

PARUL UNIVERSITY
FACULTY OF AYURVED
BAMS, February 2024 Examination

Year: 3

Subject Code: 02101303

Subject Name: Swasthavritta and Yoga – Paper I

Date: 29/02/2024

Time: 10:00 am to 1:00 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 This will be compulsory question. (10)**
Write the importance of Dinacharya in the present era.
- Q.2 Answer any One from the following. (10)**
(a) Write the definition of Swastha, Swasthavritta & Health (WHO) and describe the dimension of health in detail.
(b) Write the importance of Ayurvedic dietetics in present era.
- Q.3 Answer any Four questions from the following. (Each 5 Marks) (20)**
(a) Write short note on: Dharaniya vega
(b) Write short note on: Milk composition & Pasteurization of milk
(c) Explain the verse.
यत् किञ्चित्दोषमासाव्यं न निर्हरति कायतः।
आहारजातं तत् सर्वमहितायोपपद्यते ॥
(d) Write short note on: Sharad rutucharya
(e) Write short note on: Sthaulya
- Q.4 Answer any Five questions. (Each 2 Marks) (10)**
(a) Enlist the factors which enhances the strength.
(b) Rutuharitaki
(c) what is PQLI?
(d) Write Sandhyakala varjaniya karma.
(e) Enlist the indication of Diwaswapna (Day sleep)
(f) What is food fortification?

SECTION B (50 – Marks)

- Q.1 Describe the Yogic shatkriya in detail. (10)**
- Q.2 Answer any One from the following. (10)**
(a) Write the different definition of Yoga and describe different schools of yoga in detail.
(b) Describe Hydrotherapy in detail
- Q.3 Answer any Four questions from the following. (Each 5 Marks) (20)**
(a) Write short note on: Panchakosh Theory
(b) Write short note on: Naturopathy principles
(c) Explain the verse.
शौच संतोष तपः स्वाध्यायेश्वर प्रणिधानानि नियमाः।
(d) Write short note on: Upavasa Chikitsa (Fasting Therapy)
(e) Write short note on: Pranayam
- Q.4 Answer any Five questions. (Each 2 Marks) (10)**
(a) Write the benefits of Suryakiran chikitsa.
(b) Enlist Hathayoga siddhi lakshana.
(c) Enlist Soothing, Eliminative & Constructive foods.
(d) Enlist Ashta aishwarya
(e) Enlist various types of Massage
(f) Enlist Yoga pratibandhakara bhava.