



# Rajiv Gandhi University of Health Sciences, Karnataka

**III Year B.A.M.S Degree Examination - 20-Feb-2020**

**Time: Three Hours**

**Max. Marks: 100 Marks**

## **SWASTHAVRITTA AND YOGA**

### **PAPER - I (RS-5)**

**Q.P. CODE: 3039**

Your answers should be specific to the questions asked.

Draw neat, labeled diagrams wherever necessary.

#### **LONG ESSAYS**

**2 x 10 = 20 Marks**

1. Describe Adanakala and explain Grishma Ritu charyas
2. Define Pranayama and write about Ashtavidha kumbhakas

#### **SHORT ESSAYS**

**10 x 5 = 50 Marks**

3. Cosmetic effect of dinacharya procedures
4. Describe vyayama in detail
5. Importance of Ritu shodhana
6. Dwadasha Ashana pravichara
7. Write a note on Viruddha Ahara
8. Relation between Raja Yoga and Hatha Yoga
9. Yoga siddhikara and Nashakara Bhava
10. Types of Soil and selection of Mud
11. Therapeutic effects of fasting
12. Write about Acidic and Alkaline diet

#### **SHORT ANSWERS**

**10 x 3 = 30 Marks**

13. Benefits of Anjana
14. Enumerate Nitya Sevaneeya Ahara
15. Importance of Pathya
16. Dosha Avastha in different Ritus
17. Qualities of Good meat
18. Enumerate Hot water treatments
19. Yogic Pathya Ahara
20. Benefits of Paschimottanasana
21. Define Karma Yoga
22. Hatha siddhi lakshana

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