

**Third Professional B.A.M.S Degree Supplementary Examinations**  
**March 2025**

**Swasthavritta and Yoga (Paper I)**

**(2016 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*

**Essays**

**(2x10=20)**

1. Define Dinacharya, write Dinacharya procedures for eye health.
2. Enumerate the components of Bahiranga and Antaranga Yoga. Define Pranayama and write any three Pranayamas in detail along with their indications, contraindications and mode of action

**Short notes**

**(10x5=50)**

3. Describe Brahma Muhurta
4. Iodine deficiency Disorders
5. Varsha Ritucharya
6. Effects of Ayukta Nidra on the body
7. Define Viruddhahara, explain with relevant present-day examples
8. Hydrotherapy, types and effects
9. Adharaniya Vegadharana and its effects on health
10. Dhyana and its effects on health
11. Panchamahabhuta chikitsa
12. Karma Yoga

**Answer briefly**

**(10x3=30)**

13. Yoga Pratibandhakara Bhavas
14. Pavanamuktasana
15. Role of Sadvritta in mental health promotion
16. Importance of Ahara Samskara
17. Abrahmacharya
18. Xerophthalmia
19. Abhyanga
20. Ritusandhi
21. Shavasana
22. Helio therapy

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