

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

[BAMS 1022]

**OCTOBER 2022
(MAY 2022 EXAM SESSION)**

Sub. Code: 1373

**THIRD PROFESSIONAL B.A.M.S. DEGREE EXAMINATION
PAPER I – SWASTHAVRITTA & YOGA – PAPER I
(For the candidates admitted from 2012-2013 and 2016-2017 onwards)
Q.P. Code : 641373**

Time: Three Hours

Answer ALL questions

Maximum : 100 Marks

I. Essay Questions

(2 x 15 = 30)

1. Explain Dinacharya in detail.
2. Explain Pranayama in detail.

II. Write Notes on:

(10 x 5 = 50)

1. Write about Vitamin A deficiency.
2. Write about Vasanta ritucharya.
3. Write about virudda ahara.
4. Write about Ashta Ahara Vidhi Vidhana.
5. Write about Brahmacharya.
6. Write Hatha Yoga.
7. Write about Dharana.
8. Explain shadchakras.
9. Write about Samadhi.
10. Write about Suryanamaskara.

III. Short Answers on:

(10 x 2 = 20)

1. What is Satmya ahara?
2. Definition of Health according to W.H.O.
3. Explain Scurvy disease.
4. Essential amino acids.
5. Write about Ritu Haritaki.
6. Explain Chin Mudra.
7. Write about Sushmna Nadi.
8. Bhujangasana.
9. Dhyana.
10. Explain Pranayama benefits.
