

PARUL UNIVERSITY
FACULTY OF AYURVED
BAMS, March 2020. Examination

Year: 3

Subject Code: 02101303

Subject Name: Swastha Vritta & Yoga Paper-1

Date: 06-03-2020

Time: 10:00am to 1:00pm

Total Marks: 100

Instructions:

1. All questions are mandatory.
2. Figures to the right indicate full marks.
3. Draw Diagram wherever necessary.
4. Write section-A, section-B on separate answer sheets

SECTION- A (50 – Marks)

- Q.1 This will be compulsory question. (10)**
Describe the role of “Ashtavidh aahar vidhi visheshaya tanani” in the prevention of life style disorders..
- Q.2 Answer any One from the following. (10)**
(a) Explain the importance of Rutucharya in present era and describe Vasant Rutucharya in detail.
(b) Explain the applied utility of Dinacharya in present era.
- Q.3 Answer any Four questions from the following.(Each 5 Marks) (20)**
(a) Write a short note on – Nidra (sleep & health relation)
(b) Write a short note on – Arogyalingani.
(c) Explain the Verse – शरोरायासजननकमव्यायामसञ्जितम्
(d) Write a short note on – Aachar-rasayana
(e) Write a short note on – Dimension of Health
- Q.4 Answer any Five questions. (Each 2 Marks) (10)**
(a) Write the sources and deficiency disorder of Vit A.
(b) Enlist the benefits of Pratimarsha nasya.
(c) Describe Sandhyakala varjaniya karma according to Bhavmishra.
(d) What is meant by Food Fortification?
(e) What is Primordial prevention?
(f) Enlist Milk borne diseases.

SECTION B (50 – Marks)

- Q.1 This will be compulsory question. (10)**
Define Naturopathy and give detailed account of its basic principle and its importance in present era.
- Q.2 Answer any One from the following. (10)**
(a) Write the different definition of Yoga and describe Ashta-Kumbhakabheda in detail.
(b) Describe the yogic shatkriya in detail.
- Q.3 Answer any Four questions from the following. (Each 5 Marks) (20)**
(a) Write a short note on – Mud therapy
(b) Write a short note on – Mardan chikitsa.
(c) Explain the Verse - शौच संतोष तपः स्वाध्याययेश्वर प्रणिधानानि नियमाः।
(d) Write a short note on - Pratyahara
(e) Write a short note on – Pavanmuktasana & its health benefits.
- Q.4 Answer any Five questions. (Each 2 Marks) (10)**
(a) Enlist Yogabhyasa pratibandhkara bhava.
(b) Write the Positive & Negative diet in Naturopathy.
(c) Write Trividha lakshana of Pranayama.
(d) Explain hatayoga siddhi lakshana.
(e) Write the benefits of lower abdominal wet pack on urinary system
(f) Enlist the various types of Hydrotherapy