

PARUL UNIVERSITY
FACULTY OF AYURVED
BAMS, Examination September 2022

Year: 3

Subject Code: 02101303

Subject Name - Swathavritta and Yoga

Date: 3-09-2022

Time: 2:00pm to 5:00pm

Total Marks: 100

Instructions:

1. All questions are mandatory.
2. Figures to the right indicate full marks.
3. Draw Diagram wherever necessary.

Section A (50 – Marks)

- Q.1 Compulsory** (10)
Describe the applied aspect of “Ashtavidha aahar vidhi visheshay tanani” in NCD.
- Q.2 Answer any One from the following.** (10)
(a) Describe the importance of Sadvritta and Achar rasayana in Psychosomatic disorders.
(b) Write the importance of Dinacharya in present era.
- Q.3 Answer any Four questions from the following. (Each 5 Marks)** (20)
(a) Write a short note on: Dimension of Health
(b) Explain the verse. यस्मिन् यस्मिन्तौ ये ये दोषाः कुप्यन्ति देहिनाम् ।
तेषु तेषु प्रदातव्या रसास्तेते विजानता ॥
(c) Write the composition of milk and describe the Pasteurization
(d) Write a short note on: Nidra & its effect on Health
(e) Write a short note on – Fat soluble Vitamins.
- Q.4 Answer any Five questions. (Each 2 Marks)** (10)
(a) Describe Yamadanshtra.
(b) Explain - विरुद्धाशनस्य वितथत्वे कारणम्
(c) Write the benefits of Brahmacharya.
(d) Write the Physical Quality of Life Index (PQLI).
(e) Enlist the benefits of Tambul sevan.
(f) What is Neurolathyrisim?

Section B (50 – Marks)

- Q.1 Compulsory** (10)
Describe the yogic shatkriya in detail.
- Q.2 Answer any One from the following.** (10)
(a) Define Naturopathy and a give detailed account of its basic principle and panchabhutopasana
(b) Describe Ayurveda-Yoga Sambandha and explain the Importance of Yoga in Swasthya Rakshane
- Q.3 Answer any Four questions from the following.(Each 5 Marks)** (20)
(a) write short note on: Mrittikachikitsa.
(b) write short note on: Upavasa chikitsa
(c) write short note on – Bhujangasana
(d) Explain the verse.
सुर्यभेदनमुज्जायी सीत्कारी शीतली तथा ।
भस्त्रिका भ्रामरी मूर्च्छा प्लाविनी इत्यष्टकुंभकाः ॥
(e) Write a short note: Mardan chikitsa
- Q.4 Answer any Five questions. (Each 2 Marks)** (10)
(a) Write the four components of Hatayoga.
(b) Enlist the various types of Hydrotherapy.
(c) What is Sayam?
(d) Write Trividha lakshana of Pranayama
(e) Write the eliminative, soothing and constructive diet.
(f) Enlist the Ahta sidhis.