

**M.D. (SWASTHA VRITTA & YOGA) : SUMMER - 2018**  
**SUBJECT: SWASTHA VRITTA AND YOGA**  
**PAPER-I: VAIYAKTIKA SWASTHAVRITAM SADVRITAM CHA**  
**(PERSONEL HYGIENE AND MORAL CONDUCT)**

Day: **Monday**  
Date: **18/06/2018**

**S-2018-3736**

Time: **10.00 AM TO 01.00 PM**  
Max. Marks 100

**N.B.:**

- 1) All questions are **COMPULSORY**.
- 2) Figures to the **RIGHT** indicate full.

**Long Answer questions (ANY THREE out of FOUR) (3 x 20 = 60 marks)**

- Q.1** Describe Concept of Holistic Health according to Ayurveda and Various dimensions of Health.
- Q.2** Define Ahara-vargas. Explain its comparison with today's food items with suitable examples.
- Q.3** Explain the concept of Ritucharya and its shodhana Upakrama for prevention of health.
- Q.4** Describe the Genetics in Ayurveda and Modern Science. Explain various levels of prevention and stages of interventions

**Short Answer questions (ANY TWO out of THREE) (2 x 10 = 20 marks)**

- Q.5** Describe the Principles of health Education.
- Q.6** Define Prajnaparadha and explain its causes effects and solution for Swastha.
- Q.7** What is Sadvritta and explain Vajeekarna for Swastha.

**Short notes (ANY FOUR out of FIVE) (4 x 5 = 20 marks)**

- Q.8** Ritu Haritaki.
- Q.9** Virudhahara.
- Q.10** Ratricharya.
- Q.11** Trayopsthambha.
- Q.12** Staple diet in India.

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