

**PARUL UNIVERSITY**  
**FACULTY OF AYURVED**  
**BAMS, March 2021 Examination**

Year: 3

Subject Code: 02101303

Subject Name: Swastha vritta and yoga –paper-1

Date: 03-03-2021

Time: 10:00 am to 01:00 pm

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** Define dinacharya and explain Dinacharya mahatva. (10)
- Q.2** Answer any One from the following. (10)
- (a) Explain about trayopsthambha and its importance.
  - (b) Elaborate source, recommended dietary allowance, functions, and deficiency disease of protein.
- Q.3** Answer any Four questions from the following. (Each 5 Marks) (20)
- (a) Greeshmaritucharya
  - (b) Achararasayana
  - (c) Food adulteration
  - (d) Sadvritta and Its mahatva
  - (e) Nityasevaneeya dravya
- Q.4** Answer any Five questions. (Each 2 Marks) (10)
- (a) Define adyashana
  - (b) Define balance diet
  - (c) Define Viruddhahara
  - (d) Food fortification
  - (e) Vitamin C source and function
  - (f) Vitamin D deficiency disorder

**SECTION B (50 – Marks)**

- Q.1** Explain Astanga yoga. (10)
- Q.2** Answer any One from the following. (10)
- (a) Describe principles of naturopathy.
  - (b) Describe shatkriya
- Q.3** Answer any Four questions from the following. (Each 5 Marks) (20)
- (a) Diet in naturopathy for hypertension
  - (b) Importance of upavasa
  - (c) Mode of action of sunbath
  - (d) Sitz bath
  - (e) Mooladharabandha
- Q.4** Answer any Five questions. (Each 2 Marks) (10)
- (a) Yoga for Osteo-arthritis.
  - (b) Agnisara kriya
  - (c) Mitaahara
  - (d) Yoga for back ache.
  - (e) Yoga in Diabetes
  - (f) Positive diet