Rajiv Gandhi University of Health Sciences, Karnataka III Year B.A.M.S Degree Examination - 10-Mar-2025

Time: Three Hours

Max. Marks: 100 Marks

SWASTHAVRITTA AND YOGA - PAPER-I (RS5/RS6) O.P. CODE: 3039

Your answers should be specific to the questions asked. Draw neat, labeled diagrams wherever necessary.

LONG ESSAYS

2 x 10 = 20 Marks

- 1. Importance and relevance of Swasthavritta in consideration with promotion of Health
- 2. Enumerate Shat karma and describe dhouti in detail

SHORT ESSAYS

10 x 5 = 50 Marks

- 3. Explain Sandhya Charya
- 4. Sanitation at eating places
- 5. Benefits of Brahma charya
- 6. Explain Vitamin D
- 7. Describe Pathya for diabetes
- 8. Describe Bhujangasana
- Pancha ratnas of naturopathy 9.
- 10. Explain Swasthya rakshane yogasya mahatvam
- 11. Mrittika chikitsa
- 12. Heliotherapy

SHORT ANSWERS

 $10 \times 3 = 30 \text{ Marks}$

- 13. Rasayana nirukti
- 14. Define yamadamshtra kala
- 15. Enumerate mutravega dharna janya roga
- 16. Ratri bhojana vidhi
- 17. Yvapanna Ritu janya vyadhi
- 18. Bhakti yoga
- Define mode 160
- 20. Uses of statistics
- 21. Sitz bath
- 22. Benefits of fasting

Rajiv Gandhi University of Health Sciences, Karnataka

III Year B.A.M.S Degree Examination - 22-Jul-2024

Time: Three Hours

Max Market 100 Marks

SWASTHAVRITTA AND YOGA - PAPER-I (RS5/RS6) Q.P. CODE: 3039

Your answers should be specific to the questions asked.

Draw neat, labeled diagrams wherever necessary.

LONG ESSAYS

2 x 10 = 20 Marks

 $10 \times 5 = 50 \text{ Marks}$

- 1. Explain Adharaniya vega in detail
- 2. Define Yoga. Explain Surya Namaskara in detall

SHORT ESSAYS

- 3. Explain sources and deficiency disease of protein
- 4. Explain physical dimensions of health
- Importance of Achara rasayana in controlling psychological illness
- ා. Write the description regarding sanitation of eating places
 - 7. Elaborate viruddha ahara
 - 8. Explain Bahiranga yoga
- 9. Write a note on principles of naturopathy
- Explain Trataka
- 11. Define fasting and write its type
- Explain Mula Bandha

$10 \times 3 = 30 \text{ Marks}$

SHORT ANSWERS

- Indications of Ushajala pana
- Explain shayana vidhi as per bhavamishra
- 15. Write asthadosha of Sthoulya
- 16. Write the reasons for viryanasha
- 17. Yamadamsthra Kala
- 18. Chromothermolium chamber
- 9. Ida and Pingala Nadi
- Define health
- Benefits of Sitz Bath
- 22. Hatha yoga siddhi lakshana

Rajiv Gandhi University of Health Sciences, Karr

III Year B.A.M.S Degree Examination - 24-Jul-2024

Time: Three Hours

SWASTHAVRITTA AND YOGA - PAPER - II (RS5/RS6) Q.P. CODE: 3040

Your answers should be specific to the questions asked. Draw neat, labeled dlagrams wherever necessary.

LONG ESSAYS

 $2 \times 10 = 20 \text{ Marks}$

- 1. Describe in detail on Apadravya nirmulana vidhi.
- 2, Explain in detail about Reproductive and child health programme.
- 3. Describe Slow Salid Hitration.
- 4. Explain methods for sewered and unsewered area.
- Write about Biomedical waste and its management.
- 7. Prevention and control of communicable disease.
- 8. Write about Red cross and its functions.
- Types and advantages of IUCD (Intra Uterine Contraceptive Device) 9.
- 11. Explain types of disinfection.
- Define demography and explain demographic cycle. 12.

SHORT ANSWERS

10 x 3 = 30 Marks

- 14. Dengue.
- Source and Reservoir. 15.
- Removal and hardness of water. 16.
- 18. DANIDA.
- Vital statistics. 19.
- Alma ata declaration. 20.
- Mid-day meal. 22.

Rajiv Gandhi University of Health Sciences, Karr

III Year B.A.M.S Degree Examination - 14-Mar-2024

Time: Three Hours

Max. Mark

SWASTHAVRITTA AND YOGA - PAPER-I (RS5/RS6) Q.P. CODE: 3039

Your answers should be specific to the questions asked. Draw neat, labeled diagrams wherever necessary.

LONG ESSAYS

2 x 10 = 20 Marks

- Define Swastha. Write Swastha lakshana and Importance of Swasthavritta in prevention of
- 2. Explain Ashta kumbhaka in detail

SHORT ESSAYS

 $10 \times 5 = 50 \text{ Marks}$

- Advantages and disadvantages of vegetarian and non vegetarian diet 3.
- 4. Write a note on Greeshma Ritucharya.
- Explain Dwadashanna pravichara.
- 6. Explain Achara rasayana
- Write in detail about pasteurization of milk 7.
- 8. Explain Jalandhara bandha
- 9. Describe Niyama
- 10. Explain Pavana muktasana
- 11. Explain helio therapy
- Write short note on Shad chakra 12.

SHORT ANSWERS

- 13. Sadvritta
- Ahara and Vihara causing sound sleep 14.
- Chardi vega dharana chikitsa 15.
- Write the contraindication of Danta dhavana 16.
- Define Ati sthoola 17.
- Enumerate Shad karma 3.
 - Yoga sidhikara bhava 19.
 - Types of upavasa chikitsa 20.
 - Raja yoga sidhi lakshana 21.
 - Pathyahara during yogasana 22.

10 x 3 = 30 Marks

Rajiv Gandhi University of Health Sciences, Karnataka III Year B.A.M.S Degree Examination - 16-Mar-2024

Time: Three Hours

SWASTHAVRITTA AND YOGA - PAPER - II (RS5/RS6) Q.P. CODE: 3040

Your answers should be specific to the questions asked. Draw neat, labeled diagrams wherever necessary.

LONG ESSAYS

- Write composition air and its Gunas. Write air pollution, hazards and its preventive measures as per modern science and Ayurveda.
- 2. What is Demography, write Demographic cycle and write classification of family planning

SHORT ESSAYS

 $10 \times 5 = 50 \text{ Marks}$

Max. Mat

- Define Janapada Dwamsa and explain its Karana and management.
- 4. Explain preventive Geriatric.
- 5. What is Chlorination, its methods and write about Residual Chlorine.
- 6. Write about Vasectomy.
- 7. Write about Housing Standards.
- 8. Write about Vitamin A prophylaxis programme.
- 9. Write objectives and services of school health.
- 10. Write about post natal care.
- 11. Write about disposal of dead body.
- 12. Anemia control programme.

SHORT ANSWERS

10 x 3 = 30 Marks

- 13. Types of Ventilation.
- Safe and wholesome water. 14.
- Over Crowding and effects. £5.
- What are Biomedical wastes? 16.
- Causative organism of Typhoid, Polio and Tetanus. 17.
- Safe period. 18.
- Expand WHO, UNICEF and AYUSH. 19.
- APGAR score. 20.
- Mortality and Morbidity. 21.
- Define health. 22.

Rajiv Gandhi University of Health Sciences, Karha III Year B.A.M.S Degree Examination - 24-Feb-2022

Time: Three Hours

Max. Marks: 100 Marks

SWASTHAVRITTA AND YOGA - PAPER-I (RS-5) Q.P. CODE: 3039

Your answers should be specific to the questions asked. Draw neat, labeled diagrams wherever necessary.

LONG ESSAYS

2 x 10 = 20 Marks

- 1. Explain role of swasthvritha paripalana in preventing life style disorders
- 2. Define Naturopathy and write different modalities of hydrotherapy

SHORT ESSAYS

10 x 5 = 50 Marks

- 3. Write about the importance of "Madhu"
- 4. Name the water soluble vitamins and explain vitamin C
- 5. Enumerate santarpana janya vyadhis
- 6. Nitya sevaniya dravyas
- 7. Define udvartana and write about the role of udvartana in reducing overweight
- 8. Pancha kosha theory
- 9. Procedure, indication and contraindications of kapalbhati kriya
- 10. Mrutika majjanam
- 11. Procedure, indication and contraindications of Pavanamuktasana
- 12. Importance and benefits of Dharana and Dhyana

SHORT ANSWERS

10 x 3 = 30 Marks

- 13. Swasthavritha prayojan
- 14. Shodhana karma in Swastha
- 15. Mamsa sevan janya vyadhi
- 16. Explain benefits of Abhyanga
- 17. Explain Sandhya charya
- 18. Benefits of Spinal bath
- 19. Effect of pratyahara
- 20. Sleep and relaxation
- 21. Sooryasnana mahatvam
- 22 Define yoga

Rajiv Gandhi University of Health Sciences, Karna III Year B.A.M.S Degree Examination - 28-Feb-2022

Time: Three Hours

Max. Marks: 100 Marks

SWASTHAVRITTA AND YOGA - PAPER- II (RS-5) Q.P. CODE: 3040

Your answers should be specific to the questions asked. Draw neat, labeled diagrams wherever necessary.

LONG ESSAYS

2 x 10 = 20 Marks

- 1. Explain about Janapadodhwamsakara bhavas and explain epidemiology of Chickenpox and its control measure
- 2. Enumerate National Vector Borne Disease Control Programmes. Explain Filaria control programme

SHORT ESSAYS

10 x 5 = 50 Marks

- 3. Write about Rapid sand filtration - 4.
 - Disposal of the dead
 - 5. Components of ESI
- 6. Man-made disasters and its management
- 7. Describe Ventilation and its types
- 8. Principles of Primary Health Care
- 9. Describe IUCD
- 10. UNICEF and its functions
- 11. Structure of State health administration
- 12. Write about Alma ata declaration

SHORT ANSWERS

10 x 3 = 30 Marks

- 13. Define disinfection
- 14. Define Ergonomics
- 15. Explain overcrowding
- 16. Describe Chlorination
- 17. Enumerate Non-Communicable Diseases
- 18. Define Maternal Mortality Rate
- 19. AYUSH
- List out Voluntary Health Agencies of national importance 20.
- 21. Define Demography
- 22. Define Mean

Rajiv Gandhi University of Health Sciences, Karninaka

Time: Three Hours

Max. Marks: 100 Marks

SWASTHAVRITTA AND YOGA - PAPER - II (RS-4) O.P. CODE: 3018

Your answers should be specific to the questions asked.

Draw neat, labeled diagrams wherever necessary.

LONG ESSAYS

2 x 10 = 20 Marks

- Write about the sources of water and explain the methods of water purification.
- Write in detail about National Nutritional Programmes.

SHORT ESSAYS

10 x 5 = 50 Marks

- Requirements for good lighting
- 4. Concept of disease transmission
- Chikitsalaya bhavana (Hospital building)
- Define disinfection and write the types of disinfection
- Methods of excreta disposal
- Panchayat Raj
- 9. Post natal care
- 10. Spacing methods of family planning
- 11. AYUSH
- 12. MCH Programme

SHORT ANSWERS

 $10 \times 3 = 30 \text{ Marks}$

- Composting
- 14. Day light factor
- 15. Sankramika rogas
- 16. Dumping
- 17. Gonorrhoea
 - 18. Primary data
 - 19. APGAR's score
 - 20. IUD's
 - 21. Contraindications for Hormonal contraception
 - 22. BCG

Rajiv Gandhi University of Health Sciences, Karnataka

Time: Three Hours

Max. Marks: 100 Marks

SWASTHAVRITTA AND YOGA - PAPER - I (RS-4) Q.P. CODE: 3017

Your answers should be specific to the questions asked. Draw neat, labeled diagrams wherever necessary.

LONG ESSAYS

 $2 \times 10 = 20 \text{ Marks}$

- 1. Write definition, Aims, importance of dinacharya, explain cosmetic effect of dinacharya procedures.
- Nirukti, Bheda, Prayojana of Yoga. Explain Yogabhyasa partibhandhkara bhavas. Pathya-Apathya during Yogabhyasa.

SHORT ESSAYS

10 x 5 = 50 Marks

- Write Nirukti, Bheda and basic rules of seasonal regimens.
 - Brahmacharya and Abrahmacharya.
 - Defination and methods of Pasteurization of Milk.
 - Definition of Swastha, write Swastha purusha laxanas according to different acharyas.
 - 7. Dharaneeya vegas.
 - 8. Definition of Pranayama. Write Avara, Pravara, Madhyama laxanas of Pranayama.
 - 9. Mud therapy.
 - 10. Dhanurasana.
 - 11. Bashpa Snana.
 - 12. Relation between Yoga and Ayurveda.

SHORT ANSWERS

 $10 \times 3 = 30 \text{ Marks}$

- 13. Adyashana.
- 14. Nidra Janaka Ahara-Vihara.
- Nitya sevaneeya ahara dravyas.
- 16. Enumerate and mention the general properties of Harita varga.
- Definition of Health acc to WHO.
- 18. Uddhiyana Bandha.
- 19. Kapalabhati.
- Diet according to Naturopathy.
- 21. Indications and Contraindications of Hasta-Pada Snana.
- Yoga Siddhikara Bhavas.

Rajiv Gandhi University of Health Sciences

II Year B.A.M.S Degree Examination - 23-Feb-2020

Time: Three Hours

Max. Marks: 100 Marks

SWASTHAVRITHA - PAPER-I (RS3) Q.P. CODE: 1261

Your answers should be specific to the questions asked. Draw neat, labeled diagrams wherever necessary.

LONG ESSAYS

2 x 10 = 20 Marks

- 1. Define pasteurization of milk and explain methods, tests for pasteurization.
- 2. Describe in detail jala prakara, gunas and its purification methods on large scale.

SHORT ESSAYS

10 x 5 = 50 Marks

- 3. Effect of tobacco chewing on body.
- 4. Mamsa Sevan janya vyadhi.
- 5, Abhyanga mahatvam.
- 6. Define Nidra and explain its relation with shareera Pushti.
- 7. Importance of brahmacharya palana in present days.
- 8. Vidyalaya swasthya mahatvam.
- 9. Kuprasangaja vyadhi karana and pratishedhopaya.
- 10. Janapadodhvamsakara bhavas.
- 11. Prevention of pneumoconiosis.
- 12. Advantages of water seal latrine.

SHORT ANSWERS

10 x 3 = 30 Marks

- 13. Kashyapokta arogya laxanas.
- 14. Importance of ritusandhi.
- 15. Sources of vitamin C.
- 16. Enumerate santarpana janya vyadhis.
- Sandhya varja karma. 17.
- 18. Define endemic.
- Enumerate jala prasadana dravyas. 19.
- Causative agents of malaria and typhoid fever. 20.
- Physical methods of disinfection. 21.
- 22. Zoogleal layer.

Rajiv Gandhi University of Health Sciences, Karnataka II Year B.A.M.S Degree Examination - 25-Feb-2022

Time: Three Hours

Max. Marks: 100 Marks

SWASTHAVRITHA - PAPER-II (RS-3) Q.P. CODE: 1262

Your answers should be specific to the questions asked. Draw neat, labeled diagrams wherever necessary.

LONG ESSAYS

2 x 10 = 20 Marks

- Explain philosophy of nature cure and describe various treatments using water (HYDROTHERAPY).
- Write about reproductive child health programme.

SHORT ESSAYS

10 x 5 = 50 Marks

- Shalabhasan benefits and indications.
- Explain upavas chikitsa according to naturopathy.
- Pratyahara and dharana.
- Jala dhouti kriya.
- Define 'Dhyana', its types and its effects on mind.
- National blindness control programme.
- Panchayat raj.
- Community health centre.
- 11. Barrier methods of family planning.
- 12. State level health administration.

SHORT ANSWERS

10 x 3 = 30 Marks

- 13. Uddiyana bandha.
- 14. Naishtiki chikitsa.
- 15. Yama.
- 16. Basit kriya.
- 17. Importance of pranayam.
- 18. Low birth weight.
- Hospital records.
- 20. Net reproductive rate.
- 21. Copper T-mode of action.
- 22. Functions of sub centre.

Rajiv Gandhi University of Health Sciences, Karnataka III Year B.A.M.S Degree Examination - 25-Feb-2021

Time: Three Hours

Max. Marks: 100 Marks

SWASTHAVRITTA AND YOGA - I (RS-5) Q.P. CODE: 3039

Your answers should be specific to the questions asked. Draw neat, labeled diagrams wherever necessary.

LONG ESSAYS

2 x 10 = 20 Marks

- 1. Define pasteurization of milk and explain methods, tests for pasteurization
- 2. Enumerate yogic shatkriya and explain procedure, indications, contraindications and precautions while performing neti, dhouti and Kapalbhatikriya

SHORT ESSAYS

10 x 5 = 50 Marks

- 3. Physical dimensions of health
- 4. Relation of nidra with shareera pushti
- 5. Benefits of anjana karma
- 6. Animal source of protein and its importance
- 7. Ahara and vihara in sharat ritu
- 8. Explain upavas chikitsa according to naturopathy
- 9. Pathyapatha while practicing yoga
- Importance of pranayam
- 11. Define massage and explain therapeutic effects of Massage
- 12. Yoga siddikara bhava and yoga pratibandhakara bhava

SHORT ANSWERS

10 x 3 = 30 Marks

- 13. Define essential fatty acids
- 14. Importance of ritusandhi
- 15. Energy yielding food
- 16. Define Virudha ahara
- 17. Samyak dhoomapana Lakshana
- -Bashpa Snana 18.
- 19. Vamana dhouti
- Kumbhaka bhedha 20.
- 21. Trataka mahatvam
- Benefits of dhyana 22.



S.B.S.S. Krishna Ayurvedic Medical College & Hospital, SANKESHI AR

Rajiv Gandhi University of Health Sciences, Karnataka III Year B.A.M.S Degree Examination - 27-Feb-2021

Time: Three Hours

Max. Marks: 100 Marks

SWASTHAVRITTA AND YOGA - PAPER - II (RS-5) Q.P. CODE: 3040

Your answers should be specific to the questions asked. Draw neat, labeled diagrams wherever necessary.

LONG ESSAYS

2 x 10 = 20 Marks

- Explain methods of Apadravya nivarana (disposal of refuse) in detail
- 2. Write about reproductive and Child Health Programme (RCH)

SHORT ESSAYS

10 x 5 = 50 Marks

- 3. Methods to control air pollution
- 4, Modes of disease transmission
- 5. Swasthya nashaka vyavasaya
- 6. Kuprasangaja vyadhi karana and pratishedhopaya
- 7. Explain Water Seal Latrine
- 8. Mid day meal programme
- 9. Apgar score
- 10. Hormonal methods of contraception
- 11. Explain the effect of increased population
- 12. IUD (Intra Uterine Devices) merits and demerits

SHORT ANSWERS

10 x 3 = 30 Marks

- 13. Define vital laver
- 14. Define endemic
- 15. Physical methods of disinfection
- 16. Comfort zone
- 17. Chemical closet
- Define Primary health care 18.
- 19. Care of new born
- 20. Eligible couple
- 21. Alma-ata declaration
- 22. Female condom



PERIOPAL S.B.S.S. Krishna Ayurvedic Medical College & Hospital, SANKESHWAR

Rajiv Gandhi University of Health Sciences, Karnataka III Year B.A.M.S Degree Examination - 17-Jul-2021

Time: Three Hours

Max. Marks: 100 Marks

SWASTHAVRITTA AND YOGA - PAPER-I (RS-5) Q.P. CODE: 3039

Your answers should be specific to the questions asked. Draw neat, labeled diagrams wherever necessary.

LONG ESSAYS

2 x 10 = 20 Marks

- Define Ahara and write in detail about Aharavarga.
- Write yoga Nirukti and Explain Pranayanma.

SHORT ESSAYS

 $10 \times 5 = 50 \text{ Marks}$

- Write about Arogya Lakshana.
 - Write about the Nirukti and Prayojana of Swasthavritta.
 - Brahme Muhurte Uthishtet-Explain.
 - Write about Abhyanga.
 - 7. Explain Varsha Ritu Charya.
 - Explain Samyama.
 - Write about the relation between yoga and Ayurveda.
- 10. Write about the Jalachikitsa.
- Explain Dhanurasana.
- 12. Massage therapy.

SHORT ANSWERS

10 x 3 = 30 Marks

- 13. Snana.
- 14. Benefits of Utsadana.
- 15. Tamboola Sevana Vidhi.
- 16. Prati Marsha Nasya Kala.
- 17. Dhoomapana.
- 18. Asana.
- 19. Bandhas.
- 20. Helio therapy.
- 21. Benefits of Upavasa.
- 22. Yama.



PRINCIPAL S.B.S.S. Krishna Ayurvedic Medical College & Hospital, SANKESHWAR

Rajiv Gandhi University of Health Sciences, Karnataka III Year B.A.M.S Degree Examination - 20-July-2021

Time: Three Hours

Max. Marks: 100 Marks

SWASTHAVRITHA AND YOGA - PAPER - II (RS-5) Q.P. CODE: 3040

Your answers should be specific to the questions asked. Draw neat, labeled diagrams wherever necessary.

LONG ESSAYS

 $2 \times 10 = 20 \text{ Marks}$

- Describe Physical Occupational hazards and their preventive measures.
- Define family planning and explain in detail about hormonal methods.

SHORT ESSAYS Br

10 x 5 = 50 Marks

- 3. Write in detail about Biomedical waste management.
- 4. Define Immunity and explain Immunizing agents.
- 5. Explain epidemiological triad.
- 6. Nivasa yogya Bhumi Lakshana.
- 7. Latrines for camps.
- 8. Alma Ata declaration.
- 9. Mid day meal programme.
- 10. Role of Ayurveda in Primary Health care.
- 11. DOTS.

SI

Vitamin A prophylaxis.

SHORT ANSWERS

10 x 3 = 30 Marks

- Dengue.
- SARS.
- 15. Non communicable diseases.
- 16. Chikitsalaya Bhavana.
- 17. Disinfection.
- 18. NRHM.
- 19. Vital Statistics.
- 20. IDD programme.
- 21. UNICEF.
- 22. Personal protection in vector born disease.



PRINCIPAL S.B.S.S. Krishna Ayarvedic Medical College & Hospital, SANKESHWAR

Rajiv Gandhi University of Health Sciences, Kar

Time: Three Hours II Year B.A.M.S Degree Examination - FEB-2019

SWASTHAVRITHA - PAPER-I (RS-3)

Your answers should be specific to the questions asked. Draw neat, labeled diagrams wherever necessary

(Note: Use the diagrams wherever necessary) (Note: Use the same theory answer scripts for writing Part A and Part B)

LONG ESSAYS

Part - A (50 Marks)

Stute of Ayurved

1 x 11 = 11 Marks

5 x 5 = 25 Marks

Max. Marks: 100 Marks

Write about vitamins and explain in detail about fat soluble vitamins. SHORT ESSAYS

2. Adharneeya vega

3. Brahma charya mahatwam

4. Swasthavritta prayojanam

5. Snana mahatwam

6. Rutu anusara shodhana

SHORT ANSWERS

7. Anjana

8. Abhyangam

9. Arogya lakshana

10. Hamsodaka

11. Ksheera mahatwam

12. Vyayama

13. Define health.

LONG ESSAYS

Define vyadhi kshamatwa and explain host defence

SHORT ESSAYS

Explain epidemiological triad.

Mala nishkasana vyavastha

17. Define visamkramana and write about its prakara.

Vidyalaya bhavana varnana 18.

19. Kuprasangaja vyadhi

SHORT ANSWERS

20. Isolation

21. Causative organism of typhoid and malaria

22. Bhoosthapathana in shava vinasha

23. Ninditha Bhoomi lakshana

24. Ashudha vata lakshana

25. Water borne disease

26. Fomite

7 x 2 = 14 Marks

1 x 11 = 11 Marks

5 x 5 = 25 Marks

7 x 2 = 14 Marks

Rajiv Gandhi University of Health Sciences, Ka Time: Three Hours

II Year B.A.M.S Degree Examination - Feb 2018

Max. Marks MOD Marks

SWASTHAVRITHA, PAPER-I

Your answers should be specific to the questions asked. Draw neat, labeled diagrams wherever necessary (Note: Use the same theory answer scripts for writing Part A and Part B)

LONG ESSAYS

Part - A (50 Marks)

1 x 11 = 11 Marks

5 x 5 = 25 Marks

7 x 2 = 14 Marks

1. Explain - Trayopasthamba

SHORT ESSAYS

Nasya mahatwam 5 x 5 = 25 Marks

3. Shaka varga varnanam

4. Greeshma ruthu charya

5. Anjana vidhi

6. Astha ninditha purusha

SHORT ANSWERS

7 x 2 = 14 Marks 7. Protein

8. Udvartanam

9. Viruddahara

10. Santarpanam

11. Lathyrism

12. Snana mahatwa

13. Define Health.

Part - B (50 Marks)

LONG ESSAYS

1 x 11 = 11 Marks

Define sankramika roga and explain prevention of polio.

SHORT ESSAYS 15.

Shava vinasha vyavastha 16.

Chikitsalaya bhavanam

17. Types of jala

18. Vyadhikshamatwa

19. Prakasha mahatwa

SHORT ANSWERS

20. Notification Jala upayukta matra 21.

22. Isolation

23. Nivasa ayogyabhoomi

24. Ergonomics

Causative organisms for Diphtheria and typhoid 25.

26. Sporadic

Rajiv Gandhi University of Health Sciences, Karn

II Year B.A.M.S Degree Examination - FEB 2018

Time: Three Hours

Max. Marks: 100 Marks

SWASTHAVRITHA, PAPER-II

Q.P. CODE: 1262

Your answers should be specific to the questions asked. Draw neat, labeled diagrams wherever necessary (Note: Use the same theory answer scripts for writing Part A and Part B)

Part - A (50 Marks) LONG ESSAYS

1 x 11 = 11 Marks

1. Describe role of Ashtanga Yoga in maintenance of Health.

SHORT ESSAYS

5 x 5 = 25 Marks

- 2. Definitions of Yoga
- 3. Kukkutasana
- 4. Trataka
- 5. Basic principles of nature cure
- · 6. Relation between Ayurveda and Nisargopachara

SHORT ANSWERS

7 x 2 = 14 Marks

- 7. Samvama
- 8. Ida nadi
- 9. Definition of nisargopachara
- 10. Contraindications for mehana snana
- 11. Therapeutic qualities of Mud
- 12. Contraindications for bhashpa snana
- 13. Utility of visrama

Part - B (50 Marks)

1 x 11 = 11 Marks LONG ESSAYS

Define primary health care and describe principles of primary health care.

SHORT ESSAYS

 $5 \times 5 = 25 \text{ Marks}$

- Population explosion 15.
- Malaria prevention 16.
- Causes of maternal mortality 17.
- District health administration 18.
- Uses and sources of vital statistics 19.

SHORT ANSWERS

7 x 2 = 14 Marks

- Function of village health guide 20.
- Components of RCH programme 21.
- Mode of action of IUD 22.
- 23. Mean
- Functions of CGHS 24.
- Eligible couple 25.
- 26. Sex ratio

Rajiv Gandhi University of Health Sciences, Kary

II Year B.A.M.S Degree Examination - SEP-2018 Max. Markst-100

Time: Three Hours

SWASTHAVRITHA, PAPER-I

Q.P. CODE: 1261

Your answers should be specific to the questions asked. Draw neat, labeled diagrams wherever necessary

(Note: Use the same theory answer scripts for writing Part A and Part B)

Part - A (50 Marks)

1 x 11 = 11 Marks

LONG ESSAYS Define Dinacharya. How it helps to maintain Swasthya?

SHORT ESSAYS

5 x 5 = 25 Marks

- 2. Achara rasayana
- 3. Viruddha ahara
- 4. Asthanindhitha purusha
- 5. Sharad ritu charya
- 6. Water soluble vitamins

7 x 2 = 14 Marks

SHORT ANSWERS

7. Tamboola

:

- 8. Prajnaparadha
- 9. Satmya ahara
- 10. Sandhyakala varjita karya
- Gandoosha 11.
- Ratri charya 12.
- Brahmi muhurtha 13.

Part - B (50 Marks)

1 x 11 = 11 Marks

LONG ESSAYS

Define vyadhi kshamatwa, immunity and describe about the agents of immunization

SHORT ESSAYS

 $5 \times 5 = 25$ Marks

7 x 2 = 14 Marks

- Aoudhyogeeka swasthya 15.
- Disposal of excreta 16.
- Visankramana 17.
- Preventive measures of visoochika 18.
- Sources of water 19.

SHORT ANSWERS

- Notification 20.
- Air conditioning 21.
- Jala prasadana dravya 22.
- Hardness of water 23.
- Chemical closet 24.
- Nivas yogya Bhoomi 25.
- Pneumoconiosis 26.

Rajiv Gandhi University of Health Sciences, R

II Year B.A.M.S Degree Examination - SEP-2018 Max. Marks 100

Time: Three Hours

Swasthavritha - Paper-II

Q.P. CODE: 1262

Your answers should be specific to the questions asked. Draw neat, labeled diagrams wherever necessary

(Note: Use the same theory answer scripts for writing Part A and Part B)

Part - A (50 Marks) LONG ESSAYS

1 x 11 = 11 Marks

5 x 5 = 25 Marks

Write yoga shabdasya nirukthi and explain about the yogic shadkriyas.

SHORT ESSAYS

2. Define pranayama and explain its prakaras.

- 3. Yoga siddhikara and prati bandha kara bhava
- 4. Pathya apatya ahara during Yoga kala
- 5. Jala chikitsa
- 6. Write about the relation between nisargopachara and Ayurveda.

7 x 2 = 14 Marks SHORT ANSWERS

- 7. Benefits of Mayoorasana
- 8. Chromo therapy
- 9. Sitz bath
- 10. Upavasa chikitsa (fasting)
- 11. Yama
- 12. Define Nisargopachara.
- 13. Pingala nadi

Part - B (50 Marks)

1 x 11 = 11 Marks LONG ESSAYS

Define family planning and write the methods of family planning.

 $5 \times 5 = 25 \text{ Marks}$ SHORT ESSAYS

- 15. Uses of biostatistics
- 16. Health administration in India
- National control programme on malaria 17.
- Post natal care 18.
- Medical termination of pregnancy 19.

SHORT ANSWERS $7 \times 2 = 14 \text{ Marks}$

- Maternal mortality rate 20.
- Low birth weight 21.
- 22. UNICEF
- 23. Apgar score
- Alma-Ata declaration 24.
- Structure of WHO 25.
- Crude death rate 26.

Rajiv Gandhi University of Health Sciences,

II Year B.A.M.S Degree Examination - FEBRUARY 2017 Max. Marks: 100 Marks

Time: Three Hours

SWASTHAVRITHA, PAPER-II

Q.P. CODE: 1262

Your answers should be specific to the questions asked. Draw neat, labeled diagrams wherever necessary

(Note: Use the same theory answer scripts for writing Part A and Part B)

Part - A (50 Marks)

LONG ESSAYS

1 x 11 = 11 Marks

Write importance of Shatkarma and describe kapala bhati in detail.

5 x 5 = 25 Marks SHORT ESSAYS

- 2. Bhakti yoga
- 3. Bhujangasana
- 4. Cold hip bath
- 5. Mrittika majjana
- 6. Therapeutic effects of water in nature cure

7 x 2 = 14 Marks

- SHORT ANSWERS 7. Yama
- 8. Pingala nadi
- 9. Contraindications for mud bath
- 10. Classification of massage
- 11. Types of fasting
- 12. Uses of green color
- 13. Techniques of relaxation

Part - B (50 Marks)

1 x 11 = 11 Marks LONG ESSAYS

Define family planning and explain permanent methods of family planning.

5 x 5 = 25 Marks SHORT ESSAYS

- 15. Primary health care in India
- 16. Principles of RNTCP
- 17. Child guidance clinic
- State health administration 18.
- 19. Ante natal care

SHORT ANSWERS

- 20. Functions of sub-centers
- Target couple 21.
- 22. Female condom
- Functions of WHO 23.
- 24. UNICEF
- 25. Prevalence
- Hiundu kushta nivarana sangh 26.

 $7 \times 2 = 14 \text{ Marks}$

Rajiv Gandhi University of Health Sciences, K

III Year B.A.M.S Degree Examination - MARCH 2018

Max. Marks: 100 Marks

Time: Three Hours

SWASTHAVRITHA - II (Revised Scheme 4)

Q.P. CODE: 3018

Your answers should be specific to the questions asked. Draw neat, labeled diagrams wherever necessary

(Note: Use the same theory answer scripts for writing Part A and Part B)

Part – A (50 Marks)

1 x 15 = 15 Marks

LONG ESSAYS

Write about the epidemiology of Malaria

SHORT ESSAYS

 $5 \times 5 = 25$ Marks

2.

Standards of lighting

3. Janapadodwamsa kara bhava

4. Components of ESI Act

Vayushuddhi prakara

6. Jala guna, lakshana

5 x 2 = 10 Marks SHORT ANSWERS

7. Bhumi shodana

8. Disaster management

9. Comfort zone

Primary transmission

11. Types of Immunoglobulins

Part - B (50 Marks) 1 x 15 = 15 Marks

LONG ESSAYS 12. Define Primary Health Care and write in detail about principles and elements.

5 x 5 = 25 Marks SHORT ESSAYS

13. IUCD

14. Antenatal care

15. World Health Organization, objectives and functions

16. Structure of Central Government Health Administration

17. Mid Day Meal Programme

5 x 2 = 10 Marks SHORT ANSWERS

18. Maternal mortality rate

19. Eligible couple

20. Indian Red Cross

21. MDT

22. NGO's

Rajiv Gandhi University of Health Sciences, Klar

III Year B.A.M.S Degree Examination - MARCH - 2018 Max. Marks: 100 Marks

Time: Three Hours SWASTHAVRITHA - I (Revised Scheme 4)

O.P. CODE: 3017 Your answers should be specific to the questions asked. Draw neat, labeled diagrams wherever necessary

(Note: Use the same theory answer scripts for writing Part A and Part B)

Part - A (50 Marks)

LONG ESSAYS

1. Explain importance of Brahmacharya and Abrahmacharya.

SHORT ESSAYS

5 x 5 = 25 Marks

1 x 15 = 15 Marks

- 2. Aharavidhividana
- 3, Pratimarsha nasya
- 4. Dimension of health
- 5. Vasanta ritucharya
- 6. Advantages and disadvantages of Vegetarian diet

SHORT ANSWERS

5 x 2 = 10 Marks

- Food toxicants
- 8. Ritu sandhi
- 9. Chankramana
- Arogya lakshana
- Sandhya kala nishiddha karmas

Part - B (50 Marks)

LONG ESSAYS

1 x 15 = 15 Marks

12. Write nirukti, vyakya and types of yoga. Describe hatha yoga.

SHORT ESSAYS

 $5 \times 5 = 25 \text{ Marks}$

- 13. Dhyna
- 14. Steam bath
 - Sheetali pranayama
- Dhanurasana
- 17. Hip bath

SHORT ANSWERS

5 x 2 = 10 Marks

- Bhastrika
- Chromotherapy
- 20. Whirl-pool bath
- 21. Collection and preparation of mud for mud therapy
- Muktatma lakshana

Rajiv Gandhi University of Health Sciences, Max. Marks: 100 Marks

II Year BAMS Degree Examination - SEP-2017

Time: 3 Hours

SWASTHAVRITHA Paper I

Your answers should be specific to the questions asked. Draw neat labeled diagrams wherever necessary (Use the same theory answer scripts for writing Part A and Part B)

Part A (50 Marks)

1 x 11 = 11 Marks

LONG ESSAYS

Explain the importance of "Ashta Aharavidhi Vishesha ayatanani".

5 x 5 = 25 Marks

SHORT ESSAYS

- Write the importance of nidra and explain its prakara.
- Name the water soluble vitamins and explain vitamin C. 3.
- Write about the importance of "Madhu". 4.
- Write the Milk pasteurization of test for pasteurization. 5.
- Enumerate "Varsha Rutucharya".

SHORT ANSWERS

 $7 \times 2 = 14$ Marks

- Samyak Dhoomapana Lakshanas 7.
- Dharaneeya vegas 8.
- 9. Write about Vyayama.
- 10. Yamadamshtra Kala
- 11. Udvartana
- Define sadvritta 12.
- Define Viruddhahara. 13.

Part B (50 Marks)

 $1 \times 11 = 11 \text{ Marks}$

LONG ESSAYS

14. Write in detail about swasthya nashaka vyavasaya and the prevention of occupational diseases.

SHORT ESSAYS

5 x 5 = 25 Marks

- 15. Explain hardness of water and the methods for removal of hardness.
- Explain Water Seal Latrine. 16.
- Enumerate the causes and effects of air pollution. 17.
- Methods of disposal of refuse 18.
- Explain the chikitsalaya bhavana sthana 19.

SHORT ANSWERS

7 x 2 = 14 Marks

- Define Vital layer. 20.
- Write the major features of AIDS. 21.
- Define epidemic 22.
- Write the qualities of safe and wholesome water. 23.
- Define droplet infection. 24.
- Write the organism of Tetanus and Plague. 25.
- Write the clinical features of Malaria. 26.

Rajiv Gandhi University of Health Sciences, Karnataka II Year B.A.M.S Degree Examination - SEP 2017 Max. Marks: 100 Marks

Time: Three Hours

SWASTHAVRITHA, PAPER-II

Q.P. CODE: 1262

Your answers should be specific to the questions asked. Draw neat, labeled diagrams wherever necessary

(Note: Use the same theory answer scripts for writing Part A and Part B)

Part - A (50 Marks)

1 x 11 = 11 Marks

LONG ESSAYS Define Naturopathy and write different modalities of hydrotherapy.

 $5 \times 5 = 25$ Marks

SHORT ESSAYS

2. Chromo therapy

3. Vamana dhouti

4. Surya namaskara

Pancha kosha

(a) 6. Fasting $7 \times 2 = 14$ Marks

7. Bandhas

SHORT ANSWERS

8. Nivama

9. Padmasana

10. Ideal mud

11. Dhyana

LONG ESSAYS

Atapa snana 12.

13. Sootra nethi

Part - B (50 Marks)

1 x 11 = 11 Marks

Define family planning. Describe IUD and hormonal contraceptives.

SHORT ESSAYS

 $5 \times 5 = 25 \text{ Marks}$

National health programmes 15.

Alma Atta declaration 1a: 16.

DPT 17.

18. Condom

District Health Administration 19.

SHORT ANSWERS

 $7 \times 2 = 14 \text{ Marks}$

Preventive measures for tetanus 20.

21. Village health guide

22. Census

23. Crude death rate

Anganwadi worker 24.

Methods of collection of data 25.

26. CARE

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Rajiv Gandhi University of Health Sciences, Ka

III Year B.A.M.S Degree Examination - MARCH 2017

Time: Three Hours

Max. Marks 100 Marks

SWASTHAVRITHA - I (Revised Scheme 4) Q.P. CODE: 3017

Your answers should be specific to the questions asked. Draw neat, labeled diagrams wherever necessary

(Note: Use the same theory answer scripts for writing Part A and Part B)

Part - A (50 Marks)

1 x 15 = 15 Marks

1. Write the nirukti, laxanas, upayoga and prayojana of Swasthavritta.

SHORT ESSAYS

LONG ESSAYS

5 x 5 = 25 Marks

- Rasayana for Swatha
- Dharaneeya vegas
- Ashta nindita purusha
- 5. Adana kala visarga kala
- 6. Kavala Gandoosh

SHORT ANSWERS

5 x 2 = 10 Marks

- Nitya sevaneeya ahara
- 8. Apathyaahara
- 9. Aims of Dinacharya
- Physical dimension
- Ratri bhojana vidhi

Part - B (50 Marks)

LONG ESSAYS

1 x 15 = 15 Marks

12. Write in detail about Shatkarma.

SHORT ESSAYS

 $5 \times 5 = 25 \text{ Marks}$

- 13. Vishrama chikitsa upayoga
- 14. Hot water treatments
- 15. Bandhas
- 16. Ayurveda and Yoga sambandha
- Padahastasana

SHORT ANSWERS

5 x 2 = 10 Marks

- 18. Raja yoga
- 19. Niyama
- 20. Nadi shuddhi pranayama
- Fasting
- 22. Whirl pool bath

Rajiv Gandhi University of Health Sciences,

Time: Three Hours

III Year B.A.M.S Degree Examination - SEP-2016

Max. Marks: 100 Marks

Swasthavritta - Paper I (Revised Scheme 4)

Your answers should be specific to the questions asked. Draw neat, labeled diagrams wherever necessary (Note: Use the same theory answer scripts for writing Part A and Part B)

LONG ESSAYS Part - A (50 Marks)

1 x 15 = 15 Marks

Explain the effects of Visarga kala on the body and describe Sarat ritu charya in detail

SHORT ESSAYS

5 x 5 = 25 Marks

- Swathavritta prayojana
- Describe Anjana vidhi
- Role of sadvritta in prevention of psychosomatic diseases
- Write sources and deficiency diseases of vitamin A
- 6. Mention Astaninditta purusha explain sthoulya dosha

SHORT ANSWERS

5 x 2 = 10 Marks

- Define Swastha
- 8. Vyayama
- 9. Udvartana
- 10. Snana
- yamadamstra

Part - B (50 Marks)

LONG ESSAYS 1 x 15 = 15 Marks

12. Discuss the role of Ashtanga Yoga in maintenance of Health

SHORT ESSAYS 5 x 5 = 25 Marks

- 13. Explain different definition of Yoga
- 14. Write procedure and benefits of Bhujangasana
- Describe Basti as per Hathayoga pradeepika
- Principles of naturopathy
- Pranayama

SHORT ANSWERS 5 x 2 = 10 Marks

- 18. Yoga siddikara bhava
- 19. Importance of upavasa
- 20. Niyama
- Hatayoga
- Massage types