

M. D. (SWASTHAVRITTA) (2017 – COURSE) : SUMMER – 2020
SUBJECT : SWASTHAVRITTA
PAPER – I : VAIYAKTIKA SWASTHAVRITTM SADVRITTAM CHA
(Personal Hygiene and Moral Conduct)

Day : **Friday**
Date : **18-09-2020**

Time : **2:00 P.M. TO 5:00 P.M.**
Max. Marks : 100

S-2020-18021

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 Role of Swasthavritta in socio cultural developmental and environmental aspects of health.
- Q. 2** Explain preventive and promotive aspect of Ritucharya and its need in present Era.
- Q. 3** Describe relevance of Vegadharana and Udirana in disease manifestation and management.
- Q. 4** Describe Aharavargas and their comparison with today's food items.

Short Answer Questions: (Any Two out of Three) (2 × 10 = 20 Marks)

- Q. 5** Describe Food adulteration and methods for its detection.
- Q. 6** Describe Role of Ayurved in Mental Health.
- Q. 7** Describe Pros and Cons of Vegetarian and Non Vegetarian Foods.

Write short notes: (Any Four out of Five) (4 × 5 = 20 Marks)

- Q. 8** Importance of Pathya and Apathya
- Q. 9** Aachar Rasayan and its Clinical Importance
- Q.10** Abrahmacharya and Health
- Q.11** Study Indicators of Health
- Q.12** Types of Nidra as per Ayurved