

**Final Year PG Ayurveda Degree Examinations – October 2013**  
**(Swasthavritta)**

**Paper I – Vaiyaktika Swasthavrittam Sadvrittam Cha**

**Time : 3 hrs**

**Max marks : 100**

- Answer all questions

**Essay**

**(20)**

1. Describe the role of ritu charya in tackling the present days life style disorders.

**Short essays**

**(8x10=80)**

2. Explain the procedures of dinacharyas useful in maintainance of healthy skin.
3. Explain virudha ahara with ayurveda and modern examples.
4. Explain causes , effects and solutions for pragyaparadha
5. Explain the importance of aharavidhi visesha ayatanani in present era.
6. Discuss the difference between the sadvritta and achara rasayana. Explain, how sadvrittas help in prevention of psychosomatic disorders.
7. Define disinfection and explain about chemical disinfection.
8. Explain kama rasayanas and its effect on health promotion.
9. Explain genetics in ayurveda.

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