

**Q.P. Code 221257**

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

**Final Year PG Ayurveda Degree Supplementary Examinations  
August 2025**

**(Swasthavritta)**

**Paper I – Vaiyaktika Swasthavrittam Sadvrittam Cha (Personal and Moral  
Hygiene)**

**(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 Vyadhikshamatva and Balavriddhikara Bhavas and write the practical implementation of Vyadhikshamatva as per Ayurveda

**Short essays**

**(8x10=80)**

2. Explain Protein Energy Malnutrition and its dietetics intervention as per Ayurveda and Modern Science
3. Explain role of nidra in maintenance of health
4. Explain Ritu Shodhana in Greeshma, Varsha and Hemanta ritu and write its method and mode of action in disease prevention
5. Draw a comparison between swastha lakshana and dimensions of health
6. Explain Aharavargas described in Charaka and their comparison with today's food items
7. Explain rogah sarvepi jayente vegodeerana dharanai.
8. Explain the dinacharya procedures for twagindriya swsasthya
9. Explain role of brahmacharya in sexual and reproductive health

\*\*\*\*\*