

QP Code: 108009

Reg. No.:

**First B.Sc. Nursing (Ayurveda) Degree Supplementary Examinations
April 2019**

Swasthavrutha

Time: 3 Hours

Max Marks: 100

- Answer all questions

Essay

(2x10=20)

1. Explain vyadhi kshamatwa (व्याधि क्षमत्व) and correlate with modern aspects.
2. Explain elaborately dinacharya. (दिनचर्य)

Short Notes

(10x5=50)

3. Oral polio vaccine (OPV)
4. Define ama (आम) and explain saama lakshana. (साम लक्षणा)
5. Pratimarsha nasya (प्रतिमर्श नस्य)
6. Contraindications of vyayama. (व्यायाम)
7. Arogya lakshana. (आरोग्य लक्षण)
8. Nidra (निद्रा) and types.
9. Explain balanced diet.
10. Types of jala. (जल)
11. Greeshma ritu charya. (ग्रीष्म ऋतुचर्य)
12. Water soluble vitamins.

Answer Briefly

(10x3=30)

13. Dhumapana (धूमपान)
14. Communicable disease.
15. Ojas (ओजस्)
16. Define health according WHO.
17. Adana kala (आदान काल)
18. School health services.
19. Sexually transmitted diseases.
20. Air pollution and its causes.
21. Mental health.
22. Explain the importance of brahmacharya (ब्रह्मचर्य) in present era.
