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Rajiv Gandhi University of Health Sciences, Karnataka

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

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 Adharaneeya vegas and its management.

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

2. Write about the importance of shodhana in swastha purusha
3. Nidra gunas and prakara
4. Write about " viruddha ahara"
5. Write about jeevaniya tatwa
6. Write about the Swastha purusha lakshana

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

7. Sadharana ritu
8. Hamsodaka
9. Rasanjana
10. Snana anarha
11. Definition of Health

Part — B (50 Marks)

LONG ESSAYS **1 x 15 = 15 Marks**

12. Define pranayama and write about the ashta kumbhakas

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

13. Upavasa chikitsa
14. Yoga siddikara and pratibandhakara bhava
15. Sitz bath
16. Chromolium
17. Dhanurasana

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

18. Nouli
19. Muktatma lakshana
20. Muladhara chakra
21. Mudras
22. Types and benefits of Trataka

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