

Q.P.Code 211257

Reg. No.:.....

**Final Year PG Ayurveda Degree Examinations – November 2016
(Swasthavritta)**

Paper I – Vaiyaktika Swasthavrittam Sadvrittam Cha

Time : 3 hrs

Max marks : 100

- Answer all questions

Essay (20)

1. Describe the Dinacharya Vidhis for healthy skin along with their mode of action and also mention an ideal schedule suitable for present scenario.

Short essays (8x10=80)

2. Critically analyze the definitions of health as per different Acharyas along with the dimensions of health described in modern texts.
3. Define Viruddhahara and critically analyze with classical and modern day examples
4. Define balanced diet and the concept of balanced diet in Ayurveda. Explain briefly about deficiency of vitamin C along with the causes, features and management.
5. Role of Ajasrika Rasayana in the maintenance of health and prevention of diseases.
6. Staple diet of Kerala and their significance in Swasthyaparipalana
7. Discuss in detail about Sharat Ritu and its charya along with the measures to prevent seasonal diseases.
8. Discuss in detail about Vata, Vin and Mutra vegadharana along with physiology behind the Vegadharana and management.
9. Importance of Nidra in the maintenance of health and prevention of diseases
