

AYURVEDA VACHASPATI (M.D. AYURVEDA) (2017 COURSE)
SPECIALIZATION SWASTHAVRITTA : WINTER : 2023
SUBJECT : PAPER-I VAIYAKTIKA SWASTHAVRITAM SADVRITAM CHA
(PERSONAL HYGIENE AND MORAL CONDUCT)

Day : Tuesday
Date : 20-02-2024

W-18021-2023

Time : 10:00 AM-01:00 PM
Max. Marks : 100

N.B :

- 1) All questions are **COMPULSORY**.
- 2) Figures to the right indicate **FULL** marks.
- 3) Draw neat diagrams **WHEREVER** necessary.

Long answer questions : (Any Three out of Four) [3 x 20 = 60 Marks]

- Q.1** Describe the measures of Dinacharya along with diet in Hemant and Shishira Ritu to be followed by a Sthula (Obese) person.
- Q.2** Describe the Dwadhashashana Vichar with examples in relation to Sedentary Lifestyle, Physical Exertive work and Mental Stress occupations.
- Q.3** Describe the concept of Vegas. Mention the types of Adaharaniya Vegas. Write the symptoms and treatment principles of Adhovata, Purisha, Mutra, Kshudha and Nidra Vegadharana.
- Q.4** Describe the indications, contraindications of Diwaswapa. Mention the ill effects of Diwaswapa in those it is not indicated. Write the Chikitsa of Nidranash and Atinidra.

Short answer questions: (Any Two out of Three) [2 x 10 = 20 Marks]

- Q.5** Describe Ritushodhana and Rasayana as per Ritus in a Swastha individual.
- Q.6** Describe Dhatusamya and Prashashta Purusha Lakshanas as per Charaksamhita.
- Q.7** Describe Harita Varga with examples as per Charak Samhita.

Short Notes : (Any Four out of Five) [4 x 5 = 20 Marks]

- Q.8** Principles of Health Education.
- Q.9** Aachar Rasyana
- Q.10** Role of Ahara Vidhi Vidhan in maintenance of Health
- Q.11** Sources and deficiency disorders of Vitamin D with methods of correcting the deficiency.
- Q.12** Importance of Godugdha and Ghrita in the diet of a Healthy Individual.

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AYURVEDA VACHASPATI (M.D. AYURVEDA) (2017 COURSE)
SPECIALIZATION SWASTHAVRITTA : WINTER : 2023
SUBJECT : PAPER-II SAMAJIKA SWASTHAVRITTA (COMMUNITY HEALTH)

Day : Wednesday

Time : 10:00 AM-01:00 PM

Date : 21-02-2024

W-18022-2023

Max. Marks : 100

N.B :

- 1) All questions are **COMPULSORY**.
- 2) Figures to the right indicate **FULL** marks.
- 3) Draw neat diagrams **WHEREVER** necessary.

(Any Three out of Four) [3 x 20 = 60 Marks] Long answer questions : (Any Three out of Four) [3 x 20 = 60 Marks]

Q.1 Describe the levels of prevention and stages of intervention as per Ayurved concepts.

Q.2 Describe the old age problems in the community and role of Ayurved in Geriatrics.

Q.3 Describe the National Immunization Programme with latest additions in the Vaccination Programme. Write the contribution of Ayurved in Immunization.

Q.4 Describe the design of Aturalaya, Suitikagara, Kumaragara, Panchakarmagara and Mahanasa in relation to Community Health.

(Any Two out of Three) [2 x 10 = 20 Marks] Short answer questions: (Any Two out of Three) [2 x 10 = 20 Marks]

Q.5 Describe Occupational Hazards with Preventive Measures.

Q.6 Describe the risk factors of Diabetes Mellitus and role of Ayurved in its Prevention.

Q.7 Describe the methods of Sewage Disposal in Unsewered Areas.

(Any Four out of Five) [4 x 5 = 20 Marks] Short Notes : (Any Four out of Five) [4 x 5 = 20 Marks]

Q.8 Concept of Web of Causation of Diseases.

Q.9 Household Water Purification Measures.

Q.10 Refuse Disposal Methods in Urban Areas.

Q.11 Effect of Global Warming on Health.

Q.12 Role of Ayurved in Health Tourism.

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AYURVEDA VACHASPATI (M.D. AYURVEDA) (2017 COURSE)
SPECIALIZATION SWASTHAVRITTA : WINTER : 2023
SUBJECT : PAPER-III SAMKRAMAKA ROGA PRATISHEDHAM EVAM
SWASTHYAPRASHASANAM (EPIDEMIOLOGY AND HEALTH ADMINISTRATION)

Day : Friday
Date : 23-02-2024

W-18023-2023

Time : 10:00 AM-01:00 PM
Max. Marks : 100

N.B :

- 1) All questions are **COMPULSORY**.
- 2) Figures to the right indicate **FULL** marks.
- 3) Draw neat diagrams **WHEREVER** necessary.

Long answer questions : (Any Three out of Four) [3 x 20 = 60 Marks]

- Q.1** Explain the Concept of Janapadaudhwansa. Mention the Concept of Kala and Akala Mrutyu and Principles of Treating Janapadaudhwansa diseases as per Charak Samhita.
- Q.2** Describe the National Health Programme of Leprosy in detail.
- Q.3** Describe the Causative Agent, Incubation Period, Sign and Preventive Measures of Vector Borne Diseases.
- Q.4** Explain Alma Ata Declaration and National Health Policy based upon the Declaration. Describe the role of Ayurved in National Health Policy.

Short answer questions: (Any Two out of Three) [2 x 10 = 20 Marks]

- Q.5** Describe Central Health Administration.
- Q.6** Describe Vyadhikshamatva as per Ayurved and Modern Science.
- Q.7** Explain Modern Concept of Epidemiology.

Short Notes : (Any Four out of Five) [4 x 5 = 20 Marks]

- Q.8** Preventive Measures for Mumps, Measles and Rubella.
- Q.9** Procedure of Sharp Waste Disposal in Hospitals.
- Q.10** Types of Covid Vaccines used in India.
- Q.11** Disaster Management.
- Q.12** National AIDS Control Programme.

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AYURVEDA VACHASPATI (M.D. AYURVEDA) (2017 COURSE)
SPECIALIZATION SWASTHAVRITTA : WINTER : 2023
SUBJECT : PAPER-IV YOGA EVAM NISARGOPACHARA (YOGA & NATURE
CURE)

Day : Saturday

Time : 10:00 AM-01:00 PM

Date : 24-02-2024

W-18024-2023

Max. Marks : 100

N.B :

- 1) All questions are **COMPULSORY**.
- 2) Figures to the right indicate **FULL** marks.
- 3) Draw neat diagrams **WHEREVER** necessary.

(Any Three out of Four) : [3 x 20 = 60 Marks] **Long answer questions : (Any Three out of Four) [3 x 20 = 60 Marks]**

- Q.1 Describe Ashtanga Yoga and its effect on Body and Mind.
- Q.2 Describe Basic Principles of Nature Cure and Hydro Therapy.
- Q.3 Describe Shadkriyas and its Effect on Health.
- Q.4 Describe types of Massage in detail.

(Any Two out of Three) : [2 x 10 = 20 Marks] **Short answer questions: (Any Two out of Three) [2 x 10 = 20 Marks]**

- Q.5 Describe Concept of Panchakoshas.
- Q.6 Describe Concept of Shadchakras.
- Q.7 Describe Yoga Practices with their effects in Stress Management.

(Any Four out of Five) : [4 x 5 = 20 Marks] **Short Notes : (Any Four out of Five) [4 x 5 = 20 Marks]**

- Q.8 Naishthikichikitsa
- Q.9 Chromo Therapy
- Q.10 Fasting and Health
- Q.11 Effects of Suryanamaskara on Health
- Q.12 Kundalini

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