

**Second Semester MD/MS Ayurveda Regular Examinations
November 2025**

**Applied Basics of Swasthavritta & Yoga (Public Health, Lifestyle Management and
Yoga)**

(2024 Scheme)

Time: 3 hrs

Max marks: 100

- Answer all questions to the point neatly and legibly • Do not leave any blank pages between answers • Indicate the question number correctly for the answer in the margin space
- Answer all parts of a single question together • Leave sufficient space between answers

Application Based Question**(20)**

1. Name of the patient: XYZ

Age: 34years

Occupation: School teacher

Prakruti: Vata-Pitta

Anthropometry:

- Height(cm): 165cm
- Weight(kg): 60kg

Desha: Sadharana

Rutu kala (Season): Sharad rutu

Status of Agni:

Abhyavaran shakti: Madhyama

Jarana shakti: Madhyama

Sara: Rakta sara

Satwa: Madhyama

Status of Bala: Madhyama

Go through the case scenario & answer the following questions related to lifestyle

- a) Write the pathya/apathya Ahara for the Prakruti based on ahara rasa & guna.
- b) Write the Lifestyle (Vihara) modification for the prakruti.
- c) Plan the diet schedule for the prakruti.

(10+5+5)**Short Answer Questions****(8x5=40)**

2. Explain various levels of prevention in communicable diseases.
3. Explain the relevance of Ritu Haritaki in present day lifestyle.
4. How to assess nutritional status of an individual as per Ayurveda.
5. Write the principles of disinfection and it's types. **(3+2)**
6. Define Janapadodhwamsa and Write Janapadodhwamsa bhava. **(2+3)**
7. Explain newer threats to the environment and analyse the causes.
8. Write in brief about public health initiatives through Ayurveda.
9. Analyse the type of joint movements and group action of muscles while performing dhanurasana

Long Answer Questions**(4x10=40)**

10. How will you estimate residual chlorine in potable water and teach the method to a rural community. **(5+5)**
11. Analyse Ritu charya for healthy individuals with emphasis on swastha panchakarma. **(5+5)**
12. Write in brief about Ahara Vidhi Vidhana and concept of balance diet according to Ayurveda. **(5+5)**
13. Illustrate the importance of spine, dynamics of breathing and physiological effects of pranayama with Nadi shuddhi pranayama as example. **(3+3+4)**
