

Rajiv Gandhi University of Health Sciences, Karnataka
Final Year M.D. / M.S. Ayurveda Degree Examination - 30-Jan-2024

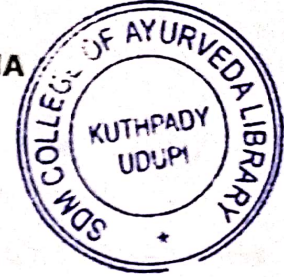
Time: Three Hours

Max. Marks: 100 Marks

SWASTHAVRITTA AND YOGA - PAPER-I
VAIYAKTIKA SWASTHAVRITTA SADVRITTA 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 The Questions

10 X 10 = 100 Marks

1. Discuss about the importance of Dinacharya in health promotion.
2. Role of Dharaneeyavegain Swasthyarakshana.
3. Describe about Rasayana in health promotion.
4. Write about the principles of health education.
5. Describe about the Rituanusarashodhanavidhi.
6. Discuss about the principles of Ahara sevana vidhi.
7. Analyse about Virudhaahara in detail.
8. Write about the types and health benefits of Nidra.
9. Describe the concept of Brahmacharya.
10. Discuss about the caloric requirements of a lactating mother and prepare a diet chart.

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