questions.**

**I. Long Essay : (2 × 15 = 30)**

**1. What is primary health care? How can Ayurveda contribute?**

**2. What is the relation between yoga and ayurveda?**

**II. Short notes : (10 × 5 = 50)**

**1. What is rajayoga?**

**2. Explain Sarvangasana and Sirsasana.**

**3. What is the role of fasting in naturopathy?**

**4. Write about national programme of leprosy eradication.**

**5. Describe immunisation shedule.**

**6. Explain Kundalini yoga.**

**7. What is the importance of census in national welfare programme?**

**8. Describe types of pranayama.**

**9. What are IUCD's?**

**10. What is rhythm methods?**

FEBRUARY 2007

[KQ 1315]

Sub. Code : 1315

(आयुर्वेदाचार्यः)

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

Second Professional Course

(Revised Regulations)

Part I

Paper III — SWASTHA VRITHA — II

Time : Three hours

Maximum : 100 marks

Theory : Two hours and  
forty minutes

Theory : 80 marks

M.C.Q. : Twenty minutes

M.C.Q. : 20 marks

Answer ALL questions.

I. Long Essay :

1. Explain the different methods for Family  
planning. (20)

2. W.H.O. (15)

3. Write about National Tuberculosis control  
programs. (15)

II. Short notes : (6 × 5 = 30)

1. Immunization schedule.

2. Prevention of Blindness.

3. Mud Treatment.

4. Types of pranayama.

5. IDA – PINGALA

6. AIDS.

AUGUST 2007

[KR 1315]

Sub. Code : 1315

(आयुर्वेदाचार्यः)

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

Second Professional Course

(Revised Regulations)

Part I

Paper III — SWASTHA VRITHA — II

Time : Three hours

Maximum : 100 marks

Theory : Two hours and  
forty minutes

Theory : 80 marks

M.C.Q. : Twenty minutes

M.C.Q. : 20 marks

Answer ALL questions.

I. Long Essay :

1. Explain primary health care. (15)
2. Write the relationship between yoga and ayurveda. (15)

II. Write short notes on : (10 × 5 = 50)

1. Define Yoga. What is its importance in maintaining health?
2. Short note on Padmasana and Sukhasana.
3. What is pranayama? Explain kumbaka, pooraka, recheka.
4. What are padhyapathyas in Yoga?
5. Explain steam bath.
6. What is sunbath? Explain importance of sunlight in treatment.
7. What is alma ata declaration?
8. What are various contraceptive methods?
9. Write about WHO.
10. What is the role of Ayurveda in national health policy?

FEBRUARY 2008

[KS 1315]

Sub. Code : 1315

(आयुर्वेदाचार्यः)

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

Second Professional Course

(Revised Regulations)

Part I.

Paper III — SWASTHA VRITHA — II

Q.P. Code : 641315

Time : Three hours

Maximum : 100 marks

Theory : Two hours and

Theory : 80 marks

forty minutes

M.C.Q. : Twenty minutes

M.C.Q. : 20 marks

Answer ALL questions.

I. Long Essay :

(2 × 15 = 30)

1. Explain all types of I.U.C.D. (Intra uterine copper devices) and its complications. (15)

2. Write shat karmas (षट् कर्माः) in detail. (15)

II. Short notes :

(10 × 5 = 50)

1. Birth rate.

2. National eradication programme for "Tuberculosis"

3. Role of mother and child program.

4. Colour therapy.

5. Vajrasanam (वज्रासनम्).

6. Functions of P.H.C. (Primary Health Centre).

7. Medical termination of pregnancy act 1971 (M.T.P. Act).

8. Mud bath.

9. Naishtika chikitsa (नैष्टिक चिकित्सा).

10. Explain the principles of Naturopathy.

**August 2008**

**[KT 1315]**

**Sub. Code : 1315**

(आयुर्वेदाचार्यः)

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

**Second Professional Course**

**(Revised Regulations)**

**Part I**

**Paper III — SWASTHA VRITHA – II**

**Q.P.Code : 641315**

**Time : Three hours**

**Maximum : 100 marks**

**Answer ALL questions.**

- I. Long Essay : (2 × 15 = 30)
1. Explain various types of pranayamas and its advantage in cure of diseases.
  2. Enumerate National Health Programmes and explain National T.B. Control Programme.

## August 2008

II. Short Essay : (10 × 5 = 50)

1. Write vividha 'Yoga Nirukthi'.
2. Explain 'Kundalini Yoga'.
3. Write procedure and advantage of 'Dhanurasana'.
4. Explain different 'Bandhas'.
5. Write the Mahathwa and Moulika Siddhantha of 'Nisargopachara'.
6. Aims, objectives and aspects of MCH service.
7. Explain the adverse effect of IUD's.
8. Write the types and benefits of message.
9. Write about 'Population Policy of India'.
10. Explain the 'Health systems in India'.

III. Short answers. (10 × 2 = 20)

1. What are the "Types of Niyama"?
2. What is 'Prathyahara'?
3. What is 'Alma Atta Declaration'?

4. What are 'Panchaklesa'?

5. Write the benefits of 'Hastasnana'.

6. What are the major health problems in India?

7. What is 'Naishtika Chikitsa'?

8. What is 'Rhythm method of family planning'?

9. What is 'EPI'?

10. Distinct 'Data' from 'Information'.



August - 2009

[KV 1315]

Sub. Code : 1315

(आयुर्वेदाचार्यः)

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

Second Professional Course

(Revised Regulations)

Part I

Paper III — SWASTHA VRITHA — II

Q.P. Code : 641315

Time : Three hours

Maximum : 100 marks

Answer ALL questions.

- I. Long Essay : (2 × 15 = 30)
1. Explain Ashtanga Yoga.
  2. Explain the importance of Naturopathy and write about Jala Chikitsa in detail.
- II. Short notes : (10 × 5 = 50)
1. National immunisation schedule.
  2. Bashpa sredanam.
  3. Red cross society.

August - 2009

4. W.H.O.
5. Sarvangasana.
6. Hata Yoga.
7. Calculation of birth and death rates.
8. Importance of vegetarian food.
9. Sun bath.
10. Village health guide scheme.

III. Short Answers :

(10 × 2 = 20)

1. What is yoga and moksha?
2. What is kundalini yoga?
3. Write the types of bandhas.
4. What is rashi purusha?
5. Write the effects of padmasana.
6. What is satyabuddhi?
7. Explain naishtiki cikitra.

8. Write nisargopachara siddhanta and prayojana.

9. What is LSD?

10. Write the definition of Hatha yoga and its objectives.

February 2010

[KW 1315]

Sub. Code : 1315

(आयुर्वेदाचार्यः)

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

Second Professional Course

(Revised Regulations)

Part I

Paper III — SWASTHA VRITHA – II

Q.P. Code : 641315

Time : Three hours

Maximum : 100 marks

- I. Long Essay : (2 × 15 = 30)
1. Explain pranayama, nadi shuddhi and their role in cure of illnesses.
  2. Write about National Programmes on health and National anti-malaria programme.

February 2010

II. Short notes : (10 × 5 = 50)

1. Explain shad karmabhyase.
2. What is National health policy?
3. Explain types of kumbhaka.
4. What are the types of mardana? Write its benefits.
5. What are the merits of baashpa snana?
6. Write notes on mother and child welfare.
7. Write the 'EFFECTS OF COLOURS' on Body.
8. Write the Evolution of Yoga and its Aims and Objectives.
9. What is standard deviation?
10. Explain jala cikitsa.

III. Short Answers : (10 × 2 = 20)

1. Define Yoga according to Patanjali.
2. What is "Nouli"?
3. What is "Pratyahara"?

4. What is 'Naishtiki chikitsa'?
5. What is positive health?
6. What is "Demography"?
7. Name the asanas helpful for low back ache.
8. What is Bramari Pranayama?
9. What is EPI?
10. Differentiate Salk and Sabin's Poliovaccine.

August 2010

[KX 1315]

Sub. Code : 1315

(आयुर्वेदाचार्य :)

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

Second Professional Course

(Revised Regulation Pattern – 3, 5 and Re-Revised  
Regulations)

Part I

Paper III — SWASTHA VRITHA – II

Q.P. Code : 641315

Time : Three hours Maximum : 100 marks

Answer ALL questions.

- I. Essay : (2 × 15 = 30)
1. Write different types of IUD's and adverse effect of IUD's.
  2. Explain Nisargopacara siddhanta and its role in curing diseases. Explain treatment of skin diseases by nisargopacara.
- II. Short Notes : (10 × 5 = 50)
1. National tuberculosis programme.
  2. Explain the procedure and benefits of "Padmasana and Vajrasana".

August 2010

3. Write about Poorakam, Kumbakam and Rechakam.
  4. Explain the "Role of Fasting in Naturopathy".
  5. Explain the "Types of Massage" and "Benefits of Body Massage".
  6. Write about "Child Health Problems".
  7. Explain Yama and Niyama.
  8. Define "Health" by WHO. Write the "Components of Primary Health Care".
  9. Explain "National Programme for Control of Blindness".
  10. Write the causes for increasing Birth Rate and decreasing Death Rate.
- III. Very short answers : (10 × 2 = 20)
1. What are "Panchavikshepas"?
  2. What is "Trataka"?
  3. What are 'Bandhas'?
  4. What is fortification of food?
  5. Define "Primary Health Care".
  6. What is the effect of infrared on body according to colour therapy?
  7. Mud bath.
  8. What is APGAR Score?
  9. Pictogram.
  10. What is "Safe Period"?

February 2011

[KY 1315]

Sub. Code : 1315

B.A.M.S. DEGREE EXAMINATION.

Second Professional Course

(Revised Regulation and Rerevised Regulations)

Part I

Paper III — SWASTHA VRITTA — II

Q. P. Code : 641315

Time : Three hours

Maximum : 100 marks

Answer ALL questions.

- I. Long Essay : (2 × 15 = 30)
1. Write about 'Fertility Regulating Methods'.
  2. Pranayame explain in detail.
- II. Short notes : (10 × 5 = 50)
1. Immunization schedule.
  2. Role of fasting in naturopathy.
  3. Explain shad chakra.
  4. Explain steam bath.
  5. What is raja yoga?
  6. Sarvangasana and sirasasana.
  7. Alma ata declaration.
  8. Types of massage.
  9. Health care delivery.
  10. Helio-therapy.
- III. Short Answers : (10 × 2 = 20)
1. CDR.
  2. Aim and objective of MCH.
  3. Basic principle of naturopathy.

## February 2011

4. Bandha and mudra.
  5. IDA and pingala.
  6. Principle of primary health care.
  7. Nirukthi of the word 'Yoga'.
  8. 'Pie chart'.
  9. Features of 'Nadisuddhi pranayama'.
  10. 'Pictogram'.
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August 2011

[KZ 1315]

Sub. Code : 1315

**B.A.M.S. DEGREE EXAMINATION.**

**Second Professional Course**

**Paper III — SWASTH VRITHAM — II**

*Q.P. Code : 641315*

**Time : Three hours**

**Maximum : 100 marks**

Answer **ALL** questions

**I. Long Essay :**

**(2 x 15 = 30)**

1. Detail description about pranayama.
2. Detail description about shatkarma and Nirukthi of Yoga.

**II. Short notes :**

**(10 x 5 = 50)**

1. Dhanurasanam.
2. Naturopathy.
3. National tuberculosis program.
4. Shat chakras.
5. Sun light bath.
6. WHO.
7. National blindness program.
8. IVD.
9. Mud Treatment.
10. Bhujangasanam.

**III. Short answers :**

**(10 x 2 = 20)**

1. What is Primary Health Care?
2. Vaccine.
3. Name few Asanas which are beneficial for diabetic.
4. Bandhas.
5. Define Yama.
6. Define Yoga.
7. Uses of fasting in Treatment.
8. Benefits of sharasanem.
9. Aim of Naturopathy.
10. Objectives of family welfare programme.

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[LB 1315]

Sub. Code: 1315

SECOND PROFESSIONAL B.A.M.S. DEGREE EXAM - AUGUST 2012  
PAPER-III SWASTHA VRITTHA - II

Q.P. Code: 641315

Time: 180 Minutes

Maximum: 100 marks

Answer ALL questions

I. Elaborate on:

	Pages (Max.)	Time (Max.)	Marks (Max.)
1. What is meditation, its types and benefits?	16	25	15
2. Explain in detail about Mud therapy?	16	25	15

II Write notes on:

1. Explain practical aspect of Kunjal Kriya(कुञ्जल क्रिया).	3	8	5
2. Role of Yoga Pratibandakara bhava's (योग प्रतिबन्धकर भाव ) and yoga Siddikara bhavas (योग सिद्धिकर भाव )in attaining moksha (मोक्ष).	3	8	5
3. Pratyahara (प्रत्याहार) and its tools to practice.	3	8	5
4. Pathya and Apathya ahara(पथ्य अपथ्य आहार ) during Yoga Abhyasa (योग अभ्यास).	3	8	5
5. Elements of PHC.	3	8	5
6. Relation and similarity between Ayurveda and Naturopathy	3	8	5
7. Village level Primary health care in India.	3	8	5
8. Explain about Saptanga Yoga (सप्तंग योग).	3	8	5
9. Define Family planning and describe its objectives?	3	8	5
10. What is Demography? Explain demographic cycle.	3	8	5

III. Short Answers on:

1.Suitable candidates for IUD.	1	5	2
2.Explain about DOTS.	1	5	2
3.Name the steps & Beeja Mantra's ( बीज मन्त्रा) of Suryanamaskar (सुर्य नमस्कार).	1	5	2
4.NRHM & ASHA.	1	5	2
5.Define Fasting and its types.	1	5	2
6.Maternal mortality rate & still birth rate.	1	5	2
7.What is conventional contraceptives (with examples)?	1	5	2
8.What is Expanded Immunization Schedule?	1	5	2
9.UNESCO & UNFPA.	1	5	2
10. Principles of PHC.	1	5	2

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[LC 1315]

Sub. Code: 1315

**SECOND PROFESSIONAL B.A.M.S. DEGREE EXAM - FEBRUARY 2013**

**Paper – III SWASTHA VRITTAA - II**

***Q.P. Code: 641315***

**Time: Three hours**

**Maximum: 100 marks**

**Answer ALL questions**

**I. Elaborate on:**

**2 X 15 = 30**

1. Define Hatha Yoga. Mention Shatkarmas and describe Nati and Dhauthi.
2. Define Family Planning. Describe Intrauterine Devices and Hormonal contraceptives.

**II. Write notes on:**

**10 X 5 = 50**

1. Yoga Shabda Vyutpatti and Vividha Vyakhya.
2. Condom.
3. Dhanurasana.
4. Antenatal care.
5. WHO.
6. Jalandhara Bandha.
7. Immunization Schedule.
8. Yama and Niyama.
9. Steam Bath.
10. Bhastrika Pranayama.

**III. Short Answers**

**10 X 2 = 20**

1. Hatha Yoga Siddhi Lakshana.
2. Define Abortion.
3. Similarities between Yoga and Ayurveda.
4. Methods of collection of Data.
5. Collection of Mud.
6. Anganwadi Worker.
7. Yoga in Katishula.
8. Apgar Score.
9. Define Fasting.
10. Pranayama Ayuktha Lakshana.

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[LD 1315]

AUGUST 2013

SUB CODE: 1315

**SECOND PROFESSIONAL B.A.M.S DEGREE EXAM  
SWASTHA VRITTHA - II**

**Q.P. Code : 641315**

**Time : Three Hours**

**Maximum : 100 Marks**

**ANSWER ALL QUESTIONS**

**I. Essay Questions**

**(2X15 = 30)**

1. Explain Asana
2. Write about World Health Organisation

**II. Short Notes**

**(10X5 = 50)**

1. Hatayogam
2. Niyama
3. Bhramaari Praanaayaama
4. Dhauti
5. Jalandhara Bandha
6. Public Health
7. Tuberculosis Vaccination
8. National Filaria Control Programme
9. Statistical Maps
10. Health Aspects of Family Planning

**III. Short Answers**

**(10X2 = 20)**

1. Ujjayai Pranayaama
2. Basti
3. Samaaadhi
4. Mula Bandha
5. Naisthiki Chikitsa
6. Intra Uterine Devices
7. Pictogram
8. The Median
9. Anganwadi Worker
10. Primary Health Care Centre

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[LE 1315]

FEBRUARY 2014

SUB CODE: 1315

**SECOND PROFESSIONAL B.A.M.S DEGREE EXAM  
SWASTHA VRITTHA - II**

**Q.P. Code : 641315**

**Time : Three Hours**

**Maximum : 100 Marks**

**ANSWER ALL QUESTIONS**

**I. Essay Questions**

**(2X15 = 30)**

1. Explain Praanaayaama
2. Write about National Rural Health Mission (NRHM).

**II. Short Notes**

**(10X5 = 50)**

1. Neti
2. Siddhasana
3. Yama
4. Svasthikaasana
5. Kapaalabhaati
6. National Anti-Malaria Programme
7. Contraceptive Methods
8. Alma-Ata declaration
9. Polio vaccination
10. Population Trends in India

**III. Short Answers**

**(10X2 = 20)**

1. Pratyahara
2. Bhairavasana
3. Astanga Yoga
4. Hata Yoga Siddhi features
5. Yoga Siddhikara Bhava
6. Japanese Encephalitis vaccination
7. National Leprosy Control Programme
8. Bar Charts
9. The Mean Deviation
10. Public Health

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[LF 1315]

AUGUST 2014

Sub Code:1315

**SECOND PROFESSIONAL B.A.M.S DEGREE EXAMINATION  
PAPER III - SWASTHA VRITTHA - II**

*Q.P. Code : 641315*

**Time : Three Hours**

**Maximum : 100 Marks**

**Answer All Questions**

**I. Essay Questions:**

**(2 x 15 = 30)**

1. Explain Astanga Yoga.
2. Write in detail about Family Planning.

**II. Short Notes:**

**(10 x 5 = 50)**

1. Dhanuraasanam
2. Suryabhedana Praanaayamam
3. Siddasanam
4. Hatayogam
5. Samaadhi
6. Functions of Primary Health Care Centre
7. Statistical Averages
8. National Leprosy Control Programme
9. Alma-Ata declaration
10. Primary health Care in India

**III. Short Answers:**

**(10 x 2 = 20)**

1. Bhraamari Praanaayaamam
2. Paschimottaasana
3. Mulabandha
4. Raajayogam
5. Yoga Sabdha Utpatti (Etymology of Yoga)
6. Pie Charts
7. Health Assistant
8. Hepatitis B Vaccination
9. Employee State Insurance Scheme (ESI)
10. Indegenous Systems of Medicine

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[LG 1315]

FEBRUARY 2015

Sub Code:1315

**SECOND PROFESSIONAL B.A.M.S DEGREE EXAMINATION  
PAPER III - SWASTHA VRITTHA - II**

*Q.P. Code : 641315*

**Time : Three Hours**

**Maximum : 100 Marks**

**Answer All Questions**

**I. Essay Questions:**

**(2 x 15 = 30)**

1. Write and detail about the Asanas and Describe about Mayurasanas and Sirasanas and its uses.
2. Explain Medicinal benefits of Prakruti (Naturopath) Chikitsa.

**II. Write Notes on:**

**(10 x 5 = 50)**

1. What are the Suryanamaskaras?
2. What is Hathayoga?
3. Explain Salabhasana.
4. Explain Dhyana and Samadhi.
5. What are Ashtaishwaryas?
6. Methods and Uses of Hip Bath.
7. Types and uses of Upavasa (Fasting).
8. National Health Program in India.
9. Pathyapathya during Pranayama.
10. Sukha-Dhukha Nivritti.

**III. Short Answers on:**

**(10 x 2 = 20)**

1. Padmasana Method.
2. Nadi shuddhi Pranayama.
3. Explain Pranamayakosh.
4. Sushumna Nadi.
5. Eradication of Tuberculosis.
6. Anti Malarial Program.
7. Reproductive and Child Health program.
8. Mardana (Massage) methods.
9. Spinal Bath and its uses.
10. Naturopathy in Ayurveda.

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[LH 1315]

AUGUST 2015

Sub. Code: 1315

**SECOND PROFESSIONAL B.A.M.S. DEGREE EXAMINATION**

**PAPER III – SWASTHA VRITTHA - II**

*Q.P. Code: 641315*

**Time : Three Hours**

**Maximum : 100 marks**

**Answer ALL questions**

**I. Essay Questions:**

**(2 x 15 = 30)**

1. Mention number of branches of Yoga and explain about Yama and Niyama.
2. Importance and Uses of Asanas and Describe Bhujangasana.

**II. Write notes on:**

**(10 x 5 = 50)**

1. Explain Pranayama.
2. Importance of Jnanayoga.
3. Types of Asanas in prone position .
4. Explain Shadchakras.
5. Explain Bhrama and Murcha.
6. Explain Panchakosh .
7. Short notes on Primary Health Care in India.
8. Methods of Family Planning.
9. Mirtthika Chikitisa and its uses.
10. Explain eradication of Leprosy.

**III. Short answers on:**

**(10 x 2 = 20)**

1. What is Trikonasan?
2. Explain Bhramara.
3. What is hydrotherapy?
4. Positive diet.
5. Upavasa (Fasting) Chikitsa.
6. National Program on Filariasis Control.
7. Brief on World Health Organization.
8. Central Level Health Systems in India.
9. AIDS Control Program.
10. Mud Therapy.

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**SECOND PROFESSIONAL B.A.M.S. DEGREE EXAMINATION**

**PAPER III – SWASTHA VRITTHA - II**

*Q.P. Code : 641315*

**Time : Three Hours**

**Maximum : 100 marks**

**Answer ALL questions**

**I. Essay Questions:**

**(2 x 15 = 30)**

1. Write in detail about Shad Karma and its types.
2. Write in detail about Family Planning Methods.

**II. Write Notes on:**

**(10 x 5 = 50)**

1. Write about Yoga Siddhikara Bhavas and Yoga Pratibandhaka Bhavas.
2. Write about the procedure, indications and contraindications of Mayurasana and Koormasana.
3. Write about Mardana (Massage) – different methods and effects.
4. Write a short note on Mrittika Chikitsa (Mud Therapy).
5. Write about Spinal Bath, it's Procedure, indications and Precautions.
6. Write about Structure and Functions of Primary Health Centre.
7. Write about Antenatal Care.
8. Write about Functions of WHO?
9. Write about Mid-Day Meal Program.
10. Write a short note on Alma Ata Declaration.

**III. Short Answers on:**

**(10 x 2 = 20)**

1. Name the Shad Chakras.
2. Write about Yama.
3. Write about Ujjayi Pranayama.
4. Write about 3rd Generation IUCD.
5. Define Positive Diet.
6. Define Family Planning.
7. Write about Five Cleans in the context of Reproductive and Child Health Program.
8. Enumerate the problems of Elderly Peoples.
9. Write about Morbidity and Mortality Rates.
10. Write the Dosage Pattern of Vitamin A Prophylaxis Program.