

[LP 1373]

OCTOBER 2019

Sub. Code: 1373

THIRD PROFESSIONAL B.A.M.S. DEGREE EXAMINATION

PAPER I – SWASTHAVRITTA AND YOGA -- I

Q.P. Code : 641373

Time: Three Hours

Maximum : 100 Marks

Answer all Questions

I. Essay Questions

(2 x 15 = 30)

1. Explain Ritucharya.
2. Explain Ashtanga Yoga.

II. Write Notes on:

(10 x 5 = 50)

1. Dwadhasaashanapravicharana.
2. Fat soluble vitamins.
3. Pasteurization of milk.
4. Achararasayana.
5. Saatmyam.
6. Definitions of Yoga.
7. Gomukhasana and Ardhamatsyendrasana.
8. Shadchakras.
9. Importance of Naturopathy in present era.
10. Bandhas and Mudras.

III. Short Answers on:

(10 x 2 = 20)

1. Abhyanga.
2. Ritu Sandhi.
3. Nidhra.
4. Phalavarga.
5. Food adulteration.
6. Hatayoga siddhi lakshanam.
7. Dhanurasana.
8. Dhauti.
9. Steam bath.
10. Nisargopachara.
