



INSTITUTE OF INDIGENOUS MEDICINE, UNIVERSITY OF COLOMBO
 DEGREE OF BACHELOR OF AYURVEDA MEDICINE AND SURGERY
 LEVEL III FIRST SEMESTER EXAMINATION MAY-JUNE 2022
 SW 3102 – SWASTHAVRITTA -1

Date: 10.06.2022

Time: 09.45 AM – 12.15 PM

Answer all questions.

Index No

Part I - Structured Questions

1.

1.1 Complete following shloka and write its meaning.

(04 Marks)

“Nihanthi gandhan wairasyan.....” (Caraka samhita sutra 5/71-72)

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1.2 Name four (04) *sauchakriya* which are benefited for *Oral hygiene*.

(02 Marks)

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1.3 Give instructions and advices to prevent gum bleeding with foul smell of oral cavity.

(02 Marks)

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2.

2.1 Complete following shloka and write its meaning.

(3.5 Marks)

“Nidrayattam sukam.....” (Caraka samhita sutra 21/36-38)

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2.2 Name four (04) individuals who is allowed to “diva nidra”.

(02 Marks)

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2.3 Mention three (03) treatment procedures for insomnia through Swasthavritta. (1.5 Marks)

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3.

3.1 Complete the below shloka with its meaning

(03 Marks)

‘Lobhashokabhaya.....’ (Caraka samhita sutra 7/27)

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3.2. An undergraduate student is complaining of stress and irritability at the hostel premises and she loses her concentrate on her exams.

Give four (04) advices to a improve her mental status through *sadvritta*. (02 Marks)

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4.

4.1 Complete the below shloka with its meaning. (03 Marks)

“prasangath gathra sansparshath.....” (Susruta Samhita Nidanastana 5/33/34)

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4.2 Name four (04) water borne discases. (02 Marks)

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4.3 Mention the steps in large scale water purification. (02 Marks)

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5.
5.1 Classify waste according to its nature and give two (02) examples for each. (02 Marks)

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5.2 What are the health hazards due to 'waste'? (02 Marks)

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5.3 Identify the wastes and waste collecting bins according to the colour. (02 Marks)

	Colour	Wastes
1		
2		
3		
4		

6.
6.1 Fill in the blanks with relevant *Ritu* (Seasons). (03 Marks)

<i>Sharira tala</i>	<i>Ritu</i> (Seasons)
Minimum <i>bala</i>	
Moderate <i>bala</i>	
Maximum <i>bala</i>	

6.2 Name four (04) *patya* foods for *Sisira ritu*.

(02 Marks)

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6.3 Mention four (04) *apatya viharana* for *Varsha ritu*.

(02 Marks)

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Part II – Essay Questions

1. “Body immunity can be enhanced through *dinacharya*”.

Discuss this concept with examples.

(20 Marks)

2.

2.1 Describe *Janapadodvansa*.

(08 Marks)

2.2 Discuss the health issues in flooded area and give the advices to prevent these issues.

(12 Marks)

Date: 10.06.2022
