



INSTITUTE OF INDIGENOUS MEDICINE, UNIVERSITY OF COLOMBO  
DEGREE OF BACHELOR OF AURVEDA MEDICINE AND SURGERY  
LEVEL III – FIRST SEMESTER EXAMINATION – MAY - JUNE 2019

SW 3102 - SWASTHAVRITTA - I

Date: 28.05.2019

Time: 145 pm - 4.15 pm

Answer all questions.

Index No

**Part I - Structured Questions**

1. "Ahara sambawam vasthu rogaschahara sambawa" (Cha. Su. 25/4)

1.1 Explain the meaning of the above statement.

(02 marks)

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1.2 Write the benefits of food according to the sloka in Cha. Su. 27/349.

(05 marks)

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2.  
2.1 Complete the following *shloka* and write the meaning. (04 marks)

*Karshya daurbalya* .....

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2.2. Write 04 complications of long-term suppression of *Kshudha vega*. (02 marks)

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2.3 Name 02 food articles that can be given to a patient after 12 hours of fasting. (01 mark)

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3.1 Write 04 avoidable risk factors of coronary heart disease (02 marks)

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3.2 Write 02 non-avoidable risk factors of coronary heart disease (01 mark)

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3.3 Write 03 complications of diabetes mellitus (1.5 marks)

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3.4 Write 03 laboratory tests for diagnosis and management of diabetes mellitus (1.5 marks)

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4.

4.1 Name 04 different kinds of waterborne diseases (02 marks)

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4.2 Write 03 frequent airborne diseases (1.5 marks)

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4.3 Name 03 health hazardous chemical agents (1.5 marks)

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4.4 Name 04 most common NCDs (02 marks)

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5.

5.1 Write the *sloka* for relationship of body's state of *dosha* and seasons with its meaning. (02 marks)

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5.2 Write four main features of *Adana kala*.

(02 marks)

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5.3 Complete the following statements.

(02 marks)

- a) According to *Vagbhata*, *Ritusandhi* is consist of .....days.
- b) During .....and .....seasons body strength is in moderate state.
- c) Sleep during day time is recommended only in .....season.
- d) Use of .....for the purpose of bathing and drinking is recommended during the .....season.
- e) *Charaka Sutra*. .....chapter is on *Ritu charya*.
- f) Best recommended food for the summer season is .....

6.

6.1 Write 04 ways of accumulated waste is hazardous to health.

(02 marks)

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6.2 Write the Classification of Waste.

(02 marks)

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