



INSTITUTE OF INDIGENOUS MEDICINE, UNIVERSITY OF COLOMBO  
DEGREE OF BACHELOR OF AYURVEDA MEDICINE AND SURGERY  
SECOND PROFESSIONAL BAMS (2017/2018) REPEAT EXAMINATION  
JANUARY-FEBRUARY 2023

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

Date: 23.01.2023  
Time: 9.45AM – 12.15PM

Index No

Answer all questions.

Part I - Structured Questions

1.

1.1 Write four (04) clinical features occur due to *purisha vega dharana* (02 Mark)

.....  
.....  
.....  
.....  
.....

1.2 Name two (02) complications of *purisha vega dharana*. (02 Marks)

.....  
.....  
.....

1.3 Write four (04) preventive measures for this condition. (04 Marks)

.....  
.....  
.....  
.....  
.....



1.4 Write four (04) OPD drugs for a patient who is suffering from continuous constipation.

(02 marks)

.....

.....

.....

.....

.....

2.

2.1 *Shashtikanshali* .....CS/Su/5/12

Complete this shloka with its meaning.

(04 Marks)

.....

.....

.....

.....

.....

.....

.....

.....

2.2 Briefly explain *Ahara matra* according to Ayurveda

(02 Marks)

.....

.....

.....

.....

.....

.....



2.3 Write *pathyapathya ahara* for a patient suffering from High Blood Pressure. (02 Marks)

.....  
.....  
.....  
.....  
.....

3.

3.1 Define *Adana kala* and *Visarga kala*. (02 Marks)

.....  
.....  
.....  
.....  
.....

3.2 Write six (06) *Rithus* in the year and relevant months according to the calendar. (03 Marks)

.....  
.....  
.....  
.....  
.....  
.....  
.....

3.3 Write three (03) wholesome food and three (03) wholesome behaviours should be followed for *Shishira Rithu*. (03 Marks)

.....  
.....  
.....  
.....  
.....  
.....



4.

4.1 What are the main determinants of health?

(02 marks)

.....  
.....  
.....  
.....

4.2 Name other six (06) factors that influence our health.

(03 marks)

.....  
.....  
.....  
.....  
.....  
.....

4.3 Briefly explain with examples how health care organizations of a country can influence their citizen's health?

(03 marks)

.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....



5.

5.1 What is immunity?

(02 marks)

.....  
.....  
.....  
.....

5.2 Write two (02) basic mechanisms of acquiring immunity

(02 marks)

.....  
.....  
.....

5.3 Give one (01) example for each of the following

(02 marks)

a. Live Vaccine - .....

b. Live attenuated Vaccine - .....

5.4 Briefly explain the importance of booster dose.

(02 marks)

.....  
.....  
.....  
.....  
.....  
.....



## Part II – Essay Questions

1. Write Short notes on

1.1 Benefits of breast milk

(05 Marks)

1.2 *Yama* and *Niyama*

(05 Marks)

1.3 *Yukthikritha Bala*

(05 Marks)

1.4 Benefits of *Nidra*

(05 Marks)

2. Describe your role as a medical officer to prevent following conditions.

2.1 Malnutrition in primary school children

(10 Marks)

2.2 Ischemic heart diseases

(10 Marks)

Date: 23.01.2023

\*\*\*\*\*