

Datta Meghe Ayurved Medical College Hospital and Research Center, Nagpur

Department of Swathvritta & Yoga

Question bank

Long answer question (15 mark each)

1. Write down the Dincharya procedure according to Vagbhata in details?
2. Write down the Pathya –Apathya aahar and vihar of grishma,sharad & vasant ritus?
3. Write down the role of Sadvritta in prevention of diseases along with detail description of aachar rasayana?
4. Describe Aahar dravya classification, Aaharvidhividhan,dwadesh pravicharna in detail?
5. Describe proximate principles of food & vitamins in details?
6. Describe aahar varga according to sushruta and write down the deficiency diseases of proteins, carbohydrates, fat, vitamins & minerals?
7. Write down the types of nidra with properties of yukta nidra, ratri jagrana, diwawap, anidra?
8. Write down the types of vegas along with their diseases caused due to vegadharana and their chikitsa?
9. Write down any 5 asanas with their procedure & benefits?
10. Write down the definitions of yoga and describe ashtang yoga
11. Write down the name types of shatkarma and describe neti in details?
12. Describe jala chukitsa in details?
13. Describe RNTCP national health programme in details?
14. Explain epidemic disease prevention & control in details
15. Explain malaria in details?
16. Explain prevention of occupational diseases in details?
17. Write down janopadodwansa in details along with examples?
18. Describe various methods of water purification and write down slow sand filtration in details?
19. Describe biomedical waste management?
20. Describe methods of excreta disposal in sewerred and unsewerred area?
21. Write the thought expressed on anukta krutanna dravya by Sushruta?
22. Describe sign, symptoms, and preventive measure of Kushta (Leprosy) disease?
23. Describe in detail Shishir & Vasant riticharya?
24. Describe various types of air purification & give the names of the disease caused by air pollution?
25. Describe modern classification food and explain proteins in details?
26. Describe national nutrition programme in detail?
27. Describe the definition, types and importance of immunity in detail?
28. Write etiology, symptoms, treatment, and national programme of Cholera?
29. What is ritusandhi? Write the importance of ritusandhi for prevention of health and describe any two ritus of Aadan kala?
30. Write about problems due to population explotion and describe methods included in family planning programme?

Short answer questions (5 mark each)

1. Concept of well being
2. Anjana types
3. Cosmetic effect of dincharya procedure?
4. Describe Ratricharya
5. Relation of Agni, bala & ritu
6. Describe Sharad ritu
7. Types of Nidra according to Charak & Sushrut
8. Describe Achar Rasayana
9. Viruddhahar and its types
10. Pasteurization of milk
11. Food borne diseases
12. Rasayana classification along with examples
13. Ashta nindita purusha
14. Different schools of yoga
15. Yoga sidhikar bhava
16. Describe Yama & Niyama with types
17. Write down 5 standing postures asana and describe vrikshasana
18. Define level of prevention
19. Definitions of geriatrics, its prevention & control according to ayurved & modern
20. Short note on ayurvedic sankramak rog
21. Write epidemiological determinants of covid 19
22. Explain risk factors for obesity
23. Explain IDD & vitamin A prophylaxis nutritional programme
24. Explain Mansik sadvritta
25. Food preservation process
26. Chemical test for detection of milk adulteration
27. Write down common rules of Asanas
28. Methods of disposal of dead bodies

29. Short note on STD
30. Sources of noise pollution & their effects on human body
31. Describe work of WHO
32. Describe Hemant ritu
33. Write types of Artificial Ventilation
34. Sources and deficiency of Vitamin D
35. Describe types of acquired immunity
36. Describe hardness of water
37. Write prevention of food
38. Write lakshana and preventive measure of Visuchika
39. Garbhini aahar
40. Causes, signs, and preventive and curative measures of Atirukshatva

Shot Answer questions (3 mark each)

1. Definition of swastha
2. Definition of yoga
3. Dimensions of health
4. Standard of living
5. Ushapan
6. Anjana types
7. Gandush & kavala types
8. Ratri bhojan vidhi
9. Sanchaya prakopa & prashama of doshas according to ritus
10. Rituharitaki
11. Yamadamshttra
12. Aacharrasayana
13. Ashtaharvidhivishesayatanani
14. Balanced diet
15. Milk borne diseases
16. Nidra swasthya sambandh
17. Food toxicants
18. Pathya –Apathya for diabetes
19. Virudashana
20. Importance of Bramacharya
21. Dharneeya vegas
22. Definitions of Rasayana
23. Menstrual hygiene

24. Rajayoga
25. Matsyasana
26. Yoga pratibandhak bhava
27. Panchkosha
28. Yama
29. Suyanamaskar
30. Neti
31. Basti
32. Ashta kumbhak
33. Nadishuddhi pranayama
34. Ida- pingala
35. Dhyana
36. Satyabuddhi
37. Asta siddhi
38. Aims & objectives of nisargopchar
39. Mud bath
40. Fasting therapy
41. Massage
42. Ventilation & its types
43. Global warming
44. Hardness of water
45. Housing standards
46. Artificial lighting
47. Metrology
48. Health problems of school children's
49. Epidemiology of Cholera
50. Ayurveda concept of Sankramak rogas