

III BAMS (2012 Course) Summer - 2019.  
SUBJECT : SWASTHA VRITTA AND YOGA PAPER - I

Day : Tuesday  
Date : 04.06.2019.

Time : —  
Max. Marks : 10

S 2019-4105

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.

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

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

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

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

MCQs:

Q. 1 Arogya Lakshana is mentioned \_\_\_\_\_ Samhita.

- a)  Charak
- b)  Sushruta
- c)  Vaghbhat
- d)  Kashyap

Q. 2 There are \_\_\_\_\_ numbers of Ritus.

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

Q. 3 Trayoupasthambha includes \_\_\_\_\_ numbers.

- a)  02
- b)  03
- c)  30
- d)  None of above

Q. 4 Asta Nindata purusha are \_\_\_\_\_ in numbers.

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

P. T. O.

Q. 5 Panchakosha theory are \_\_\_\_\_ in numbers.

- a)  02
- b)  04
- c)  05
- d)  06

Q. 6 There are \_\_\_\_\_ main Nadis.

- a)  02
- b)  03
- c)  04
- d)  07

Q. 7 Jalachikitsa is called by \_\_\_\_\_ Therapy.

- a)  Choromo
- b)  Helio
- c)  Hydro
- d)  Diato

Q. 8 There are \_\_\_\_\_ numbers of Kumbhaka Bhedas.

- a)  02
- b)  03
- c)  04
- d)  08

Q. 9 \_\_\_\_\_ is a water soluble vitamin.

- a)  A
- b)  D
- c)  E
- d)  B

Q. 10 Definition of Health is given by \_\_\_\_\_

- a)  WHO
- b)  UNICEF
- c)  NLEP
- d)  RNTCP

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**III - B.A.M.S. (2012 Course) : SUMMER - 2019**  
**SUBJECT- SWASTHA VRITTA AND YOGA PAPER-I**

Day: Tuesday  
Date: 04/06/2019

Time: 02.00 PM TO 05.00 PM  
Max Marks: 70

**S-2019-4105**

**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 Aahar Nirukti and describe Astha- Ahara Vidhi Visheshayatana in **(15)** detail.
- Q.2** Write Trayo Upasthambha? Explain the importance of Upasthambha in **(10)** maintenance of health.
- Q.3** Write short notes **(ANY TWO)** **(10)**
- a) Arogya lakshana
  - b) Ritu Sandhi
  - c) Dharaneya Vegas

**SETION-II**

- Q.4** Write in detail about Pranayama. **(15)**
- Q.5** Describe Shatakarma in detail. **(10)**
- Q.6** Write short notes **(ANY TWO)** **(10)**
- a) Yama, Niyama
  - b) Pancha Kosha
  - c) Diet Types

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हिंदी रूपांतर

सूचनाएं:

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

विभाग - १

- प्र.१ आहार की निरूक्ती लिखकर अष्टआहार विधि विशेष आयतन का सविस्तर वर्णन कीजिए। (१५)
- प्र.२ त्रय उपस्तंभ लिखिए। उपस्तंभ का स्वस्थ रक्षण में महत्व लिखिए। (१०)
- प्र.३ टिप्पणी लिखिए। (कोई भी दो) (१०)
- अ) आरोग्य लक्षण  
ब) ऋतु संधी  
क) धारणिय वेग

विभाग - २

- प्र.४ प्राणायाम का सविस्तर वर्णन कीजिए। (१५)
- प्र.५ षट्कर्म का सविस्तर वर्णन कीजिए। (१०)
- प्र.६ टिप्पणी लिखिए। (कोई भी दो) (१०)
- अ) यम, नियम  
ब) पंचकोष  
क) डाईट प्रकार

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