

Rajiv Gandhi University of Health Sciences, Karnataka**III Year B.A.M.S Degree Examination - MARCH 2017****Time: Three Hours****Max. Marks: 100 Marks****SWASTHAVRITHA - I (Revised Scheme 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. Write the nirukti, laxanas, upayoga and prayojana of Swasthavritta.

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

2. Rasayana for Swatha
3. Dharaneeya vegas
4. Ashta nindita purusha
5. Adana kala - visarga kala
6. Kavala - Gandoosh

SHORT ANSWERS**5 x 2 = 10 Marks**

7. Nitya sevaneeya ahara
8. Apathyaahara
9. Aims of Dinacharya
10. Physical dimension
11. Ratri bhojana vidhi

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

12. Write in detail about Shatkarma.

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

13. Vishrama chikitsa upayoga
14. Hot water treatments
15. Bandhas
16. Ayurveda and Yoga sambandha
17. Padahasthasana

SHORT ANSWERS**5 x 2 = 10 Marks**

18. Raja yoga
19. Niyama
20. Nadi shuddhi pranayama
21. Fasting
22. Whirl pool bath