



Rajiv Gandhi University of Health Sciences, Karnataka

III Year B.A.M.S Degree Examination - FEB-2019

Time: Three Hours**Max. Marks: 100 Marks****Swasthavritha and Yoga - I (RS-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. Define and explain Dinacharya in detail.

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

2. Sharadritu charya
3. Viruddha ahara and its effects
4. Food adulteration
5. Ashta nindita purusha
6. Concept of Adharaneeya vega

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

7. Sadvritta
8. Virya raksha
9. Ritu viparyaya
10. Shayana vidhi
11. Slaughter house

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

12. Describe Jala chikitsa in detail.

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

13. Pancha yama
14. Nauli
15. Pavanamuktasana
16. Fasting therapy
17. Shat chakra

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

18. Yoga pratibandhakara bhavas,
19. Surya bhedhana
20. Dharana
21. Annamaya kosha
22. Uddiyanabandha

