

PARUL UNIVERSITY
FACULTY OF AYURVED
BAMS, December 2018 Examination

Year: 3

Subject Code: 02101303

Subject Name: Swastha Vritta and Yoga - Paper - I

Date: 12/12/2018

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** Write the definition of swastha & swasthivritta 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 Ayurvedic dietetics in Non communicable disorder

Q.3 Answer any Four questions from the following.(Each 5 Marks) **(20)**

- (a) Write short note on : Arogyalingani.
- (b) Write short note on : Aachar rasayan
- (c) Write short note on : Vasant rutucharya
- (d) Explain the verse : धारयेत्तु सदा वेगान्हितैषी प्रेत्यचेहच |

लोभेर्ष्याद्वेषमात्सर्यरागादीनांजितेन्द्रियः | |

- (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 Niacin.
- (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** 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 Mud therapy in detail
- (b) Write the various etymology of Yoga and explain different schools of yoga.

Q.3 Answer any Four questions from the following. (Each 5 Marks) **(20)**

- (a) Write short note on : Yama
- (b) Explain the verse : चिकित्सा तु नैष्ठिकी या विनोपधाम |

उपधा हि परो हेतु दुःख दुःखाश्रयप्रदः ||

- (c) Write a short note on – Pavanmuktasana & its health benefits
- (d) Write a short note on – Panch kosha
- (e) Write a short note on – Hydro therapy

Q.4 Answer any Five questions. (Each 2 Marks) **(10)**

- (a) Enlist the different types of Mardan.
- (b) Enlist the benefits of Surya kiran chikitsa.
- (c) Write the benefits of Fasting.
- (d) Write the positive and negative diet (Naturopathy)
- (e) Write Yogabhyasa pratibandhakara bhava.
- (f) Enlist Niyama as describe by Maharshi Ptanjali.