

KALOJI NARAYANA RAO UNIVERSITY OF HEALTH SCIENCES
TELANGANA, WARANGAL – 506 002
BAMS SECOND PROFESSIONAL DEGREE EXAMINATIONS: DECEMBER 2025
SWASTHAVRITTA EVAM YOGA
PAPER–I

Time: 3 Hours

Max Marks: 100

Note: Answer all questions

Give Diagrammatic representation wherever necessary with Black Ball point pen/ HB
Pencil / any dark colour Pencil.

Write ALL of the following Multiple Choice Questions:

20 X 1 = 20

1. Screening of the diseases is which type of prevention
 - a) Premordial prevention
 - b) Secondary prevention
 - c) Primary prevention
 - d) Tertiary prevention
2. Jwara is the common feature of suppression of
 - a) Chardi, Sukra
 - b) Adho vata, Mutra
 - c) Nidra, Kasa
 - d) Srama swasa, Udgara
3. Which of the following is Chakshushya
 - a) Chatra dharana
 - b) Pada Raksha dharana
 - c) Danda dharana
 - d) None of the above
4. The importance of Anulepana
 - a) To remove sweda
 - b) To remove dourgandya
 - c) To remove srama
 - d) All of the above
5. Contraindication for dhoomapana
 - a) Garbini
 - b) Mada [intoxicated]
 - c) Ama
 - d) All of the above
6. Ushah jalapana is indicated in
 - a) Akshi roga
 - b) Shiro roga
 - c) Kushta roga
 - d) All of the above
7. In the following conditions Danta dhavana is contraindicated
 - a) Shiro roga
 - b) Kapha gata rogas
 - c) Kshayaja roga
 - d) Bhrama
8. Which stage of the sleep is characterized by rapid eye movement vivid dreaming
 - a) Stage I
 - b) Stage II
 - c) Stage III
 - d) Stage IV
9. Sleep apnoea is characterised by
 - a) Excessive day time sleepiness
 - b) Rapid eye movement
 - c) Sleep terrors
 - d) Sleep walking

10. During Hemantha ritu ----- is the state of dosha
 - a) Kapha sanchaya, Pitta prashama
 - b) Pitta sanchaya, Kapha prakopa
 - c) Pitta prashama, Kapha prakopa
 - d) Kapha prakopa, Vata prashama
11. Special udaka is used in Sharad ritu
 - a) Hamsodaka
 - b) Nadi jala
 - c) Kupodaka
 - d) None
12. Which of the following is not true in case of manas
 - a) Ateendriyam
 - b) Chetas
 - c) Sapta sanjanakam
 - d) None
13. Sadvritta advises to individual to follow a daily routine
 - a) Ritucharya
 - b) Dinacharya
 - c) Fast track life style
 - d) Un predictable schedule
14. Iodine requirement of adult male is
 - a) 150 micrograms
 - b) 300 micrograms
 - c) 500 micrograms
 - d) 700 micrograms
15. Net Protein Utilization of the Egg is
 - a) 100 %
 - b) 96%
 - c) 81%
 - d) 52%
16. Drinking water recommended floride level is
 - a) 1.5 ppm
 - b) 0.5 ppm
 - c) 0.6 – 0.8 ppm
 - d) 1.1 – 1.3 ppm
17. Which one is not eight links of yoga
 - a) Yama
 - b) Niyama
 - c) Vicharana
 - d) Pratyahara
18. Kriya yoga means
 - a) Devotion
 - b) Yoga of action
 - c) God worship
 - d) Pleasure
19. Which Naturopathy doctor played a significant role in the resurgence of Naturopathy in North America during in Mid-20th century
 - a) Benedict Lust
 - b) John Bastyr
 - c) Samuel Hahnemann
 - d) Andrew
20. Ashta ishwaryas are believed to be practice of
 - a) Dhyana
 - b) Samadhi
 - c) Dharana
 - d) Yoga

Write a short essay on the following:

8 X 5 = 40

21. Define Swasta, Swastya and write Dhatu samya lakshanas.
22. Kavala and Gandoosha.
23. Varsha ritu charya.
24. Viruddhahara.
25. Santharpana janya vyadhis and its management.
26. Surya kirana chikitsa and its effects.
27. Bandhas and mudras.
28. Achara rasayana.

Write an essay on the following:

4 X 10 = 40

29. Write about concept of prevention and types of prevention with examples.
30. Explain about Adharaneeya vega and its effect on health of the individual.
31. Write about Ahara vidhi vidhana [Rules of food intake] and its benefits.
32. Define Pranayama and write its Yukta, Ayukta lakshanas, duration of pranayama, Kumbhaka bhedas.
