

**PG Ayurveda Preliminary Supplementary Examinations May 2025****(Swasthavritta)****Paper II – Preventive, Social Medicine and Yoga****(2016 scheme)****Time: 3 hrs****Max marks: 100**

- *Answer all questions to the point neatly and legibly • Do not leave any blank pages between answers • Indicate the question number correctly for the answer in the margin space*
- *Answer all parts of a single question together • Leave sufficient space between answers*

**Essay****(20)**

1. Explain the concept of Swastha according to various Ayurvedic Samhitas. Compare it with the dimensions of health. (10+10)

**Short Essays****(8x10=80)**

2. Elaborate the role of Dharaniya Vega in health promotion and prevention of diseases.
3. Explain the concept of Brahmacharya in the prevention of Sexually Transmitted Diseases (STDs).
4. Explain Ahara and Poshana as per Ayurveda Samhitas.
5. Explain Importance of Ritu Shodhana.
6. Explain Ashtanga Yoga and its relation to health promotion.
7. Explain role of Pancha Mahabhutas in Nature Cure.
8. Define Epidemiology with its principles and application.
9. Explain Levels of disease prevention.

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