

AYURVEDA VACHASPATI (M.D. AYURVEDA) (2017 COURSE)

Preliminary SWASTH: WINTER : 2023

SUBJECT: SWASTHAVRITTA

Day: Thursday

Time : 10:00 AM-01:00 PM

Date: 21-03-2024

W-17991-2023

Max. Marks : 100

N.B.

- 1) All questions are **COMPULSORY**.
- 2) Figures to the **RIGHT** indicate **FULL** marks.
- 3) Draw neat and labelled diagrams **WHEREVER** necessary.
- 4) Answers to both the sections should be written in **SEPARATE** answer book.

SECTION - I

- Q.1 Describe importance of Trayopstambha in promotion of health. (15)
- Q.2 Write down Ashtang Yoga and describe Dhyana, Dharna and Samadhi in detail. (15)
- Q.3 Explain various Shodhana Karmas in Ruktus and their role in promotion of health and prevention of diseases. (10)
- Q.4 Write short notes on **ANY TWO** of the following. (10)
- a) Ardha Shakti Vyayam Lakshana (Symptoms)
 - b) Importance of Niyat Kala Vihara in prevention of diseases
 - c) Definition and dimensions of health according to WHO.

SECTION - II

- Q.5 Explain - Janapadodhwamsa and measures of its prevention in detail. (15)
- Q.6 Explain the role of Swasthavritta in Mother and Child health Care. (15)
- Q.7 Describe causes, effects and prevention of Air Pollution. (10)
- Q.8 Write short notes on **ANY TWO** of the following. (10)
- a) Global Warming
 - b) Alma Ata declaration
 - c) Ayurvedic methods of Birth Control

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