

**THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY**

**[BAMS 0321]**

**MARCH 2021  
(MAY 2020 SESSION)**

**Sub. Code: 1373**

**THIRD PROFESSIONAL B.A.M.S. DEGREE EXAMINATION  
PAPER I – SWASTHAVRITTA AND YOGA – PAPER I  
Q.P. Code : 641373**

**Time: Three Hours**

**Answer ALL questions**

**Maximum : 100 Marks**

**I. Essay Questions**

**(2 x 15 = 30)**

1. Explain in detail about Trayopsthabhas
2. Explain Shatkarma in detail

**II. Write Notes on:**

**(10 x 5 = 50)**

1. Write about Dhoomapana in detail.
2. Write about importance of Trayopastambha.
3. Write about virudda ahara and its effects.
4. Write about Ratricharya in detail.
5. Write about Protein Energy Malnutrition.
6. Explain Mantrayoga.
7. Explain importance of Naturopathy.
8. Explain shadchakras.
9. Explain Vajrasana.
10. Explain Jnana Mudra.

**III. Short Answers on:**

**(10 x 2 = 20)**

1. What is Gandusha?
2. Explain adana Kala
3. What is Satmya ahara?
4. Definition of Health according to W.H.O.
5. What is Pragnaparadha?
6. Explain Chin Mudra.
7. Write Nadi suddhi lakshana.
8. Explain Pranayama benefits.
9. Write Halasana benefits.
10. Write Yoga definition.

\*\*\*\*\*