

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

**[BAMS 0322]**

**MARCH 2022  
(MAY 2021 EXAM SESSION)**

**Sub. Code: 1373**

**THIRD PROFESSIONAL B.A.M.S. DEGREE EXAMINATION  
PAPER I – SWASTHAVRITTA AND YOGA – PAPER I  
(For the candidates admitted from 2012-2013 and 2016-2017 onwards)  
Q.P. Code : 641373**

**Time: Three Hours**

**Answer ALL questions**

**Maximum : 100 Marks**

**I. Essay Questions**

**(2 x 15 = 30)**

1. Write in detail about Vitamins - Sources, Functions and Deficiency Diseases.
2. Write in detail about Asanas.

**II. Write Notes on:**

**(10 x 5 = 50)**

1. Write about Protein Energy Malnutrition.
2. Write about role of Vyayama.
3. Write about properties of vegetarian diet.
4. Explain Nidra.
5. Write about Hemanta Ritucharya.
6. Explain Mantrayoga.
7. Write about Shatkarma.
8. Explain Jala Neti.
9. Write about Pranayama.
10. Achararasayana.

**III. Short Answers on:**

**(10 x 2 = 20)**

1. What is Gandusha?
2. What is Oka satmya?
3. Define Nasyam.
4. Definition of Swastha.
5. Write the Importance of Sadvritta.
6. Write Nadi suddhi lakshana.
7. Write Yoga definition.
8. Steam bath.
9. Write about Pingala Nadi.
10. Types of Hydrotherapy.

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