

QP Code: 108009

Reg. No.:

**First B.Sc. Nursing (Ayurveda) Degree Supplementary Examinations
August 2024**

Swasthavrutha I

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. Describe the Adana and Visarga kala and write a detailed description about Varsha Ritucharya.
2. Discuss about the concept of Sadvritham in the prevention of diseases.

Short Notes

(10x5=50)

3. Define Balanced diet.
4. Write Danthadavana vidhi and guna.
5. Describe Qualities, Atiyoga lakshana and contraindication of Vyayama.
6. Describe Sources of Water pollution as per modern science.
7. Write about the Classification of diseases.
8. Describe Sources, function and daily requirement of Protein.
9. Describe Arogya lakshanam.
10. Describe Personnel health- mental social and spiritual.
11. Describe Preservation and storage of food.
12. Write about Classification of nutrition.

Answer Briefly

(10x3=30)

13. Rickets
14. Bitot's spots
15. Udwarthana guna
16. Ritu shodana
17. Define Primary level of prevention with example
18. Gandoosha
19. Dietary sources of Calcium
20. Community health definition
21. Prayogika dhoomapana
22. Adhyashana
