



Rajiv Gandhi University of Health Sciences, Karnataka

III Year B.A.M.S Degree Examination - MARCH - 2018

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. Explain importance of Brahmacharya and Abrahmacharya.

SHORT ESSAYS

5 x 5 = 25 Marks

2. Aharavidhividana
3. Pratimarsha nasya
4. Dimension of health
5. Vasanta ritucharya
6. Advantages and disadvantages of Vegetarian diet

SHORT ANSWERS

5 x 2 = 10 Marks

7. Food toxicants
8. Ritu sandhi
9. Chankramana
10. Arogya lakshana
11. Sandhya kala nishiddha karmas

Part – B (50 Marks)

LONG ESSAYS

1 x 15 = 15 Marks

12. Write nirukti, vyakya and types of yoga. Describe hatha yoga.

SHORT ESSAYS

5 x 5 = 25 Marks

13. Dhyna
14. Steam bath
15. Sheetal pranayama
16. Dhanurasana
17. Hip bath

SHORT ANSWERS

5 x 2 = 10 Marks

18. Bhastrika
19. Chromotherapy
20. Whirl-pool bath
21. Collection and preparation of mud for mud therapy
22. Muktatma lakshana