

Rajiv Gandhi University of Health Sciences, Karnataka**III Year B.A.M.S Degree Examination - SEP-2017****Time: Three Hours****Max. Marks: 100 Marks****Swasthavritta - Paper 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. Explain swasthavritta nirukthi, prayojana, and lakshana of swastha purusha in consideration with parameters of health

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

2. Write about the adharaneeya vega
3. Nidra gunas and prakara
4. Define pasteurization and the methods of pasteurization of milk
5. Write about ahara dwadasha pravichara
6. Explain Visarga kala

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

7. Yamadamshttra
8. Pathya
9. Dosha sanchaya prakopa prasara as per Rithu
10. Nitya sevaneeya dravyas
11. Sandhya varjita karya

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

12. Define yoga and write about the ashtangas of yoga

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

13. Mrithika chikitsa
14. Relation of Ayurveda and Naturopathy
15. Spinal bath
Heliotherapy
17. Gomukhasana

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

18. Sheetal pranayama
19. Nethi kriya
20. Thrataka karma
21. Massage
22. Nisargopachara