

B.A.M.S. SECOND PROFESSIONAL EXAMINATION-2025**SWASTHAVRITTA & YOGA****Paper - I**

Time : 3 Hours

Maximum Marks : 100

Note : All questions are to be attempted.

1. Select the correct answer of the following multiple choice questions: (20×1=20)
- (i) Which of the following dimension is not mentioned in WHO definition of health ?
(A) Spritua^f (B) Mental (C) Social (D) Physical
- (ii) Benefits from Chankramana
(A) Medhya (B) Ayushya^f (C) Indriyabodhana (D) All of the above
- (iii) As per Bhava Prakash what is the dose of Ushajalapana?
(A) 8 Prashrita^f (B) 6 Prashrita (C) 4 Prashrita (D) 2 Prashrita
- (iv) Which of the following is NOT prohibited in Dautun (Tooth brush):
(A) Arka^f (B) Bilva (C) Paladsh (D) Guggulu
- (v) Which of the following is consider as positive food in Naturopathy?
(A) Milk (B) Nuts (C) Fruits^f (D) Cereals
- (vi) As per Sushurtha Samhita: Vyayama pacifies:
(A) Vata dosa (B) Pitta dosa (C) Kapha dosa^f (D) Tridosas
- (vii) 2nd richest source of Vit.-C is
(A) Amalaki (B) Lime (C) Orange^f (D) Guava
- (viii) Which direction is the Vaya" Chakshushya' ?
(A) East (B) West (C) North (D) South
- (ix) Vit-D deficiency lead to which of the following disease in adults?
(A) Rickets (B) Beri-Beri^f (C) Pellegra (D) Osteomalacia
- (x) Who is the father of Naturopathy:
(A) Vincent Priesnitz^f (B) Adolf Just
(C) John Sheel^f (D) Sebastian Kneipp
- 11 (xi) Pitta Aggrivated in which Ritu:
(A) Grisham (B) Sharada^f (C) Hemanta (D) Varsha
- 12 (xii) How many times should Kshaurkarma be performed in a fortnight
(A) 1 (B) 2^f (C) 3 (D) 4
- 13 (xiii) Naimetic rasayan use for
(A) Roga^f (B) Prevention of Health
(C) Both (D) None
- 14 (xiv) As per Acharya Sushuruth, how many types of Nidra are :
(A) 3^f (B) 5 (C) 7^f (D) 6
- 15 (xv) As per Naturopathy which therapy is related to Akasah mahaboota
(A) Mud therapay (B) Hydrotherapy (C) Chromotherapy (D) Fasting^f
- 16 (xvi) Benifits of Abhyanga is;
(A) Vata-Kaph Nirodhanam (B) Kaph a- Pitta Nirodhanam
(C) Pitta-Vata Nirodhanam (D) All of the above^f

- (xvii) In which ritu, Manth(Saktu) is indicated to mix with Sharkra?
 (A) Varsha (B) Sharad (C) Grishma ✓ (D) Shishir
- (xviii) Hansodak is indicated for
 (A) Drinking (B) Snana (C) Avgahana (D) All of the above ✓
- (xix) Aparigrah is a part of
 (A) Yama ✓ (B) Niyama (C) Chittavritta (D) Chittaklesh
- (xx) Which is a not part of Pranayama
 (A) Kapalbhathi ✓ (B) Suryabhedan (C) Murchha ✓ (D) Bhramari

2. Answer the questions in brief:

(8×5=40)

- (a) Vyayama
 (b) Nidra
 (c) Dantpawana
 (d) Pathyapathya of Sharad Ritu
 (e) Pasteurization of Milk
 (f) Describe Ashtaharavidhivisheshyatanas
 (g) Yoga Pratibandhakara Bhava
 (h) Principles of Hydrotherapy.

3. Explain the following questions:

(4×10=40)

- (a) Define Health as per WHO. Explain the different dimensions of Health.
 (b) What do you understand by Ritucharya ? Describe Varsha Ritu.
 (c) What do you understand by Aahar ? Describe Aahar for Vasanta Ritu and Sharada Ritu.
 (d) What do you understand by Yoga? Describe Astang Yoga.

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