



INSTITUTE OF INDIGENOUS MEDICINE, UNIVERSITY OF COLOMBO
DEGREE OF BACHELOR OF AYURVEDA MEDICINE AND SURGERY
LEVEL III - FIRST SEMESTER EXAMINATION
MARCH -SEPTEMBER 2020
SW 3102 - SWASTHAVRITTA

Date: 10.08.2020
Time: 9.45 am - 12.15 pm
(2 ½ hours)

Answer all questions.

Index No

Part I - Structured Questions

1.

1.1 How to define the positive health through Ayurveda? (02 marks)

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1.2 What are the optimum features of healthy person? (02 marks)

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1.3 Health indicators are what? (01 mark)

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1.4 Name four health indicators.

(02 marks)

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2.

2.1 What are the signs of excessive exercise?

(02 marks)

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2.2 Name contraindications of massage.

(02 marks)

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2.3 Complete following sloka (Cha; Sutra 21/25)

(03 marks)

Yada Tu Manasi Klante.....”

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(02 marks)

3.

3.1 Complete following Shloka and write its meaning.

(03 marks)

"Pannab pranabhruvam anna....." (Ca.Su.27/349)

(02 marks)

3.2 Write benefits of Rasayana.

(02 marks)

(02 marks)

3.3 Write single drugs which are enhancing immunity.

(02 marks)

(marks)

4.

4.1. Write the factors that enhance immunity

(02 marks)

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4.2 Name factors that decrease the immunity

(02 marks)

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4.3 What are the measures to promote health in neonates and infants?

(02 marks)

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5. 'amabanyam param nithyam.....' (Ca. Chi. 1.4/32)

02 marks)

5.1 Complete the above shloka with meaning.

(03 marks)

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02 marks)

5.2 Write the advices to a person to improve mental health.

(03 marks)

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2 marks)

6. 'Pakvashaya shirahshulan.....' (Ca. Su. 7/8)

6.1 Complete the above shloka with its meaning.

(03 marks)

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6.2 What are the complications related to above condition?

(02 marks)

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6.3 Give advices to prevent above condition.

(02 marks)

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Part II – Essay Questions

Discuss in details.

1.

1.1 Adana kala and Visarga kala

(10 marks)

1.2 Occupational health disorders

(10 marks)

2.

2.1 Write about the water purification in large scale.

(10 marks)

2.2 Strategies that can be used to promote positive health.

(10 marks)

10.08.2020

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