

# Rajiv Gandhi University of Health Sciences

**Final Year M.D. / M.S. Ayurveda Degree Examination - APRIL-2019**

Time: Three Hours

Max. Marks: 100 Marks

**SWASTHAVRITTA AND YOGA - PAPER-I**  
**VAIYAKTIKA SWASTHAVRITTAM SADVRITTAM CHA**  
**(PERSONAL HYGIENE AND MORAL CONDUCT)**  
**(Revised Scheme-3)**  
**Q.P. CODE: 3541**

Your answers should be specific to the questions asked.

Draw neat, labeled diagrams wherever necessary. Answer all questions

**LONG ESSAY**

**2 X 20 = 40 Marks**

1. Describe the detail accounts by Caraka, Sushruta, Vagbhata and Bhavamishra about Dinacharya.
2. Establish as Upastambhas- Aahara, Nidra and Brahmacharya.

**SHORT ESSAY**

**6 X 10 = 60 Marks**

3. What are the dimensions of health? Describe the spectrum of health.
4. Write the possible physiological effects of Anjana and Dantapavana according to ayurved and modern science.
5. Describe in detail the Shodhana schedule according to Ritucharya.
6. What are the principles of Staple diet? Mention your own state's staple diet.
7. Define Malnutrition and write Food interventions in Madhumeha.
8. What are the pros and cons of vegetarian/non-vegetarian food.

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