

M.D. (Swastha Vritta & Yoga) : SUMMER - 2019
SUBJECT : SWASTHA VRITTA AND YOGA
PAPER – I : VAIYAKTIKA SWASTHAVRITTAM SADVRITTAM CHA
(Personal Hygiene and Moral Conduct)

Day : Monday
Date : 17/06/2019

S-2019-4201

Time : 10.00 AM TO 01.00 PM
Max. Marks : 100

N. B. :

- 1) All questions are **COMPULSORY**.
- 2) Figures to the right indicate **FULL** marks.
- 3) Draw neat and labelled diagrams **WHEREVER** necessary.

Long Answer Questions: (Any Three out of Four)

(3 × 20 = 60 Marks)

- Q. 1** Describe Viruddhara and its impact on Health. Describe its comparison with today's food items with suitable examples
- Q. 2** Explain role of Trayposthamba in maintenance of health of causation of diseases and their management.
- Q. 3** Describe practical application and physiological effect of Dinacharya (Daily Regiment) procedures in today's era.
- Q. 4** Explain clinical importance of Sadvritta and role of Ayurveda in mental health.

Short Answer Questions: (Any Two out of Three)

(2 × 10 = 20 Marks)

- Q. 5** Describe Indicators of Health as per Ayurveda and Modern Science.
- Q. 6** Explain Ritushodhana in various Ritus and its importance in Disease prevention.
- Q. 7** Describe Dietetics intervention in malnutrition and over nutrition as per Ayurveda and Modern Science.

Write short notes (Any Four out of Five)

(4 × 5 = 20 Marks)

- Q. 8** Rasayan utility in Prevention of Diseases.
- Q. 9** Food Adulteration effects on Health.
- Q.10** Importance of Dharniya Vega and Health.
- Q.11** Importance of Swasthvritta in today's life style.
- Q.12** Scope of Vajikarna in Health.