

Time: 3:00 hrs.**Total Marks: 100****SECTION-A****1. Multiple Choice Questions.****(20x1=20) Marks****i Vitamin A prophylaxis to a child is:**

- [A] Specific protection
[C] Health promotion

- [B] Secondary prevention
[D] Primordial prevention

ii Dantadhavana is contraindicated in

- [A] Ardita
[C] Ajirna

- [B] Netraroga
✓ [D] All the above

iii What is the primary symptom of sleep apnea?

- [A] Sleepwalking
[C] Excessive daytime sleepiness

- [B] Sleep talking
[D] Sleep paralysis

iv The body has minimum strength in Ritu

- ✓ [A] Varsha, Grishma
[C] Vasanta, Sharad

- ✓ [B] Hemanta, Shishira
[D] Hemanta, Grishma

v Badhriya and Sammoha are due to suppression of

- [A] Nidra ✗
[C] Kshut

- [B] Trushna ~
[D] Jrimbha

vi Subha, Asubha, Pravritti, Nivritti is due to

- [A] Hetu Samgraha
[C] Adhyatma Dravyaguna Samgraha

- ✓ [B] Dosha Samgraha
[D] Dravya Samgraha

vii Pasteurized milk is most commonly tested by.

- [A] Coliform test
[C] Oxidase test

- [B] Catalase test
✓ [D] Phosphatase test

viii The aim of yoga is separation between...

- [A] Purusha and Chitta
[C] God and Soul

- [B] Purusha and Prakriti
[D] Body and Mind

ix National Institute of Naturopathy is in..

- [A] Bengaluru
[C] Pune

- [B] Ahmedabad
[D] Delhi

x Length of Dhumapana Varti

- [A] 12 Angula
[C] 18 Angula

- ✓ [B] 8 Angula
[D] 21 Angula

xi The term "Circadian Rhythm" refers to:

- ✓ [A] The body's internal clock that regulates sleep-wake patterns
[B] A type of sleep disorder
[C] A sleep-inducing medication
[D] Inability to recall dreams

xii Abhyanga, Murdhataila, Padaghata and Vimardana are advised in

- [A] Vasanta
[C] Varsha

- ✓ [B] Hemanta
[D] Sharad

xiii The following is indicated during evening ...

- [A] Nidra
✓ [C] Jagarana

- [B] Ahara
[D] Maithuna

- v Milk is a good source of all vitamins except:
 [A] Vitamin D [B] Vitamin C
 [C] Vitamin B [D] Vitamin A
- xv Maximum calories per 100 gm are in:
 [A] Pulses [B] Jaggery
 [C] Eggs [D] Green vegetables
- xvi Daily requirement of iodine is:
 [A] 25-50 [B] 30-100
 [C] 100-200 [D] 200-300
- xvii Casal's Necklace is seen in deficiency of-
 [A] Vitamin B3 [B] Vitamin A
 [C] Vitamin D [D] Vitamin B6
- xviii Dristi Prasada is due to
 [A] Udvardana [B] Padabhyanga
 [C] Murdnitaila [D] Karma tarpana
- xix Shashanka kirana is advised in ...Ritu
 [A] Hemanta [B] Sharad
 [C] Varsha [D] Grishma
- xx Dhyana means...
 [A] Contemplation [B] Abstention
 [C] Attention [D] Concentration

SECTION-B

Short Answer Questions.

(8x5= 40) Marks

2. Explain the Physical (2marks), Mental (2marks) and Social (1mark) dimension of Health?
3. Explain the Kala (1 mark), Vidhi (2 marks) and benefits (2 marks) of Dhoomapan?
4. Define Bramhacharya (2marks) and explain the importance of observing Bramhacharya in relation to health? (3 Marks)
5. Explain the Chikitsa of Mutra, Retasa, Chardi, Pipasa and Jrumbha vega dharana. (Each 1 Mark)
6. Explain Achara Rasayana in detail.
7. Define Rasayana and its classification with examples in detail.
8. Explain the Keto, DASH and Mind Diet in detail.
9. Explain the procedure and therapeutic effects of Mud Therapy

SECTION-C

Long Answer Questions

(10x4= 40) Marks

10. Evaluate Dinacharya as per Samhita, explain its applied aspects to maintain Health in present era.
11. Explain Hemanta and Shishir Ritucharya in detail. (Each 5 Marks)
12. Write a detail note on Astavidha Ahara Vidhi Visheshayatan Enlist (2 Marks), Each explanation with importance (8 Marks)
13. Define Pranayama (2 Marks) and enlist its types (2 Marks), time of practice (2 Marks) and Avara-Pravara-Madhyama lakshana (4 Marks) according to Ashtang Yoga
