

## 4<sup>th</sup> B.A.M.S. QUESTION BANK

### SUBJECT: PANCHAKARMA

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Theory One Paper – 100 Marks

#### POINT 1: INTRODUCTION

**1. Introduction to Panchakarma, Panchakarma and Shodhana, its importance for promotion of health, prevention and treatment of diseases. 2. Trividha Karma- Purva, Pradhana and Pashchat Karma in relation to Shodhana and their importance. 3. Indications of Shodhana, Shodhana according to Ritu 4. General Principles of Doshagati from Koshta to Shaka and vice versa 5. General precautions (Pariharya Vishaya) for Panchakarma 6. Specifications of Panchakarma theatre and necessary equipments 7. Importance of Koshta and Agni Parikshan**

#### 10 MARKS:

1. What is Panchakarma? Explain the role of Panchakarma in promotion of health, prevention and treatment of diseases.
2. What are Trividha Karma in relation to Shodhana? Write their importance in Panchakarma.
3. What are the Indications of Shodhana and explain Shodhana according to Ritu.
4. Discuss the general Principles of Doshagati from Koshta to Shakha and vice versa and its importance in Panchakarma
5. Describe the general precautions (Pariharya Vishaya) for Panchakarma.
6. Briefly describe the specifications of Panchakarma theatre and list out the necessary equipments.
7. Write the importance of Koshta and Agni Parikshan in Panchakarma.
8. Explain the conditions where, one should not do Shodhana though, it is indicated.

#### 5 MARKS:

1. What is Panchakarma? Write the difference of Shodhana and Panchakarma.
2. What is the role of Panchakarma in the promotion of health
3. What is the role of Panchakarma in the preventive health
4. What is the role of Panchakarma in treatment of diseases.
5. What is the role of Panchakarma in the management of disorders.
6. What is the importance of Purva karma in relation to Shodhana Karma.
7. What is the importance of Pradhana karma in relation to Shodhana Karma.
8. What is the importance of Paschat karma in relation to Shodhana Karma.
9. What are the indications of Shodhana as per Ritucharya.
10. Write the general principles of Doshgati from Kostha to Shakha and its importance in Panchakarma
11. Write the general principles of Doshgati from Shakha to Koshtha and its importance in Panchakarma.
12. Explain Precautions (Pariharya Vishaya) for Panchakarma.
13. Write Specifications of Panchakarma theatre.

14. List the important equipment required for Vamana Karma with their role.
15. List the important equipment required for Virechana Karma with their role.
16. List the important equipment required for Nasya Karma with their role.
17. List the important equipment required for Basti Karma with their role.
18. List the important equipment required for Dhoompana Karma with their role.
19. List the important equipment required for Shirodhara with their role.
20. What is the importance of Kostha and Agni?
21. Write the qualities of Panchakarma physician.
22. Complete the quotation with reference and explain briefly.  
सर्व देह प्रसूतान् सामान् दोषान् निर्हरेत् |  
.....||
23. Complete the quotation with reference and explain briefly.  
पाचनैः दीपनैः स्नेहैः..... |  
.....||
24. Complete the quotation with reference and explain briefly.  
दोषाः कदाचित्कुप्यन्ति जिता लंघन पाचनैः |  
.....||

**2MARKS:**

1. What is Panchakarma?
2. What is Shodhana?
3. Write importance of Shodhana for promotion of health.
4. Write importance of Shodhana for Rasayana and Vajikarana treatment.
5. Explain importance of Shodhana for the treatment of diseases.
6. Name Trividha Karma and its importance.
7. Brief importance of Purvakarma.
8. Write briefly importance of Pradhanakarma.
9. Write briefly importance of Paschatkarma.
10. Write indications of Shodhana.
11. Write briefly Shodhana according to Ritu.
12. General precautions (Pariharya Vishaya) for Panchakarma.
13. Write a short note on specifications of Vamanakarma theatre.
14. Write a short note on specifications of Virechanakarma theatre.
15. Write a short note on specifications of Nasyakarma theatre.
16. Write a short note on specifications of Bastikarma theatre.
17. Write a short note on specifications of Shirodharakarma theatre.
18. Write the list of equipment of Vamanakarma theatre.
19. Write the list of equipment of Virechanakarma theatre.
20. Write the list of equipment of Nasyakarma theatre.
21. Write the list of equipment of Bastikarma theatre.
22. Write the list of equipment of Shirodharakarma theatre.
23. Write importance of Koshta Parikshan before Vamana karma.
24. Write importance of Agni Parikshan before Panchkarma.

25. Write importance of Koshta Parikshana before Virechana Karma.
26. Write importance of Koshta and Agni Parikshana before Panchakarma.
27. Write Panchakarma treatment for Mutra Vegadharana.
28. Write Panchakarma treatment for Purisha Vegadharana.

**POINT NO: 2**

**SNEHANA: II. Snehana 1. Etymology and Definition of Sneha and Snehana 2. Snehayoni- Sthavara and Jangama: Properties of Sneha dravyas, Snehopag Dravyas 3. General knowledge of Ghrita, Taila, Vasa and Majja with their specific utility and actions, Yamaka, Trivrit and Maha Sneha 4. Metabolism of fat 5. Achcha and Pravicharana of Sneha 6. Snehapaka and its importance in Panchakarma 7. Types of Snehana: i) Bahya and ii) Abhyantara Snehana i) Bāhya Snehana : Methods, indications and contraindications of the following types of Bahyasnehana; Mardana, Unmardana, Pādāghāta, Samvāhana, Karna Purana & Akshi Tarpan, Lepa, Talam, Murdhni Taila: Siro-Abhyanga, Shiro Seka/dhārā, Siro Pichu and Siro-Basti ii) Ābhyantara Snehana Three Types of Ābhyantara Snehana: Shodhanārtha, Shamanārtha and Brimhanārtha Snehana, Indications and contraindications for Snehana Shodhanārtha Snehana a. Importance and method of Deepan Pāchan and Rookshana in Shodhanārtha Snehana. Properties of Rookshana Dravya. Samyak Rookshana Lakshana b. Consideration of Agni and Koshta in Snehana c. Indication of Different Matra, Various dose schedules for Shodhanārtha Snehana; Hraseeyasi, Hrasva, Madhyama and Uttama Mātrā, Ārohana Mātrā d. Methods of Shodhanārtha Snehana, e. Anupāna of Sneha f. Jeerna and Jeeryaman Lakshana g. Samyak Yoga, Ayoga and Atiyoga of Snehana, Sneha Vyāpat & their management according to Ayurveda & Modern Medicine h. Diet and regimen during Snehana Sadyo Sneha: Method of administration, dose fixation and utility Shamanārtha Snehana, Method of administration, dose fixation and utility Bronhanārth Senhana: Method of administration, dose fixation and utility Avapeedak Sneha: Method of administration, dose fixation and utility 8. Snehana Kārmukata (mode of action) 9. Special Procedures: Takradhara, Udvartanam, Putpāka, Aschotana, Anjana, Gandusha, Kavala, Dhoompāna, Udvartana, Utsādana, Udgharshana, Talapothichil**

**10 Marks:**

1. Describe the etymology and definition of Sneha and Snehana in detail.
2. What is Sneha yoni? Elaborate the properties of Sneha dravyas and Snehopaga Dravyas.
3. Write detail classification of Sneha.
4. Explain the specific utility and actions of Ghrita and Taila.
5. Explain the specific utility and actions of Vasa and Majja.
6. What is Yamaka Sneha, Trivrit Sneha and Maha Sneha? Explain in detail its utility and actions.
7. Briefly describe the Metabolism of fat and its importance in Snehanakarma.
8. Define and explain Achcha and Pravicharana of Sneha.
9. Explain Snehapaka and its importance in Panchakarma.
10. What are the types of Snehana? Describe in detail Abhyantara Snehana.
11. What are the types of Snehana? Describe in detail Bahaya Snehana.
12. Describe in detail Bahaya Snehana.
13. Explain the method, indications and contraindications of the Karna Purana & Akshi Tarpana
14. Write the method, indications and contraindications of the Lepa and Talam.

15. Explain in detail Murdhni Taila.
16. Explain in detail Shiro Abhayanga and Shiro Pichu procedure along with its indications and contraindications.
17. Write the method, indications and contraindications of the Siro-Basti.
18. Explain Abhayantara Snehana along with its indications and contraindications.
19. Explain the method, indications and contraindications of the Shodhanārtha Snehana.
20. Explain in detail Shirodhara procedure.
21. Write the importance of Langhana in Panchakarma treatment and explain the difference of Langhana and Rookshana, Langhana and Bhrimhana.
22. Explain the importance and method of Deepan Pachan and Rookshana in Shodhanārtha
23. Snehana and write Samyaka Rookshana Lakshana.
24. Explain in detail Abhayanga and Parisheka.
25. Explain in detail Gandusha.
26. Explain the importance of consideration of Agni and Koshta in Snehana and describe briefly Shamana Sneha and Bhrimhana Sneha.
27. Describe the Indications of different Matra, various dose schedules for Shodhanārtha Snehana,
28. Hraseeyasi, Hrasva, Madhyama and Uttama Matra, Aarohana Matra.
29. What are the Anupana of Sneha? Describe the Jeerna and Jeeryaman Lakshana.
30. Describe the Samyak Yoga, Ayoga and Atiyoga Lakshana of Snehana. Explain briefly Sneha Vyapat & their management according to Ayurveda & Modern Medicine.
31. Explain the importance of diet and regimen during Snehana and write briefly Sneha Vyapat and their management according to Ayurveda & Modern medicine.
32. What is Sadhyo Sneha, Shamanārtha Sneha, Bhrihmana Sneha and Avapeedaka Sneha? Explain its method of administration, dose fixation and utility.
33. Explain in detail the mode of action of Snehana (Snehana Karmukata ).

**5 MARKS:**

1. Explain the Etymology and Definition of Sneha.
2. Explain the Etymology and Definition of Snehana.
3. Explain the Etymology of Sneha and Snehana.
4. Explain the definition of Sneha and Snehana.
5. What are Snehayoni ? Write Sthavara Yoni of Sneha.
6. Describe the properties of Sneha dravyas.
7. Write the specific utility and actions of Ghrita and explain why it is best amongst all Sneha?
8. Explain the specific utility and actions of Taila.
9. Explain the specific utility and actions of Vasa and Majja.
10. What is Yamaka, Trivrit and Maha Sneha?
11. Describe the Metabolism of fat.
12. Describe the Achcha and Pravicharana of Sneha.
13. Explain in detail Sneha Pravicharna.
14. Write Snehapaka and explain its importance in Panchakarma.
15. Describe briefly, types of Snehana.
16. Name various Bahya Snehana and explain any five Bahya Snehana.
17. Explain Abhyantara Snehana.

18. Write the method, indications and contraindications of Mardana, Unmardana, Padaghata and Samvahana.
19. Describe the method, indications and contraindications of Karna Purana.
20. Describe the method, indications and contraindications of Akshi Tarpana.
21. Describe the method, indications and contraindications of Lepa and Talam.
22. What is Murdhni Taila? Explain any two procedures of Murdhni Taila.
23. Describe the method, indications and contraindications of Siro-Abhyanga.
24. Describe the method, indications and contraindications of Shiro Seka/dhara.
25. Describe the method, indications and contraindications of Siro Pichu.
26. Describe the method, indications and contraindications of Siro-Basti.
27. Describe the method, indications and contraindications of types of Snehana
28. Describe the method, indications and contraindications of Shodhanartha Snehana
29. Describe the method, indications and contraindications of Shamanartha and Brimhanartha Snehana.
30. Explain the importance and method of Deepan Pachana in Shodhanartha Snehana.
31. Explain the importance of Rookshana and write properties of Rookshana Dravya.
32. Explain the importance of Rookshana and write Samyak Rookshana Lakshana and it's rational.
33. Explain the importance of Consideration of Agni and Koshtha in Snehana.
34. Explain the various dose schedules of Snehapana for Shodhanartha Snehana.
35. What is Hraseeyasi, Hrasva, Madhyama and Uttama maatra? Explain in detail.
36. What is Arohana Matra? Explain in detail.
37. Explain various methods of Shodhanartha Snehana.
38. What are the Anupanas of Sneha? Explain the logic of various Anupana.
39. Describe the Jeerna and Jeeryaman Lakshana and its importance in reference to Agni and Kostha.
40. Describe the Samyak Yoga of Snehana and its importance in reference to Agni and Kostha.
41. Describe the Ayoga of Snehana and its importance in reference to Agni and Kostha.
42. Describe the Atiyoga of Snehana and its importance in reference to Agni and Kostha.
43. Describe the Samyak Yoga of Snehana and its importance in reference to dose fixation.
44. Describe the Ayoga Snehana and its importance in reference to dose fixation.
45. Describe the Atiyoga of Snehana and its importance in reference to dose fixation.
46. Describe the Jeerna and Jeeryaman Lakshana and its importance in reference to dose fixation.
47. Explain Sneha Vyapat in detail.
48. Write the management of Sneha Vyapat according to Ayurveda.
49. Describe the management of Sneha Vyapat according to Modern Medicine.
50. What is Sadyo Sneha? Explain the importance of Diet and regimen during Snehana.
51. What is the method of administration, dose fixation and utility of Sadyo Sneha?
52. Briefly describe the Shamanartha Snehana, method of administration, dose fixation and utility.
53. Briefly describe the Avapeedak Sneha and Brihmanartha method of administration, dose fixation and utility.
54. Explain briefly Snehana Karmukata (mode of action).
55. Write the importance and indication of Takradhara.
56. Write the importance and indication of Udvartanam.
57. Write the importance and indication of Aschotana and Anjana.
58. Write the importance and indication of Gandusha and Kavala.

59. Write the importance and indication of Dhoompana.
60. Write the importance and indication of Utsadana and Udgharshana.
61. Write the importance and indication of Talapothichil.
62. Explain the method and procedure of Takradhara.
63. Explain the method and procedure of Udvartanam.
64. Explain the method and procedure of Aschotana and Anjana.
65. Explain the method and procedure of Gandusha.
66. Explain the method and procedure of Kavala.
67. Explain the method and procedure of Dhoompana.
68. Explain the method and procedure of Utsadana and Udgharshana.
69. Explain the method and procedure of Talapothichil.
70. Complete the quotation with reference and explain briefly:  
द्रवं सूक्ष्मं सरं स्निग्धं..... | ..... ||
71. Complete the quotation with reference and explain briefly.  
सर्पिस्तैल वसा मज्जा..... | ..... ||
72. Explain the quotation briefly giving reference.  
तत्रापि चोत्तमं सर्पिः संस्कारस्यानुवर्तनात् |
73. Explain briefly the following quotation.  
खरोभ्यंगः स्मृतः पाको मृदुर्नस्त क्रियासु च | मध्यपाकं तु पनार्थं बस्तौ च विनियोजयेत् ||
74. Complete the quotation and explain briefly.  
शिरोरूढ भ्रम निष्ठिव मुच्छा सादारति क्लमैः | जानीयात् भेषजं जीर्यत्..... ||
75. Explain briefly the following quotation.  
सर्पि शरदि पातव्यं वसा मज्जा च माधवे | तैलं प्रावृषिनात्युष्ण शीतं स्नेहं पिबेन्नरः ||
76. Complete the quotation with reference and explain briefly.  
अभ्यंग आचरेन्नित्यं स जराश्रम वाताहा | ..... ||

## 2 MARKS:

1. Write short note on Snehana.
2. Write definition of Sneha.
3. Write etymology of Sneha.
4. Write etymology Snehana.
5. Write definition of Snehana.
6. Explain in short Snehayoni.
7. What is Sthavara Sneha?
8. What is Jangama Sneha?
9. Write properties of Sneha dravyas.
10. Mention Snehopaga Dravyas.
11. Write the qualities of Ghrita.
12. Write the qualities of Taila.
13. Write the qualities of Vasa.
14. Write the qualities of Majja.
15. What is Yamakasneha?

16. What is Trivritsneha?
17. What is Maha Sneha?
18. What is Achchapey?
19. What is Pravicharana of Sneha?
20. How many Pravicharana are there?
21. Write the proportion of drugs used in Snehapaka.
22. Importance of snehapaka in Panchakarma.
23. Write types of Sneha on the basis of its origin.
24. Write types of Sneha on the basis of Karmukta.
25. Write types of Sneha on the basis of dose fixation.
26. Write types of Sneha on the basis of utility.
27. Mention names of Bahyasnehan.
28. What is Mardana and Unmardana?
29. Write indications of Mardana and Unmardana.
30. What is Padaghata?
31. Write indications of Padaghata.
32. What is Samvahana?
33. Write indications of Samvahana.
34. Write indications of Karna Purana.
35. Write indications of Akshi Tarpa.
36. Write indications of Lepa.
37. Write indications of Talam.
38. What is Talam?
39. What is Murdha Taila?
40. Write indications of Siro-Abhyanga.
41. Write indications of Shiro dhara.
42. Write indications of Siro Pichu.
43. Write indications of Siro-Basti.
44. Write types of Abhyantara Snehana.
45. What is Shodhanartha Snehana?
46. What is Shamanartha Snehana?
47. What is Brimhanartha Snehana?
48. Write the dose of Shamanartha and Brimhanartha Snehana.
49. Importance and method of Deepan.
50. Importance and method of Pachan in Shodhanartha Snehana.
51. Importance and method of Rookshanain Shodhanārtha Snehana.
52. Write properties of Rookshana Dravya.
53. Write Samyak Rookshana Lakshana.
54. Mention Indication of different Sneha Matra.
55. Write various dose schedules for Shodhanartha Snehana.
56. What is Hraseeyasi Matra of Sneha?
57. What is Hrasva Matra of Sneha?
58. What is Madhyama Matra of Sneha?
59. What is Uttama Matra of Sneha?
60. What is Arohana Matra of Sneha?



61. What is Avapeedaka Sneha?
62. Write methods of Shodhanartha Snehana.
63. Write Anupana of Sneha.
64. Write Anupana of Ghrita and Taila.
65. Write Anupana of Vasa and Majja.
66. Write any four SnehaJeerna Lakshana.
67. Write any four Sneha Jeeryaman Lakshana.
68. Write Symptoms of Samyak Yoga of Snehana.
69. Write Symptoms of Ayoga of Snehana.
70. Write Symptoms of Atiyoga of Snehana.
71. Mention only names of Sneha Vyapat.
72. Write diet during Snehana.
73. Write regimen during Snehana.
74. What is Sadhyo Sneha?
75. Explain method of administration of Shamanartha Snehana.
76. Write utility of Shamanartha Snehana.
77. Write method of administration of Sadyo Snehana.
78. Explain dose fixation of Sadhyo Snehana.
79. Write utility of Sadyo Snehana.
80. What is Brimhanarth Senhana?
81. Explain method of administration of Brimhanarth Snehana.
82. Explain dose fixation of Brimhanarth Snehana.
83. Explain utility of Brimhanarth Snehana.
84. What is Avapeedak Snehana?
85. Write method of administration of Avpeedak Snehana.
86. Write utility of Avpeedak Snehana.
87. Write the importance of Takradhara.
88. Write the importance of Putapaka.
89. Write the importance of Udvartanam.
90. Write the importance of Aschotana.
91. Write the importance of Anjana.
92. Write the importance of Gandusha.
93. Write the importance of Kavala.
94. Write the importance of Dhoompana.
95. Write the importance of Udvartana.
96. Write the importance of Talapothichil
97. Explain the procedure of Udvartanam.
98. Explain the procedure of Putpaka
99. Explain the procedure of Aschotana
100. Explain the procedure of Anjana.
101. Explain the procedure of Gandusha
102. Explain the procedure of Kavala
103. Explain the procedure of Dhoompana.
104. Explain the procedure of Udvartana
105. Explain the procedure of Utsadana.



106. Write the indication of Takradhara.
107. Write the indication of Putapaka.
108. Write the indication of Udvartanam.
109. Write the indication of Aschotana.
110. Write the indication of Anjana.
111. Write the indication of Gandusha.
112. Write the indication of Kavala.
113. Write the indication of Dhoompana.
114. Write the indication of Udvartana.
115. Write the indication of Talapothichil.
116. What is Manda?
117. What is Peya?
118. What is Veilepi?
119. What is Panchaprasuti Peya?

### POINT III. Svedana

1. Etymology and Definition of Sveda and Svedana 2. Classifications of Sveda/Svedana 3. General Sweda dravya, Properties of Sweda dravyas, Swedaopag dravyas , 4. Indications and contraindications of Svedana 5. Ten Types of Niragni Svedana 6. Knowledge of 13 types of Sagni Svedana and Chaturvidh Svedan 7. Detailed Knowledge with their Utility of the following Svedana procedures: Sankara/Pinda Sveda-Ruksha and Snigdha Sveda Patrapinda Sveda, Jambir Pinda Sveda, Vāluka Sveda, Churna Pinda Sveda, Kukkutand Pinda Sveda, Shashtika Shalipinda Sveda, Nadi Sveda, Bashpa Sveda Ksheer dhooma ,Ksheer Seka, Kwath Seka, Avagaha Sveda, Dhanymla Dhara Parisheka Sveda, Pizichil, Upanaha Sveda, Annalepa 8. Local Basti such as Kati Basti, Janu Basti, Greeva Basti and Urobasti 9. General precautions during Sagni Svedana and Methods to protect vital during svedana 10. Samyak Yoga, Ayoga and Atiyoga of Svedana 11. Complications of Svedana and their Management according to Ayurveda & Modern Medicine 12. Diet and management during and after Svedana 13. Parihār Vishaya 14. Svedana Kārmukata (Mode of action) 15. General Knowledge about current Sudation techniques like Sauna bath, Steam bath

### 10 MARKS

1. Describe about current sudation techniques in details.
2. Mode of action of Snehana Purvaka Swedana Karma.
3. Detailed classification of Swedana.
4. Explain Shashtisihali Pinda Sweda, its indications and contraindications.
5. Explain types of Swedana accodring to Sushruta.
6. Write complications of Swedana and their management with Ayurveda and modern medicines.
7. Describe Swedana Vidhividhana.
8. Explain different types of local Basti and its mode of action.
9. Explain different types of Ruksha Sankar Sweda and its indications.
10. What is Snigdha Sankar Sweda? Desribe its indications and contraindications.

11. Explain the Quotation

स्नेहपूर्व प्रयुक्तेन स्वेदनावजितेनीले ! पुरीषमुत्ररेतांभि न सज्जन्ति कथंचन !!

12. Explain the quotation and give reference.

शुष्कानयति किं काष्ठानि स्नेहस्वेदोपयादनैः ! नमयन्ति यथान्याय किं पुञ्जीवतो नगन् !!

13. Explain the Quotation:

व्यायाम उष्णसदनं गुरुप्रावरणं क्षुधा बहु पानं भयक्रोधवुपनाहाहवातपाः

**5 MARKS:**

1. Describe indications & contraindications of Swedana Karma.
2. Explain Valuka Sweda and its importance in Aamaja diseases.
3. Write a short note on Nadi sveda.
4. Write general Sweda and Swedopaga dravya and its properties.
5. Write features of Samyaka Swedana and Atiswedana.
6. Write short note on Avagaha Swedana and its role in different diseases.
7. Explain Bashpa Swedana Vidhi.
8. Explain Nirgundi Patra Pinda Sweda.
9. Explain Upanah Sweda and its Dravya.
10. Describe Kuti Sweda.
11. Describe Jentaka Sweda.
12. Write basic difference in Kuti Sweda and Jentaka Sweda.
13. Explain Jambir Pinda Sweda.
14. Explain Kukkutand Pinda Sweda.
15. Explain Ksheera Dhoom.
16. Explain Dhanyamla Dhara.
17. Explain Parisheka Sweda Vidhi.
18. Explain in detail pizichil.
19. Explain Annalepa and its indication.
20. Write short note on Kati Basti.
21. Write short note on Greeva Basti

22. Write short note on Urobariti
23. Write general precautions during Sagni Swedana and method to protect vital during Swedana.
24. Write diet and management during and after Swedana.
25. Explain Churna Pinda Sweda
26. Explain Valuka Sweda.
27. Write features of Attisweda and its management.
28. Write Classification of Swedana on the basis of strength.
29. Explain the quotation:

रोगतुर्व्याधितापेक्षो नात्युष्णोतिमृदू न च द्रव्यवान् कल्पितो देशे स्वेदः कार्यकरो मतः

30. Explain the quotation:

स्निग्धस्य सुक्ष्मेष्वयनेषु लीनं स्वेदस्तु दोषं नयति द्रवत्वं.

31. Explain the quotation:

पश्चात् स्वेधा हते शल्ये मूढगर्भानुवदुवासम्यक् प्रजाता काले यत्त पश्चात् स्वेध्या विजानता

## 2 MARKS

1. Definition of Swedana.
2. Enlist Swedopaga Dravya
3. Write Atisvinna Lakshana.
4. Write features of Samyaka Swedana.
5. Enlist Niragni Sweda
6. Explain Parihara Vishaya during Swedana.
7. Enumerate Sagni Sweda
8. Write properties of Sweda Dravya.
9. Write Nadi Sweda Upayogi Dravya.
10. Which vitals should be protected during Swedana Karma.
11. Write Sushrutokta Chaturavidha Sweda
12. Write drugs used for Pinda Sweda.

13. Write Salvana Upanaha
14. Write treatment for Atiswinna.
15. Write three varieties of Upanaha.

#### POINT NO 4. VAMANA

1. Etymology, definition and importance of Vamana Karma 2. Utility of Vamana Karma in health and disease 3. Indications and Contraindications for Vamana 4. Knowledge of Koshta and Agni 5. General knowledge of Vamana and Vamanopaga drugs; properties, actions, preparations, preservation with special reference to Madanphala, Kutaj, Nimba, Yashti, Vacha 6. Purva Karma of Vamana: Deepan-Pāchana, Abhyantara Snehana and diet Management of one gap day-Abhyanga & Svedana, diet, special Kapha increasing diet 8. Preparation of the patient on Morning of Vamana day 9. Vamaka Yoga, Anupana, fixation of dose and method of administration 10. Administration of Vamanopaga Dravya such as milk, sugarcane juice, Yashtimadhu decoction 11. Lakshana indicating Doshagati during the process 12. Management during Vamana Karma & observations 13. Symptoms of Samyak Yoga, Ayoga and Atiyoga of Vamana Karma 14. Post Vamana management 15. Types of Shuddhi-Hina, Madhya and Pravara 16. Peyadi Krama and Tarpanadi Kram with their specific indications 17. Complication of Vamana and their management with Ayurveda and modern drugs 18. Pariharya Vishaya 19. Vamana Karmukata (Mode of action).

#### 10 MARKS:

1. Describe the etymology, definition and importance of Vamana Karma.
2. What is Vamanakarma? Explain in detail.
3. Describe the utility of Vamana Karma in health and disease.
4. What are the Indications and Contraindications for Vamana? Explain.
5. Write the etymology, definition and importance of knowledge of Koshta and Agni for Vamanakarma.
6. Describe the Vamanadravya and Vamanopaga drugs.
7. What are the properties, actions, preparations and method of preservation of Madanphala.
8. What are the properties, actions, preparations and method of preservation of Kutaj.
9. What are the properties, actions, preparations and method of preservation of Nimba.
10. What are the properties, actions, preparations and method of preservation of Yashti.
11. What are the properties, actions, preparations and method of preservation of Vacha.
12. Explain in detail Purvakarma, Pradhanakarma and Pashchatkarma of Vamana.
13. Describe the importance of Deepan-Pachana, Abhyantara Snehana and diet in reference to Vamana Karma.
14. Describe the management of one gap day with Abhyanga & Svedana during Vamanakarma and write the importance of Kapha increasing diet.
15. Describe the Vamaka Yoga, Anupana, fixation of dose and method of administration for Vamana Karma.
16. Briefly describe the management during Vamana Karma & observations of important signs and symptoms.

17. Briefly describe the symptoms of Samyak Yoga, Ayoga and Atiyoga of Vamana Karma.
18. Briefly describe the Post Vamana management.
19. Briefly discuss the types of Post Vamanakarma Shuddhi-Hina, Madhya and Pravara.
20. Write the Peyadi Samsarjana Krama and Tarpanadi Krama with their specific indications.
21. What are the complications of Vamana? Write their management with Ayurveda and modern drugs.
22. Explain the Pariharya Vishaya.
23. Briefly explain the Vamana Karmukata (Mode of action).

**5 MARKS:**

1. Describe the etymology and definition of Vamana Karma.
2. Describe the definition and importance of Vamana Karma.
3. Explain the importance of Vamana Karma.
4. Explain the utility of Vamana Karma in health and disease.
5. Write indications for Vamana.
6. Write contraindications for Vamana.
7. What is the importance of Kostha and Agni for Vamana?
8. Describe the properties and actions of Vamana and Vamanopaga drugs.
9. Describe the properties and actions of Madanphala.
10. Describe the preparations and preservation of Madanphala.
11. Describe the properties and actions of Kutaj.
12. Describe the properties, actions, preparations and preservation of Nimba.
13. Describe the properties, actions, preparations and preservation of Yasti.
14. Describe the properties, actions, preparations and preservation of Vacha.
15. Describe the Purva Karma of Vamana.
16. Explain the importance of Deepan-Pāchana for Vamanakarma.
17. Explain the Abhyantara Snehana and diet for Vamanakarma.
18. Explain the management of one gap day for Vamanakarma.
19. Write the importance of diet, special Kapha increasing diet for Vamanakarma.
20. Briefly describe the preparation of the patient on the day of Vamana.
21. Describe Vamaka Yoga and Anupana.
22. Explain fixation of dose and method of administration for Vamanakarma.
23. Discuss the importance of administration of Vamanopaga Dravya such as milk, sugarcane juice and Yashtimadhu decoction.
24. Describe the Lakshana indicating Doshagati during the Vamanakarma process.
25. Explain the management during Vamana Karma.
26. Describe important observations during Vamana karma.
27. Describe the Symptoms of Samyak Yoga, Ayoga and Atiyoga of Vamana Karma.
28. Explain the post Vamana management.
29. Discuss the types of Post Vamana Shuddhi-Hina, Madhya and Pravara.
30. What is post Vamana Peyadi Krama with specific indications?
31. What is post Vamana Tarpanadi Krama with specific indications?
32. Explain probable complications of Vamana and their management with Ayurveda drugs.
33. Write probable complications of Vamana and their management with modern drugs.

34. Explain Pariharya Vishaya.
35. Explain briefly Vamana Karmukata (Mode of action).
36. Explain in detail "तत्र दोषहरणं उर्ध्वं भागं वमन संज्ञकं" |
37. Complete the quotation with reference and explain briefly.  
शरीरजानां दोषाणां क्रमेण परमौषधम् | ..... ||
38. Complete the quotation with reference and explain briefly.  
दोषाः क्षीणा बृंहयितव्याः कुपिताः प्रशमयितव्याः | ..... ||
39. Explain briefly:  
वमन द्रव्याणां मदनफलानि श्रेष्ठतमानि आचक्षते अनापायित्वात् ||
40. Explain briefly: क्रमात्कफः पित्तमथानिलश्च यस्यैति सम्यक् वर्मित स इष्टः |  
हृत्पार्श्वं मूर्धेन्द्रियमार्गं शुद्धौ तथा लघुत्वेपि च वक्ष्यमाणे ||
41. Explain Briefly: पेयां विलेपीमकृतं कृतं च यूषं रसं त्रिद्विरथैकशश्च |  
क्रमेण सेदेत विशुध्यकायः प्रधान मध्यावर शुद्धि ||
42. Explain briefly: संसृष्टभक्तं नवमेहे सर्पिस्त पाययेत् | पक्षात् विरेको वातस्य ||

## 2 MARKS:

1. Write etymology of Vamana.
2. Write definition of Vamana Karma.
3. Define the Vamana Karma.
4. Write importance of Vamana Karma.
5. Write the utility of Vamana Karma in health.
6. Write the utility of Vamana Karma in disease.
7. What is the importance of Kostha for Vamana?
8. What is the importance of Agni for Vamana?
9. Write properties and actions of Vamanopaga drugs.
10. Write properties and actions of Vamana drugs.
11. Write properties of Madanphala
12. Write actions of Madanphala.
13. Write preparations of Madanphala.
14. Write a short note on the preservation of Madanphala.
15. Write properties of Kutaja.
16. Write actions of Kutaja.
17. Write preparations of Kutaja.
18. Write properties of Nimba
19. Write actions of Nimba.
20. Write preparations of Nimba.
21. Write properties of Yashti.
22. Write actions of Yashti.
23. Write preparations of Yashti.
24. Write properties of Vacha.
25. Write actions of Vacha.

26. Write preparations of Vacha.
27. Describe the Purva Karma of Vamana.
28. Write the importance of Deepan for Vamanakarma.
29. Write the importance of Pachana for Vamanakarma.
30. Write the importance of the Abhyantara Snehana for Vamanakarma.
31. Write the importance of the diet for Vamanakarma.
32. Explain the management of one gap day for Vamanakarma.
33. The preparation of the patient on Morning of Vamana day.
34. Explain Vamaka Yoga and Anupana.
35. Explain fixation of dose for Vamanakarma.
36. Write the importance of administration of Vamanopaga Dravya such as milk.
37. Write the importance of administration of Vamanopaga Dravya such as sugarcane juice.
38. Write the importance of administration of Vamanopaga Dravya such as Yashtimadhu decoction.
39. Write symptoms indicating Doshagati during the Vamanakarma process.
40. Write the important observations during Vamana karma.
41. Write the Symptoms of Samyak Yoga of Vamana Karma
42. Write the Symptoms of Ayoga of Vamana Karma.
43. Write the Symptoms of Atiyoga of Vamana Karma.
44. Write Vegiki Shuddhi of Vamana.
45. Explain Mainiki Shuddhi of Vamana.
46. Explain Laingiki Shuddhi of Vamana.
47. What is post Vamana Peyadi Krama for Pravara Shuddhi?
48. What is post Vamana Peyadi Krama for Madhyama Shuddhi?
49. What is post Vamana Peyadi Krama for Avara Shuddhi?
50. What is post Vamana Tarpanadi Krama?
51. Write indications for Tarpanadi Krama.

#### **POINT NO V. Virechana Karma**

1. Etymology, definition and importance of Virechana Karma 2. Utility of Virechana Karma in health and disease 3. Indications and Contraindications for Virechana 4. Knowledge of Koshta and Agni 5. Classification of Virechana Drugs, General properties of Virechana dravya 6. General knowledge of single and compound Virechan drugs; properties, actions, preparations, preservation with special reference to Trivrutta, Aragvadha, Eranda, Katuki, Jaipal 7. Purva Karma of Virechana: Deepan- Pachana, Abhyantara Snehana and diet 8. Management of 3 gap days- Abhyanga, Svedana & diet 9. Management on Morning of Virechana day 10. Preparation of Virechana Kalpa, Anupana, dose and method of its administration 11. Method of Virechana Karma and management during Virechana Karma & observations 12. Symptoms of Samyak Yoga, Ayoga and Atiyoga of Virechana Karma 13. Post Virechana management 14. Types of Shuddhi-Hina, Madhya and Pravara and accordingly Samsarjana Krama 15. Complications of Virechana and their management with Ayurveda and modern drugs 16. Pariharya Vishaya 17. Virechana Kārmukatā (Mode of action)

**10 MARKS:**



1. Explain Utility of Virechana Karma in health and diseases.
2. Write complications of Virechana and their management with Ayurveda and modern drugs.
3. Explain Virechana Karmukatva.
4. Explain in detail Virechana Karma.
5. Describe types of Virechana.
6. Write Indications and contraindications of Virechana and effect of Virechana if administered in contraindicated cases.
7. Explain different ways of assessment of Virechana.
8. What is Samsarjana Krama, and explain its importance after Virechana .
9. Describe Virechana Vyapada and its management.
10. Explain the Virechana karma as preventive and curative measures.
11. Explain the logic behind giving 3 days gap after Snehapana in Virechana Karma.
12. What is Nitya Virechana? And in which disease it is applicable describe in detail.
13. Describe Method of Virechana Karma and management during Virechana and observations.
14. Write the importance of knowledge of Kosta and Agni in administration of Virechana.
15. Write Virechana drugs describe any two drugs in detail.
16. Describe the various types of Shuddhi in Virechana Karma.
17. Describe the classification of Virechana drugs and their general properties.

#### 5 MARKS

1. Complete the quotation and explain :  
कृत्वा पाकं मलानां \_\_\_\_\_
2. Complete the quotation and explain :  
कफास्रपित्तक्षयजानित्थाः \_\_\_\_\_ विरेचितेति :
3. Complete the quotation and explain :  
विटपित्तकफवातानामागतानाम \_\_\_\_\_ मेदमामसोकोपमम
4. Complete the quotation and explain :  
पेचां विलेपी \_\_\_\_\_ प्रधानमध्यावरशुद्धिशुद्ध !!

5. Write indications of Virechana Karma.
6. Describe effect of Virechana if administered in contraindicated cases
7. Explain dietetic regimen before Virechana.
8. Explain observations during Virechana Karma
9. Explain Atiyog Lakshana of Virechana and its management.
10. Describe Jivadana Vyapada and its management.
11. Describe Parikartika and its management.
12. Describe Paristrava and its management.
13. Explain management of 3 days gap before Virechana.
14. Explain Pariharya Vishaya during Virechana.
15. Explain Post Virechana management.
16. Explain Sadhya Virechana and its indications.
17. Explain Kaphanta Virechana.
18. Complete the quotation and explain:

श्लेष्मकाले गते\_\_\_\_\_ विरेचयेत् ।।

## 2 MARKS

1. Write characteristics of Virechana dravya.
2. What is Bhedana give ex.
3. What is Stransana give ex.
4. What is Anulomona give ex.
5. What is Mrudu Virechana?
6. What is Madhyamaa Virechana?
7. What is Tikshna Virechana?
8. Enlist the Virechanopaga Dravya.
9. Currently used Virechana Yoga & their dose.
10. What is the ideal time and season of administration of Virechana

11. Vaigiki, maniki and Antiki Suddhi in Virechana
12. Ayog Laxan of Virechana
13. Atiyog Laxan of Virechana
14. Samyak yoga Laxan of Virechana
15. Enlist the Virechana Vyapad
16. What is sadya Virechana
17. When do apply Tarpanadi krama in Virechana therapy.
18. what is the management of morning of Virechana day
19. Modern drugs used to treat complications of Virechana
20. What type of diet should be taken during Virechana therapy
21. Ayushadhi Jrina laxan in Virechana therapy
22. Hritadosha Laxan in Virechana

#### POINT NO 6

#### VI. Basti Karma

1. Etymology, definition and importance of Basti as Ardha-Chikitsa 2. Utility of Basti Karma in health and disease 3. Basti Yantra- Putaka & Netra, Detailed study of traditional Basti Yantra and their Doshas Knowledge of alternative Basti Yantra-enema can, enema syringe, modified plastic/rubber bag for Putaka, modified plastic netra. 4. Classifications of Basti 5. Karma, Kāla and Yoga Basti schedules along with their utility. 6. Niruha Basti: Its etymology, synonyms, definition, classifications, sub-classifications & indications and contraindications. a. Dose fixation of Niruha Basti according to age b. Contents and Method of preparation of Niruha Basti dravya c. Diet d. Administration of Niruha Basti e. Pratyāgamana Kāla, Post Niruha Basti management f. Samyak Yoga, Ayoga and Atiyoga of Niruha. g. Complication of Niruha Basti and its management according to Ayurved and Modern Medicines h. Pariharya Vishaya and kala 7. Anuvasana Basti: Its etymology, synonyms, definition, classifications, sub-classifications & indications and contraindications. a. Dose fixation of Anuvasan Basti according to age b. Contents and Method of preparation of Anuvasan Basti dravya c. Diet d. Administration of Anuvasan Basti e. Pratyāgamana Kāla, Post Anuvasan Basti management f. Samyak Yoga, Ayoga and Atiyoga of Anuvasana. g. Complication of Anuvasan and its management according to Ayurved and Modern Medicines h. Pariharya Vishaya and kala 8. Basti Kārmukatā (Mode of action). 9. Knowledge of following types of Basti: Madhutailika Basti, Erandmuladi Basti, Yāpana Basti, Pichchha Basti, Kshira Basti, Kshara Basti, Vaitarana Basti, Panchaprasutik Basti, Lekhan Basti, Krumighna Basti, Tiktashir Basti, Ardhamātrika Basti 10. Uttara Basti, its definition, indications and contraindications, Detailed study of traditional Basti Yantra and their Doshas Knowledge of alternative Basti Yantra a.

**Preparation of patient, b. Preparation of Trolley for Uttarbasti, c. drug preparation and Fixation of dose, d. method of administration in male and females, e. observations, f. complications and their management**

**10 MARKS:**

1. Describe the importance of Basti as ardha chikitsa
2. Utility of basti karma in health and diseases..
3. Description of traditional Basti Yantra and its Doshas
4. Classification of Basti according to the number of Basti given and its indications
5. Define the niruha basti and write its indications and contra-indication.
6. Complications of Niruha Basti and its management according to Ayurveda and modern medicines.
7. Detailed description of Niruha Basti Vidhi
8. Dravya Sanyojana vidhi in Niruha basti and importance of each contents.
9. Explain the probable mode of action of Niruha Basti according to
10. Ayurvedic and modern perspectives.
11. Etymology, Definition and importance of Basti.
12. Indications and Contraindications of Niruha Basti what are the complications of Niruha if administered in contraindicated cases
13. Explain the various complications of Basti
14. Explain the Pratyagamana kala, Pariharya Vishaya and post Niruha Basti management.
15. Etymology, Definition and classification of Anuvasana Basti.
16. What is the Dose of Niruha and Anuvasana Basti according to the age.
17. Explain the Anuvasana Basti Vidhi and its Pratyagaman kala in detail.
18. Complication of Anuvasana Basti and its management according to Ayurveda and modern medicines.
19. Explain the Samyakyoga, Ayoga and Atiyoga of Anuvasana Basti and its management.
20. Niruha Basti Vyapada and its management.
21. Anuvasana Basti Vyapada and its management.
22. Mode of action of Anuvasana Basti according to Ayurveda and modern perspectives.
23. What is Madhutailika Basti, What are its indications. Give one Ex.
24. Explain the pichcha Basti and its indications.
25. Write the detailed about the traditional Basti Yantra and its alternative Basti Yantra.
26. Basti Yantra doshas and their management.
27. Explain the procedure of Uttar Basti.

28. Explain the Niruha Basti Pranidhan and Pratyagaman Kala.
29. Explain the Anuvasana Basti Pranidhana and Pratyagama Kala.
30. What is Yapan Basti, write its indications and adverse effect of excessive use.
31. Complete and Explain the Quote :

नाभिप्रदेशं \_\_\_\_\_ चय स बस्तिः ।

32. Complete and Explain the Quotat :

बस्तिवर्यस्थयित्वा नाभिप्रदेशं \_\_\_\_\_ सर्वगदापहस्य ।

33. Complete and Explain the Quotat :

यथेष्टाहास्येष्टस्य \_\_\_\_\_ समो भवेत् ।

#### 5 MARKS:

1. Write the short note on traditional Basti Yantra.
2. Basti Putak and Netra Vyapada and its nirakarana.
3. Dose fixation of Niruha Basti according to age.
4. Karma Basti and its indication.
5. Atiyoga of Niruha Basti and its management
6. Basti Samyojana vidhi.
7. Contraindication of Niruha Basti and its complication if it is administered in these cases.
8. Indicatin and Contraindications of Anuvasana Basti.
9. Basti Netra Vyapada and its management.
10. Basti Putak Vyapada and its management.
11. Quantity of ingredients of Niruha Basti according to Dosha dominancy.
12. .Anuvasana Basti Vyapada.
13. Write a short note on Matra Basti.
14. Ayoga of Niruha Basti and iys management.
15. Basti Pariharya Vishaya and kala.
16. Madhutaillika Basti.
17. Yapan Basti.
18. Pichcha Basti
19. Ksheera Basti.
20. Kshara Basti.
21. Vaitarana Basti.
22. Lekhana Basti.
23. Krimighna Basti
24. Tiktaksheera Basti
25. Ardhamatrika Basti.
26. Pancha Prasrutika Basti.
27. Define Anuvasana Basti and its types.
28. Uttar BastiYantra.
29. Uttar Basti administration in male.
30. Action of Niruha Basti Dravya.

31. Niruha Basti Kalpana according to Dosha.
32. Advantages of Basti over Virechana.
33. Procedure of Uttar Basti in current practice
34. Explain the Quotat:  
पक्वशयाद बस्तिविर्यं खैदेहं उपसर्पति वृक्षमूलेनिषिताना अपां वीर्यमिव यूपम्
35. Explain the Quotat:  
मूलो निषिकतो हि यथा श्रमः स्योत् नीलच्छदः कोमलपल्लवाग्रयः काले महान पुष्पफलप्रदश्च तथा नरः  
स्यात् अनुवासनेन।
36. Explain the quotation  
न तैलादानात् परमस्ति किञ्चित् द्रव्यं विशेषणं समीरणात् ।"
37. Explain the Quotation :  
सास्वगताः कोष्ठगताश्चरोगा \_\_\_\_\_ जन्मनि हेतुरस्ति ।
38. Explain the Quotation:  
"नाभिप्रदेशं कटिपार्श्वकुक्षीं \_\_\_\_\_ चय स वस्ति : ।
39. Explain the Quotation:  
अपादतभ मुर्घस्थान \_\_\_\_\_ भूरसानिव

## 2 MARKS:

1. Define the Niruha Basti and its synonym.
2. Enlist the type of Basti according to number of Basti.
3. Features of traditional Basti Yantra.
4. Features of traditional Basti Putaka.
5. Enlist the Basti Netra Doshas.
6. Enlist the Basti Putaka Doshas.
7. What is Madhutailika Basti.
8. General indications of Madhutailika Basti.
9. Define the Ypana Basti.give one ex.
10. Properities of Ypana Basti.
11. What is Kasaya basti. Write its components.
12. What is Sneha Matra in Niruha according to Dosha.
13. Write the characteristics of well prepared Basti Dravya.
14. Ayoga Laxana of Niruha Basti.
15. Samyaka Yoga Laxana of Niruha Basti.
16. Atiyoga Laxana of Niruha Basti.
17. Enlist the Niruha Basti Vyapada.
18. What are the measures to be done if Niruha Bast does not come within the stipulated period.
19. Ingredients of Madhutailika Basti.
20. Ingredients of Erandmuladi Basti.
21. Ingredients of Ypana Basti.
22. Ingredients of Pichcha Basti.
23. Ingredients of Ksheera Basti.

24. Ingredients of Kshara Basti.
25. Ingredients of Vaitarana Basti.
26. Ingredients of Pancha Prasrutika Basti.
27. Ingredients of Lekhana Basti.
28. Ingredients of Krimighna Basti.
29. Ingredients of Tiktaksheera Basti.
30. Ingredients of Ardhamatrika Basti.
31. Define the Anuvasana Basti.
32. Classification of Sneha Basti.
33. What is the Pratyagamana Kala of Anuvasana Basti.
34. Ayoga Laxana of Anuvasana Basti.
35. Atiyoga Laxana of Anuvasana Basti.
36. Samyaka yoga laxana of Anuvasana Basti.
37. Enlist the Sneha Basti Vyapada.
38. Gunakarma of Anuvasana Basti.
39. Dose of Sneha Basti according to the age.
40. Pratyagamana kala of Anuvasana Basti.
41. Indications of Matra Basti.
42. Define Matra Basti. What is its dose.
43. Qualities of matra Basti.
44. Dose of uttar Basti.
45. What is the time of administration of Uttar Basti in female.
46. Enlist the instruments to be used in Uttar basti.

#### POINT NO 7: NASYA

**1. Etymology, definition, Significance of Nasya Karma. 2. Classifications and sub-classifications 3. Knowledge of general Dravya used for Nasya Karma, Shirovirechan Gana, Shirovirechanopag dravyas 4. Indications and contraindications of Nasya 5. Time of administration of Nasya 6. Dose fixation of different types of Nasya 7. Diet and regimen before and after Nasya Karma 8. Administration of Marsha, Pratimarsha, Avapeedaka, Dhoomapana and Dhuma Nasya 9. Symptoms of Samyak-yoga of Nasya, 10. Complication of Nasya and their management 11. Parihār Vishaya 12. Nasya Karmukata (mode of action)**

#### 10 MARKS:

1. Briefly describe the etymology, definition, Significance of Nasya Karma.
2. Briefly describe the Classifications and sub-classifications of Nasya Karma.
3. Explain in detail Purvakarma, Pradhanakarma and Paschatkarma of Nasya Karma.
4. Briefly describe the indications and contraindications of Nasya.
5. Write definition of Nasya and briefly discuss the time of administration of Nasya.
6. Briefly discuss the importance of dose fixation of different types of Nasya.
7. Briefly discuss the Diet and regimen before and after Nasya Karma.
8. Briefly discuss the Administration of Marsha, Pratimarsha and Avapeedaka Nasya.
9. Briefly discuss the Administration of Dhoomapana and Dhooma Nasya.
10. Write the Symptoms of Samyak-yoga, Ayoga and Atiyoga of Nasya.



11. Explain the Complication of Nasya and their management.
12. Briefly describe the Nasya Parihar Vishaya.
13. Explain in detail Nasya Karmukata (mode of action).
14. Write differences of Dhoompana and Dhoom Nasya.
15. Write differences of Marsha and Pratimarsha Nasya.
16. Write various Kaala for administration of Pratimarsha Nasya.
17. Write differences of Pradhamana Nasya and Avapeeda Nasya.
18. Write indications and contraindications of Nasya.
19. Explain anatomy of nose.

**5 marks:**

1. Explain the etymology and definition of Nasya Karma.
2. Explain the definition and Significance of Nasya Karma.
3. Explain the Significance of Nasya Karma.
4. Explain the Classifications of Nasya karma.
5. Explain the general Dravya used for Nasya Karma.
6. Explain the Shirovirechan Gana and Shirovirechanopag dravyas.
7. Explain the Indications of Nasya.
8. Explain the contraindications of Nasya.
9. Explain the importance of time of administration of Nasya.
10. Explain the dose fixation of different types of Nasya.
11. Write the diet before and after Nasya Karma.
12. Write the regimen before and after Nasya Karma.
13. Write Purvakarma of Nasya Karma.
14. Write Pradhanakarma of Nasya Karma.
15. Write Paschatkarma of Nasya Karma.
16. Explain the administration of Marsha Nasya.
17. Explain the administration of Pratimarsha Nasya.
18. Explain the administration of Avapeedaka Nasya.
19. Explain the administration of Pradhamana Nasya.
20. Explain the administration of Dhoomapana.
21. Explain the administration of Dhuma Nasya.
22. What are Symptoms of Samyak-yoga of Nasya?
23. Write symptoms of Ayoga and Atiyoga of Nasya.
24. Explain the Complications of Nasya and their Ayurvedic management.
25. Explain the Complications of Nasya and their modern drug management.
26. Describe the Nasya Parihar Vishaya.
27. Write Nasya Karmukata (mode of action).
28. Write differences of Kaval and Gandusha.
29. Explain in detail giving reference:  
औषधम् औषधं सिद्धं स्नेहो वा नासिकाभ्यां दीयते इति नस्यम् ||
30. Explain briefly:  
ऊर्ध्वं जत्रु विकारेषु विशेषन्नस्य मिष्यते | नासाहि शिरसो द्वारं तेन तद् व्याप्य हन्ति तात् ||
31. Explain the following quotation and write types of Nasya.

नासायां भवं – नस्यं |

32. Explain the quotation briefly:

नस्तः प्रच्छर्दनं इति शिरोविरेचनम् |

33. Explain in detail and give reference:

नावन चावपीडश्च धूमापनं धूम एव च | प्रतिमर्शश्च वित्तेपं नस्तः कर्म तु पंचधा ||

34. Explain in detail: धूमः पंचविधो भवति |

## 2 MARKS:

1. Write etymology of Nasya Karma.
2. Write the definition of Nasya Karma.
3. Write significance of Nasya Karma.
4. Write classifications of Nasya karma.
5. Write sub-classifications of Nasya Karma.
6. Enlist the general Dravya used for Nasya Karma.
7. Write Shirovirechan Gana.
8. Write Indications of Nasya.
9. Write contraindications of Nasya.
10. Explain importance of time of administration of Nasya.
11. Write dose fixation of different types of Nasya.
12. Write diet before and after Nasya Karma.
13. Write regimen before and after Nasya Karma.
14. Write dose of Marsha Nasya.
15. Write dose of Pratimarsha Nasya.
16. Write dose of Avapeedaka Nasya.
17. Write drugs of Avapeedaka Nasya.
18. What is Dhoomapana?
19. What is Dhuma Nasya?
20. Write measurements of various Dhum netra.
21. What is Pradhamana Nasya?
22. Write dose of Pradhamana Nasya.
23. What are Symptoms of Samyak-yoga of Nasya?
24. Enlist the complications of Nasya.
25. Write Ayurvedic management of Nasya complication.
26. The Nasya Parihār Vishaya.
27. What is Kaval and Gandusha?
28. Write types of Kaval.
29. Write types of Gandusha.

## POINT NO 8: RAKTAMOKSHAN

1. Definition, importance and Types of Raktamokshana 2. General Principles and rules of Raktamokshana 3. Classification of Raktamokshana 4. General Indication and Contra indication of Raktamokshan 5. Jalaukavacharana: Knowledge of different types of Jalauka (Leech) , Indications and contraindications of Jalaukavacharana, various types of Jalauka. Method of Application,

**Samyak Lakshan, Complication of Jalaukavacharana and their management with Ayurveda and Modern medicines. 6. Pracchāna: Indications and contraindications of Pracchana. Method of Application, Samyak Lakshan, Complication of Pracchana and their management with Ayurveda and Modern medicines 7. Sirāvedha: Indications and contraindications of Siravedha. Method of Application, Samyak Lakshan, Complication of Siravedha and their management with Ayurveda and Modern medicines 8. Knowledge of emergency management of complications such as water & electrolyte imbalance, shock, bleeding per rectal, hematemesis, epistaxis**

**10 MARKS:**

1. Explain the definition, importance and types of Raktamokshana.
2. Write the general principles and rules of Raktamokshana.
3. Describe the classification of Raktamokshana.
4. Explain Rakta Uttapatti and Rakta Karya.
5. Describe the general Indications and contraindication of Raktamokshana.
6. Describe in detail types of Jalauka (Leech).
7. Write indications and contraindications of Jalaukavacharana.
8. Explain Purvakarma, Pradhanakarma and Paschatkarma of Jalaukavacharana.
9. Explain Pradhanakarma of Jalaukavacharana and write Samyak Lakshan of Jalaukavacharana.
10. Write complications of Jalaukavacharana and their management with Ayurveda and modern medicines.
11. Describe in detail collection and preservation of Jalauka (Leech).
12. Explain method of application of Pracchana and its Samyaka Lakshana.
13. What is Siravedha? Write Indications and contraindications of Siravedha.
14. Explain in detail method of application of Siravedha.
15. What is Siravedha? Write Samyak Lakshana of Siravedha.
16. Describe complications of Siravedha and their management with Ayurveda and Modern medicines.
17. Explain Raktamokshana with Shringa and Ghati yantra.
18. Write properties of Alabu and explain Raktamokshana with Alabu.
19. Explain in detail Karmuktava of Raktamokshana.
20. Describe the emergency management of water & electrolyte imbalance.
21. Describe the emergency management of shock and bleeding per rectal.
22. Describe the emergency management of hematemesis and epistaxis.
23. Describe the emergency management of hematemesis and water & electrolyte imbalance.
24. Describe the emergency management of shock and water & electrolyte imbalance.
25. Describe the emergency management of water & electrolyte imbalance and bleeding per rectal.
26. Describe the emergency management of shock and hematemesis.
27. Describe the emergency management of shock and epistaxis.
28. Describe the emergency management of hematemesis and bleeding per rectal.
29. Describe the emergency management of epistaxis and bleeding per rectal.
30. Describe the emergency management of epistaxis and water & electrolyte imbalance.

**5 MARKS:**

1. Describe the definition and importance of Raktamokshana.

2. Describe the importance of Raktamokshana.
3. Describe briefly types of Raktamokshana.
4. Describe the general principles and rules of Raktamokshana.
5. Describe the general indications of Raktamokshana.
6. Describe the general contraindication of Raktamokshana.
7. Explain Rakta Uttapatti.
8. Explain functions of blood.
9. Write the qualities of Shuddha Rakta.
10. Describe the Jalaukavacharana.
11. Describe the indications of Jalaukavacharana.
12. Describe the contraindications of Jalaukavacharana.
13. Describe various types of Jalauka.
14. Describe the method of application of Jalauka.
15. Explain Purvakarma of Jalaukavacharana.
16. Explain Pradhanakarma of Jalaukavacharana.
17. Explain Pashchatkarma of Jalaukavacharana.
18. Explain the Pashchatkarma, Samyak, Ayoga and Atisrava Lakshana of Jalaukavacharana.
19. Explain the complications of Jalaukavacharana.
20. Write about Savisha Jalauka.
21. Write about Nirvisha Jalauka.
22. Describe collection and preservation of Jalauka.
23. Explain post management of Jalauka after Jalaukavacharana.
24. Explain post management of Patient after Jalaukavacharana.
25. Explain the management of complications of Jalaukavacharana with Ayurveda drugs.
26. Explain the management of complications of Jalaukavacharana with modern medicines.
27. What is Pracchana? Explain method of its application.
28. Explain properties of Alabu and Raktamokshana method through Alabu.
29. Explain Raktamokshana method through Alabu and Shringa.
30. Explain Raktamokshana method through Shringa and Ghati Yantra.
31. Explain Raktamokshana method through Pracchana and Ghati Yantra.
32. What is Siravedha? Explain its application method briefly.
33. Describe the Indications of Siravedha.
34. Describe the contraindications of Siravedha.
35. Describe the method of application of Siravedha.
36. Explain suitable Asana for Siravedha.
37. Explain the Samyaka, Asamyaka and Atisrava Lakshana of Siravedha and management of Atisrava.
38. Explain the management of complications of Siravedha with Ayurveda drugs.
39. Explain the four procedures for Atisrava in Raktamokshana.
40. Explain the management of complications of Siravedha with modern medicines.
41. Describe the emergency management of water & electrolyte imbalance.
42. Describe the emergency management of shock.
43. Describe the emergency management of bleeding per rectal.
44. Describe the emergency management of epistaxis.
45. Explain briefly mode of action of Raktamokshana.

**2MARKS**

1. Write definition of Raktamokshana.
2. Define Raktamokshana.
3. Name types of Raktamokshana.
4. Write properties of Suddha Rakta.
5. Name types of Jalauka (Leecha).
6. Name types of Savisha Jalauka.
7. Name types of Nirvisha Jalauka.
8. Write Samyak Lakshana of Jalaukavacharan.
9. What is Pracchana?
10. Write in short method of application of Pracchana.
11. What is Siravedha?
12. How many Sira are there?
13. How many Durvidha Sira are there?
14. What is Mahagada?
15. Where one should Siravedha in Yakrita Roga?
16. Where one should do Siravedha in Gradhrasi Roga?
17. Where one should Siravedha in Pleeha Roga?
18. Write Samyak Lakshana of Siravedha.
19. What is Sandhana in Siravedha?
20. What is Skandana in Siravedha?
21. What is Pachana in Siravedha?
22. What is Dahana in Siravedha?
23. Write properties of Shringa.
24. Write properties of Alabu.
25. Explain Raktamokshana method with Suchi.
26. What is Kutharika Shashtra?
27. What is Vrihimukha Shashtra?
28. What is Trikurcha Shashtra?
29. Write Savisha Jalauka Dansha and its treatment.
30. Write indication of Shringa, Jalauka and Alabu as per Dosha Dushti.

**POINT 9****IX. Physiotherapy**

1. Definition, Utility and Importance of Physiotherapy. 2. Basic Knowledge of Static exercise, Infrared, Short wave diathermy, Electromagnetic therapy, Wax bath therapy, Ultrasonic therapy.

**10 MARKS:**

- 1) Importance of physiotherapy in Hemiplegia ?
- 2) Uses & contra indication of U.S ?
- 3) Phonophoresis ?
- 4) Contra-indications & indications of S.W.D ?

- 5) Reflection & refraction of Wave ?
- 6) Resistance in series & parallel.
- 7) Therapeutic uses & danger of IR ?
- 8) Contra-indications & indications of IR ?
- 9) Which modalities use in HEEL PAIN? Describe in detail
- 10) U.S.

**5 MARKS:**

- 1) Method of IR ?
- 2) Properties of magnets ?
- 3) What is electro-magnetic spectrum ?
- 4) Physiological effects of diathermy ? and method of application?
- 5) Method of Wax bath ?
- 6) Electro-magnetic induction ?
- 7) Physiological effect of US ?
- 8) Difference between non-luminous & luminous generator ?
- 9) Physiological effects of heat ?
- 10) Danger of SWD ?
- 11) Non-luminous generator ?
- 12) Physiotherapy in Parkinson's disease?
- 13) Magnetic effect of an electric current ?
- 14) Types of Electrodes
- 15) Physiotherapy importance in OA knee
- 16) Describe in detail Static exercise
- 17) Physiotherapy importance in Back pain

**2MARKS:**

- 1) What is physiotherapy ?
- 2) Definition of SWD ? give frequency of it.
- 3) Indication and contra-indication of wax ?
- 4) What is IR ? what are types of IR. ?
- 5) Ohm's law ?
- 6) Definition of wavelength of electro magnetic wave ?
- 7) Inverse-square law ?
- 8) What is electro magnetic radiation ?
- 9) Give definitions of EMF & RESISTANCE ?
- 10) What is static exercise ?
- 11) Which modality use in muscles sprains ?
- 12) What is US ? write frequency .
- 13) Define piezo-electric effects ?
- 14) Which factors consider use of US doses ?
- 15) What is static electricity ?
- 16) What is POWER ? give unit of it.
- 17) Definition of frequency ?
- 18) Definition of velocity ?

19) What is phonophoresis ?

20) Give names of diseases in which SWD is use ?

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