

NARMADA – III (2012 COURSE): SUMMER - 2017
SUBJECT : SWASTHA VRITTA & YOGA (PAPER - I)

Day : Thursday
Date : 25/05/2017

Time : 02.00 PM TO 05.00 PM
Max. Marks : 70

N.B.:

- 1) All questions are **COMPULSORY**.
- 2) Figures to the right indicate **FULL** marks.
- 3) Draw neat and labeled diagram **WHEREVER** necessary.
- 4) Answers to both the section should be written in the **SAME** answer book.

SECTION – I

- Q.1** Define Swastha according to Sushrut. Describe upakramas for Swastha and Prasanna Indriyas. [15]
- Q.2** Write definition of Viruddha aahar, its types, diseases occur due to its consumption and its treatment. [10]
- Q.3** Write short notes on **ANY TWO** of the following: [10]
- a) Rutilusandhi and Rutuharitaki
 - b) Dhoompan
 - c) Brahmacharya

SECTION – II

- Q.4** Write various definition of Yoga and describe Panchakosha. [15]
- Q.5** Write principles of Nisargopchar and describe Mruttika Chikitsa. [10]
- Q.6** Write short notes on **ANY TWO** of the following: [10]
- a) Suryanamskar
 - b) Ujjayi Pranayam
 - c) Dhauti

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NARMADA – III (2012 COURSE): SUMMER - 2017
SUBJECT : SWASTHA VRITTA & YOGA (PAPER - I)

Day : Thursday
Date : 25/05/2017

Time :
Max. Marks : 10

N.B.:

- 1) All questions are **COMPULSORY**.
- 2) You have to make ✓ such kind of mark in the box of appropriate answers.
- 3) The question paper itself is an answer script you have to return it to the Supervisor within **10** minutes.
- 4) There is no negative marking.

Seat No. _____

Total Marks Obtained. _____

JR. Supervisor's Signature. _____

Signature of the Examiner. _____

M.C.Q.

- 1) Sleep is one among the _____.
 - a) Trayopasthambha
 - b) Adharaneya vega
 - c) Both a and b
 - d) None of the above
- 2) Proper following of trayopasthambha gives _____.
 - a) Bala
 - b) Varna
 - c) Upachaya
 - d) All of the above
- 3) Lokasya _____ Stithi Utpatti Vinasha Hetuhu.
 - a) Aharaha
 - b) Doshaha
 - c) Dhatuhu
 - d) Malaha
- 4) Shodhana advised in Varsha Ritu is _____.
 - a) Basti
 - b) Virechana
 - c) Vaman
 - d) Nasya

- 5) Which of the following is best for Dantadhavana?
- a) Madhur
 - b) Amla
 - c) Kashaya
 - d) Lavana
- 6) The five layers of human existence according to Yoga is _____.
- a) Saptadhatu
 - b) Panchakosha
 - c) Panchamahabuta
 - d) Tridosha
- 7) Sthirata and Sukha is achieved by _____.
- a) Yama
 - b) Niyama
 - c) Asana
 - d) Pranayama
- 8) Steam bath is contraindicated in _____.
- a) High BP
 - b) Unmaad
 - c) Rajyakshma
 - d) All of the above
- 9) Swadhyaya is a sub part of _____.
- a) Yama
 - b) Niyama
 - c) Asana
 - d) Pranayama
- 10) _____ asana is contraindicated in female.
- a) Padmasana
 - b) Shirsana
 - c) Mayurasana
 - d) Vajrasana

NARMADA – III (2012 COURSE): SUMMER - 2017
SUBJECT : SWASTHA VRITTA & YOGA (PAPER - II)

Day : Friday
Date : 26/05/2017

Time :
Max. Marks : 10

N.B.:

- 1) All questions are **COMPULSORY**.
- 2) You have to make ✓ such kind of mark in the box of appropriate answers.
- 3) The question paper itself is an answer script you have to return it to the Supervisor within **10** minutes.
- 4) There is no negative marking.

Seat No. _____

Total Marks Obtained. _____

JR. Supervisor's Signature. _____

Signature of the Examiner. _____

M.C.Q.

- 1) Incubation period of Cholera is _____.
 - a) 1 week
 - b) 10 days
 - c) 1 month
 - d) Few hours to 5 days
- 2) Dominant cause of blindness in India is _____.
 - a) Glaucoma
 - b) Cataract
 - c) Vitamin A deficiency
 - d) All of above
- 3) _____ is the World Health Day.
 - a) 7th January
 - b) 21st March
 - c) 1st July
 - d) 7th April
- 4) After delivery mother's first milk is called _____.
 - a) Colostrum
 - b) Meconium
 - c) Vernix
 - d) Medicatrix

- 5) _____ is used in the treatment of Malaria.
- a) Diethyl carbarmazine
 - b) Rifampicin
 - c) Chloroquine
 - d) Daysome
- 6) _____ the causative organism of Measles.
- a) RNA Virus
 - b) Treponema Palladium
 - c) Varicella Zoster
 - d) Haemophilus ducreyi
- 7) Number of staff in each community health centre is _____.
- a) 15
 - b) 25
 - c) 35
 - d) 45
- 8) The alphabet E in the letter UNICEF was meant for _____.
- a) Education
 - b) Everyone
 - c) Establishment
 - d) Emergency
- 9) _____ is a intrauterine device.
- a) Copper T
 - b) Vaginal sponge
 - c) Condom
 - d) OCP
- 10) Neonatal mortality means death within _____ of life.
- a) 7 days
 - b) 28 days
 - c) 60 days
 - d) 45 days