

**Q.P.Code 211257**

**Reg. No.:.....**

**Final Year PG Ayurveda Degree Examinations – October 2015  
(Swasthavritta)**

**Paper I – Vaiyaktika Swasthavrittam Sadvrittam Cha**

**Time : 3 hrs**

**Max marks : 100**

- Answer all questions

**Essay**

**(20)**

1. Describe the Dinacharya Vidhis for eye health along with their mode of action and also give an ideal schedule suitable for present scenario.

**Short essays**

**(8x10=80)**

2. Critically analyze the Ahara vidhi Vishesha Ayatanas the way in which they aid in proper digestion and assimilation of food.
3. Define Satmya and discuss different types of Satmya and how they help in prevention of diseases.
4. What are proximate principles. Explain in detail about protein energy malnutrition.
5. Discuss various measures in Swasthavritta to enhance Vyadhikshamatva.
6. Elucidate the importance of milk and ghee in maintenance of health.
7. Discuss in detail about Varsha Ritu and its charya along with the measures to prevent seasonal diseases.
8. Discuss in detail about Kshut, trut and Nidra vegadharana along with physiology behind the Vegadharana and management.
9. Describe the role of ayurveda in mental health

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