

Rajiv Gandhi University of Health Sciences, Karnataka  
Final Year M.D. / M.S. Ayurveda Degree Examination - 05-Mar-2026

Time: Three Hours

Max. Marks: 100 Marks

**SWASTHAVRITTA AND YOGA - PAPER-I (RS-3)**  
**VAIYAKTIKA SWASTHAVRITTAM SADVRITTAM CHA**  
**(PERSONAL HYGIENE AND MORAL CONDUCT)**

**Q.P. CODE: 3541**

Your answers should be specific to the questions asked.  
Draw neat, labeled diagrams wherever necessary.



**Answer All The Questions**

1. Define Viruddha ahara. Give the classical and modern day examples.
2. Write Varsha ritu lakshana and charya in detail.
3. Mention Adharaneeya vega, elaborate the vega dharana janya vikara and its management.
4. Classify ahara as per different Acharyas, define balanced diet.
5. Define Brahmacharya, classify Brahmacharya and mention its health benefits.
6. Define Nidra, explain types of Nidra as per different Acharyas, benefits of Nidra and Contraindications of Divaswapna.
7. Define Sadvritta, its principles and elaborate Sadvritta in present era.
8. Define Vyadhikshamatwa and write Balavruddhikara and Balakshayakara Bhaava.
9. Discuss about the principles of health education.
10. Write about the Ritu Sandhi and the Charyas explain for it in detail.

\* \* \* \* \*