

Q.P. Code: 102257

Reg. No.:.....

**PG Ayurveda Preliminary Regular/Supplementary Examinations
November 2024**

(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 levels of disease prevention as per both Ayurveda and modern science with relevant examples.

Short Essays

(8x10=80)

2. Explain the role of Swasthavritta in disease prevention. How it is important in the kriya kala of a disease.
3. Define Swastha and swasthya lakshana as per different Acharyas.
4. Describe the importance of adopting ritucharya in maintenance of health with examples.
5. Describe Concept of Dharaniya vega and its role in health promotion and causation of diseases.
6. Write about the influence of changing patterns of sleep on health.
7. Write how yoga can help as a tool in sports management.
8. Methods of Water purification as per Ayurveda.
9. Concept of Non-communicable diseases and the role of Swasthavritta in their prevention.
