

PARUL UNIVERSITY
FACULTY OF AYURVED
BAMS, March 2021-22 Examination

Year: 3

Subject Code: 02101303

Subject Name: Swastha Vritta and Yoga -Paper – I

Date: 03-03-2022

Time: 02:00pm to 05:00pm

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** Write the definition of swastha & swasthavritta and describe the dimension of health. (10)
- Q.2** Answer any One from the following. (10)
- (a) Explain the applied utility of Dinacharya in present era.
(b) Explain the importance of “Ashtavidaaharvidhivisheshayanani” in present era.
- Q.3** Answer any Four questions from the following. (Each 5 Marks) (20)
- (a) Write short note on: Arogyalingani.
(b) Write short note on :Nidra
(c) Write short note on :Sharadrutucharya
(d) Explain the verse : धारयेत्तुसदावेगान्हितैषीप्रेत्यचेहच।
लोभेष्यादवेषमात्सयरागादानांजितेन्द्रियः॥
(e) Write the composition of milk and describe the Pasteurization.
- Q.4** Answer any Five questions. (Each 2 Marks) (10)
- (a) What is meant by Yamadamstra?
(b) What is Balanced Diet?
(c) Write the sources and deficiency disorder of Retinol.
(d) Enlist Sandyakal Varjaniya karma.
(e) Enlist the measures to induce a good sleep.
(f) Enlist Atisthula Ashta Dosha.

SECTION B (50 – Marks)

- Q.1** Write the various etymology of Yoga and explain different schools of yoga. (10)
- Q.2** Answer any One from the following. (10)
- (a) Explain the Principles of Naturopathy and Describe Mud therapy in detail
(b) Describe ashtakumbhaka in detail.
- Q.3** Answer any Four questions from the following. (Each 5 Marks) (20)
- (a) Write short note on : Neti
(b) Explain the verse : चिकित्सा तु नैष्ठिका या विनोपधाम।
उपधा हि परो हेतु दुःख दुःखाभ्यप्रदः ॥
(c) Write a short note on – Sarvangasana& its health benefits
(d) Write a short note on –Vishramachikitsa
(e) Write a short note on – Ayurveda Yoga sambhandha
- Q.4** Answer any Five questions. (Each 2 Marks) (10)
- (a) Enlist the different types of Mardan.
(b) Enlist the benefits of Surya kiranchikitsa.
(c) Enlist Panchakosha.
(d) Write the positive and negative diet (Naturopathy)
(e) Write Yogabhyasapratibandhakara bhava.
(f) Enlist Ashtaishwarya.