

Second Professional BAMS Degree Regular Examinations January 2025
Swasthavritta & yoga - Paper 1
(2021 Scheme)

Time: 3 Hours

Total marks:100

- Answer all questions to the point neatly and legibly • Do not leave any blank pages between answers • Indicate the question number correctly for the answer in the margin space
- Answer all parts of a single question together • Leave sufficient space between answers
- Draw diagrams wherever necessary

1. Multiple Choice Questions**(20x1=20)**

The Answers to MCQ questions (Q.No. i to Q.No. xx) shall be written continuously on the first two writing sheets (ie Page No. 3 & 4) only

- i. The ability to interact with people and develop communicative skills is linked to
 - a) Mental health
 - b) Social health
 - c) Emotional health
 - d) Occupational health
- ii. Amount of water to be consumed during Ushakala is
 - a) 1 Prasrta
 - b) 3 Prasrta
 - c) 4 Prasrta
 - d) 8 Prasrta
- iii. Rasa predominance during Adana Kala in each Rutu respectively:
 - a) Katu, Tikta, Kashaya
 - b) Tikta, Katu, Kashaya
 - c) Kashaya, Katu, Tikta
 - d) Tikta, Kashaya, Katu
- iv. Dantadhavana is contraindicated in the following EXCEPT
 - a) Jwara
 - b) Swasa
 - c) Siroroga
 - d) Udavarta
- v. Mudga (Green gram) is a rich source of
 - a) Carbohydrate
 - b) Protein
 - c) Vitamin B
 - d) Fat
- vi. All are included under Pancha Varjya in Sandhyakala as per Bhavamisra, EXCEPT
 - a) Adhyayana
 - b) Nidra
 - c) Maithuna
 - d) Upasana
- vii. 'Paradravya grahanam' is linked to
 - a) Steya
 - b) Lobha
 - c) Atiraaga
 - d) Parapeeda
- viii. In Ahara vidhi visesha combination of two or more foods is called as
 - a) Samskara
 - b) Samyoga
 - c) Rashi
 - d) Karana
- ix. Digital Health Mission is NOT related to
 - a) Ministry of Health and Family Welfare
 - b) National Health Association
 - c) Ministry of Electronics and Information technology
 - d) Ministry of Human Resources
- x. 'Pindikodveshta pratisyaya shirorujah' is categorized under ----- vegadhavana
 - a) Sakrit
 - b) Nidra
 - c) Krodha
 - d) Trishna
- xi. Fasting therapy is based on the tatva
 - a) Agni
 - b) Akasa
 - c) Vayu
 - d) Jala
- xii. The connecting link between Antaranga and Bahiranga yoga is -----
 - a) Niyama
 - b) Pranayama
 - c) Pratyahara
 - d) Asana
- xiii. Karma saamarthyas is the benefit of
 - a) Abhyanga
 - b) Udvartana
 - c) Vyayama
 - d) Snana
- xiv. Madhu is ideal adjuvant for use of Haritaki in
 - a) Sisira
 - b) Vasanta
 - c) Greeshma
 - d) Varsha
- xv. Pitta sanchaya occurs in which Ritu
 - a) Sharad
 - b) Vasanta
 - c) Shishira
 - d) Varsha

(PTO)

- xvi. Bacteria is the agent involved in food borne diseases EXCEPT
 a) Botulism b) Lathyrism c) Shigellosis d) Brucellosis
- xvii. Eating Pathya and Apathya ahara together is known as
 a) Adhyashana b) Viruddhashana
 c) Samashana d) Vishamashana
- xviii. Which one of the following is the Jeernahara lakshana
 a) Snigdhata b) Pushti c) Vegotsarga d) Swapna
- xix. Milk of ----- is ideal for mitigating loss of sleep
 a) Cow b) Goat c) Buffalo d) Camel
- xx. International Yoga Day is celebrated on
 a) June 20 b) June 21 c) July 20 d) July 21

Short Answer Questions

(8x5=40)

2. Describe the features of Arogyalakshana.
3. Write about the importance of Adharaneeya vega in disease prevention and health promotion.
4. Describe procedure and benefits of Gandusha.
5. Explain Divaswapna and enlist the indications and contra indications. (2+3)
6. Describe the concept of Achara Rasayana.
7. Define the Pasteurization methods of milk.
8. Describe the therapeutic effects of massage
9. Explain the concept of Rasayana in health preservation.

Long Answer Questions

(4x10=40)

10. Enumerate
 a) Shatkriya (3)
 b) Prerequisites for performing Asana (1)
 c) Procedure, indication, contraindication and benefits of Bhujangasana (3+1+1+1)
11. Describe the utility of Dinacharya in personal hygiene with three examples
12. Illustrate
 a) Concept of Ritucharya and classification (With Diagram) (2+2)
 b) Chart out a Ahara and vihara protocol for sisira kala with social reference to Agni and Bala (6)
13. Write about the functions of Jeevaneeya Tatwa(Vitamins) and its classification, Explain source, daily requirements and deficiency diseases of Vitamin D. (2+2+2+2+2)
