



INSTITUTE OF INDIGENOUS MEDICINE, UNIVERSITY OF COLOMBO
 DEGREE OF BACHELOR OF AYURVEDA MEDICINE AND SURGERY
 LEVEL III – SECOND SEMESTER EXAMINATION
 JANUARY – FEBRUARY 2020
 SW3202 – SWASTHAVRITTA (COMMUNITY MEDICINE)-II

EXAMINATIONS
 Institute of Indigenous Medicine
 06 JAN 2020
 University of Colombo

(4x 05 marks)

Date: 06.01.2020
 Time: 9.45 a.m. – 12.15 p.m.

(02 marks)

ication for
(08 marks)

Index No

Answer all questions.

(08 marks)

Part I - Structured Questions

pa. (02 marks)

I.

I.1 Name 03 qualities of fats in plants. (03 Marks)

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I.2 Name 04 health benefits of eating Cucumber. (02 Marks)

.....

I.3 Name 04 nutritional benefits of grapes. (02 Marks)

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2.

2.1 Complete following sloka and write its' meaning (Cha-Su 27/220)

'Jagam kashaya maduram..... (03 Marks)

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2.2 What are the compositions of breast milk? (02 Marks)

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2.3 Name 04 health benefits of Dadhi. (02 Marks)

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3.

3.1 What is Impaired Glucose Tolerance (IGT)? (01 Mark)

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3.2 Name 04 causative factors for Diabetes Mellitus (DM). (02 Marks)

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3.3 Write 04 preventive measures of DM at primary level. (02 Marks)

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3.4 List 04 complications of DM. (02 Marks)

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4. A 56 year old male presented to the doctor c/o severe headache. On examination his blood pressure was 165/100 mmHg.

4.1 What is the term used to describe above blood pressure? (01 Mark)

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4.2 Write 04 modifiable risk factors for the above condition. (02 Marks)

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4.3 Write 02 complications he may get due to that level of blood pressure. (01 Mark)

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4.4 Write 04 dietary advices to prevent above condition. (02 Marks)

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5.

5.1 Define what is a Communicable Disease? (02 Marks)

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5.2 With examples explain what is Incidence and Prevalence of an infectious disease? (02 Marks)

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5.3 What is Incubation period? (01 Mark)

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5.4 Why it is important to know the incubation period of a Communicable disease? (02 Marks)

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6.

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6.1 Write 02 basic mechanisms for acquiring immunity. (02 Marks)

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6.2 Give 02 examples for each of the following. (02 Marks)

Live attenuated vaccine -

arks)

Inactivated vaccine -

6.3 Name 04 vaccines which can be given for an infant.

(02 Marks)

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Part II – Essay Questions

1. Discuss in brief on,

1.1 Fruit based alcoholic beverages.

(05 Marks)

1.2 Santharpaneeya diseases.

(05 Marks)

1.3 Preventive measures of Coronary Heart Diseases.

(05 Marks)

1.4 High risk cases in Antenatal care.

(05 Marks)

2. There is a Dengue Fever epidemic in the country now. As a Medical Officer of the Health in the city of Colombo, describe the measures he should take to control Dengue Fever epidemic in that particular area.

(20 Marks)
