

PARUL INSTITUTE OF AYURVEDA  
THIRD PROFESSIONAL 2016  
1st TERMINAL EXAM  
SWASTHAVRITTA

**Instruction** – Question No. 1 and 5 are compulsory

DATE: 12/6/2017

Total Marks: 100 marks

**SECTION- A**

- 1) Describe the role of ayurvedic dietetics in life style disorders. 10marks
- 2) Answer any one out of two question. 10marks
- a) Define the Swastha and Swasthavritta. Explain the applied utility of Swasthavritta in medical practice .
- b) Explain the importance of applied aspect of Ritucharya .
- 3) Answer any four out of five questions. 20marks
- a) Write short note on – Slaughter house.
- b) Write short note on – Rasayana for swastha.
- c) Explain the verse.
- अभ्यंगमाचरेन्नित्यम् सजराश्रमवातहा ।  
दृष्टि प्रसादपुष्ट्यायुः स्वप्नसुत्वकत्वदाढ्यकृत्॥
- d) Write a short note : Psycho- social dimensions of health.
- e) Write a short note on : Sandhyacharya
- 4) Answer any five out of six questions. 10marks
- a) Write the sources and deficiency disorder of vit.D.
- b) Write the effects of Anidra.
- c) Write the diet for pregnant & lactating women .
- d) Enlist bhojnottar varjaniya karma.
- e) Define chankramana.
- f) Enlist the milk borne disorders.