

Rajiv Gandhi University of Health Sciences, Karnataka

III Year B.A.M.S Degree Examination - 24-Feb-2020

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.

LONG ESSAYS

2 x 10 = 20 Marks

1. Write in detail about definition, aims and importance of practicing Dinacharya.
2. Definition, history, aims, objectives and panchabhutika siddhanth of Naturopathy.

SHORT ESSAYS

10 x 5 = 50 Marks

3. Trayopastambha
Brahmacharya and Abrahmacharya
5. Santarpana evam Apararpanajanya vyadhis
6. Ahara nirukti and parkara
7. Dantadhavana and Jihwa nirlekhana vidhis
8. Mud therapy
9. Bhujangasana
10. Neti karma
11. Definition, different methods and effects of Massage
12. Patyapatya in yogabhyasa

SHORT ANSWERS

10 x 3 = 30 Marks

13. Definition of Health according to WHO
14. Shayana vidhi
15. Ritu viparyaya
Dugdha varga
17. Food borne diseases
18. Karma yoga
19. Nauli
20. Hip bath
21. Mud pack
22. Ashta siddhis