

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

Year: 3

Subject Code: 02101303

Subject Name: Swastha Vritta and Yoga - Paper I

Date: 07/09/2019

Time: 10:00 am to 01:00 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** Explain Ashta-aharvidhivisheshayatanani in detail. (10)
- Q.2** Answer any One from the following. (10)
- (a) Explain in detail about adharaneeya vega
- (b) Write the nirukti of swastha, Define Swasthavritta, and explain Swasthavritta prayojana
- Q.3** Answer any Four questions from the following. (Each 5 Marks) (20)
- (a) Write about Greeshma ritucharya
- (b) Sources and Deficiency disease of fat soluble vitamins
- (c) Pasteurization of milk
- (d) Classification of rasayana with example
- (e) Define atistoulya and write Asta Sthoulya Dosha.
- Q.4** Answer any Five questions. (Each 2 Marks) (10)
- (a) Chankramana
- (b) Sandhyakala varjita karma
- (c) Yamadamstra
- (d) Adhyashana
- (e) Nityasevaneeya dravya
- (f) Food fortification

SECTION B(50 – Marks)

- Q.1** Write Astang yoga and Explain bahiranga yoga (10)
- Q.2** Answer any One from the following. (10)
- (a) Explain upavasa chikitsa in detail
- (b) Write indications for yogic kriya and explain Dhauti kriya
- Q.3** Answer any Four questions from the following. (Each 5 Marks) (20)
- (a) Hathayoga
- (b) Yogic diet
- (c) Nadishudhi pranayama and Nadishudhi lakshana
- (d) Tribandhas
- (e) MudTherapy
- Q.4** Answer any Five questions. (Each 2 Marks) (10)
- (a) Bhakti yoga
- (b) Kumbhaka bheda
- (c) Chromotherapy
- (d) Yoga siddhikara bhava
- (e) Sanyama
- (f) Define naturopathy