

KALOJI NARAYANA RAO UNIVERSITY OF HEALTH SCIENCES
WARANGAL, TELANGANA STATE – 506 002
BAMS THIRD YEAR DEGREE SUPPLEMENTARY EXAMINATIONS: JANUARY 2026
SWASTHAVRITTA AND YOGA
PAPER-I

Time: 3 Hours.

Max Marks: 100

Note: Answer all questions.

Give Diagrammatic representation wherever necessary.

PART- A (50 Marks)

Write an essay on the following:

2 X 10 = 20

1. Write down the Ahara Nirukti. Ahara Matra, Ahara Kala and Ahara Varga.
2. Explain concept of Adharaneeya Vega along with their adverse effects on Health.

Write a short note on the following:

6 X 5 = 30

3. Explain Rasayana therapy and its relevance in present era.
4. Explain causes, symptoms and pathya apathya of Ati-sthoola and Ati-krisha purusha.
5. Briefly explain Ashta Ahara Vidhi Visheshayatana.
6. Explain all process of Pasteurization of Milk.
7. Write Nitya Sevaneeya Dravyas and concept of balanced diet in Ayurveda.
8. Explain the concept of Bramhacharya.

PART- B (50 Marks)

Write an essay on the following:

2 X 10 = 20

9. Explain the procedures of Asanas in Supine posture with their health benefits and contraindications.
10. Explain the definition, types, and benefits of Pranayama.

Write a short note on the following:

6 X 5 = 30

11. Write definition of Yoga and briefly explain different schools of Yoga.
12. Explain the procedure of Trataka Kriya and its benefits.
13. Explain the importance of Yoga in Swasthya Rakshana.
14. Define Ashtang Yoga and their effect on Mental Health.
15. Write the benefits of Upawasa Chikitsa.
16. Explain the importance of Naturopathy in present Era.
