FirstRanker.com
Firstranker's choice
www.FirstRanker.com www.FirstRanker.com

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
4. Brahmacharya and Abrahmacharya
5. Santarpana evam Apatarpanajanya 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
1/. Food borne diseases
18. Karma yoga
19. Nauli
20. Hip bath
21. Mud pack
22. Ashta siddhis

firstranker.com
www.FirstRanker.com

FirstRanker.com
Firstranker's choice
www.FirstRanker.com