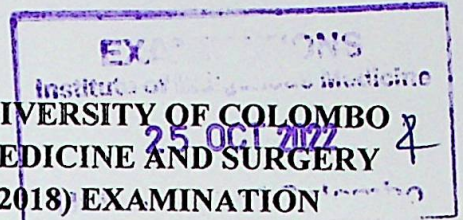




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INSTITUTE OF INDIGENOUS MEDICINE, UNIVERSITY OF COLOMBO  
DEGREE OF BACHELOR OF AYURVEDA MEDICINE AND SURGERY  
SECOND PROFESSIONAL BAMS (2017/2018) EXAMINATION  
OCTOBER – NOVEMBER 2022

A.2.1.4 – SWASTHAVRITTA AND YOGA (PREVENTIVE AND SOCIAL  
MEDICINE AND YOGA)

Date: 25.10.2022

Time: 9.45AM – 12.15PM

Index No

Answer all questions.

Part I - Structured Questions

1.

1.1 Define *Garbhini paricharya*.

(01 Mark)

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1.2 List out the Ayurveda dietary advices for the 3rd trimester of pregnant mother.

(03 Marks)

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1.3 Mention four (04) adverse effects that will occur due to maternal undernutrition. (02 Marks)

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1.4 Name four (04) measures to improve nutritional status of pregnant mothers. (02 Marks)

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2.

2.1 What is the normal levels of FBS and HbA1C for a healthy individual? (02 Marks)

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2.2 Write four (04) main symptoms present in the Diabetes Mellitus (DM) patient. (02 Marks)

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2.3 Write four (04) complications of DM

(02 Marks)

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2.4 Write 04 dietary advices to a DM patient

(02 Marks)

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3.

3.1 What is the meaning of "*Chittavruttinirodhah*"?

(01 Marks)

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3.2 Write most suitable asana for each of the following diseases.

(02 Marks)

Disease	Asana
i. Sciatica	
ii. Hypertension	
iii. GIT disorders	
iv. Bronchial Asthma	

3.3 Name *Shatkarma*

(03 marks)

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3.4 Write four (04) benefits of *Jala nethi*

(02 Marks)

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4.

4.1 Name the ways of monitoring the growth of an infant.

(02 Marks)

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4.2 Write the disadvantages of formulary feeding for a newborn baby.

(02 Marks)

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4.3 Give the information to develop Healthy food Habits for a pre-school child. (02 Marks)

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4.4 Causes for growth retardation. (02 Marks)

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5. 5.1 Mention main objectives of Family planning. (02 Marks)

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5.2 Give the classification of Family planning methods with suitable examples (03 Marks)

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5.3 Name advantages and disadvantages of one of the above methods. (02 Marks)

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5.4 Name the situations where emergency contraception used in. (01 Mark)

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**Part II – Essay Questions**

1. Write Short notes on

- 1.1 Suppressible urges help to maintain social well-being. (05 Marks)
- 1.2 Benefits of goat milk (05 Marks)
- 1.3 Geriatric care according to Ayurveda (05 Marks)
- 1.4 Health Benefits of *Shiro abhyanga* (05 Marks)

- 2.
- 2.1 Give the classification for different modes of communicable disease transmission. (10 Marks)
  - 2.2 Explain what Direct Transmission and Indirect Transmission is and give examples for each Direct Transmission modes. (10 Marks)

**Date: 25.10.2022**

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