

**First Year B.Sc. Nursing (Ayurveda) Degree Supplementary  
Examinations March 2025**

**Swasthavrutha I**

**Time: 3 Hours**

**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**

**(2x10=20)**

1. Explain Visarga kala and write in detail about Sarad ritu charya.
2. Explain various methods of large scale water purification and water quality standards.

**Short Notes**

**(10x5=50)**

3. Define primary health care and write in detail about its principles and elements.
4. Write a short note on sadvritta and discuss its importance in health.
5. Describe about food borne diseases.
6. Modes of disease transmission.
7. What is Janapadhdwamsa.
8. Explain Abhyanga and write its indications and contraindications.
9. Explain Vishamasana Samashana and Adhyashana.
10. Explain about dharaneya vegas.
11. Describe water borne infections.
12. Explain the dimensions of health.

**Answer Briefly**

**(10x3=30)**

13. Kabala and Gandoosha.
14. Ventillation.
15. Isolation.
16. Thrayopasthambha.
17. Thiamine (B1).
18. Bhojana kala.
19. Vaccines.
20. Droplet infection.
21. Vyayama and benefits.
22. Satmya.

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