

**QP Code: 108009**

**Reg. No.: .....**

**First B.Sc. Nursing (Ayurveda) Degree Regular/Supplementary  
Examinations November 2019**

**Swasthavrutha**

**Time: 3 Hours**

**Max Marks: 100**

- Answer all questions

**Essay**

**(2x10=20)**

1. Explain dinacharya (दिनचर्य) in detail.
2. Explain in detail about indicators of health

**Short Notes**

**(10x5=50)**

3. Which are the ritus (ऋतु) coming under visarga kala (विसर्ग काल)
4. Levels of preventions
5. Principles of primary health care
6. Hamsodaka (हंसोदक)
7. Janapadodwamsa karana (जनोपदोद्वंस कारण)
8. Immunization schedule
9. Ama dosha (आमदोष)
10. Dimensions of health
11. Benefits of snana (स्नान)
12. Jihwa nirlekhana (जिह्वानिर्लेखन)

**Answer Briefly**

**(10x3=30)**

13. Food fortification
14. Cold chain
15. Milk bone diseases
16. Dhoompana kala (धूम पान काल)
17. Explain sadvritta (सदवृत्त)
18. Primary health care
19. Pasteurization
20. Mention two examples of virudha aharas (विरुद्धाहार)
21. Name the dharaneeya vegas (धारणीय वेगा)
22. Kabala (कबल)

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