



Rajiv Gandhi University of Health Sciences, Karnataka

HI Year B.A.M.S Degree Examination - OCT-2019

Time: Three Hours

Max. Marks: 100 Marks

Swasthavrittha and Yoga - I (RS-5)

Q.P. CODE: 3039

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 Adana Kala on the body and describe Greeshma Ritu charya in detail.

SHORT ESSAYS

5 x 5 = 25 Marks

2. Explain about Achara Rasayana.
3. Describe Anjana Vidhi.
4. Write about Sadvritta.
5. Write sources and deficiency diseases of Vitamin A.
Explain Proteins in detail.

SHORT ANSWERS

5 x 2 = 10 Marks

7. Define Health.
8. Beriberi.
9. Jeerna Ahara lakshana.
10. Achamana.
11. Ushapana.

Part – B (50 Marks)

LONG ESSAYS

1 x 15 = 15 Marks

12. Explain Ashtanga Yoga in detail.

SHORT ESSAYS

5 x 5 = 25 Marks

13. Write the Principles of Naturopathy.
14. Write the procedure and benefits of Bhujangasana and Dhanurasana.
15. Neti.
Pranayama
- 1.. Chittavritti.

SHORT ANSWERS

5 x 2 = 10 Marks

18. Yoga Siddikara Bhava.
19. Importance of Upavasa.
20. Mud therapy.
21. Karma yoga.
22. Massage types.