

**PARUL UNIVERSITY**  
**FACULTY OF AYURVED**  
**BAMS, Examination (April – 2019)**

Year: 3

Subject Code: 02101303

Subject Name: Swastha Vritta and Yoga - Paper I

Date: 27/04/2019

Time: 10:00am to 01:00pm

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** Explain the importance of Dinacharya in the prevention of Non communicable diseases. (10)
- Q.2** Answer any One from the following. (10)
- (a) Explain the applied utility of Rutucharya in present era.
  - (b) Describe the role of Sadvritta and Achara rasayana in the prevention and control of Psychosomatic disorders.
- Q.3** Answer any Four questions from the following. (Each 5 Marks) (20)
- (a) Write short note on : Nidra
  - (b) Write short note on : Ashta aahar vidhi visheshaya tanani
  - (c) Write short note on : concept of Well being.
  - (d) Explain the verse : अन्नाभिलाषोभुक्तस्य परिपाकः सुखेन् च ॥  
..... विद्यात् आरोग्यलिङ्गनि विपरिते विपर्ययः ॥
  - (e) Write a short note on Meat Examination.
- Q.4** Answer any Five questions. (Each 2 Marks) (10)
- (a) What is meant by Karan ?
  - (b) What is Balanced Diet ?
  - (c) Write the sources and deficiency disorder of Rtinol.
  - (d) Enlist Bhojanotta Varjaniya karma.
  - (e) Enlist the benefits of Abhyang.
  - (f) Enlist Atisthula Ashta Dosha.

**SECTION B (50 – Marks)**

- Q.1** Describe Yogic shatkriya mention in Hatha yoga in detail.. (10)
- Q.2** Answer any One from the following. (10)
- (a) Explain the Principles of Naturopathy and Discribe Fasting therapy in detail
  - (b) Write the various etymology of Yoga and explain Ayurveda Yoga sambhandha
- Q.3** Answer any Four questions from the following. (Each 5 Marks) (20)
- (a) Write short note on : Neti
  - (b) Explain the verse : शौच संतोष तपः स्वाध्याययेश्वर प्रणिधानानि नियमाः|
  - (c) Write a short note on – Bhujangasana & its health benefits
  - (d) Write a short note on –Diet types according to Naturopathy
  - (e) Write a short note on – Mud therapy
- Q.4** Answer any Five questions. (Each 2 Marks) (10)
- (a) Enlist the different types(methods) of Hydro therapy.
  - (b) Enlist the benefits of Surya kiran chikitsa.
  - (c) Write the benefits of Shitali pranayama.
  - (d) Write the difference between yogasana and vyayama
  - (e) Write Hatha yoga sidhi Lakshana.
  - (f) Enlist Different schools of Yoga.