

QP Code: 108009

Reg. No.:

First B.Sc. Nursing (Ayurveda) Degree Examinations October 2018

Swasthavrutha

Time: 3 Hours

Max Marks: 100

- Answer all questions

Essay

(2x10=20)

1. Explain greeshma ritu chrya (ग्रीष्म ऋतुचर्या) in detail
2. Explain in detail about determinant of health

Short Notes

(10x5=50)

3. Ama dosha (आमदोष)
4. Causes of air pollution and its preventions
5. Primary health care
6. Abhyanga (अभ्यङ्ग) and its benefits
7. Effects of udvarthana (उद्वर्तन)
8. Levels of prevention
9. Samkramika roga (संक्रामिक रोग)
10. Immunization schedule
11. Benefits of vyayama (व्यायाम)
12. Hamsodaka (हंसोदक)

Answer Briefly

(10x3=30)

13. Fat soluble vitamins
14. Pasteurization
15. Definition of swastha (स्वस्थ)
16. Benefits of स्नान
17. Importance of ahara (आहार)
18. Element of communication
19. Food adulteration
20. Alasaka (अलसक)
21. Pratimarsha nasya (प्रतिमर्श नस्य)
22. Difference between abhyanga (अभ्यङ्ग) and udvarthana (उद्वर्तन)
