

**INSTITUTE OF INDIGENOUS MEDICINE, UNIVERSITY OF COLOMBO, RAJAGIRIYA**

**BUMS LEVEL III – FIRST SEMESTER EXAMINATION – NOVEMBER 2015**

**TAHAFFUZI VA SAMAJI TIBB**

**COURSE CODE - TS 3101**

**Time: 2 ½ an hours  
1.45 p.m. – 4.15 p.m.**

**Index no**

**Answer all questions.**

**Part I - Structured Questions**

1

1.1 Explain the benefits of Proper ' Naum'

**(2 Marks)**

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1.2 Give the best time to wake up from sleep which has been stated in Unani classics

**(2 Marks)**

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1.3 Write three factors which will induce proper sleep

**(3 Marks)**

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1.4 Describe the proper Ghiza, Naum and Harakath e Badan of a Toddler

(3 Mark)

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2.1 What is Hammam (Therapeutic bath) according to Unani system of Medicine

(1 Mark)

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2.2 Name four different types of baths

(1 Mark)

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2.3 Write the special exercise for throat, chest and respiratory organs

(2 Marks)

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2.4 A 10 years old boy is brought to you by his mother for an health advice. Advice him briefly on Proper

Riyasat

(2 Marks)

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Naum

(2 Marks)

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Ghiza

(2 Marks)

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## Part II - Essay Questions

1. a. Describe the Healthy "Hawa" according to Unani system of Medicine. (06 Marks)  
b. Explain the prevention measures of Air pollution according to Tibb e Qadeem and Tibb e Jadeed. (14 Marks)
2. Write short notes on
  - a. Al bilad (05 Marks)
  - b. Al masakin (05 Marks)
  - c. Al adat (05 Marks)
  - d. Al ajnas (05 Marks)
3. Explain the importance of Isthifera wal ehthibas in health preservation (20 Marks)

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23.11.2015