

III - B.A.M.S. (2012 COURSE) : SUMMER - 2018
SUBJECT : SWASTHA VRITTA AND YOGA PAPER – I

Day : **Thursday**
Date : **24/05/2018**

S-2018-3647

Time : **10.00 AM TO 01.00 PM**
Max. Marks : **10**

N. B. :

- 1) All questions are **COMPULSORY**.
 - 2) You have to make \surd such kind of mark in the box of appropriate answer.
 - 3) This question paper itself is an answer script, you have to return to the supervisor after **10** minutes.
 - 4) There are no negative marking.
 - 5) Do not use pencils.
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Seat No.: _____

Total Marks Obtained: _____

Jr. Superviosr's Signature: _____

Examiner's Signature: _____

MCQs:

Q. 1 Adana Kala includes _____ Rutu.

- a) Varsha
- b) Grishma
- c) Sharad
- d) Hemant

Q. 2 Nidra is one among the _____

- a) Trayopsthamba
- b) Both a and c
- c) Adhameeya Vega
- d) None of above

Q. 3 Types of diet in Naturopathy are _____

- a) 03
- b) 04
- c) 05
- d) 06

Q. 4 _____ is used for cleaning Nasal passage.

- a) Nauli
- b) Dhouti
- c) Neti
- d) Kunjal Kriya

P. T. O.

Q. 5 Asta Ahara Vishivisheshayata are _____

- a) 03
- b) 05
- c) 08
- d) 06

Q. 6 Types of Nidra are _____

- a) 05
- b) 07
- c) 06
- d) 08

Q. 7 _____ is type of Dharaneeya Vega.

- a) Jrumbha
- b) Ashru
- c) Nidra
- d) Krodha

Q. 8 Jalchikista is called as _____ therapy.

- a) Chromo
- b) Helio
- c) Hydro
- d) Dieto

Q. 9 _____ is a fat soluble vitamin.

- a) A
- b) D
- c) E
- d) All of above

Q. 10 There are _____ numbers of Ritus.

- a) 02
- b) 04
- c) 06
- d) 08

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III-B.A.M.S.(2012 Course):SUMMER-2018

SUBJECT- SWASTHA VRITTA AND YOGA PAPER-I

Day: Thursday

Time: 10:00AM TO 1:00P.M.

Date: 24-05-2018

S-2018-3647

Max Marks: 70

N.B:

- 1) All questions are **COMPULSORY**.
- 2) Number on righty side indicates **FULL** marks.
- 3) Write Section-I and II on **SAME** answer sheets.

SETION-I

- Q.1 Write in detail about Ritu charya. (15)
- Q.2 Describe Astha Ahara Vidhi Visheshayatana. (10)
- Q.3 Write short notes (ANY TWO) (10)
- a) Ritu Haritaki
 - b) Visarga Kala
 - c) Balanced diet

SETION-II

- Q.4 Write Pancha Kosha theory in detail. (15)
- Q.5 a) Explain Pranayama in detail. (10)
- Q.6 Write short notes (ANY TWO) (10)
- a) Shat karma
 - b) Fasting
 - c) Hydrotherapy

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हिंदी रूपांतर

सूचनाएं:

- १) सभी प्रश्न आवश्यक है।
- २) दाहिने दिए हुए अंक प्रश्नों के गुण दर्शाते है।

विभाग - १

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|-------|--|------|
| प्र.१ | ऋतुचर्या का सविस्तर वर्णन कीजिए। | (१५) |
| प्र.२ | अष्टआहार विधि विशेष आयतन का सविस्तर वर्णन कीजिए। | (१०) |
| प्र.३ | टिप्पणी लिखिए। (कोई भी दो) | (१०) |
| | अ) ऋतु हरितकी | |
| | ब) विसर्गकाल | |
| | क) बॅलन्स डाईट | |

विभाग - २

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|-------|---|------|
| प्र.४ | पंचकोष का विस्तारपूर्वक वर्णन कीजिए। | (१५) |
| प्र.५ | प्राणायाम का विस्तारपूर्वक वर्णन कीजिए। | (१०) |
| प्र.६ | टिप्पणी लिखिए। (कोई भी दो) | (१०) |
| | अ) षटकर्म | |
| | ब) उपवास चिकित्सा | |
| | क) जल चिकित्सा | |

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