

QP Code: 108009

Reg.No.: .....

**First B.Sc. Nursing (Ayurveda) Degree Examinations, October 2016**

**SWASTHAVRUTHA**

**Time: 3 Hours**

**Max Marks: 100**

- Answer all questions

**Essay**

**(2x10=20)**

1. Explain ritu charya. (ऋतु चर्य)
2. Explain importance of svastha vritta(स्वस्थ वृत्त) in present era.

**Short Notes**

**(10x5=50)**

3. Janapadadhwamsa. (जनपदध्वंस)
4. Explain immunity and types.
5. Explain udwarthana.(उद्वर्तन) Mention some medicines used for udwarthana(उद्वर्तन)
6. Immunization schedule.
7. Adhaaraneeya vegas.(अधारणीय वेग)
8. Water pollution and its causes.
9. Explain balanced diet.
10. Sadvritta. (सद्वृत्त)
11. Nasya(नस्य). Explain the importance of nasya(नस्य) in dinacharya (दिनचर्य).
12. Danta dhavana. (दन्त धावन)

**Answer Briefly**

**(10x3=30)**

13. Vitamins.
14. Bala rasayana. (बाल रसायन)
15. Tryopastabha. (त्रयोपस्थंभ)
16. Contraindications of anjana(अञ्जन).
17. Pathya. (पथ्य)
18. Define svastha. (स्वस्थ)
19. Shaka varga. (शाका वर्ग)
20. Properties and uses of onion.
21. Explain malnutrition.
22. Pasteurization.

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