

Rajiv Gandhi University of Health Sciences, Karnataka

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

Time: Three Hours

Max. Marks: 100 Marks

Swasthavritta – Paper 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)

LONG ESSAYS

1 x 15 = 15 Marks

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

SHORT ESSAYS

5 x 5 = 25 Marks

2. Swasthavritta prayojana
3. Describe Anjana vidhi
4. Role of sadvritta in prevention of psychosomatic diseases
5. Write sources and deficiency diseases of vitamin A
6. Mention Astaninditta purusha explain sthoulya dosha

SHORT ANSWERS

5 x 2 = 10 Marks

7. Define Swastha
8. Vyayama
9. Udvardana
10. Snana
11. 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
15. Describe Basti as per Hathayoga pradeepika
16. Principles of naturopathy
17. Pranayama

SHORT ANSWERS

5 x 2 = 10 Marks

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

Rajiv Gandhi University of Health Sciences, Karnataka

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)

LONG ESSAYS

1 x 15 = 15 Marks

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

SHORT ESSAYS

5 x 5 = 25 Marks

2. Rasayana for Swatha
3. Dharaneeya vegas
4. Ashta nindita purusha
5. Adana kala – visarga kala
6. Kavala – Gandoosh

SHORT ANSWERS

5 x 2 = 10 Marks

7. Nitya sevaneeya ahara
8. Apathyaahara
9. Aims of Dinacharya
10. Physical dimension
11. Ratri bhojana vidhi

Part – B (50 Marks)

LONG ESSAYS

1 x 15 = 15 Marks

12. Write in detail about Shatkarma.

SHORT ESSAYS

5 x 5 = 25 Marks

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

SHORT ANSWERS

5 x 2 = 10 Marks

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

Rajiv Gandhi University of Health Sciences, Karnataka

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

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)

LONG ESSAYS

1 x 15 = 15 Marks

1. Explain importance of Brahmacharya and Abrahmacharya.

SHORT ESSAYS

5 x 5 = 25 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

7. Food toxicants
8. Ritu sandhi
9. Chankramana
10. Arogya lakshana
11. 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 x 5 = 25 Marks

13. Dhyna
14. Steam bath
15. Sheetali pranayama
16. Dhanurasana
17. Hip bath

SHORT ANSWERS

5 x 2 = 10 Marks

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

Rajiv Gandhi University of Health Sciences, Karnataka

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

Time: Three Hours

Max. Marks: 100 Marks

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)

LONG ESSAYS

1 x 15 = 15 Marks

1. Write about the epidemiology of Malaria

SHORT ESSAYS

5 x 5 = 25 Marks

2. Standards of lighting
3. Janapadodwamsa kara bhava
4. Components of ESI Act
5. Vayushuddhi prakara
6. Jala guna, lakshana

SHORT ANSWERS

5 x 2 = 10 Marks

7. Bhumi shodana
8. Disaster management
9. Comfort zone
10. Primary transmission
11. Types of Immunoglobulins

Part - B (50 Marks)

LONG ESSAYS

1 x 15 = 15 Marks

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

SHORT ESSAYS

5 x 5 = 25 Marks

13. IUCD
14. Antenatal care
15. World Health Organization, objectives and functions
16. Structure of Central Government Health Administration
17. Mid Day Meal Programme

SHORT ANSWERS

5 x 2 = 10 Marks

18. Maternal mortality rate
19. Eligible couple
20. Indian Red Cross
21. MDT
22. NGO's

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
10. 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
18. Bashpa Snana
19. Vamana dhouti
20. Kumbhaka bhedha
21. Trataka mahatvam
22. Benefits of dhyana



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 - 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

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



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 - 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

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

SHORT ESSAYS

10 x 5 = 50 Marks

3. Write about Arogya Lakshana.
4. Write about the Nirukti and Prayojana of Swasthavritta.
5. Brahme Muhurte Uthishtet-Explain.
6. Write about Abhyanga.
7. Explain Varsha Ritu Charya.
8. Explain Samyama.
9. Write about the relation between yoga and Ayurveda.
10. Write about the Jalachikitsa.
11. 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 x 10 = 20 Marks

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

SHORT ESSAYS

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.
12. Vitamin A prophylaxis.


SHORT ANSWERS

10 x 3 = 30 Marks

13. Dengue.
14. 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 Ayurvedic Medical
College & Hospital, SANKESHWAR



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

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 x 10 = 20 Marks

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

SHORT ESSAYS

10 x 5 = 50 Marks

3. Write Nirukti, Bheda and basic rules of seasonal regimens.
4. Brahmacharya and Abrahmacharya.
5. Defination and methods of Pasteurization of Milk.
6. 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 x 3 = 30 Marks

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

Rajiv Gandhi University of Health Sciences, Karnataka
III Year B.A.M.S Degree Examination - 03-Mar-2022



Time: Three Hours

Max. Marks: 100 Marks

SWASTHAVRITTA AND YOGA – PAPER - II (RS-4)

Q.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

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

SHORT ESSAYS

10 x 5 = 50 Marks

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

SHORT ANSWERS

10 x 3 = 30 Marks

13. 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
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 swasthvritta 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. Swasthavritta 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, Karnataka

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
20. List out Voluntary Health Agencies of national importance
21. Define Demography
22. Define Mean

Rajiv Gandhi University of Health Sciences, Karnataka

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



Time: Three Hours

Max. Marks: 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

1. Define Swastha. Write Swastha lakshana and importance of Swasthavritta in prevention of diseases
2. Explain Ashta kumbhaka in detail

SHORT ESSAYS

10 x 5 = 50 Marks

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

SHORT ANSWERS

10 x 3 = 30 Marks

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

Rajiv Gandhi University of Health Sciences, Karnataka

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

SWASTHAVRITTA AND YOGA – PAPER-I (RS5/RS6)

Q.P. CODE: 3039

CORRECTIONS



Read Question No. 5 & 21 as follows :

5. Explain Dwadashashana pracichara.
21. Hatha yoga sidhi lakshana.

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Ajithwarya.H

20A3251

Amr

20A4010

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20A4042

Amr

Rajiv Gandhi University of Health Sciences, Karnataka

III Year B.A.M.S Degree Examination - 16-Mar-2024

Time: Three Hours

Max. Marks: 100 Marks

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

2 x 10 = 20 Marks

1. 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 methods.

SHORT ESSAYS

10 x 5 = 50 Marks

3. 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.
14. Safe and wholesome water.
15. Over Crowding and effects.
16. What are Biomedical wastes?
17. Causative organism of Typhoid, Polio and Tetanus.
18. Safe period.
19. Expand WHO, UNICEF and AYUSH.
20. APGAR score.
21. Mortality and Morbidity.
22. Define health.

Rajiv Gandhi University of Health Sciences, Karnataka

II Year B.A.M.S Degree Examination - FEBRUARY 2017

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. Write importance of Shatkarma and describe kapala bhati in detail.

SHORT ESSAYS

5 x 5 = 25 Marks

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

SHORT ANSWERS

7 x 2 = 14 Marks

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)

LONG ESSAYS

1 x 11 = 11 Marks

14. Define family planning and explain permanent methods of family planning.

SHORT ESSAYS

5 x 5 = 25 Marks

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

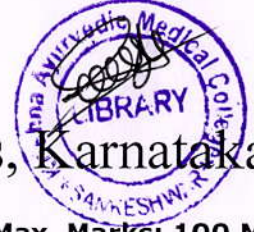
SHORT ANSWERS

7 x 2 = 14 Marks

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

Rajiv Gandhi University of Health Sciences, Karnataka

II Year BAMS Degree Examination – SEP-2017



Time: 3 Hours

Max. Marks: 100 Marks

SWASTHAVRITHA Paper I

Q.P. Code : 1261

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)

LONG ESSAYS

1 x 11 = 11 Marks

1. Explain the importance of "Ashta Aharavidhi Vishesha ayatanani".

SHORT ESSAYS

5 x 5 = 25 Marks

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

SHORT ANSWERS

7 x 2 = 14 Marks

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

Part B (50 Marks)

LONG ESSAYS

1 x 11 = 11 Marks

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

SHORT ESSAYS

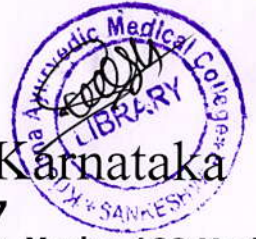
5 x 5 = 25 Marks

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

SHORT ANSWERS

7 x 2 = 14 Marks

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



Rajiv Gandhi University of Health Sciences, Karnataka

II Year B.A.M.S Degree Examination - SEP 2017

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. Define Naturopathy and write different modalities of hydrotherapy.

SHORT ESSAYS

5 x 5 = 25 Marks

2. Chromo therapy
3. Vamana dhouti
4. Surya namaskara
5. Pancha kosha
6. Fasting

SHORT ANSWERS

7 x 2 = 14 Marks

7. Bandhas
8. Niyama
9. Padmasana
10. Ideal mud
11. Dhyana
12. Atapa snana
13. Sootra nethi

Part - B (50 Marks)

LONG ESSAYS

1 x 11 = 11 Marks

14. Define family planning. Describe IUD and hormonal contraceptives.

SHORT ESSAYS

5 x 5 = 25 Marks

15. National health programmes
16. Alma Atta declaration
17. DPT
18. Condom
19. District Health Administration

SHORT ANSWERS

7 x 2 = 14 Marks

20. Preventive measures for tetanus
21. Village health guide
22. Census
23. Crude death rate
24. Anganwadi worker
25. Methods of collection of data
26. CARE

Rajiv Gandhi University of Health Sciences, Karnataka

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

Time: Three Hours

Max. Marks: 100 Marks

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)

LONG ESSAYS

1 x 11 = 11 Marks

1. Explain - Trayopasthamba

SHORT ESSAYS

5 x 5 = 25 Marks

2. Nasya mahatwam
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. Udvardanam
9. Viruddahara
10. Santarpanam
11. Lathyrism
12. Snana mahatwa
13. Define Health.

Part - B (50 Marks)

LONG ESSAYS

1 x 11 = 11 Marks

14. Define sankramika roga and explain prevention of polio.

SHORT ESSAYS

5 x 5 = 25 Marks

15. Shava vinasha vyavastha
16. Chikitsalaya bhavanam
17. Types of jala
18. Vyadhikshamatwa
19. Prakasha mahatwa

SHORT ANSWERS

7 x 2 = 14 Marks

20. Notification
21. Jala upayukta matra
22. Isolation
23. Nivasa ayogyabhoomi
24. Ergonomics
25. Causative organisms for Diphtheria and typhoid
26. Sporadic



Rajiv Gandhi University of Health Sciences, Karnataka

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. Samyama
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)

LONG ESSAYS

1 x 11 = 11 Marks

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

SHORT ESSAYS

5 x 5 = 25 Marks

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

SHORT ANSWERS

7 x 2 = 14 Marks

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

Rajiv Gandhi University of Health Sciences, Karnataka

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



Time: Three Hours

Max. Marks: 100 Marks

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)

LONG ESSAYS

1 x 11 = 11 Marks

1. 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

SHORT ANSWERS

7 x 2 = 14 Marks

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

Part - B (50 Marks)

LONG ESSAYS

1 x 11 = 11 Marks

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

SHORT ESSAYS

5 x 5 = 25 Marks

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

SHORT ANSWERS

7 x 2 = 14 Marks

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

Rajiv Gandhi University of Health Sciences, Karnataka

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

Time: Three Hours

Max. Marks: 100 Marks

Swasthavrittha - 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. Write yoga shabdasya nirukthi and explain about the yogic shadkriyas.

SHORT ESSAYS

5 x 5 = 25 Marks

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.

SHORT ANSWERS

7 x 2 = 14 Marks

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)

LONG ESSAYS

1 x 11 = 11 Marks

14. Define family planning and write the methods of family planning.

SHORT ESSAYS

5 x 5 = 25 Marks

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

SHORT ANSWERS

7 x 2 = 14 Marks

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

Rajiv Gandhi University of Health Sciences, Karnataka

II Year B.A.M.S Degree Examination - FEB-2019

Time: Three Hours

Max. Marks: 100 Marks

SWASTHAVRITHA - PAPER-I (RS-3)

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)

LONG ESSAYS

1 x 11 = 11 Marks

1. Write about vitamins and explain in detail about fat soluble vitamins.

SHORT ESSAYS

5 x 5 = 25 Marks

2. Adharneeya vega
3. Brahma charya mahatwam
4. Swasthavritta prayojanam
5. Snana mahatwam
6. Ritu anusara shodhana

SHORT ANSWERS

7 x 2 = 14 Marks

7. Anjana
8. Abhyangam
9. Arogya lakshana
10. Hamsodaka
11. Ksheera mahatwam
12. Vyayama
13. Define health.

LONG ESSAYS

1 x 11 = 11 Marks

14. Define vyadhi kshamatwa and explain host defence in detail.

SHORT ESSAYS

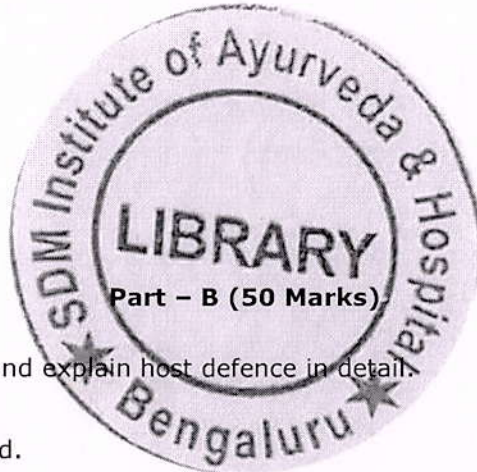
5 x 5 = 25 Marks

15. Explain epidemiological triad.
16. Mala nishkasana vyavastha
17. Define visamkramana and write about its prakara.
18. Vidyalaya bhavana varnana
19. Kuprasangaja vyadhi

SHORT ANSWERS

7 x 2 = 14 Marks

20. Isolation
21. Causative organism of typhoid and malaria
22. Bhoosthathana in shava vinasha
23. Ninditha Bhoomi lakshana
24. Ashudha vata lakshana
25. Water borne disease
26. Fomite



Rajiv Gandhi University of Health Sciences, Karnataka
II Year B.A.M.S Degree Examination - 23-Feb-2022



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.
17. Sandhya varja karma.
18. Define endemic.
19. Enumerate jala prasadana dravyas.
20. Causative agents of malaria and typhoid fever.
21. Physical methods of disinfection.
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

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

SHORT ESSAYS

10 x 5 = 50 Marks

3. Shalabhasan benefits and indications.
4. Explain upavas chikitsa according to naturopathy.
5. Pratyahara and dharana.
6. Jala dhouti kriya.
7. Define 'Dhyana', its types and its effects on mind.
8. National blindness control programme.
9. Panchayat raj.
10. 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.
19. 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 - 22-Jul-2024

Time: Three Hours

Max. Marks: 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

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

SHORT ESSAYS

10 x 5 = 50 Marks

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

SHORT ANSWERS

10 x 3 = 30 Marks

13. Indications of *Ushajala pana*
14. Explain *shayana vidhi* as per *bhavamishra*
15. Write *asthadosh* of *Sthoulya*
16. Write the reasons for *viryanasha*
17. *Yamadamsthra Kala*
18. Chromothermolium chamber
19. *Ida* and *Pingala Nadi*
20. Define health
21. Benefits of Sitz Bath
22. *Hatha yoga siddhi lakshana*



Time: Three Hours

Max. Marks: 100 Marks

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

2 x 10 = 20 Marks

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

SHORT ANSWERS

10 x 3 = 30 Marks

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