

**QP Code: 108009**

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

**First B.Sc. Nursing (Ayurveda) Degree Regular/Supplementary  
Examinations April 2021**

**Swasthavrutha**

**Time: 3 Hours**

**Max Marks: 100**

- Answer all questions to the point neatly and legibly • Do not leave any blank pages between answers • Indicate the question number correctly for the answer in the margin space
- Answer all parts of a single question together • Leave sufficient space between answers

**Essay**

**(2x10=20)**

1. The role of Ritucharya in health promotion and discuss about the Greeshma ritu charya
2. Define health, explain about the various dimensions of health

**Short Notes**

**(10x5=50)**

3. National immunization schedule
4. Define pasteurization, write about the methods of pasteurization of milk
5. Principles of primary health care
6. Sadapathya dravya
7. Define Janapadodwamsa and discuss about the janapado dwamsakara bhavas
8. Sadvritta
9. Write about the sources, deficiency diseases and daily requirement of vitamin A
10. Importance of swasthavritta
11. Benefits of Anjana
12. Hamsodaka

**Answer Briefly**

**(10x3=30)**

13. Pratimarsha nasya
14. Prayogika dhoomapana
15. Define health
16. Community medicine
17. Savisha anna lakshana
18. Matravat aahara
19. Shudha jala lakshana
20. Virudha
21. Adhyashanam
22. Anupanam

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