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03324A**Second B.A.M.S. (2010)/Third B.A.M.S. (2012)/(2017)****Examination, Summer - 2021****SWASTHAVRITTA AND YOGA - I****(Third BAMS 2012 Syllabus is applicable to BAMS 2010/Old/New Students w.e.f. Summer - 2018 Exam)**

Total Duration : 3 Hours

Total Marks : 90

- Instructions :**
- 1) Use **blue/black** ball point pen only.
 - 2) **Do not** write anything on the **blank portion of the question paper**. If written anything, such type of act will be considered as an attempt to resort to unfair means.
 - 3) **All questions are compulsory.**
 - 4) The number to the **right** indicates **full marks**.
 - 5) Draw diagrams **wherever** necessary.
 - 6) Distribution of syllabus in Question Paper is only meant to cover entire syllabus within the stipulated frame. The Question paper pattern is a mere guideline. Questions can be asked from any paper's syllabus into any question paper. Students cannot claim that the Question is out of syllabus. As it is only for the placement sake, the distribution has been done.
 - 7) Use a common answerbook for **all** sections.

SECTION - A (45 Marks)**1. लघुत्तरी प्रश्न (सहापैकी कोणतेही पाच):****[5 × 3 = 15]**Short answer question (**any five** out of six):

- a) मधुमेह व्याधी चे पथ्य अपथ्य लिहा.
Advice of pathya-apathya in diabetes.
- b) अपतर्पण जनित व्याधीची नावे लिहा.
Enlist Apatarpan janit Vyadhi.
- c) युक्तिकृत निद्रेचे लाभ लिहा.
Write down properties of Yuktikrut Nidra.
- d) रसायनांची परिभाषा लिहा.
Define Rasayan.
- e) अतिस्थूल लक्षणो.
Symptoms of Atistula.
- f) छर्दि वेग धारण जनित लक्षणो व चिकित्सा.
Symptoms arised by chhardi veg dharan and its treatment.

N - 8039**P.T.O.**

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2. लघुत्तरी प्रश्न (सातपैकी कोणतेही सहा):

[6 × 5 = 30]

Short answer question (any six out of seven):

- जागतिक आरोग्य संघटना व सुश्रुत संहितेनुसार स्वस्थाची व्याख्या लिहा.
Write definition of health by WHO and Sushruta Samhita.
- स्वस्थवृत्तोक्त नस्य वर्णन करा.
Describe Nasya in Swasthavritta.
- ऋतुनुसार दोषांचे संचय, प्रकोप, प्रशमन लिहा.
Write Sanchaya-Prakopa-Prashamana of dosha according to ritu.
- मणिपुर चक्र लिहा.
Explain Manipur Chakra.
- नेतीचे पूर्वकर्म लिहून सूत्र नेती विधी लाभ लिहा.
Write Purvakarma of Neti, and procedure and benefits of Sutra Neti.
- निसर्गोपचारातील आहार लिहा.
Explain diet in Naturopathy.
- निद्रा प्रकार लिहा.
Explain types of Nidra.

SECTION - B (45 Marks)

3. दीर्घोत्तरी प्रश्न (चारपैकी कोणतेही तीन):

[3 × 15 = 45]

Long answer question (any three out of four):

- जलविलय जीवनसत्वे कोणती? 'ब' जीवनसत्त्व सविस्तर वर्णन करा.
Write names of water soluble vitamins and explain vitamin 'B' in detail.
- अष्टांग योग सविस्तर वर्णन करा.
Describe Ashtang Yog in details.
- अंजन, धूमपान आणि उद्वर्तन यांचा विधी प्रकार व लाभ लिहा.
Write down procedure, types and benefits of Anjana, Dhoomapana and Udvartana.
- आहाराची निरुक्ती लिहून आचार्य सुश्रुतानुसार आहार द्रव्य वर्गीकरण सविस्तर लिहा.
Write Nirukti of Ahara and explain classification of Ahara dravya varga according to Sushrutacharya in details.

