

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

Day : Friday  
Date : 16-11-2018

Time : -  
Max. Marks : 10

W-2018-3815

**N. B. :**

- 1) All questions are **COMPULSORY**.
- 2) You have to make ✓ 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.

**Seat No.:** \_\_\_\_\_

**Total Marks Obtained:** \_\_\_\_\_

**Jr. Superviosr's Signature:** \_\_\_\_\_

**Examiner's Signature:** \_\_\_\_\_

**MCQs:**

**Q. 1** Vaisarg Kal includes \_\_\_\_\_ Ritues.

- a) ☐ Shishir
- b) ☐ Grishma
- c) ☐ Vasant
- d) ☐ Varsha

**Q. 2** Shayan Vidhi means \_\_\_\_\_

- a) ☐ When to wake up
- b) ☐ When to walk
- c) ☐ How to sleep
- d) ☐ How to eat

**Q. 3** Dose of pritimarsh nasya \_\_\_\_\_ drops

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

**Q. 4** Definition of Health is given by \_\_\_\_\_

- a) ☐ UNICEF
- b) ☐ NPCB
- c) ☐ NLEP
- d) ☐ WHO

**P. T. O.**

Q. 5 Trayoupastambha includes \_\_\_\_\_

- a) ☐ Ritucharya
- b) ☐ Ratricharya
- c) ☐ Dincharya
- d) ☐ Bhramcharya

Q. 6 Astanidita purush are \_\_\_\_\_ numbers.

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

Q. 7 Panchkoshas are \_\_\_\_\_ in numbers.

- a) ☐ 01
- b) ☐ 05
- c) ☐ 03
- d) ☐ 07

Q. 8 Kumbhak Bheda includes \_\_\_\_\_

- a) ☐ Dhauti
- b) ☐ Nauli
- c) ☐ Basti
- d) ☐ Shitali

Q. 9 There are \_\_\_\_\_ main Nadis.

- a) ☐ 02
- b) ☐ 07
- c) ☐ 03
- d) ☐ 10

Q. 10 Helio Therapy is called as \_\_\_\_\_ bath.

- a) ☐ Mud
- b) ☐ Air
- c) ☐ Water
- d) ☐ Sun

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**SUBJECT- SWASTHA VRITTA AND YOGA PAPER-I**

Day: Friday  
Date: 16/11/2018

**W-2018-3815**

Time: 10.00 AM TO 01.00 PM  
Max Marks: 70

**N.B:**

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

**SETION-I**

- Q.1** Explain in detail about Dincharya procedures. **(15)**
- Q.2** Write in detail about a Adharaneyaa vegas. **(10)**
- Q.3** Write short notes (**ANY TWO**) **(10)**
- a) Asta Nindta Purusha
  - b) Dharaneeaya Vegas
  - c) Nidra Types

**SETION-II**

- Q.4** Write various definitions of Yoga, with its origin and explain in detail Astanga Yoga. **(15)**
- Q.5** Explain Pancha Kosha Theory in detail. **(10)**
- Q.6** Write short notes (**ANY TWO**) **(10)**
- a) Heliotherapy
  - b) Fasting therapy
  - c) Mud therapy

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## हिंदी रूपांतर

### सूचनाएं:

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

### विभाग - १

- |       |                                       |      |
|-------|---------------------------------------|------|
| प्र.१ | दिनचर्या का सविस्तर वर्णन कीजिए।      | (१५) |
| प्र.२ | अधारणिय वेगों का सविस्तर वर्णन कीजिए। | (१०) |
| प्र.३ | टिप्पणी लिखिए। (कोई भी दो)            | (१०) |
|       | अ) अष्टनिंदीत पुरुष                   |      |
|       | ब) धारणिय वेग                         |      |
|       | क) निद्रा के प्रकार                   |      |

### विभाग - २

- |       |   |      |
|-------|---|------|
| प्र.४ | योग शब्द की उत्पत्ति, व्याख्या और अष्टांग योग का सविस्तर वर्णन कीजिए। | (१५) |
| प्र.५ | पंचकोष के विषय में सविस्तर वर्णन कीजिए।                               | (१०) |
| प्र.६ | टिप्पणी लिखिए। (कोई भी दो)  | (१०) |
|       | अ) जलचिकित्सा   |      |
|       | ब) उपवास चिकित्सा   |      |
|       | क) मृत्तिका चिकित्सा  |      |

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