

III – B. A. M.S. (2017 Course): SUMMER 2020
SUBJECT: SWASTHA VRITTA AND YOGA -I

Day : Monday
Date : 07-12-2020

Time: —
Max. Marks: 08

S-2020-16854

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 it self 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 _____

Jr. Supervisor's Signature _____

Signature of the Examiner _____

Q.1 Divaswap is indicated for person who has _____.

- a) ☐ Ratri swapna
- b) ☐ Vata Prakruti
- c) ☐ Ratri jagran
- d) ☐ Kaphaprakruti

Q.2 Swastha Chatuska is mentioned in Charak _____.

- a) ☐ Sutrasthana
- b) ☐ Sharer
- c) ☐ Chikitsa
- d) ☐ Siddhi

Q.3 The composition of ahara is _____.

- a) ☐ Panchabhautic
- b) ☐ Tridoshatmak
- c) ☐ Shadrasatmak
- d) ☐ None of the above

Q.4 Fats are classified as _____.

- a) ☐ Simple and compound lipids
- b) ☐ Derived lipids
- c) ☐ Both
- d) ☐ None of the above

Q.5 Shodhana advised in Sharas Ritu is _____.

- a) ☐ Basti
- b) ☐ Virechana
- c) ☐ Vaman
- d) ☐ Nasya

Q.6 Ashtang Yoga consists of _____ parts.

- a) ☐ Nine
- b) ☐ Five
- c) ☐ Eight
- d) ☐ Seven

Q.7 Cleansing techniques in Yoga are _____.

- a) ☐ Mudra
- b) ☐ Kriyas
- c) ☐ Bandas
- d) ☐ Asana

Q.8 Steam bath is indicated in _____.

- a) ☐ Hypertension
- b) ☐ Unmaad
- c) ☐ Tuberculosis
- d) ☐ Arthritis

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III – B. A. M.S. (2017 Course): SUMMER 2020
SUBJECT: SWASTHA VRITTA AND YOGA -I

Day : Monday
Date : 07-12-2020

S-2020-16854

Time: 2:00PM-5:00PM
Max. Marks: 72

N.B.:

- 1) All questions are **COMPULSORY**.
- 2) Figures to the right indicate **FULL** Marks.
- 3) Answer to both the sections should be written in the **SEPARATE** answer book.
- 4) Draw neat labelled diagram **WHEREVER** necessary.

SECTION-I

- Q.1** Explain Ratricharya with the help of Sandhyacharya Ratribhojan Vidhi, (12)
Shayan Vidhi, according to Bhavamishra in detail.
- Q.2** Write Ahara Nirukti Swarupa. Describe Aharvidhividhan in detail. (12)
- Q.3** Write Nirukti and Utpatti of Nidra and describe types of Nidra. (08)
- Q.4** Write short notes on **ANY TWO** of the following. (04)
- a) Dwadashana Pravicharana
 - b) Methods of pasteurization of milk
 - c) Water soluble vitamins

SECTION-II

- Q.5** Explain Hatyoga with Ashtang Yoga. (12)
- Q.6** Explain Mruttika Chikitsta with principles of Naturopathy. (12)
- Q.7** Explain Nadis in detail and write types of Nadis. (08)
- Q.8** Write short notes on **ANY TWO** of the following. (04)
- a) Explain Mudras
 - b) Sunbath
 - c) Different methods of Mardana

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हिंदी रूपांतर

सूचना :

- १) सभी प्रश्न आवश्यक है ।
- २) दाहिने दिए हुए अंक गुणोंका निर्देशन करते है ।
- ३) दोन्हो विभाग अलग अलग उत्तरपत्रिकामें लिखिए ।

विभाग - १

- प्र.१ संध्याचर्या, रात्रीभोजन विधी, शयनविधी को संदर्भ में रखकर भावमिश्र के अनुसार रात्रीचर्या (१२) सविस्तर लिखिए ।
- प्र.२ आहार की निरुक्ती एवं स्वरूप लिखकर आहारविधीविधान सविस्तर लिखिए । (१२)
- प्र.३ निद्रा की निरुक्ती और उत्पत्ती लिखकर निद्रा के प्रकार लिखिए । (०८)
- प्र.४ टिप्पणी लिखिए । (कोईभी दो) (०४)
- अ) द्वादशासन प्रविचारणा
ब) दुध की निर्जिविकरण विधी
क) पानी में घुलनशिल जीवनसत्व

विभाग - २

- प्र.५ हटयोग के बारे में लिखकर अष्टांग योग सविस्तर लिखिए । (१२)
- प्र.६ निसर्गोपचार चिकित्सा तत्व और मृत्तीका चिकित्सा सविस्तर लिखिए । (१२)
- प्र.७ नाडी का सविस्तर वर्णन कर के नाडी के प्रकार सविस्तर लिखिए । (०८)
- प्र.८ टिप्पणी लिखिए । (कोईभी दो) (०४)
- अ) मुद्रा वर्णन
ब) सूर्यस्नान
क) मर्दन की पध्दती
