

**Rajiv Gandhi University of Health Sciences, Karnataka****II Year B.A.M.S Degree Examination - FEB 2018****Time: Three Hours****Max. Marks: 100 Marks****SWASTHAVRITHA, PAPER-II****Q.P. CODE: 1262**

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 11 = 11 Marks**

1. Describe role of Ashtanga Yoga in maintenance of Health.

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

2. Definitions of Yoga
3. Kukkutasana
4. Trataka
5. Basic principles of nature cure
6. Relation between Ayurveda and Nisargopachara

SHORT ANSWERS**7 x 2 = 14 Marks**

7. Samyama
8. Ida nadi
Definition of nisargopachara
10. Contraindications for mehana snana
11. Therapeutic qualities of Mud
12. Contraindications for bhashpa snana
13. Utility of visrama

Part – B (50 Marks)**LONG ESSAYS****1 x 11 = 11 Marks**

14. Define primary health care and describe principles of primary health care.

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

15. Population explosion
16. Malaria prevention
17. Causes of maternal mortality
18. District health administration
19. Uses and sources of vital statistics

SHORT ANSWERS**7 x 2 = 14 Marks**

20. Function of village health guide
21. Components of RCH programme
22. Mode of action of IUD
23. Mean
24. Functions of CGHS
25. Eligible couple
26. Sex ratio