

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

[BAMS 0125]

**JANUARY 2025
(REGULAR EXAMINATION)**

Sub. Code: 1429

**SECOND PROFESSIONAL B.A.M.S. DEGREE EXAMINATION
(For the candidates admitted from the academic year 2021-2022)
(New Regulation 2021)
PAPER IX – SWASTHAVRITTA EVAM YOGA - (AyUG-SW) PAPER - I**

Q.P. Code: 641429

Time: 30 Minutes

Answer ALL questions

Maximum: 20 Marks

Choose one correct answer in the box provided in the Answer Script. No overwriting should be done. Choice should be given in Capital Letters.

I. MULTIPLE CHOICE QUESTIONS:

(20X1=20)

1. Health is a state of complete physical, mental and social well-being and not just the absence of disease or ----- according to WHO.
A) Disability B) Infirmary C) Illness D) Immunization
2. Length of tongue cleaner is prescribed as
A) 12 Angula B) 10 Angula C) 6 Angula D) 8 Angula
3. Long walking in the evening time leads to -----.
A) Ayu hani B) Vyadhi C) Bhaya D) Niswatha
4. Asthapana basti is indicated in -----.
A) Hemanta B) Vasanta C) Greeshma D) Varsha
5. Tamra chuda rasa is indicated in the chikitsa of ----- vega dharana.
A) Retas B) Shakrut C) Adho vata D) Mutra
6. Nityam ----- ghritashanam is explained in Achara Rasayana.
A) Navaneeta B) Mamsa C) Madhu D) Ksheera
7. Pulse proteins in are deficient in -----.
A) Threonine B) Lysine C) Methionine D) Tryptophan
8. Nadi shudhi pranayama should be done in the ratio of -----
A) 1:2:1 B) 2:6:8 C) 1:4:2 D) 1:3:2
9. The term naturopathy was coined in 1895 by -----.
A) John Scheel B) Vincent Priestnitz
C) Henry Lindlahr D) Hippocrates

P.T.O.

10. Abhyanga is contraindicated in -----
 A) Vatagrastha B) Pittagrastha C) Kaphagrastha D) Tamagrastha
11. “Ratri Jagran Ruksham Shingdham praswapanm diva Aruksham Anabhishindhi -----
 A) Prajagaranam B) Twasinam Prachalayitam
 C) Bhukatwat cha divaswapna D) Samanidra
12. Identify Shishira ritu
 A) Magha and phalguna B) Shravana and Bhadrapada
 C) Chaitra and Vaishakha D) Ashwina and kartika
13. According to -----, cutting of hair, shaving and nail cutting should be done thrice in fortnight.
 A) Sharangadhara B) Charaka C) Susruta D) Vagbhata
14. The properties of takra (butter milk) are the following:
 A) Laghu, Kashaya, Amla B) Guru, Kashaya, Amla
 C) Laghu, Amla, Madhura D) Guru, Amla, Madura
15. The ----- tailam nourishes the lean and emaciates the obese person.
 A) Tila tailam B) Eranda tailam
 C) Sarsapa tailam D) Katu tailam
16. The meat of which animal is qualitatively similar to human body.
 A) Cow B) Goat C) Buffalo D) Elephant
17. Which cereal is most rich in Calcium?
 A) Jowar B) Bajra C) Kodo D) Ragi
18. Dantadhavana is contra indicated in -----
 A) Ajirna B) Netra roga C) Ardita D) All the above
19. Hamsodaka is the speciality of ----- ritu.
 A) Sarat B) Vasanta C) Varsa D) Greeshma
20. Tatra Pratyekataanata ----- ||
 A) Samadhi B) Dhyana C) Dharana D) Pratyahara

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[BAMS 0725]

**JULY 2025
(SUPPLEMENTARY EXAM)**

Sub. Code: 1429

**SECOND PROFESSIONAL B.A.M.S. DEGREE EXAMINATION
(For the candidates admitted from the academic year 2021-2022)
(New Regulation 2021)
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Time: 30 Minutes

Answer ALL questions

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Choose one correct answer in the box provided in the Answer Script. No overwriting should be done. Choice should be given in Capital Letters.

I. MULTIPLE CHOICE QUESTIONS:

(20X1=20)

1. Dimensions of health include:
A) Physical dimension
B) Mental dimension
C) Social dimension
D) All the above
2. Vitamin A prophylaxis to a child is ----- prevention.
A) Primary
B) Secondary
C) Tertiary
D) Primordial
3. Sleeping in the evening time leads to -----.
A) Ayu hani
B) Vyadhi
C) Garbha vikriti
D) Niswatha
4. Madya in very less quantity or diluted with water is indicated in -----.
A) Hemanta
B) Vasanta
C) Greeshma
D) Varsha
5. There are ----- number of adharaneeya vega acc: to Charakacharya.
A) 12
B) 14
C) 13
D) 15
6. Pancha panchakam includes -----
A) Panchendriyani
B) Panchendriya dravyani
C) Panchendriya adhishtani
D) All the above
7. There are ----- essential amino acids present in body.
A) 11
B) 13
C) 9
D) 7
8. Tatvajnana comes under -----.
A) Yoga pratibandhakara bhava
B) Yoga badhaka tatva
C) Yoga sidhikara bhava
D) All the above

P.T.O.

9. The term naturopathy was coined in 1895 by -----
 A) John Scheel B) Vincent Priestnitz C) Henry Lindlahr D) Hippocrates
10. Twak prasadakaram param is attributed to -----
 A) Snanam B) Abhyanga C) Udwartana D) Vyayama
11. Bhojana in the evening time leads to
 A) Ayu hani B) Vyadhi C) Garbha Vikriti D) Niswatha
12. Identify Sharat ritu
 A) Magha and Phalgun B) Shravana and Bhadrapada
 C) Chaitra and Vaishakha D) Ashwina and Kartika
13. Cutting of hair, shaving & nail cutting should be done thrice in -----.
 A) 21 days B) 15 days C) 30 days D) 10 days
14. ----- is indicated for obese and lean person
 A) Ghrita B) Madhya C) Takra D) Navaneeta
15. Test for pasteurized milk does not include:
 A) Coliform count B) Standard plate count
 C) Phosphatase test D) Methylene Blue test
16. The signs of fresh fish -----
 A) State of stiffness B) Gills are bright red
 C) Eyes are prominent and clear D) All the above
17. Among the given nutrients milk is a poor source of -----
 A) Calcium B) Protein C) Carbohydrate D) Vitamin C
18. Vyayama should be done with half strength in the following ritu:
 A) Hemanta, Sisira, Vasanta B) Sarat, Vasanta, Sisira,
 C) Hemanta, Sarat, Sisira D) Varsa, Sarat, Vasanta
19. Abhyanga, Murdhataila, Padaghata and Vimardana are advised in
 A) Hemanta B) Vasanta C) Sarat D) Varsa
20. Deshabandha Chittasya -----.
 A) Pratyahara B) Dhyana C) Samadhi D) Dharana
