

Q.P. Code: 102257

Reg. No.:.....

**PG Ayurveda Preliminary Regular/Supplementary Examinations
November 2020**

(Swasthavritta)

Paper II – Preventive, Social Medicine and Yoga

(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. Define nature cure and explain how you apply concept of Pancha Mahabhuta in nature cure.

Short Essays

(8x10=80)

2. Give a healthy plan of रात्रिचर्या keeping in view the current trends of working and activities.
3. Discuss how Rasayana plays its role in the growth and development of a child.
4. Discuss the concept of 'Satmya' and explain "सात्म्यतोऽल्पतया वाऽपि.....विरुद्धं वितथं भवेत्".
5. Discuss with examples the concept "संस्कारो हि गुणान्तराधानमुच्यते" with respect to food.
6. Discuss causes and effects of air pollution and the measures to tackle its ill effects as per Ayurveda
7. Meteorology and how does Swasthavritta be applied in it
8. Plan a routine for pregnant woman with Ayurvedic principles of food and lifestyle.
9. Explain 'Yogaschitta vritti nirodha'.
