

[LO 1373]

MAY 2019

Sub. Code: 1373

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

**PAPER III – SWASTHAVRITTA AND YOGA -- I**

*Q.P. Code : 641373*

**Time: Three Hours**

**Maximum : 100 Marks**

**Answer all Questions**

**I. Essay Questions**

**(2 x 15 = 30)**

1. Explain Dinacharya in detail.
2. Explain Panchkosha in detail.

**II. Write Notes on:**

**(10 x 5 = 50)**

1. Write about Ashta Ahara Vidhivisheshayatanas.
2. Write about Vasanta ritucharya.
3. Write about importance about Trayopastambha.
4. Write about Dugdhavarga (Milk and Milk products).
5. Write about Vitamin A deficiency.
6. Write about Hatha yoga.
7. Write about Yama.
8. Write about Pranayama.
9. Explain Dhouti.
10. Write about Paschimottasana.

**III. Short Answers on:**

**(10 x 2 = 20)**

1. Write Nityasevanadravya.
2. What is Ritu Sandhi?
3. What is Satmya ahara?
4. Write about Phala varga.
5. Write Ahara definition.
6. Write about Hip Bath.
7. Write about Pingala Nadi.
8. Write about Chin Mudra.
9. Write about Kapalabhati.
10. Write benefits of Pavanamuktasana.

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