

QP Code: 108009

Reg. No.:

**First Year B.Sc. Nursing (Ayurveda) Degree Regular Examinations
November 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. Write about elements and principles of primary health care
2. Describe Hemanta Ritucharya

Short Notes

(10x5=50)

3. Define Alasaka and Vishoochika
4. Vitamin D sources and deficiency diseases
5. Explain Jihwa nirlekhana
6. Define Primordial level of prevention with example
7. Explain Community resources of health and welfare
8. Explain Surveillance of health immunology
9. Describe general qualities of Snana and Ushna and Sheetha jala snana guna
10. Explain Swasthavrutham and Aathuravrutham
11. Explain Sathapathyadravya
12. Describe Sources of Air pollution

Answer Briefly

(10x3=30)

13. Ritusandhi
14. Nutritive value of milk
15. Beriberi
16. Vitamin A sources.
17. Thamboola Sevana.
18. Ushnodaka guna
19. Dietary sources of Protein
20. Brahmamuhurta
21. Qualities of egg
22. Ayurvedic definition of Ahara
