

INSTITUTE OF INDIGENOUS MEDICINE, UNIVERSITY OF COLOMBO
DEGREE OF BACHELOR OF AYURVEDA MEDICINE AND SURGERY
FIRST PROFESSIONAL SUPPLEMENTARY (ON LINE) EXAMINATION
MARCH 2021

Subject – Shareera Kriya - Part I (Ayurveda Shareera Kriya)

Date: 22. 03. 2021

Time: 10am – 10.50am

Structured Essay Questions

Answer all questions.

1. Briefly describe the definition of a healthy person as per Ayurveda with reference.
2. Mentioned the ten resorts of life (*Dashaparnayatana*).
3. Write the mechanism of *Pureesha* formation as per Ayurveda.
4. List out the functions of *Pachaka Pitta*.
5. Name common sites of *Pitta dosha*.
6. List the *Ashthavidha shukra dosha* with the reference.
7. What are the functions of *Prana vayu*.
8.
 - a. List the *Dosha/s* act in *Amashaya*.
 - b. What are the functions of *Grahani* as per Ayurveda?
9. List out five (05) types of *Kapha Dosha* and mention one function for each.
10.
 - a. Give three (03) different opinions described related to *Ojas*.
 - b. Mention the types of *Ojas* and their quantities.
11. Write down the disorders of *Ojas* and one (01) feature of each.
12. Name and define *Thrividha bala*.
13. Briefly describe about *Rakta Utpatti* as per *Sushruta Samhita*.
14. Name the *Sroto mula* of followings.
 - a. *Asthivaha srotas*
 - b. *Majjavaha srotas*
 - c. *Udakavaha srotas*

- 15.
- a. Which *Dhatu* metabolism leads to *Athisthaulya* when it gets disturbed?
 - b. List out three (03) features of *Vridhhi* of above mentioned *Dhatu* as per Ayurveda.
16. Briefly explain “*Satmyaya*” by giving one (01) example for each.
17. List the normal functions of the following as per Ayurveda.
- a. *Mutra*
 - b. *Pureesha*
 - c. *Sweda*
18. What are components of balanced diet as per Ayurveda?
19. Name the types of *Bhutagni* and mentioned their specific functions.
20. List the causes of vitiation of the following *Srotas*;
- a. *Shukravaha srotas*
 - b. *Rasavaha srotas*