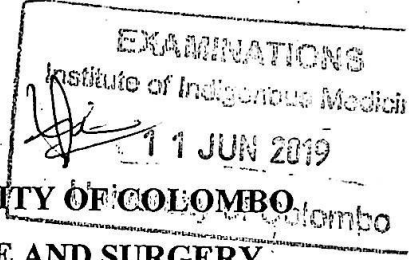


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INSTITUTE OF INDIGENOUS MEDICINE, UNIVERSITY OF COLOMBO
DEGREE OF BACHELOR OF AYURVEDA MEDICINE AND SURGERY
LEVEL I – SECOND SEMESTER EXAMINATION May -June 2019

MS 1201 – Ayurveda Muladharna

Date: 11.06.2019

Time: 9.45 a.m.-11-15 a.m.

Answer all questions.

Index No

Part I - Structured Questions

1.
1.1. Complete the blanks below based on types of Agni and relation between

1.2. Doṣa and Doṣa Prakṛti

- a) Samāgni → Sama Doṣa → Sama Prakṛti
b) Mandāgni → →
c) Tikṣṇāgni → →
d) → → Vāta Prakṛti

(03 Marks)

1.3. Two symptoms to identify a person in a Caya stage

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(02 Marks)

1.4. Describe the condition "Doṣa Duṣya Sammūrcana".

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(02 Marks)

1.5. Define Āma, Sāma and Nirāma

- a) Āma
- b) Sāma
- c) Nirāma.....

(02 Marks)

1.6. Write two non- pharmacological interventions to treat Āma Doṣa

- a)
- b)

(02 Marks)

1.7. The role of each Agni

- a)Agni → Digesting the food taken
- b) Panca Bhūtāgni →
- c)Agni →

(04 Marks)

2.

2.1 Give the definition of Svastha Person and its meaning.

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(03Marks)

2.2 Describe the stanza below

Naro hitāhāravihārasevī samēksyakāri viṣayeṣvasaktah
Dātā samah satyaparah kṣamāvān āptasevī ca bhavatyarogah (Ca Śā 2/46)

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(03 Marks)

2.3 Explain the stanza "Parihārya Viṣeṣena mānaso Dukkha hetavh" cited in C /Su/30 /13-14 related with the Ojas

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(03 Marks)

2.4 Explain Tri Eṣaṇā

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(03 Marks)

2.5 List three dissimilarities of Āma and Ojas

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(03 Marks)

Part II - Essay Questions

1. Describe the following for a Healthy Life Style according to Āyurveda.

- a) Who are the individuals to be boycotted and to be accompanied?
- b) What is the Code of mental activities to be followed?
- c) What are the good social qualities to be maintained?

(20 marks)

2. List the signs and symptoms of a Pitta prakṛti individual and explain food and life style to the same individual to live healthy.

(20 marks)

11.06.2019