

**Rajiv Gandhi University of Health Sciences, Karnataka****III Year B.A.M.S Degree Examination - OCT-2019****Time: Three Hours****Max. Marks: 100 Marks****Swasthavritta and Yoga - Paper I (RS-4)****Q.P. CODE: 3017**

Your answers should be specific to the questions asked. Draw neat, labeled diagrams wherever necessary

(Note: Use the same theory answer scripts for writing Part A and Part B)**Part – A (50 Marks)****LONG ESSAYS****1 x 15 = 15 Marks**

1. Explain the effects of Visarga kala on the body and describe sarat ritu charya in detail.

SHORT ESSAYS**5 x 5 = 25 Marks**

2. Swasthavritta Prayojana.
3. Describe Anjana Vidhi.
4. Role of Sadvritta in prevention of Psychosomatic Diseases.
5. Write sources and deficiency diseases of Vitamin A.
6. Explain Dharaniya Vega.

SI. ANSWERS

Muni.*

5 x 2 = 10 Marks

7. Define Swastha and Swasthya.
8. Difference between Gandusha and Kavala.
9. Effect of Ratri Jagarana.
10. Methods of Veerya Rakshana.
11. Doshas of Atisthoulya.

Part – B (50 Marks)**LONG ESSAYS****1 x 15 = 15 Marks**

12. Discuss the role of Ashtanga Yoga in maintenance of Health.

SHORT ESSAYS**5 x 5 = 25 Marks**

13. Explain different definitions of Yoga.
14. Write procedure and benefits of Bhujangasana.
15. Describe Basti as per Hathayoga Pradeepika.
16. Explain procedure and therapeutic effects of Spinal bath.
17. Explain types of Diet as per Naturopathy.

SF' 1T ANSWERS**5 x 2 = 10 Marks**

18. Importance of Hathayoga.
19. Contraindications of Vajrasana.
20. Define Naturopathy.
21. What are the therapeutic effects of Mud.
22. Contraindications of Steam bath.