

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[BAMS 0125]

**JANUARY 2025
(REGULAR EXAMINATION)**

Sub. Code: 1429

**SECOND PROFESSIONAL B.A.M.S. DEGREE EXAMINATION
(For the candidates admitted from the academic year 2021-2022)
(New Regulation 2021)**

PAPER IX – SWASTHAVRITTA EVAM YOGA - (AyUG-SW) PAPER - I

Q.P. Code: 641429

Maximum: 100 Marks (80 Theory + 20 MCQ)

Time: Three Hours

Answer ALL questions

II. Long answer Questions:

(4x10=40)

1. Explain the importance of Niyata kala vihara and Aniyata kala vihara in prevention.
2. Explain the concept of dosha variation in each ritu and ritu sodhana.
3. Explain Virudhahara with examples.
4. Explain Ashtavidha Kumbhaka.

III. Short Answer Questions:

(8x5=40)

1. Explain swastha lakshana, Arogya lakshana and dhatusamyak lakshanas.
2. Explain the concept of Brahma muhurta.
3. Describe Brahmacharya with reference to specific guidelines.
4. Explain the Shukra vega dharana symptoms and management.
5. Explain importance of Sadvritta in the prevention of adharma.
6. Define Rasayana and what are benefits of Rasayana?
7. Classify Ahara dravyas as per Ayurveda and contemporary science.
8. Explain the procedure and therapeutic effects of mud therapy.

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[BAMS 0725]

**JULY 2025
(SUPPLEMENTARY EXAM)**

Sub. Code: 1429

**SECOND PROFESSIONAL B.A.M.S. DEGREE EXAMINATION
(For the candidates admitted from the academic year 2021-2022)
(New Regulation 2021)
PAPER IX – SWASTHAVRITTA EVAM YOGA - (AyUG-SW) PAPER - I**

Q.P. Code: 641429

Maximum: 100 Marks (80 Theory + 20 MCQ)

Time: Three Hours

Answer ALL questions

II. Long answer Questions:

(4x10=40)

1. Explain the importance of Ahara and vihara as the health promotive and disease preventive measures.
2. Analyse the Pathya-apathya in regards to Ahara-vihara in all six ritus.
3. Explain importance of Ashta ahara vidhi vishesha ayatanani in present era.
4. Explain Ashtanga Yoga.

III. Short Answer Questions:

(8x5=40)

1. Explain different dimensions of health.
2. Explain Pratimarsha nasya in detail.
3. Explain importance of Nidra in health promotion.
4. Explain the Shakrit vega dharana and mutra vega dharana symptoms and management.
5. Explain Achara rasayana.
6. Define Rasayana, write the types of rasayana with examples.
7. Explain Virudhahara janya roga and its chikitsa.
8. Explain Hydro therapy and its therapeutic effects.
