

BAMS-26/401

Mahayogi Gorakhnath University Gorakhpur
BAMS (2021-22 Batch) 3rd Professional Year Examination- July 2026
Course Name: Panchakarma & Upakarma
Course Code: AyUG-PK

Time: 3:00 hrs.**Total Marks: 100****SECTION -A****I. Multiple Choice Question****20x1=20 Marks**

- i. What is the maximum recommended duration for oleation therapy (snehana) before it becomes habituated (satmya)?
 - a) Seven days
 - b) ten days
 - c) Five days
 - d) three days
- ii. What is the proper timing for administering an unctuous enema (anuvasana) during the summer and autumn seasons?
 - a) Whenever the patient feels hungry
 - b) At sunrise only
 - c) During the day time
 - d) During the night time
- iii. Sadyo Vamana is performed in which condition.....?
 - a) After Snehapana
 - b) Without elaborate Purvakarma
 - c) After Virechana
 - d) Only in Children
- iv. Shirobasti is mainly beneficial in.....condition?
 - a) Psychiatric disorders
 - b) Fractures
 - c) Renal disorders
 - d) Hernia
- v. For how long should anuvasana basti ideally be retained in the body to ensure the cleansing of morbid matter?
 - a) Twenty-four hours
 - b) Three yamas (nine hours)
 - c) One hour
 - d) Three days
- vi. Following which condition is contraindicated for Pratimarsha nasya ?
 - a) Trushna
 - b) Shosha
 - c) Sukumar
 - d) Dushta Pratishyyaya
- vii. What is the recommended timing for 'Shirovirechana' during the winter season in case of emergency?
 - a) During the noon time.
 - b) Late evening after the sun sets
 - c) Early morning before sunrise
 - d) At midnight when the atmosphere is calm
- viii. How many total enemas are administered in a yoga basti schedule?
 - a) Eight
 - b) Thirty
 - c) Twelve
 - d) Sixteen
- ix. If 'Asthapana Basti' is administered to a person who is 'Atisnigdha' what complication may arise?
 - a) Trushna and dryness of the mouth.
 - b) Immediate cardiac arrest
 - c) Aggravation of 'Kshata-kshina'
 - d) 'Dushyodara' or edema
- x. Rookshana is indicated in.....?
 - a) Kapha Meda excess
 - b) Pregnancy
 - c) Dhatu Kshaya
 - d) Bala Kshaya
- xi. Agni and Koshta examination is essential before:
 - a) Raktamokshana
 - b) Rasayana
 - c) Rasayana
 - d) Shodhana
- xii. What is the prescribed length of the basti netra (nozzle) for a patient who is 12 years old?
 - a) 10 Angula
 - b) 8 Angula
 - c) 5 Angula
 - d) 12 Angula

- xiii. Vamana is primarily indicated in.....which type of disorder?
 a) Pitta disorders b) Kapha disorders
 c) Vata disorders d) Rakta disorders
- xiv. Pakshaghata is commonly treated with.....Treatment?
 a) Vaman b) Virechana
 c) Rukshan d) Snehan
- xv. The Panchakarma theatre should maintain?
 a) Proper ventilation and hygiene b) Darkness
 c) High noise d) Open drainage
- xvi. Samsarjana Karma is a part of..... Karma?
 a) Purvakarma b) Paschat Karma
 c) Pradhana Karma d) Rookshana
- xvii. Shirovirechana Gana drugs are used in which type of karma?
 a) Vaman b) Virechana
 c) Nasya d) Basti
- xviii. Pizhichil is also known as.....?
 a) Taila Dhara b) Kaya Seka
 c) Parisheka d) Upanaha
- xix. Research updates in Panchakarma mainly help in.....?
 a) Commercialization b) Evidence-based practice
 c) Marketing d) Drug manufacturing
- xx. What is the maximum dose of Niruha basti for an adult between the ages of 18 and 70?
 a) 24 Prasrita b) 12 Prasrita
 c) 1 Prasrita d) 6 Prasrita

SECTION -B

Short Answer Questions

8 x 5=40 Marks

2. Explain the indications and contraindications of Shodhana Karma.
3. Define Physiotherapy and describe the scope and importance of Physiotherapy in practice.
4. Discuss significance of Agni and Koshta Pariksha in Panchakarma.
5. Describe Takradhara and its therapeutic benefits.
6. Explain the procedure of Abhyantar Snehana karma.
7. Write a short note on Nasya Karmukata.
8. Explain the procedure of Anuvasana Basti.
9. Describe management of Jeevadan Vyapad.

SECTION -C

Long Answer Questions

4 x 10 = 40 Marks

10. A 37 years old female patient approached to Panchakarma opd in the month of February with complaints of sakapha kasa, shwasakashta at every time. Consultant advised her to undergo for shodhan procedure. Discuss the plan of rutushodhana and trividha karma involved in the procedure.
11. Define Swedana. Classify Swedana. Describe Sagni and Niragni Sweda in detail.
12. Indications and Contraindications of Niruha Basti what are the complications of Niruha if administered in contraindicated cases.
13. Explain Virechana Karma in detail with: Definition, Classification, Indications and contraindications, Purva, Pradhana and Paschat karma.
