



INSTITUTE OF INDIGENOUS MEDICINE, UNIVERSITY OF COLOMBO  
DEGREE OF BACHELOR OF AYURVEDA/ UNANI MEDICINE AND SURGERY  
LEVEL I FIRST SEMESTER SECOND SUPPLEMENTARY  
EXAMINATION JANUARY 2022

EN1000 – ENGLISH

Date: 13.01.2022  
Time: 1.45pm – 3.15pm

Answer all questions.

Index No

01) Read the following article and answer the questions. Your answers should be in complete sentences. (20 Marks)

There are about 250,000 higher plant species on earth, more than 80,000 species are reported to have at least some medicinal value and around 5000 species have specific therapeutic value. Thus, herbs are staging a comeback and herbal 'renaissance' is happening all over the globe. The herbal products today symbolize safety in compared to the synthetics that are considered as unsafe to human and environment. Even though herbs had been priced for their medicinal, flavoring and aromatic qualities for centuries, the synthetic products of the modern age surpassed their importance, for a while. However, the blind dependence on synthetics is over and people are returning to the herbals with hope of safety and security. Over three-quarters of the world population relies mainly on plants and plant extracts for health care. More than 30% of the entire plant species were used for medicinal purposes.

India is one of the world's 12 biodiversity centers with the presence of over 45,000 different plant species. Among these, about 15,000-20,000 plants have good medicinal value. However, only 7,000-7,500 species are used for their medicinal values by traditional communities.

In India, drugs of plant origin have been used in traditional systems of medicines such as Unani and Ayurveda since ancient times. The Ayurveda system of medicine uses about 700 species, Unani 700, Siddha 600, Amchi 600 and modern medicine around 30 species. About

8,000 herbal remedies have been included in Ayurveda. The Rig-Veda (5000 BC) has recorded 67 medicinal plants, Yajurveda 81 species, Atharvaveda (4500-2500 BC) 290 species, Charak Samhita (700 BC) and Sushrut Samhita (200 BC) had described properties and uses of 1,100 and 1,270 species respectively, in compounding of drugs and these are still used in the classical formulations, in the Ayurvedic system of medicine.

Herbal medicines are prepared from a variety of plant material such as leaves, stems, roots, bark, etc. They usually contain many biologically active ingredients and are used primarily for treating mild or chronic ailments. Herbal remedies can also be purchased in the form of pills, capsules or powders, or in more concentrated liquid forms called extracts and tinctures. They can apply topically in creams or ointments, soaked into cloths and used as compresses, or applied directly to the skin as poultices.

A combination therapy integrating ayurveda and allopathy whereby the side effects and undesirable reactions could be controlled can be thought of. Studies show that the toxic effects of radiations and chemotherapy in cancer treatment could be reduced by Ayurvedic medications and similarly surgical wound healing could be accelerated by Ayurvedic medicines. Modern science and technology have an essential role to play in the process.

1.1 What is this article about? (2 Marks)

.....

1.2 How many percentages of plants were used for medicinal purposes? (1 Mark)

.....

.....

1.3 Why is India considered as one of the world's 12 biodiversity centers? (3 Marks)

.....

.....

1.4 What are used to prepare herbal medicines?

(3 Marks)

.....

1.5 What had properties and uses of different species been described?

(4 Marks)

.....  
.....

1.6 What benefits does Ayurvedic medication have for different treatments?

(4 Marks)

.....  
.....

1.7 Explain the meanings of the words on your own words.

(3 Marks)

(i). aromatic-

.....

(ii). remedies-

.....

(iii). ailments-

.....

(iv). accelerated -

.....

(v). essential-

.....

(vi). renaissance-

.....

02) Fill in each blank with a suitable word from those given in the list below. (20 Marks)

heart                      and                      focused                      you                      as well as  
laughter                      frequently                      resistance                      faster                      do

Laughter acts as a powerful antidote for pain, stress, and conflict. There is nothing that works (1) ..... in order to bring back mind and body into balance than a good laugh. Humor lightens your burden, connects you to others and keeps you (2) ..... Thus, laughter has so much power to renew and heal one's mind and body. The ability to laugh (3) ..... is the best way to surmount the problems. Furthermore, it supports your emotional (4)..... physical health. Additionally, laughter also enhances your relationships.

A good hearty laugh everyday relieves a person from stress (5) ..... physical tension. Thus, even the muscles are relaxed after good laughter of 45 minutes. (6) ..... increases the immune cells in your body and decreases the stress hormones. It also fights the infection-fighting antibodies. Thus, it helps in improving a person's (7)..... power against the diseases. Laughter purifies the blood in your body and also the functioning of blood vessels. It can help in protecting a person against a (8)..... attack.

Additionally, laughter helps you feel good. The good feeling that actually (9)..... get during laughter remains with you even when you stop laughing. Laughter helps you with a positive view in difficult times. A slight smile or a laugh can (10)..... a world of good for you.

**Part II- Essay Questions**

**1. Write a well-organized paragraph of 60-75 words on one of the given topics.**

**(10 Marks)**

1. The value of following healthy food habits for a longer life.
2. Positive effects of wearing face masks during a pandemic situation.
3. The values of Aloe vera plant.

**02) Write a well-organized paragraph of 50-60 words on the given topic. (10 Marks)**

- 1) Advantages of modern technology to Ayurveda traditional medicinal system.

**You may start your paragraph with the given topic sentence.**

There are countless advantages of modern technology to Ayurveda traditional medicinal system. ....

**03) Write a well-organized essay of 200-250 words on one of the following topics.**

- 1) The ways of protecting one's self from communicable and non-communicable diseases.
- 2) Ayurveda Medicine can heal many diseases.
- 3) The responsibility of a medical student towards the society.

**(20 Marks)**