

QP Code: 108009

Reg. No.:

**First B.Sc. Nursing (Ayurveda) Degree Regular/Supplementary
Examinations March 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. Explain Ahara vidhi viseshayatana.
2. What is malnutrition. Explain various nutritional problems in public health and their preventive measures.

Short Notes

(10x5=50)

3. What is ahita nidra and ill effects of ahita nidra.
4. Define swastha and swasthya.
5. Write definition and types of disinfection.
6. Describe the importance of lighting on health and the standards of lighting.
7. Explain vegas and write about adharaneeya vegas.
8. Write a short note on Proteins in nutrition, their functions, sources and requirements.
9. Define health and explain its dimensions in detail.
10. Describe Vasantha ritu charya.
11. Explain dinacharya in daily life.
12. National Immunization Schedule.

Answer Briefly

(10x3=30)

13. Udwartana.
14. Incubation period.
15. Balanced diet.
16. Oral Rehydration Solution(ORS).
17. Vitamin A.
18. Virudhahara.
19. Pasteurization of milk.
20. Nitya sevaneeya dravyas.
21. Alasaka.
22. Sandhya charya.
