

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. Write in detail about Dinacharya and its importance.
2. Write in detail about Ashtanga Yoga.

II. Write notes on:

(10 x 5 = 50)

1. Write a short note on Physical Dimension of Health.
2. Write a short note on Greeshma Ritu Charya.
3. Write about Ashta Ahara Vidhi Vidhana.
4. Write about Composition and Pasteurization of Milk.
5. Write the Nirukti, Relation Between Nidra and Health and Types of Nidra.
6. Write a short note on Relation between Yoga and Ayurveda.
7. Write about Procedure and Benefits of Surya Namaskara.
8. Write about Different Types of Kumbaka.
9. Write about different types, importance and therapeutic effects of Upavasa Chikitsa.
10. Write about the Procedure, Indications, Benefits and Effects of Surya Kirana Sevana (Sun bath).

III. Short Answers on:

(10 x 2 = 20)

1. Write about Chaya, Prakopa, Prasama of Doshas in Different Ritus.
2. Write the Importance of Sadvratta.
3. Define Balanced Diet.
4. Write about Hamsodaka.
5. Write about Pureesha Vega Dharana and its Chikitsa.
6. Write about Benefits of Shavasana.
7. Write about Different types of Neti.
8. Indications of Mud Bath.
9. Write about Visrama Chikitsa Upayoga.
10. Enumerate Pancha Kosha.

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

PAPER III – SWASTHAVRITTA AND YOGA – I

Q.P. Code : 641373

Time: Three Hours

Maximum : 100 Marks

I. Essay Questions

(2 x 15 = 30)

1. Write in detail about Dwadasha Ashana Pravichrana with suitable examples.
2. Write in detail about Shad Karma and its types.

II. Write Notes on:

(10 x 5 = 50)

1. Write a short notes on Vyayama, its procedure and its benefits.
2. Define Swastha, Swasthavritta and ArogyaLakshana.
3. Write a short notes on Visarga Kala.
4. Write a short notes on Fat Soluble Vitamins and its Deficiency Diseases.
5. Write about Achara Rasayana.
6. Write about Yoga Siddhikara Bhavas and Yoga Pratibandhaka Bhavas.
7. Write about the procedure, indications and contraindications of Dhanurasana and Halasana.
8. Write about Mardana (Massage) – different methods and effects.
9. Write a short notes on Mruttika Chikitsa (Mud Therapy).
10. Write about Spinal Bath, it's Procedure, indications and Precautions.

III. Short Answers on:

(10 x 2 = 20)

1. Define Health According to WHO?
2. Write about Ritu Haritaki.
3. Write about Vishamasana.
4. Define Brahmacharya.
5. Write about Mutra Vega Dharana Chikitsa.
6. Name the Shad Chakras.
7. Write about Yama.
8. Write about Ujjayi Pranayama.
9. Define Fasting and its types.
10. Define Positive Diet.

[LJ 1373]

OCTOBER 2016

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 and Rathricharya in detail.
2. Write in detail about Panchakosha.

II. Write Notes on:

(10 x 5 = 50)

1. Hemanta ritucharya.
2. Satmya.
3. Vitamin A deficiency.
4. Explain Brahmacharya.
5. Write Ashta Ahara Vidhivisheshayatanani.
6. Write about Bhakti Yoga.
7. Write about Shatkarma.
8. Write about Samadhi.
9. Naisthiki Chikitsa.
10. Importance of Ahara.

III. Short Answers on:

(10 x 2 = 20)

1. Trayopastambha.
2. Uses of Dhumapana.
3. Pernicious Anemia.
4. Bandhas.
5. Proteins importance.
6. Define Niyama.
7. Pratyahara.
8. Paschimottasana.
9. Pingala Nadi.
10. Hip bath.

[LK 1373]

MAY 2017

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 Ritucharya in detail.
2. Write in detail about Pranayama.

II. Write Notes on:

(10 x 5 = 50)

1. Write about Nidra.
2. Virudda Ahara.
3. Vitamin C deficiency.
4. Explain Alcohol effects on personal health.
5. Write various “Vayu suddhi prakara”.
6. Write about Raja Yoga.
7. Write about Suryanamaskara.
8. Vishuddha chakra.
9. Mruttika Chikitsa (Mud Therapy).
10. Protein Energy malnutrition (PEM).

III. Short Answers on:

(10 x 2 = 20)

1. Definition of Swastha.
2. Differentiate Kavalam and Gandoosham.
3. Define Marasmus.
4. What is Ritu Haritaki?
5. What is Oka satmya?
6. Define Samadhi.
7. Yoga prayojana.
8. Bhujangasana.
9. Yoga Mudra.
10. Spinal bath.

[LL 1373]

OCTOBER 2017

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 Sadvritta in detail.
2. Write in detail about Asana.

II. Write Notes on:

(10 x 5 = 50)

1. Vasanta ritucharya.
2. Patya ahara and Apatya ahara.
3. Write about Beri Beri disease.
4. Explain Nidra.
5. Milk hygiene.
6. Write Hatha Yoga.
7. Write about Jaladharabandha.
8. Write about Dharana.
9. Jalachikitsa (Hydrotherapy).
10. Danta dhavanam.

III. Short Answers on:

(10 x 2 = 20)

1. WHO definition of Health.
2. Define Nasyam.
3. Scurvy disease.
4. Dhantadhavana.
5. Essential amino acids.
6. Dhyana.
7. Mithahara during Yogaabhyasa.
8. Ida Nadi.
9. Dhauti.
10. Sun bath.

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. Write in detail about Vitamins, its Sources, Importance and Deficiency Diseases.
2. Write in detail about Jala Chikitsa (Hydrotherapy), its Classifications and Procedure.

II. Write Notes on:

(10 x 5 = 50)

1. Write about Definition of Health and its Components.
2. Write about Dantadhavana Dravyas, Danta Kashta, Benefits and Contraindications of Dantadhavana.
3. Write a short note on Vasantha Ritu Charya.
4. Write about Santarpana and Apatarpana Janya Vyadhis.
5. Write about Dharaneeya Vegas and its Importance.
6. Write a short note on Pancha Koshas.
7. Write about Samadhi.
8. Write about Dhyana and its Types.
9. Write about the Procedure, Indications, Benefits and Effects of Foot bath and Arm Bath.
10. Write the definition, aims and objectives of Naturopathy.

III. Short Answers on:

(10 x 2 = 20)

1. Write about Rathri Bhojana Vidhi.
2. Write about Kshudha Vega Dharana.
3. Write the Definitions of Adana and Visarga Kala.
4. Write types of Shatkarma.
5. Write the Definition of Yoga According to Ayurveda.
6. Enumerate the types of Dhouthi Karma.
7. Write the Procedure and Benefits of Sarvangasana.
8. Write about Niyama.
9. Write about Benefits of Rasayana.
10. Write about Ashta Doshas of Sthoulya.

[LN 1373]

OCTOBER 2018

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 Sadvritta in detail.
2. Explain Pranayama in detail.

II. Write Notes on:

(10 x 5 = 50)

1. Write about role of Vyayama in detail.
2. Write about properties of vegetarian and Non vegetarian diet.
3. What about Beri Beri disease.
4. Write about Brahmacharya.
5. Write about Hemanta Ritucharya.
6. Write about Karma Yoga.
7. Write about Annamaya Kosha.
8. Write about Trikonasana.
9. Explain Jala Neti.
10. Write about Yoni Mudra.

III. Short Answers on:

(10 x 2 = 20)

1. What is Kavalam?
2. Explain Visarga Kala.
3. Explain Desha virudda Ahara.
4. Explain Scurvy disease.
5. What is Kwashiorkor?
6. Write benefits of Pachimottasana.
7. Write Shatkarmas.
8. Write about Jalandhara Bandha.
9. Write about Sushmna Nadi.
10. Types of Hydrotherapy.

[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.

[LP 1373]

OCTOBER 2019

Sub. Code: 1373

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

PAPER I – 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 Ritucharya.
2. Explain Ashtanga Yoga.

II. Write Notes on:

(10 x 5 = 50)

1. Dwadhasaashanapravicharana.
2. Fat soluble vitamins.
3. Pasteurization of milk.
4. Achararasayana.
5. Saatmyam.
6. Definitions of Yoga.
7. Gomukhasana and Ardhamatsyendrasana.
8. Shadchakras.
9. Importance of Naturopathy in present era.
10. Bandhas and Mudras.

III. Short Answers on:

(10 x 2 = 20)

1. Abhyanga.
2. Ritu Sandhi.
3. Nidhra.
4. Phalavarga.
5. Food adulteration.
6. Hatayoga siddhi lakshanam.
7. Dhanurasana.
8. Dhauti.
9. Steam bath.
10. Nisargopachara.

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.

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.

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

[BAMS 0522]

**MAY 2022
(OCTOBER 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. Explain Ritucharya in detail.
2. Explain in detail about Panchakosha.

II. Write Notes on:

(10 x 5 = 50)

1. Write about properties of Non Vegetarian diet.
2. Write about importance of Taryopastambha.
3. Write about Dharaneeya Vegas and its Importance.
4. Write about Saatmyam.
5. Achara rasayana.
6. Write about Raja Yoga.
7. Explain importance of Naturopathy.
8. Write about Yama.
9. Explain Dhouti.
10. Write about Paschimottasana.

III. Short Answers on:

(10 x 2 = 20)

1. What is Dhantadhavana.
2. Explain Adana Kala.
3. Scurvy disease.
4. Differentiate Kavalam and Gandoosham.
5. Proteins importance.
6. Write Shatkarmas.
7. Bhujangasana.
8. Name the Shad Chakras.
9. Niyama.
10. Pratyahara.

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

[BAMS 1022]

**OCTOBER 2022
(MAY 2022 EXAM SESSION)**

Sub. Code: 1373

**THIRD PROFESSIONAL B.A.M.S. DEGREE EXAMINATION
PAPER I – SWASTHAVRITTA & 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. Explain Dinacharya in detail.
2. Explain Pranayama in detail.

II. Write Notes on:

(10 x 5 = 50)

1. Write about Vitamin A deficiency.
2. Write about Vasanta ritucharya.
3. Write about virudda ahara.
4. Write about Ashta Ahara Vidhi Vidhana.
5. Write about Brahmacharya.
6. Write Hatha Yoga.
7. Write about Dharana.
8. Explain shadchakras.
9. Write about Samadhi.
10. Write about Suryanamaskara.

III. Short Answers on:

(10 x 2 = 20)

1. What is Satmya ahara?
2. Definition of Health according to W.H.O.
3. Explain Scurvy disease.
4. Essential amino acids.
5. Write about Ritu Haritaki.
6. Explain Chin Mudra.
7. Write about Sushmna Nadi.
8. Bhujangasana.
9. Dhyana.
10. Explain Pranayama benefits.

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

[BAMS 0323]

**MARCH 2023
(OCTOBER 2022 EXAM SESSION)**

Sub. Code: 1373

**THIRD PROFESSIONAL B.A.M.S. DEGREE EXAMINATION
(For the candidates admitted from 2012-2013 TO 2016-2017)
PAPER I – SWASTHAVRITTA & 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 Ahara.
2. Explain Pranayaama.

II. Write Notes on:

(10 x 5 = 50)

1. Sadvritta.
2. Adana and Visarga kala.
3. Protein energy malnutrition.
4. Brahmacharya and Abrahmacharya.
5. Concept of wellbeing.
6. Asana.
7. Nadishuddhi Pranaayama.
8. Moksha and Muktatmalakshana.
9. Aims and Objectives of Nisargopachara.
10. Diet Types.

III. Short Answers on:

(10 x 2 = 20)

1. Health.
2. Nasyam.
3. Yama damstra.
4. Mamsavarga.
5. Adharaniya vegas.
6. Pathya Apathya during yogabhyasa.
7. Yama.
8. Trataka.
9. Samadhi.
10. Fasting.

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

[BAMS 0923]

**SEPTEMBER 2023
(MAY 2023 EXAM SESSION)**

Sub. Code: 1373

**THIRD PROFESSIONAL B.A.M.S. DEGREE EXAMINATION
(For the candidates admitted from 2012-2013 and 2016-2017 onwards)
PAPER I – SWASTHAVRITTA & 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 Ritu Shodhana in detail.
2. Explain Macro and Micro nutrients with examples.

II. Write Notes on:

(10 x 5 = 50)

1. Taila varga.
2. Anjana – Types and benefits.
3. Food borne diseases.
4. Explain Dharana.
5. Ushtrasana & Shashankasana.
6. Standard of living.
7. Surya bhedhana and Surya Anuloma viloma pranayama.
8. Meat hygiene.
9. Yoga Sidhikara and Pratibandhakara bhavas.
10. Karma yoga.

III. Short Answers on:

(10 x 2 = 20)

1. Ahara vihara for sound sleep.
2. Jalapana vidhi.
3. Nouli.
4. Mutra vega dharana effects.
5. Kumbhaka.
6. Sitz bath.
7. Minerals.
8. Osteoporosis and Rickets.
9. Adhyashana.
10. Arogya Lakshana.
