

**Q.P. Code: 102257**

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

**PG Ayurveda Preliminary Regular/Supplementary Examinations  
March 2022**

**(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. Describe the role of Ahara Vidhi Vishesha Ayatana in maintenance of health and in prevention of diseases.

**Short Essays**

**(8x10=80)**

2. Swasthya (Health) and write its dimensions and parameters according to Ayurveda and WHO
3. Discuss Bala and Ojus in relation Vyadhikhsamatva
4. Different definitions of Yoga and give the reference of Yoga in Ayurvedic classics
5. Write basic principles and importance of naturopathy in present era
6. Discuss the levels of prevention with incorporating Ayurvedic preventive principles
7. Importance and relevance of meteorology in Swasthavritta
8. How will you implement Ritu Shodhana in Kerala. Prepare a chart
9. Explain global warming. How can Ayurveda play a role in coping up with it.

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