

**Pre. Ph.D. Course Work (2017 Course) : (Swasthavritta) :**  
**SUMMER - 2019**  
**SUBJECT: PAPER-II RECENT ADVANCES IN SWASTHAVRITTA**

Day: Wednesday  
Date: 24/04/2019

Time: 10.00 AM TO 1.00 PM  
Max. Marks: 100

**S-2019-5348**

**N.B.:**

- 1) Attempt **ANY FIVE** questions from each section.
- 2) Each question carries **10** marks.
- 3) Draw neat and labeled diagrams, **WHEREVER** necessary.
- 4) Answer to both the sections should be written in **SEPARATE** answer book.

**SECTION-I**

- Q.1** Explain the importance of Dinacharya for maintenance of health. (10)
- Q.2** Describe the Dinacharya Procedures specifically for IT sector personals health maintenance. (10)
- Q.3** Discuss the rutucharya concept and applied aspect of it for Asain countries. (10)
- Q.4** Describe the role of sadvritta in mental health (10)
- Q.5** Discuss the current dietetic habits of college students in relation with the Aaharvidhi vidhan. (10)
- Q.6** Discuss the qualities, function and effect of any 2 Anukta (Not. Memtioned in Ayurveda Texts) Aahar dravyas. (10)

**SECTION-II**

- Q.7** Compare the shadrasatmak Aahar with balance diet concept of modern nutrition. (10)
- Q.8** Write the definition, importance and study methods of epidemiology. (10)
- Q.9** Explain the prevention and control of leprosy. (10)
- Q.10** Explain the importance of family planning and write terminal method of family planning in females. (10)
- Q.11** Discuss the spiritual aspect of Yoga and its role in therapeutic management and naturopathy practices. (10)
- Q.12** Write two yoga procedures and one Natu. athy procedure in the management of obecity. (10)