

**Q.P.Code 211257**

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

**Final Year PG Ayurveda Degree Examinations November 2018  
(Swasthavritta)**

**Paper I – Vaiyaktika Swasthavrittam Sadvrittam Cha**

**(2012 Scheme)**

**Time: 3 hrs**

**Max marks: 100**

- **Answer all questions**

**Essay**

**(20)**

1. Write the role of Trayopasthambha in prevention and maintenance of health.

**Short essays**

**(8x10=80)**

2. What are dharaneeya vegas. Describe their role in prevention of diseases.
3. Describe ahara parinamakara bhavas and poshaka ahara as per Ayurveda.
4. Explain physiological effects of Dinacharya as per ayurveda and modern medicine.
5. Shirah shravana padeshu tam visheshena sheelayeta - Explain according to context.
6. Describe Hemanta ritu charya along with do's and dont's.
7. Explain the staple diet of Kerala and its importance in maintenance of health.
8. Describe ratricharya and its importance in swasthya paripalana.
9. Explain the food intervention you suggest in Hridroga.

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