

**Q.P. Code 221257**

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

**Final Year PG Ayurveda Degree Regular/Supplementary  
Examinations December 2021**

**(Swasthavritta)**

**Paper I – Vaiyaktika Swasthavrittam Sadvrittam Cha**

**(2016 Scheme)**

**Time: 3 hrs**

**Max marks: 100**

- *Answer all questions to the point neatly and legibly • Do not leave any blank pages between answers • Indicate the question number correctly for the answer in the margin space*
- *Answer all parts of a single question together • Leave sufficient space between answers*

**Essay**

**(20)**

1. Discuss role of swasthavritta in socio cultural, developmental and environmental aspect of health.

**Short essays**

**(8x10=80)**

2. Explain sadvritta and its role in disease prevention.
3. Discuss utility of rasayana in healthy and disease condition with examples.
4. Explain role of Ayurveda in mental health.
5. Write dietetic intervention in malnutrition as per Ayurveda and modern science.
6. Explain the term ahara as mahabhaishajya in relation with the concept of nutraceuticals.
7. Explain the role of nidra in health preservation and disease causation.
8. Explain adharniya vegas in detail.
9. Explain pros and cons of vegetarian and non-vegetarian diet.

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