

Q.P. Code 221257

Reg. No.:.....

**Final Year PG Ayurveda Degree Regular/Supplementary
Examinations March 2026**

(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 the changes occurring in nature, human body and write the charya of Hemanta Ritu.

Short essays

(8x10=80)

2. Write Ashtavidha Ahara Visheshha Ayatanas in special reference to Anaemia with scientific elucidation.
3. Write the significance of Dinacharya, Advicate Dinacharya schedule for professional with night shift along with scientific analysis.
4. Define Vajikarana, write the classification and discuss in detail about Vajikarana Ahara and its role in present scenario.
5. Write the diseases produced due to Adharaniya Vegadharana. Write about Ashru and Nidra Vegadharana and its management along with scientific explanation.
6. Explain pathyapathya in Vatashonita Roga.
7. Explain the significance of Sadvritta in mental health promotion.
8. Explain the importance of Trayopastambha on health and ill health.
9. Write about Anindita Purusha Lakshana and the measures to maintain these features in the present scenario.

CORRECTION / NO-CORRECTION FILE
--

QPCODE: 221257

Dated: 17-03-2026

Question No. 3

The word “Advicate” corrected as “Advocate”

Corrections/Modifications/Replacement of Questions if any shall be made available to all students. Take the print out of the Correction File in such cases and distribute to all students.

(Sd/-)

CONTROLLER OF EXAMINATIONS