

III-B.A.M.S. (2012 Course): WINTER-2018  
SUBJECT : SWASTHA VRITTA AND YOGA PAPER - I

Day : Friday  
Date : 16-11-2018

Time : -  
Max. Marks : 10

W-2018-3815

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 Vaisarg Kal includes \_\_\_\_\_ Rituës.

- a)  Shishir
- b)  Grishma
- c)  Vasant
- d)  Varsha

Q. 2 Shayan Vidhi means \_\_\_\_\_

- a)  When to wake up
- b)  When to walk
- c)  How to sleep
- d)  How to eat

Q. 3 Dose of pritimarsn nasya \_\_\_\_\_ drops

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

Q. 4 Definition of Health is given by \_\_\_\_\_

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

P. T. O.

Q. 5 Trayoupastambha includes \_\_\_\_\_

- a)  Ritucharya
- b)  Ratricharya
- c)  Dincharya
- d)  Bhramcharya

Q. 6 Astanidita purush are \_\_\_\_\_ numbers.

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

Q. 7 Panchkoshas are \_\_\_\_\_ in numbers.

- a)  01
- b)  05
- c)  03
- d)  07

Q. 8 Kumbhak Bheda includes \_\_\_\_\_

- a)  Dhauti
- b)  Nauli
- c)  Basti
- d)  Shitali

Q. 9 There are \_\_\_\_\_ main Nadis.

- a)  02
- b)  07
- c)  03
- d)  10

Q. 10 Helio Therapy is called as \_\_\_\_\_ bath.

- a)  Mud
- b)  Air
- c)  Water
- d)  Sun

\* \* \* \* \*

**III - B.A.M.S. (2012 Course) : WINTER - 2018**  
**SUBJECT- SWASTHA VRITTA AND YOGA PAPER-I**

Day: Friday  
Date: 16/11/2018

**W-2018-3815**

Time: 10.00 AM TO 01.00 PM  
Max Marks: 70

---

**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** Explain in detail about Dincharya procedures. **(15)**
- Q.2** Write in detail about a Adharaneyaa vegas. **(10)**
- Q.3** Write short notes (**ANY TWO**) **(10)**
- a) Asta Nindta Purusha
  - b) Dharaneeaya Vegas
  - c) Nidra Types

**SETION-II**

- Q.4** Write various definitions of Yoga, with its origin and explain in detail **(15)**  
Astanga Yoga.
- Q.5** Explain Pancha Kosha Theory in detail. **(10)**
- Q.6** Write short notes (**ANY TWO**) **(10)**
- a) Heliotherapy
  - b) Fasting therapy
  - c) Mud therapy

\* \* \* \* \*

हिंदी रूपांतर

सूचनाएं:

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

विभाग - १

- |       |                                       |      |
|-------|---------------------------------------|------|
| प्र.१ | दिनचर्या का सविस्तर वर्णन कीजिए।      | (१५) |
| प्र.२ | अधारणिय वेगों का सविस्तर वर्णन कीजिए। | (१०) |
| प्र.३ | टिप्पणी लिखिए। (कोई भी दो)            | (१०) |
|       | अ) अष्टनिंदीत पुरुष                   |      |
|       | ब) धारणिय वेग                         |      |
|       | क) निद्रा के प्रकार                   |      |

विभाग - २

- |       |   |      |
|-------|---|------|
| प्र.४ | योग शब्द की उत्पत्ती, व्याख्या और अष्टांग योग का सविस्तर वर्णन कीजिए। | (१५) |
| प्र.५ | पंचकोष के विषय में सविस्तर वर्णन कीजिए।                               | (१०) |
| प्र.६ | टिप्पणी लिखिए। (कोई भी दो)  | (१०) |
|       | अ) जलचिकित्सा   |      |
|       | ब) उपवास चिकित्सा   |      |
|       | क) मृत्तिका चिकित्सा  |      |

\* \* \* \* \*