

Q.P. Code 221257

Reg. No.:.....

**Final Year PG Ayurveda Degree Regular/Supplementary
Examinations November 2022**

(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. Explain Ritu sodhana techniques with reference to various Ritus, its method and mode of action in disease prevention. Give details of Rituharitaki with its probable physiological effect on the body.

Short essays

(8x10=80)

2. Explain the clinical importance of Achara Rasayana and Sadvritta in prevention of disease and promotion of health.
3. Explain role of Vyayama and Abhyanga in maintainance of health.
4. Explain nidra utpatti, types and effects of improper nidra on the body.
5. Define food fortification and its importance with at least two appropriate examples.
6. Relevance of vegadharana and udirana in disease manifestation and management.
7. Explain milk hygiene in detail.
8. Write importance of balanced diet in elderly people with appropriate diet chart.
9. Explain the practical application of Dinacharya in obesity management.
