

III - B.A.M.S. (2012 COURSE) : WINTER - 2017

SUBJECT : SWASTHA VRITTA & YOGA PAPER - I

Day : Friday  
Date : 27/10/2017

W-2017-3557

Time : —  
Max. Marks : 10

N.B.

- 1) All questions are **COMPULSORY**.
- 2) You have to make  such kind of mark in the book of appropriate answer.
- 3) This question paper itself is an answer script, you have to return to the supervisor after 10 minutes.
- 4) There is no negative marking.

Seat No. \_\_\_\_\_

Total Marks Obtained \_\_\_\_\_

Supervisor's Signature \_\_\_\_\_

Signature of the Examiner \_\_\_\_\_

MCQ

- 1) Person have pravara bala in \_\_\_ ritu.
  - a)  Shishir, Hemant
  - b)  Hemant, Varsha
  - c)  Shishir, Grishma
  - d)  Vasant, Hemant
- 2) Diwaswapna is indicated in \_\_\_\_\_ ritu.
  - a)  Varsha
  - b)  Grishma
  - c)  Vasant
  - d)  Hemant
- 3) Brahma muhurtha uttishhtastvastha \_\_\_\_\_ rakshartham.
  - a)  Prana
  - b)  Swasa
  - c)  Ayusha
  - d)  Rakta
- 4) Sadvrutta includes good \_\_\_\_\_ conduct.
  - a)  Mental
  - b)  Social
  - c)  Religion
  - d)  All
- 5) Sama doshaha samagnisha samadhatu malakriyaha prasanna atmendriya manaha \_\_\_\_\_ ityabhidhiyate.
  - a)  Ayu
  - b)  Prana
  - c)  Swasthya
  - d)  Rasa

P.T.O.

- 6) \_\_\_\_ defined yoga as 'Samatvam yoga uchate'.
- Patanjali
  - Charak
  - Bhagwat Gita
  - Gherand
- 7) Shucha Santosha Tapa, Swadhyaya Ishwara pranidhanani \_\_\_\_\_.
- Yamaha
  - Niyamha
  - Asanaha
  - Pratyaharaha
- 8) Intense gazing at one point to develop power of concentration is \_\_\_\_\_.
- Neti
  - Dhauti
  - Tratak
  - Basti
- 9) According to \_\_\_\_\_ the cause of disease is due to accumulation of morbid matter in the body.
- Ayurved
  - Yoga
  - Naturopathy
  - None
- 10) According to IAYT, disease originates at \_\_\_\_\_ kosha.
- Annamaya
  - Manomaya
  - Pranamaya
  - Anandmaya

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III-B.A.M.S.(2012 COURSE): WINTER-2017

SUBJECT: SWASTHA VRITTA & YOGA PAPER-I

Day: Friday  
Date: 27-10-2017

W-2017-3557

Time: 10.00 A.M. To 1.00 P.M.  
Max. Marks: 70

N.B.:

- 1) All questions are **COMPULSORY**.
- 2) Figures to the right indicate **FULL** marks.
- 3) Answers to both the sections should be written in **SAME** answer book.

SECTION -I

- Q.1 Write sequence of Dincharya and describe Vasant Ritucharya in detail. (15)
- Q.2 Describe in detail types of diet nutrients according to modern science. (10)
- Q.3 Write short notes on any **TWO** of the following: (10)
- a) Ashtauaaharvidhi Visheshayatan
  - b) Vitamin- C
  - c) Dharaneeya Vega

SECTION-II

- Q.4 Write Principles of Naturopathy and describe Mardan Chikitsa in detail. (15)
- Q.5 Define Pranayam and describe eight types of Kumbhaka. (10)
- Q.6 Write short notes on any **TWO** of the following: (10)
- a) Neti
  - b) Bandh
  - c) Sarvangasana

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हिंदी रूपांतर

सूचनाएं:

- १) सभी प्रश्न अनिवार्य हैं।
- २) दाहिने दिए हुए अंक गुणोंका निर्देश करते हैं।
- ३) दोनों विभाग एकही उत्तरपत्रिका में लिखिए।

विभाग - १

- प्र.१ दिनचर्या का क्रम लिखकर वसंत ऋतुचर्या सविस्तर लिखिए। (१५)
- प्र.२ आधुनिक शास्त्र के अनुसार आहार के पोषक तत्त्व सविस्तर लिखिए। (१०)
- प्र.३ टिप्पणी लिखिए। (कोई भी दो) (१०)
- अ) अष्टौआहारविधिशेषायतन  
ब) विटमिन-सी  
क) धारणीय वेग

विभाग - २

- प्र.४ निसर्गोपचार के मूलतत्त्व लिखकर, मर्दन चिकित्सा सविस्तर लिखिए। (१५)
- प्र.५ प्राणायाम व्याख्या लिखिए और आठ प्रकार के कुंभक सविस्तर वर्णन कीजिए। (१०)
- प्र.६ टिप्पणी लिखिए। (कोई भी दो) (१०)
- अ) नेति  
ब) बंध  
क) सर्वांगासन

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III - B.A.M.S (2012 COURSE) WINTER - 2017  
SUBJECT : SWASTHA VRITTA & YOGA PAPER - II

Day : Saturday  
Date : 28-10-2017

Time : —  
Max. Marks : 10

W-2017-3558

N.B.

- 1) All questions are **COMPULSORY**.
- 2) You have to make  such kind of mark in the book of appropriate answer.
- 3) This question paper itself is an answer script, you have to return to the supervisor after 10 minutes.
- 4) There is no negative marking.

Seat No. \_\_\_\_\_

Total Marks Obtained \_\_\_\_\_

Supervisor's Signature \_\_\_\_\_

Signature of the Examiner \_\_\_\_\_

MCQ

- 1) Headquarter of WHO is at \_\_\_\_\_.
  - a)  New York
  - b)  New Delhi
  - c)  Geneva
  - d)  London
- 2) \_\_\_\_\_ is a IUD.
  - a)  Condom
  - b)  Copper T
  - c)  Mala D
  - d)  Vaginal sponge
- 3) Rice water diarrhoea is a diagnostic symptom of \_\_\_\_\_.
  - a)  Malaria
  - b)  Influenza
  - c)  Typhoid
  - d)  Cholera
- 4) Total number of staff in primary health centre is \_\_\_\_\_.
  - a)  10
  - b)  15
  - c)  25
  - d)  35
- 5) Route of BCG vaccine is \_\_\_\_\_.
  - a)  ID
  - b)  IV
  - c)  SC
  - d)  IM

P.T.O.

- 6) Bull neck appearance is a sign of \_\_\_\_\_.
- a)  Mumps
  - b)  Diphtheria
  - c)  AIDS
  - d)  TB
- 7) National Control Programme for Leprosy was launched in \_\_\_\_\_.
- a)  1966
  - b)  1969
  - c)  1967
  - d)  1983
- 8) Mantoux test is used for diagnosis of \_\_\_\_\_.
- a)  Typhoid
  - b)  Cholera
  - c)  TB
  - d)  Influenza
- 9) Health surveillance is \_\_\_\_\_ of data.
- a)  Collection
  - b)  Interpretation
  - c)  Monitoring
  - d)  a & b
- 10) Bagassosis is due to inhalations of \_\_\_\_\_ dust.
- a)  Cotton fibre
  - b)  Sugarcane
  - c)  Grain
  - d)  None

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III - B.A.M.S. (2012 COURSE) : WINTER - 2017

SUBJECT: SWASTHA VRITTA & YOGA PAPER -II

Day: Saturday  
Date: 28/10/2017

Time: 10.00 AM TO 01.00 PM  
Max. Marks: 70

**W-2017-3558**

**N.B.:**

- 1) All questions are **COMPULSORY**.
- 2) Figures to the right indicate **FULL** marks.
- 3) Answers to both the sections should be written in **SAME** answer book.

**SECTION -I**

- Q.1** Write in detail about Malaria. (15)
- Q.2** Write occupational Hazards and its Preventive measures. (10)
- Q.3** Write short notes on any **TWO** of the following: (10)
- a) Radiation
  - b) Prevention and Control of air pollution
  - c) Vyadhikshamatva

**SECTION-II**

- Q.4** Write Mother and child health care in detail. (15)
- Q.5** Write National Tuberculosis Control Programme in detail. (10)
- Q.6** Write short notes on any **TWO** of the following: (10)
- a) UNICEF
  - b) Alma-atta declaration
  - c) Intra uterine devices

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हिंदी रूपांतर

सूचनाएं:

- १) सभी प्रश्न अनिवार्य हैं।
- २) दाहिने दिए हुए अंक गुणोंका निर्देश करते हैं।
- ३) दोनों विभाग एकही उत्तरपत्रिका में लिखिए।

विभाग - १

- प्र.१ मलेरिया सविस्तर वर्णन कीजिए। (१५)
- प्र.२ औद्योगिक अस्वास्थ्यकर घटक लिखकर, नियंत्रण के उपायों का वर्णन कीजिए। (१०)
- प्र.३ टिप्पणी लिखिए। (कोई भी दो) (१०)
- अ) विकिरण
- ब) वायुप्रदूषण के प्रतिबंध एवं नियंत्रण उपाय
- क) व्याधिक्षमत्त्व

विभाग - २

- प्र.४ माता और बालक स्वास्थ्य संरक्षण के उपाय वर्णन कीजिए। (१५)
- प्र.५ राष्ट्रीय क्षय नियंत्रण कार्यक्रम सविस्तर लिखिए। (१०)
- प्र.६ टिप्पणी लिखिए। (कोई भी दो) (१०)
- अ) युनिसेफ
- ब) अल्मा-आटा डिक्लरेशन
- क) गर्भाशयगत साधन

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