

[Total No. of Pages : 2]

03324 A

Second B.A.M.S. (2010) / Third B.A.M.S. (2012) / (2017)  
Examination, (Phase - II) Summer - 2022  
**SWASTHAVRITTA AND YOGA - I**

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 answer book for all sections.

**SECTION - "A" (45 Marks)**

[5 × 3 = 15]

1. लघुत्तरी प्रश्न (सहा पैकी कोणतेही पाच) :  
Short answer question (any five out of six) :
- a) उच्चरक्तचाप व्याधित पथ्य-अपथ्य.  
Pathya-Apathya in hypertension.
  - b) पाश्चरायडेशनची व्याख्या लिहून त्यांच्या प्रकारांची नावे लिहा.  
Define pasteurization and mention its methods.
  - c) रात्रीजागरणाचे परिणाम व उपाय सांगा.  
Effects and management of Ratrijagarana.
  - d) रसायनांचे प्रकार आणि कार्ये लिहा.  
Types and functions of Rasayana.
  - e) चरकानुसार 'अनिंदित पुरुष' वर्णन करा.  
Define 'Anindit Purush' by Acharya Charaka.
  - f) चरकानुसार अधारणीय वेग लिहा.  
Enlist the names of Adharaniya Vega by Acharya Charaka.

P.T.O

**03324 A**

[6 × 5 = 30]

2. लघुत्तरी प्रश्न (सात पैकी कोणतेही सहा) :

Short answer question (any six out of seven) :

a) जागतिक आरोग्य संघटनेनुसार आरोग्याची व्याख्या लिहून आरोग्याचा कक्षा वर्णन करा.

Write down definition of health according to World Health Organization and describe dimensions of health.

b) योग शब्दाच्या पाच व्याख्या लिहा.

Write five definitions of yoga.

c) धूमपान - प्रकार, द्रव्ये, धूमवर्ति निर्माण विधी लिहा.

Mention types of Dhoompana Write the dravyas and procedure of dhoomavarti nirman.

d) ऋतुचर्येतील शोधन व त्यांचे फायदे लिहा.

Mention the shodhan procedures as per season.

e) सूर्यरश्मि चिकित्सा.

Sun bath.

f) नाडीशुद्धि लक्षणे व लाभ.

Signs and benefits of Nadishuddhi.

g) उपवास संकल्पना व फायदे.

Concept of upavasa and its benefits.

### SECTION - "B" (45 Marks)

दीर्घोत्तरी प्रश्न : (चार पैकी कोणतेही तीन) :

[3 × 15 = 45]

Long answer question (any three out of four) :

a) प्राणायामाची व्याख्या सांगून कुंभकभेद वर्णन करा.

Define pranayama and describe the types of Kumbhak.

b) निसर्गोपचाराची व्याख्या सांगून जल चिकित्सा सविस्तर वर्णन करा.

Write down definition of Nisargopachar and describe Jala chikitsa in details.

c) पंचज्ञानेंद्रियांसाठी उपयुक्त दिनचर्या उपक्रम सांगून त्यांचे सविस्तर वर्णन व लाभ लिहा.

Describe the Dincharyokta upakramas for Panchadnyanendrias with their benefits.

d) आहाराची प्रशस्ती सांगून आहार विधी विधान व व्दादशासन विचार सविस्तर वर्णन करा.

Write down benefits of Ahara and describe Ahara vidhi vidhan and dwadashasana vichar in detail.

ॐॐॐ