

Q.P.Code 221257

Reg. No.:.....

**Final Year PG Ayurveda Degree Regular Examinations
October 2019**

(Swasthavritta)

Paper I – Vaiyaktika Swasthavrittam Sadvrittam Cha

(2016 Scheme)

Time: 3 hrs

Max marks: 100

- **Answer all questions**

Essay

(20)

1. Describe the indications of health with examples, and explain the role of swasthavritta in environmental aspect of health.

Short essays

(8x10=80)

2. Explain the pathyapathya in varsha ritu
3. Justify the verse “Nidrayattam sukham dukham”
4. Describe in detail the Sookadhanya varga
5. • Describe those methods of rasayana which can be adopted on daily basis
• Describe two vrushya yoga those can be prepared at home.
6. Describe Vyayama and write how it can affect health.
7. Describe the application of concept of brahmacharya in present day
8. Explain Virudhahara with examples and its impact on health
9. Explain role Ayurveda in mental health
