

2012 Scheme

QP CODE: 313003

Reg. No.....

Third Professional B.A.M.S Degree Supplementary Examinations March 2025 Swasthavritta & Yoga - Paper I

Time: 3hours

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 table/diagrams/flow charts wherever necessary*

Essays

(2x10=20)

1. Explain Dwadasha ashana pravichara and its significance
2. Explain Shadkarma and its importance in Health maintenance

Short notes

(10x5=50)

3. Write about Arogya lakshana
4. Write about the nirukti and prayojana of swasthavritta
5. Brahme muhurte uthishtet – Explain
6. Write about Abhyanga
7. Explain Danta dhavana Vidhi
8. Define pranayama and write in detail about ashta kumbhakas
9. Write about the relation between yoga and Ayurveda
10. Write about the jalachikitsa
11. Explain Dhanurasana
12. Write about shad chakras

Answer briefly

(10x3=30)

13. Snana
14. Udwartana
15. Dhoomapana
16. Prati marsha nasya kala
17. Tamboola sevana Vidhi
18. Nadi Shudhi lakshana
19. Moola bandha
20. Helio therapy (Sunbath)
21. Benefits of Upavasa
22. Yama
