

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) Dieto

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 right 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 हैं।
- 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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