

III. B.A.M.S. (2012 COURSE): SUMMER - 2020
SUBJECT: SWASTHA VRITTA & YOGA PAPER - I

Day: Monday

Date: 07-12-2020

S-2020-9422

Time: —

Max. Marks: 10

N.B.:

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

Seat No. _____

Total Marks Obtained: _____

Jr. Supervisor's Signature: _____

Examiner's Signature: _____

1. Sleep is one among the _____.

- a) ☐ Trayopasthambha
- b) ☐ Dharneeya vega
- c) ☐ Both a and b
- d) ☐ None of the above

2. Matra of Pratimarsha nasya is _____ drops.

- a) ☐ 2
- b) ☐ 4
- c) ☐ 6
- d) ☐ 8

3. Shayanavidhi means how to _____.

- a) ☐ Exercise
- b) ☐ Eat
- c) ☐ Talk
- d) ☐ Sleep

4. Macronutrients include proteins, fats and _____.

- a) ☐ Vitamin
- b) ☐ Carbohydrates
- c) ☐ Minerals
- d) ☐ None of the above

P. T. O.

5. Adharneeya vegas include _____.

- a) ☐ Krodha
- b) ☐ Bhaya
- c) ☐ Shwas
- d) ☐ Shoka

6. Panchakosha's are _____ in number.

- a) ☐ 2
- b) ☐ 3
- c) ☐ 4
- d) ☐ 5

7. There are _____ number of Pranayama.

- a) ☐ 8
- b) ☐ 10
- c) ☐ 12
- d) ☐ 14

8. Shatakarmas are _____ in number.

- a) ☐ 2
- b) ☐ 4
- c) ☐ 6
- d) ☐ 8

9. Swadhyaya is a subpart of _____.

- a) ☐ Yama
- b) ☐ Niyama
- c) ☐ Asan
- d) ☐ Pranayama

10. Sthirata and Sukha is achieved by _____.

- a) ☐ Yama
- b) ☐ Niyama
- c) ☐ Asan
- d) ☐ Pranayama

III. B.A.M.S. (2012 COURSE): SUMMER - 2020
SUBJECT: SWASTHA VRITTA & YOGA PAPER - I

Day: Monday
Date: 07-12-2020

Time: 2:00 P.M. TO 5:00 P.M.
Max. Marks: 70

S-2020-9422

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** Explain in detail about Tryopastambha? (15)
- Q.2** Write in detail about Ritu charya with suitable examples. (10)
- Q.3** Write short notes on any **TWO** of the following: (10)
- a) Pasteurization of Milk
 - b) Adharneeya vega
 - c) Yamadamshttra

SECTION-II

- Q.4** Write in detail about Astanga yoga. (15)
- Q.5** Explain in detail about Shatkarma. (10)
- Q.6** Write short notes on any **TWO** of the following: (10)
- a) Pranayama
 - b) Shad Chakras
 - c) Yoga in Ayurved

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हिंदी रूपांतर

सूचना:

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

विभाग - १

- प्र.१ त्रयोउपस्तंभ का सविस्तर वर्णन कीजिए। (१५)
- प्र.२ ऋतुचर्या के बारे में सविस्तर वर्णन कीजिए। (१०)
- प्र.३ टिप्पणी लिखिए। (कोई भी दो) (१०)
- अ) पौष्टिकरायज्ञेशन ऑफ़ मिल्क
- ब) आधारणीय वेग
- क) यमदंष्ट्रा

विभाग - २

- प्र.४ अष्टांग योग के बारे में सविस्तर वर्णन कीजिए। (१५)
- प्र.५ षट्कर्म के बारे में सविस्तर लिखिए। (१०)
- प्र.६ टिप्पणी लिखिए। (कोई भी दो) (१०)
- अ) प्राणायाम
- ब) षड्चक्र
- क) योगा इन आयुर्वेद

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