

# Rajiv Gandhi University of Health Sciences, Karnataka

II Year B.A.M.S Degree Examination - FEBRUARY 2017

Time: Three Hours

Max. Marks: 100 Marks

## SWASTHAVRITHA, PAPER-I

Q.P. CODE: 1261

Your answers should be specific to the questions asked. Draw neat, labeled diagrams wherever necessary  
(Note: Use the same theory answer scripts for writing Part A and Part B)

### Part - A (50 Marks)

#### LONG ESSAYS

1 x 11 = 11 Marks

1. Explain ahara vidhi visheshayatanani.

#### SHORT ESSAYS

5 x 5 = 25 Marks

2. Nidra prayojanam
3. Vasanta Rutucharya
4. Dharaneeya vega
5. Pasteurization of milk
6. Adarsha Bhojanam

#### SHORT ANSWERS

7 x 2 = 14 Marks

7. Udwarthana
8. Dusta anna lakshanani
9. Anjana
10. Anupana
11. Kavala - gandusha
12. Hamsodaka
13. Yamadamshttra kala

### Part - B (50 Marks)

#### LONG ESSAYS

1 x 11 = 11 Marks

14. Explain in detail about the disposal of refuse.

#### SHORT ESSAYS

5 x 5 = 25 Marks

15. Agents of Immunization
16. Visankramana
17. Occupational disease - prevention
18. Oupasargika roga
19. Septic tank

#### SHORT ANSWERS

7 x 2 = 14 Marks

20. Indicators of air pollution
21. Comfort zone
22. Jala upayukta matra
23. Define ventilation
24. Bhooshudhi marga
25. Water born diseases
26. Preventive measures of AIDS

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# Rajiv Gandhi University of Health Sciences, Karnataka

II Year B.A.M.S Degree Examination - FEBRUARY 2017

Time: Three Hours

Max. Marks: 100 Marks

## SWASTHAVRITHA, PAPER-I

Q.P. CODE: 1261

Your answers should be specific to the questions asked. Draw neat, labeled diagrams wherever necessary  
(Note: Use the same theory answer scripts for writing Part A and Part B)

### Part - A (50 Marks)

#### LONG ESSAYS

1 x 11 = 11 Marks

1. Explain ahara vidhi visheshayatanani.

#### SHORT ESSAYS

5 x 5 = 25 Marks

2. Nidra prayojanam
3. Vasanta Rutucharya
4. Dharaneeya vega
5. Pasteurization of milk
6. Adarsha Bhojanam

#### SHORT ANSWERS

7 x 2 = 14 Marks

7. Udwarthana
8. Dusta anna lakshanani
9. Anjana
10. Anupana
11. Kavala - gandusha
12. Hamsodaka
13. Yamadamshttra kala

### Part - B (50 Marks)

#### LONG ESSAYS

1 x 11 = 11 Marks

14. Explain in detail about the disposal of refuse.

#### SHORT ESSAYS

5 x 5 = 25 Marks

15. Agents of Immunization
16. Visankramana
17. Occupational disease - prevention
18. Oupasargika roga
19. Septic tank

#### SHORT ANSWERS

7 x 2 = 14 Marks

20. Indicators of air pollution
21. Comfort zone
22. Jala upayukta matra
23. Define ventilation
24. Bhooshudhi marga
25. Water born diseases
26. Preventive measures of AIDS

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# Rajiv Gandhi University of Health Sciences, Karnataka

II Year B.A.M.S Degree Examination - Feb 2018

Time: Three Hours

Max. Marks: 100 Marks

## SWASTHAVRITHA, PAPER-I

Q.P. CODE: 1261

Your answers should be specific to the questions asked. Draw neat, labeled diagrams wherever necessary  
(Note: Use the same theory answer scripts for writing Part A and Part B)

### Part – A (50 Marks)

#### LONG ESSAYS

1 x 11 = 11 Marks

1. Explain – Trayopasthamba

#### SHORT ESSAYS

5 x 5 = 25 Marks

2. Nasya mahatwam
3. Shaka varga varnanam
4. Greeshma ruthu charya
5. Anjana vidhi
6. Astha ninditha purusha

#### SHORT ANSWERS

7 x 2 = 14 Marks

7. Protein
8. Udvarthanam
9. Viruddahara
10. Santarpanam
11. Lathyrism
12. Snana mahatwa
13. Define Health.

### Part – B (50 Marks)

#### LONG ESSAYS

1 x 11 = 11 Marks

14. Define sankramika roga and explain prevention of polio.

#### SHORT ESSAYS

5 x 5 = 25 Marks

15. Shava vlnasha vyavastha
16. Chikitsalaya bhavanam
17. Types of jala
18. Vyadhikshamatwa
19. Prakasha mahatwa

#### SHORT ANSWERS

7 x 2 = 14 Marks

20. Notification
21. Jala upayukta matra
22. Isolation
23. Nivasa ayogyabhoomi
24. Ergonomics
25. Causative organisms for Diphtheria and typhoid
26. Sporadic

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# Rajiv Gandhi University of Health Sciences, Karnataka

II Year B.A.M.S Degree Examination - FEB-2019

Time: Three Hours

Max. Marks: 100 Marks

## SWASTHAVRITHA - PAPER-I (RS-3)

Q.P. CODE: 1261

Your answers should be specific to the questions asked. Draw neat, labeled diagrams wherever necessary  
(Note: Use the same theory answer scripts for writing Part A and Part B)

### Part - A (50 Marks)

#### LONG ESSAYS

1 x 11 = 11 Marks

1. Write about vitamins and explain in detail about fat soluble vitamins.

#### SHORT ESSAYS

5 x 5 = 25 Marks

2. Adharneeya vega
3. Brahna charya mahatwam
4. Swasthavritta prayojanam
5. Snana mahatwam
6. Rutu anusara shodhana

#### SHORT ANSWERS

7 x 2 = 14 Marks

7. Anjana
8. Abhyangam
9. Arogya lakshana
10. Hamsodaka
11. Ksheera mahatwam
12. Vyayama
13. Define health.

### Part - B (50 Marks)

#### LONG ESSAYS

1 x 11 = 11 Marks

14. Define vyadhi kshamatwa and explain host defence in detail.

#### SHORT ESSAYS

5 x 5 = 25 Marks

15. Explain epidemiological triad.
16. Mala nishkasana vyavastha
17. Define visamkramana and write about its prakara.
18. Vidyalaya bhavana varnana
19. Kuprasangaja vyadhi

#### SHORT ANSWERS

7 x 2 = 14 Marks

20. Isolation
21. Causative organism of typhoid and malaria
22. Bhoosthapathana in shava vinasha
23. Ninditha Bhoomi lakshana
24. Ashudha vata lakshana
25. Water borne disease
26. Fomite

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**Rajiv Gandhi University of Health Sciences, Karnataka**  
**II Year B.A.M.S Degree Examination - 18-Feb-2020**

**Time: Three Hours**

**Max. Marks: 100 Marks**

**SWASTHAVRITHA - PAPER-I (RS-3)**

**Q.P. CODE: 1261**

Your answers should be specific to the questions asked.  
Draw neat, labeled diagrams wherever necessary.

**LONG ESSAYS**

**2 x 10 = 20 Marks**

1. Explain role of swasthvritha paripalana in preventing life style disorders.
2. Explain methods of disposal of refuse in detail.

**SHORT ESSAYS**

**10 x 5 = 50 Marks**

3. Physical dimensions of health.
4. Role of udvartana reducing overweight.
5. Vasanta ritucharya (ahara sambandhi).
6. Mutra Vega dharana janya vyadhi laxanas and prevention.
7. Deficiency of vitamin D and its Prevention.
8. Construction and working mechanism of septic tank.
9. Method to control air pollution.
10. Standards of lighting.
11. Swasthya nashaka vyavasaya.
12. Physical occupational hazards and their prevention.

**SHORT ANSWERS**

**10 x 3 = 30 Marks**

13. Hydrogenation.
14. Swasthavritha prayojan.
15. Define and enumerate essential amino acids.
16. Benefits of anjana karma.
17. Nitya sevaniya dravyas.
18. Oral polio vaccine.
19. Define communicable disease.
20. Vector born disease.
21. Composition of air.
22. Modes of disease transmission.

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# Rajiv Gandhi University of Health Sciences, Karnataka

II Year BAMS Degree Examination – SEP-2017

Time: 3 Hours

Max. Marks: 100 Marks

## SWASTHAVRITHA Paper I

Q.P. Code : 1261

Your answers should be specific to the questions asked. Draw neat labeled diagrams wherever necessary  
(Use the same theory answer scripts for writing Part A and Part B)

### Part A (50 Marks)

#### LONG ESSAYS

1 x 11 = 11 Marks

1. Explain the importance of "Ashta Aharavidhi Vishesha ayatanani".

#### SHORT ESSAYS

5 x 5 = 25 Marks

2. Write the importance of nidra and explain its prakara.
3. Name the water soluble vitamins and explain vitamin – C.
4. Write about the importance of "Madhu".
5. Write the Milk pasteurization of test for pasteurization.
6. Enumerate "Varsha Rutucharya".

#### SHORT ANSWERS

2 = 14 Marks

7. Samyak Dhoomapana Lakshanas
8. Dharaneeya vegas
9. Write about Vyayama.
10. Yamadamshttra Kala
11. Udvartana
12. Define sadvritta
13. Define Viruddhahara.

### Part B (50 Marks)

#### LONG ESSAYS

1 x 11 = 11 Marks

14. Write in detail about swasthya nashaka vyavasaya and the prevention of occupational diseases.

#### SHORT ESSAYS

5 x 5 = 25 Marks

15. Explain hardness of water and the methods for removal of hardness.
16. Explain Water Seal Latrine.
17. Enumerate the causes and effects of air pollution.
18. Methods of disposal of refuse
19. Explain the chikitsalaya bhavana sthana

#### SHORT ANSWERS

7 x 2 = 14 Marks

20. Define Vital layer.
21. Write the major features of AIDS.
22. Define epidemic
23. Write the qualities of safe and wholesome water.
24. Define droplet infection.
25. Write the organism of Tetanus and Plague.
26. Write the clinical features of Malaria.

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**Rajiv Gandhi University of Health Sciences, Karnataka**  
**III Year B.A.M.S Degree Examination - 20-Feb-2020**

**Time: Three Hours**

**Max. Marks: 100 Marks**

**SWASTHAVRITTA AND YOGA**  
**PAPER - I (RS-5)**  
**Q.P. CODE: 3039**

Your answers should be specific to the questions asked.  
Draw neat, labeled diagrams wherever necessary.

**LONG ESSAYS**

**2 x 10 = 20 Marks**

1. Describe Adanakala and explain Grishma Ritu charyas
2. Define Pranayama and write about Ashtavidha kumbhakas

**SHORT ESSAYS**

**10 x 5 = 50 Marks**

3. Cosmetic effect of dinacharya procedures
4. Describe vyayama in detail
5. Importance of Ritu shodhana
6. Dwadasha Ashana pravichara
7. Write a note on Viruddha Ahara
8. Relation between Raja Yoga and Hatha Yoga
9. Yoga siddhikara and Nashakara Bhava
10. Types of Soil and selection of Mud
11. Therapeutic effects of fasting
12. Write about Acidic and Alkaline diet

**SHORT ANSWERS**

**10 x 3 = 30 Marks**

13. Benefits of Anjana
14. Enumerate Nitya Sevaneeya Ahara
15. Importance of Pathya
16. Dosha Avastha in different Ritus
17. Qualities of Good meat
18. Enumerate Hot water treatments
19. Yogic Pathya Ahara
20. Benefits of Paschimottanasana
21. Define Karma Yoga
22. Hatha siddhi lakshana

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# Rajiv Gandhi University of Health Sciences, Karnataka

## II Year B.A.M.S Degree Examination - SEP-2018

Time: Three Hours

Max. Marks: 100 Marks

### SWASTHAVRITHA, PAPER-I

Q.P. CODE: 1261

Your answers should be specific to the questions asked. Draw neat, labeled diagrams wherever necessary

(Note: Use the same theory answer scripts for writing Part A and Part B)

#### Part - A (50 Marks)

##### LONG ESSAYS

1 x 11 = 11 Marks

1. Define Dinacharya. How it helps to maintain Swasthya?

##### SHORT ESSAYS

5 x 5 = 25 Marks

2. Achara rasayana
3. Viruddha ahara
4. Asthanindhitha purusha
5. Sharad ritu charya
6. Water soluble vitamins

##### SHORT ANSWERS

2 x 7 = 14 Marks

7. Tamboola
8. Prajnaparadha
9. Satmya ahara
10. Sandhyakala varjita karya
11. Gandoosha
12. Ratri charya
13. Brahmi muhurtha

#### Part - B (50 Marks)

##### LONG ESSAYS

1 x 11 = 11 Marks

14. Define vyadhi kshamatwa, Immunity and describe about the agents of immunization

##### SHORT ESSAYS

5 x 5 = 25 Marks

15. Aoudhyogeeka swasthya
16. Disposal of excreta
17. Visankramana
18. Preventive measures of visoochika
19. Sources of water

##### SHORT ANSWERS

7 x 2 = 14 Marks

20. Notification
21. Air conditioning
22. Jala prasada dravya
23. Hardness of water
24. Chemical closet
25. Nivas yogya Bhoomi
26. Pneumoconiosis

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# Rajiv Gandhi University of Health Sciences, Karnataka

II Year B.A.M.S Degree Examination - SEP-2018

Time: Three Hours

Max. Marks: 100 Marks

## SWASTHAVRITHA, PAPER-I

Q.P. CODE: 1261

Your answers should be specific to the questions asked. Draw neat, labeled diagrams wherever necessary

(Note: Use the same theory answer scripts for writing Part A and Part B)

### Part - A (50 Marks)

#### LONG ESSAYS

1 x 11 = 11 Marks

1. Define Dinacharya. How it helps to maintain Swasthya?

#### SHORT ESSAYS

5 x 5 = 25 Marks

2. Achara rasayana
3. Viruddha ahara
4. Asthanindhitha purusha
5. Sharad ritu charya
6. Water soluble vitamins

#### SHORT ANSWERS

7 x 2 = 14 Marks

7. Tamboola
8. Prajnaparadha
9. Satmya ahara
10. Sandhyakala varjita karya
11. Gandoosha
12. Ratri charya
13. Brahmi muhurtha

### Part - B (50 Marks)

#### LONG ESSAYS

1 x 11 = 11 Marks

14. Define vyadhi kshamatwa, immunity and describe about the agents of immunization

#### SHORT ESSAYS

5 x 5 = 25 Marks

15. Aoudhyogeeka swasthya
16. Disposal of excreta
17. Visankramana
18. Preventive measures of visoochika
19. Sources of water

#### SHORT ANSWERS

7 x 2 = 14 Marks

20. Notification
21. Air conditioning
22. Jala prasada dravya
23. Hardness of water
24. Chemical closet
25. Nivas yogya Bhoomi
26. Pneumoconiosis

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# Rajiv Gandhi University of Health Sciences, Karnataka

## II Year B.A.M.S Degree Examination - SEP-2019

Time: Three Hours

Max. Marks: 100 Marks

### SWASTHAVRITHA, PAPER-I (RS-3)

Q.P. CODE: 1261

Your answers should be specific to the questions asked. Draw neat, labeled diagrams wherever necessary  
(Note: Use the same theory answer scripts for writing Part A and Part B)

#### Part - A (50 Marks)

##### LONG ESSAYS

1 x 11 = 11 Marks

1. Explain the effects of Adanakala on the body and describe Greeshma Ritucharya.

##### SHORT ESSAYS

5 x 5 = 25 Marks

2. Arogya lakshana.
3. Name the fat soluble Vitamins and explain Vitamin E.
4. Mamsa Varga.
5. Classify Nidra and write properties of Yukta nidra.
6. Menstrual Hygiene.

##### SHORT ANSWERS

7 x 2 = 14 Marks

7. Grandusha.
8. Abrahmacharya.
9. Milk Tests.
10. Balanced Diet in Ayurveda.
11. Snana.
12. Ritu Sandhi.
13. Vishamashana.

#### Part - B (50 Marks)

##### LONG ESSAYS

1 x 11 = 11 Marks

14. Define 'Occupational Health', enlist occupational hazards with examples of occupational diseases.

##### SHORT ESSAYS

5 x 5 = 25 Marks

15. Duties of school medical officer.
16. Explain Vyadhikshamatwa prakara.
17. Composition of Air.
18. Write the clinical features of Leprosy.
19. Epidemiological triad.

##### SHORT ANSWERS

7 x 2 = 14 Marks

20. Personal protective equipments.
21. Incidence.
22. Nivasa yogya bhumi.
23. Hardness of water.
24. Jala upayukta matra.
25. Electric cremation.
26. Plenum ventilation.

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**Rajiv Gandhi University of Health Sciences, Karnataka**  
**III Year B.A.M.S Degree Examination - 24-Feb-2020**

**Time: Three Hours**

**Max. Marks: 100 Marks**

**SWASTHAVRITTA AND YOGA**

**PAPER - I (RS-4)**

**Q.P. CODE: 3017**

Your answers should be specific to the questions asked.  
Draw neat, labeled diagrams wherever necessary.

**LONG ESSAYS**

**2 x 10 = 20 Marks**

1. Write in detail about definition, aims and importance of practicing Dinacharya.
2. Definition, history, aims, objectives and panchabhutika siddhanth of Naturopathy.

**SHORT ESSAYS**

**10 x 5 = 50 Marks**

3. Trayopastambha
4. Brahmacharya and Abrahmacharya
5. Santarpana evam Apatarpanajanya vyadhis
6. Ahara nirukti and parkara
7. Dantadhavana and Jihwa nirlekha vidhis
8. Mud therapy
9. Bhujangasana
10. Neti karma
11. Definition, different methods and effects of Massage
12. Patyapatya In yogabhyasa

**SHORT ANSWERS**

**10 x 3 = 30 Marks**

13. Definition of Health according to WHO
14. Shayana vidhi
15. Ritu viparyaya
16. Dugdha varga
17. Food borne diseases
18. Karma yoga
19. Nauli
20. Hip bath
21. Mud pack
22. Ashta siddhis

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# Rajiv Gandhi University of Health Sciences, Karnataka

III Year B.A.M.S Degree Examination – MARCH 2017

Time: Three Hours

Max. Marks: 100 Marks

## SWASTHAVRITHA - I (Revised Scheme 4)

Q.P. CODE: 3017

Your answers should be specific to the questions asked.

Draw neat, labeled diagrams wherever necessary

(Note: Use the same theory answer scripts for writing Part A and Part B)

Part – A (50 Marks)

### LONG ESSAYS

1 x 15 = 15 Marks

1. Write the nirukti, laxanas, upayoga and prayojana of Swasthavritta.

### SHORT ESSAYS

5 x 5 = 25 Marks

2. Rasayana for Swatha
3. Dharaneeya vegas
4. Ashta nindita purusha
5. Adana kala – visarga kala
6. Kavala – Gandoosh

### SHORT ANSWERS

5 x 2 = 10 Marks

7. Nitya sevaneeya ahara
8. Apathyaahara
9. Aims of Dinacharya
10. Physical dimension
11. Ratri bhojana vidhi

Part – B (50 Marks)

### LONG ESSAYS

1 x 15 = 15 Marks

12. Write in detail about Shatkarma.

### SHORT ESSAYS

5 x 5 = 25 Marks

13. Vishrama chikitsa upayoga
14. Hot water treatments
15. Bandhas
16. Ayurveda and Yoga sambandha
17. Padahasthasana

### SHORT ANSWERS

5 x 2 = 10 Marks

18. Raja yoga
19. Niyama
20. Nadi shuddhi pranayama
21. Fasting
22. Whirl pool bath

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# Rajiv Gandhi University of Health Sciences, Karnataka

III Year B.A.M.S Degree Examination - MARCH - 2018

Time: Three Hours

Max. Marks: 100 Marks

## SWASTHAVRITHA - I (Revised Scheme 4)

Q.P. CODE: 3017

Your answers should be specific to the questions asked.

Draw neat, labeled diagrams wherever necessary

(Note: Use the same theory answer scripts for writing Part A and Part B)

### Part - A (50 Marks)

#### LONG ESSAYS

1 x 15 = 15 Marks

1. Explain Importance of Brahmacharya and Abrahmacharya.

#### SHORT ESSAYS

5 x 5 = 25 Marks

2. Aharavidhividana
3. Pratimarsha nasya
4. Dimension of health
5. Vasanta ritucharya
6. Advantages and disadvantages of Vegetarian diet

#### SHORT ANSWERS

5 x 2 = 10 Marks

7. Food toxicants
8. Ritu sandhi
9. Chankramana
10. Arogya lakshana
11. Sandhya kala nishiddha karmas

### Part - B (50 Marks)

#### LONG ESSAYS

1 x 15 = 15 Marks

12. Write nirukti, vyakya and types of yoga. Describe hatha yoga.

#### SHORT ESSAYS

5 x 5 = 25 Marks

13. Dhyna
14. Steam bath
15. Sheetali pranayama
16. Dhanurasana
17. Hip bath

#### SHORT ANSWERS

5 x 2 = 10 Marks

18. Bhastrika
19. Chromotherapy
20. Whirl-pool bath
21. Collection and preparation of mud for mud therapy
22. Muktatma lakshana

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**Rajiv Gandhi University of Health Sciences, Karnataka**  
**III Year B.A.M.S Degree Examination - OCT-2019**

**Time: Three Hours**

**Max. Marks: 100 Marks**

**Swasthavritta and Yoga – Paper I (RS-4)**

**Q.P. CODE: 3017**

Your answers should be specific to the questions asked. Draw neat, labeled diagrams wherever necessary  
(Note: Use the same theory answer scripts for writing Part A and Part B)

**Part – A (50 Marks)**

**LONG ESSAYS**

**1 x 15 = 15 Marks**

1. Explain the effects of Visarga kala on the body and describe sarat ritu charya in detail.

**SHORT ESSAYS**

**5 x 5 = 25 Marks**

2. Swasthavritta Prayojana.
3. Describe Anjana Vidhi.
4. Role of Sadvritta in prevention of Psychosomatic Diseases.
5. Write sources and deficiency diseases of Vitamin A.
6. Explain Dharaniya Vega.

**SHORT ANSWERS**

**5 x 2 = 10 Marks**

7. Define Swastha and Swasthya.
8. Difference between Gandusha and Kavala.
9. Effect of Ratri Jagarana.
10. Methods of Veerya Rakshana.
11. Doshas of Atisthoulya.

**Part – B (50 Marks)**

**LONG ESSAYS**

**1 x 15 = 15 Marks**

12. Discuss the role of Ashtanga Yoga in maintenance of Health.

**SHORT ESSAYS**

**5 x 5 = 25 Marks**

13. Explain different definitions of Yoga.
14. Write procedure and benefits of Bhujangasana.
15. Describe Basti as per Hathayoga Pradeepika.
16. Explain procedure and therapeutic effects of Spinal bath.
17. Explain types of Diet as per Naturopathy.

**SHORT ANSWERS**

**5 x 2 = 10 Marks**

18. Importance of Hathayoga.
19. Contraindications of Vajrasana.
20. Define Naturopathy.
21. What are the therapeutic effects of Mud.
22. Contraindications of Steam bath.

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# Rajiv Gandhi University of Health Sciences, Karnataka

III Year B.A.M.S Degree Examination - SEP-2017

Time: Three Hours

Max. Marks: 100 Marks

Swasthavritta – Paper I (Revised Scheme 4)

Q.P. CODE: 3017

Your answers should be specific to the questions asked. Draw neat, labeled diagrams wherever necessary  
(Note: Use the same theory answer scripts for writing Part A and Part B)

Part – A (50 Marks)

## LONG ESSAYS

1 x 15 = 15 Marks

1. Explain swasthavritta nirukthi, prayojana, and lakshana of swastha purusha in consideration with parameters of health

## SHORT ESSAYS

5 x 5 = 25 Marks

2. Write about the adharaneeya vega
3. Nidra gunas and prakara
4. Define pasteurization and the methods of pasteurization of milk
5. Write about ahara dwadasha pravichara
6. Explain Visarga kala

## SHORT ANSWERS

5 x 2 = 10 Marks

7. Yamadamshttra
8. Pathya
9. Dosha sanchaya prakopa prasara as per Rithu
10. Nitya sevaneeya dravyas
11. Sandhya varjita karya

Part – B (50 Marks)

## LONG ESSAYS

1 x 15 = 15 Marks

12. Define yoga and write about the ashtangas of yoga

## SHORT ESSAYS

5 x 5 = 25 Marks

13. Mrithika chikitsa
14. Relation of Ayurveda and Naturopathy
15. Spinal bath
16. Heliotherapy
17. Gomukhasana

## SHORT ANSWERS

5 x 2 = 10 Marks

18. Sheetal pranayama
19. Nethi kriya
20. Thrataka karma
21. Massage
22. Nisargopachara

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# Rajiv Gandhi University of Health Sciences, Karnataka

III Year B.A.M.S Degree Examination - SEP-2018

Time: Three Hours

Max. Marks: 100 Marks

Swasthavritta – Paper I (Revised Scheme 4)

Q.P. CODE: 3017

Your answers should be specific to the questions asked. Draw neat, labeled diagrams wherever necessary  
(Note: Use the same theory answer scripts for writing Part A and Part B)

Part – A (50 Marks)

## LONG ESSAYS

1 x 15 = 15 Marks

1. Explain Adharaneeya vegas and its management.

5 x 5 = 25 Marks

## SHORT ESSAYS

2. Write about the importance of shodhana in swastha purusha
3. Nidra gunas and prakara
4. Write about "viruddha ahara"
5. Write about jeevaniya tatwa
6. Write about the Swastha purusha lakshana

x 2 = 10 Marks

## SHORT ANSWERS

7. Sadharana ritu
8. Hamsodaka
9. Rasanjana
10. Snana anarha
11. Definition of Health

Part – B (50 Marks)

## LONG ESSAYS

1 x 15 = 15 Marks

12. Define pranayama and write about the ashta kumbhakas

5 x 5 = 25 Marks

## SHORT ESSAYS

13. Upavasa chikitsa
14. Yoga siddhikara and pratibandhakara bhava
15. Sitz bath
16. Chromolium
17. Dhanurasana

5 x 2 = 10 Marks

## SHORT ANSWERS

18. Nouli
19. Muktatma lakshana
20. Muladhara chakra
21. Mudras
22. Types and benefits of Trataka

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# Rajiv Gandhi University of Health Sciences, Karnataka

III Year B.A.M.S Degree Examination - OCT-2019

Time: Three Hours

Max. Marks: 100 Marks

## Swasthavrittha and Yoga - I (RS-5)

Q.P. CODE: 3039

Your answers should be specific to the questions asked.

Draw neat, labeled diagrams wherever necessary

(Note: Use the same theory answer scripts for writing Part A and Part B)

### Part - A (50 Marks)

#### LONG ESSAYS

1 x 15 = 15 Marks

1. Explain the effects of Adana Kala on the body and describe Greeshma Ritu charya in detail.

#### SHORT ESSAYS

5 x 5 = 25 Marks

2. Explain about Achara Rasayana.
3. Describe Anjana Vidhi.
4. Write about Sadvritta.
5. Write sources and deficiency diseases of Vitamin A.
6. Explain Proteins in detail.

#### SHORT ANSWERS

x 2 = 10 Marks

7. Define Health.
8. Beriberi.
9. Jeerna Ahara lakshana.
10. Achamana.
11. Ushapana.

### Part - B (50 Marks)

#### LONG ESSAYS

1 x 15 = 15 Marks

12. Explain Ashtanga Yoga in detail.

#### SHORT ESSAYS

5 x 5 = 25 Marks

13. Write the Principles of Naturopathy.
14. Write the procedure and benefits of Bhujangasana and Dhanurasana.
15. Neti.
16. Pranayama
17. Chittavritti.

#### SHORT ANSWERS

5 x 2 = 10 Marks

18. Yoga Siddikara Bhava.
19. Importance of Upavasa.
20. Mud therapy.
21. Karma yoga.
22. Massage types.

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