

AYURVEDA VACHASPATI (M.D. AYURVEDA) (2017 COURSE)
Specialisation SWASTHAVRITTA : SUMMER : 2024
SUBJECT: PAPER-I VAIYAKTIKA SWASTHAVRITTA SADVRITTA CHA
(PERSONAL HYGIENE AND MORAL CONDUCT)

Day : Tuesday
Date : 20/08/2024

S-18021-2024

Time : 10:00 AM-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 (Any Three out of Four) (3 × 20 = 60 Marks)

- Q. 1** Describe the measures of Dinacharya along with diet in Varsha and Sharad Ritu to be followed by Sthula (obese) person.
- Q. 2** Describe the indications, contraindications of Diwaswapa. Mention the ill effects of Diwaswapa in those it is not indicated. Write the Chikitsa of Nidranash and Atinidra.
- Q. 3** Describe the concept of Vegas. Mention the types of Adaharaniya Vegas. Write the symptoms and treatment principles of Jhumbha, Kshavathu, Kasa, Shrama Shwasa and Ashru vegadharana.
- Q. 4** Describe Dwadashashana Pravachar with examples in relation to sedentary lifestyle, physical exertive work and mental stress occupations.

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

- Q. 5** Describe Ahara in Greeshma Ritu for a swastha individual.
- Q. 6** Describe Aarogya Lakshanas as per Kashyapa Samhita.
- Q. 7** Describe Aharayogi varga with examples as per Charaka Samhita.

Short Answer Questions (Any Four out of Five) (4 × 5 = 20 Marks)

- Q. 8** Describe the Mid-Day Meal Programme.
- Q. 9** Describe Sadvritta as per Charaka Samhita.
- Q. 10** Write about the Role of Ahara Vidhi Vishesha Ayatanani in maintenance of Health.
- Q. 11** Write the sources and deficiency disorders of Vitamin A with methods of correcting the deficiency.
- Q. 12** Write the principles of Health Education.

* * * * *

AYURVEDA VACHASPATI (M.D. AYURVEDA) (2017 COURSE)
Specialisation SWASTHAVRITTA : SUMMER : 2024
SUBJECT: PAPER-II SAMAJIKA SWASTHAVRITTAM (COMMUNITY HEALTH)

Day : Wednesday
Date : 21/08/2024

S-18022-2024

Time : 10:00 AM-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 (Any Three out of Four) (3 × 20 = 60 Marks)

- Q. 1 Describe the Occupational hazards and their preventive measures with Ayurvedic Approach.
- Q. 2 Describe risk factors of Cardiovascular diseases, Obesity and Diabetes Mellitus and Role of Ayurved in their prevention.
- Q. 3 Describe the WHO Housing standards and designing of Aturalaya, Mahanasa and Panchakarmagara.
- Q. 4 Describe the methods of Sewage disposal.

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

- Q. 5 Describe the methods of Water purification on a large scale.
- Q. 6 Describe disinfection practices.
- Q. 7 Describe levels of prevention and stages of intervention as per Modern Science.

Short Answer Questions (Any Four out of Five) (4 × 5 = 20 Marks)

- Q. 8 Explain School Health Services.
- Q. 9 National Population Policy.
- Q. 10 Write the concept of prevention as per Ayurved.
- Q. 11 Describe Medical Sociology.
- Q. 12 Write about the arthropods of medical importance.

* * * * *

AYURVEDA VACHASPATI (M.D. AYURVEDA) (2017 COURSE)
Specialisation SWASTHAVRITTA : SUMMER : 2024
SUBJECT: PAPER-III SAMKRAMAKA ROGA PRATISHEDHAM EVAM
SWASTHYAPRASHASANAM (EPIDEMIOLOGY AND HEALTH ADMINISTRATION)

Day : Friday
Date : 23/08/2024

S-18023-2024

Time : 10:00 AM-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 (Any Three out of Four) (3 × 20 = 60 Marks)

- Q. 1 Describe National AYUSH Mission, administration, functions and programmes in detail.
- Q. 2 Describe Janapadodhdhamsa and its causes in detail.
- Q. 3 Describe National Tuberculosis Control Programme.
- Q. 4 Describe concept of Epidemiology and explain Epidemiological Triad.

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

- Q. 5 Define vital statistics and its uses in social health services.
- Q. 6 Describe Disaster Management.
- Q. 7 Describe Ayurvedic view of Samkramaka Rogas.

Short Answer Questions (Any Four out of Five) (4 × 5 = 20 Marks)

- Q. 8 Write about Indian Red Cross Society.
- Q. 9 Causes of Nosocomial Infection.
- Q. 10 Write about control measures to prevent S.T.D.
- Q. 11 Write about Incubation period.
- Q. 12 Write about health advice for travellers.

* * * * *

AYURVEDA VACHASPATI (M.D. AYURVEDA) (2017 COURSE)
Specialisation SWASTHAVRITTA : SUMMER : 2024
SUBJECT: PAPER-IV YOGA EVAM NISARGOPACHARA (YOGA & NATURE CURE)

Day : Saturday
Date : 24/08/2024

S-18024-2024

Time : 10:00 AM-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 (Any Three out of Four) (3 × 20 = 60 Marks)
Q. 1 Write shat kriyas and describe Dhauti in details.

Q. 2 Write Basic Principles of Naturopathy and describe Hydro Therapy in details.

Q. 3 Describe Kumbhaka Bhedas in details.

Q. 4 Describe Yogic Practices in cardiovascular disorders.

Short Answer Questions (Any Two out of Three) (2 × 10 = 20 Marks)
Q. 5 Describe effects of Survyamaskara on health.

Q. 6 Describe concept of Panchakoshas.

Q. 7 Write Types of massage and its benefits.

Short Answer Questions (Any Four out of Five) (4 × 5 = 20 Marks)
Q. 8 Naishthiki Chikitsa.

Q. 9 Pratyahara

Q. 10 Manipur Chakra

Q. 11 Benefits of Mud Therapy

Q. 12 Kundalini

* * * * *