

III. B.A.M.S. (2012 COURSE): Winter-2019
SUBJECT: SWASTHA VRITTA & YOGA PAPER – I

Day: Thursday
Date: 14-11-2019

W-9422-2019

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. Definition of Health is given by _____.
 - a) ☐ UNICEF
 - b) ☐ WHO
 - c) ☐ USSR
 - d) ☐ USA
2. Micro nutrients include _____.
 - a) ☐ Proteins
 - b) ☐ Fats
 - c) ☐ Carbohydrates
 - d) ☐ Vitamins
3. Adharneeya vegas includes _____.
 - a) ☐ Krodha
 - b) ☐ Bhaya
 - c) ☐ Shoka
 - d) ☐ Shwas
4. Anupana for a Haritaki in Ritu Haritaki is _____.
 - a) ☐ Madhu
 - b) ☐ Avla
 - c) ☐ Shigru
 - d) ☐ Dadhi

P. T. O.

5. Surataspriha means _____.
- a) ☐ Spleen
 - b) ☐ Menses
 - c) ☐ Libido
 - d) ☐ Rasayana
6. Yujyate Anena Iti _____.
- a) ☐ Yoga
 - b) ☐ Yama
 - c) ☐ Yojana
 - d) ☐ Yogan
7. _____ is sitting posture of Asana.
- a) ☐ Ushtrasna
 - b) ☐ Siddhasana
 - c) ☐ Gomukhasana
 - d) ☐ All the above
8. Shadachakras are _____ in numbers.
- a) ☐ 4
 - b) ☐ 6
 - c) ☐ 8
 - d) ☐ 10
9. Heliotherapy means the therapy with the help of _____.
- a) ☐ Moon
 - b) ☐ Star
 - c) ☐ Sun
 - d) ☐ Water
10. Nisargaupachara mean _____.
- a) ☐ Allopathy
 - b) ☐ Homoeopathy
 - c) ☐ Auyrveda
 - d) ☐ Naturopathy

BACHELOR OF AYURVEDIC MEDICINE & SURGERY (2012 COURSE) III-

B.A.M.S.: WINTER- 2019

SUBJECT: SWASTHA VRITTA & YOGA (T T) PAPER-I

Thursday 14-11-2019

10:00 AM-01:00 PM

W-9422-2019

Max. Marks: 70

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 all Dinacharya procedures. **(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) Rasayana for Swastha
 - b) Dharneeya vega
 - c) Asta nindita purusha

SECTION-II

- Q.4** Write in detail about Panchakosha theory. **(15)**
- Q.5** Explain in detail about Pranayama. **(10)**
- Q.6** Write short notes on any **TWO** of the following: **(10)**
- a) Shatkarma
 - b) Jalachikitsa
 - c) Types of diet

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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 दिनचर्या के बारे में सविस्तर वर्णन कीजिए। (१५)
- प्र.२ ऋतुचर्या के बारे में सविस्तर लिखिए। (१०)
- प्र.३ टिप्पणी लिखिए। (कोई भी दो) (१०)
- अ) स्वस्थ व्यक्ति में रसायन
- ब) धारणीय वेग
- क) अष्टनिर्दिष्ट पुरुष

विभाग - २

- प्र.४ पंचकोष के बारे में सविस्तर वर्णन कीजिए। (१५)
- प्र.५ प्राणायाम के बारे में सविस्तर लिखिए। (१०)
- प्र.६ टिप्पणी लिखिए। (कोई भी दो) (१०)
- अ) षट्कर्म
- ब) जलचिकित्सा
- क) टाइप्स ऑफ डायेट

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