

PARUL INSTITUTE OF AYURVEDA
THIRD PROFESSIONAL YEAR
PRELIMINARY EXAM, APRIL 2018
SWASTHAVRITTA

PAPER - I

Instruction – Question No. 1 and 5 are compulsory

DATE:

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 questions. 10marks
 - a) Describe ayurveda yoga sambandha and explain the importance of yoga in swasthya rakshan.
 - b) Explain hydrotherapy and its different methods. Describe its indication & contraindication along with physiological action.
- 3) Answer any four out of five questions. 20marks
 - a) Write short note on – Describe the technique and benefits of Suryanamaskara.
 - b) Write short note on – Rasayana for swastha.
 - c) Explain the verse.
अभ्यंगमाचरेन्नित्यम् सजराश्रमवातहा ।
दृष्टि प्रसादपुष्ट्यायुः स्वप्नसुत्वकत्वदाढ्यकृत् ॥
 - d) Write a short note on Panchakosha theory.
 - e) Explain slaughter house.
- 4) Answer any five out of six questions. (10 marks)
 - a. Write the therapeutic effects of Fasting.
 - b. Write the effects of Tratak on circulatory system
 - c. Write the benefits of Padabhyanga.
 - d. Enlist sandhya varjaneeya karma.
 - e. Write the sources and deficiency disorder of vit.D.
 - f. Enlist the milk borne disorders.

Section – B

5) Explain Janapadodhwamsakara bhava and prevention.

10marks

6) Answer any one out of two questions.

10marks

a) Describe “Mechanical composting and Biological composting of solid waste disposal with their advantages & disadvantages .

b) Describe the PHC in detail.

7) Answer any four out of five questions.

20marks

a) Write epidemiology & prevention of malaria.

b) Write a short note on: Write the National Health Policy and the role of Ayurveda

in it

c) Explain the verse.

व्याधिक्षमत्वं नाम व्याधिबल निरोधकत्वं ।

व्याध्युत्पादक प्रतिबन्धकत्वमिति ।

d) Write a short note on – RNTCP

e) Write a short note on – prevention of occupational hazards .

8) Answer any five out of six questions.

10marks

a) What is hardness of water.

b) Write the functions of ASHA worker.

c) Write the effect of Noise pollution.

d) What are Kuprasangaj Vyadhi ?

e) Describe the types of Leprosy according to WHO.

f) Explain the importance of birth and death certificate