Swasthavritta- 1

LONG ESSAY.

1. Write about ahara vidhi vishesha ayathanani.
2. Explain purification of water on large scale.
3. What is brahamcharya? Explain its importance in health and disease.
4. How air pollution takes place and write various methods to control the air pollution?
5. Explain praveejana in detail.
6. Aharavidhi visheshayaatanani.
7. Explain about adarasha vidyalaya.
8. Disposal of refuse(apadravya)- explain.
9. Define sankrmak roga and explain vishama jwara.
10. Explain different types of jala along with its oroperties.
11. Write about the jala pareeksha vidhi.
12. Apatarpana janya vyadhi.
13. Mithya ahara, roganamm karanam- explain.
14. Swastha pryojanam.
15. Dincharya mahatvam.
16. Aharavidhi visheshayatanani.
17. Describe achara rasayanam in detail.
18. Explain about thrayopastamb and its importance.
19. Shakahara mahatvam.
20. Disposal of the refuse(apadravaya)- explaian about the method of disposal of refuse( apadravya nivarana vyavastha).
21. Write in detail about jeevaneeya tava(vitamins).
22. Explain about various methods of solid waste disposal and its importance.
23. Describe the dinacharya measures for netra and grahna indriya swasthya raksham.
24. Describe agent, incubation period mode of transmission and control measures of leprosy.

SHORT ESSAY

1. Who is the ‘swastha’ and explain the importance of ‘brahmi muhurta;.
2. Explain the importance of ritucharya.
3. What is ‘nidra’ and write its importance and ill effects of ahitha nidra.
4. Adavantages and disadvantages of vegetarian and nonvegeterian deit.
5. Explain ‘ pranjnaparadham sarvadosha prakoniyanam.
6. Describe various types of ventilation.
7. Explain the effects of ‘ sunlight’ on our body.
8. Describe the various types of kiprasangaja rogas.
9. Write about ‘occupational hygiene’.
10. Explain various types of ‘ dis-infection method’.
11. Write briefly about th e importance of sharira shodhanam.
12. Epalin the various types and importance of abhyanga.
13. Importance ofswasthavritha.
14. Achara rasayana.
15. Vasantha ritucharya.
16. Ahara prakruti.
17. Grishma ritu charya.
18. Mathra ahaara laksahanani.
19. Ghritam
20. Nasya karma.
21. Sanatarpanajanya vyadhi.
22. Ashta ninditha purusha.
23. Grameen apadravya nivaaarana vyavastha
24. Vishoochika pratibandhak upaya.
25. Dharneeya vega.
26. Mamasahaara guna.
27. Sankramika roga.
28. Panchakarmagahar.
29. Stahyi avam asthayi souchasthanam.
30. Roga prati bandhak upaya.
31. Greeshma rutucharya – explain.
32. Abhyanga mahatvam.
33. Nidra mahatvam.
34. Kanda varaga varnanam.
35. Shakahara mahatvam.
36. Brahmacharya mahatvam.
37. Mitya viharena roganam karanam- explain.
38. Prakasha mahatvam
39. Shava vinasha vyavastha.
40. Chikitsalaya varnanam.
41. Shadrasa bhojana mahathmyam.
42. Dantadawan vidhi.
43. Describe shav vinasha vidhi in the context of bhoumo sthapanam.
44. Types of immunity.
45. Pakashala.
46. Effect of madaka dravyas on the body.
47. Importance of veerya raksha.
48. Anjan vidhi.
49. Write about different types of gandusha and its effects.
50. Vivaha yogya stree purusha.
51. Mamsa sevenajanya vyadhi.
52. Madaka dravyanam sharira prabhava.
53. Nidra mahatvam(importance of sleep).
54. Sharad rutucharya.
55. Kuprasangaja vyadhi.
56. Jalashudhi prakara(domestic).
57. Vayu pravijan mahatvam.
58. Pathyapathyahara vyakhya(definition) tatha varnam.
59. Anjana mahatvam.
60. Gandusha mahatvam.
61. Dharneeya vega.
62. Mamsa sevana janya vyadhi.
63. Snana mahatvam.
64. Praksha mahatvam
65. Vidyalaya swathya mahatvam.
66. Anjana mahatvam.
67. Shaka varga varnam.
68. Jala shuddhi prakarah.
69. Shava vinasha paddhati varnanam.
70. Chikitsalaya varnanam.
71. Hemant ritucharya.
72. Nasya mahatvam.
73. Gandusha mahatvam.
74. Abhyanga mahatvam.
75. Sadvritha mahatvam.
76. Bhoomi tatha nivasa sthanam.
77. Jala shuddhikar- dravyani evam upayukta sadhanani(on domestic level).
78. Chikitshya bhavanam.
79. Anjana mahatvam.
80. Prakash mahatvam.
81. Bhojanakala niyamam.
82. Krithrim pravijan.
83. Mahansa lakshana.
84. Diwaswapanam.
85. Vivaha yoga stree purush.
86. Parvateeya vayu.
87. Proteins and carbohydrates.
88. Mamsa pareeksaham.
89. Bhramacharya lakshanam.
90. Electric crematorium.
91. Adahrniya vega.
92. Nasya mahatvam.
93. Varsha rutucharya.
94. Vayu praviajan mahatvam.
95. Mamsa sevanajanya vyadhi.
96. Abhyanga mahatvam.
97. Snana mahatvam.
98. Brahmacharya mahatvam.
99. Mithya viharena rogana karnam.
100. Praksah mahatvam.
101. Ahara rasayana.
102. The role of ‘nidra’ in the maintenance of swasthya.
103. Importance of ‘brahmi muhurta’ in dincharya.
104. Importance of ‘nasya’ in the maintance of health and disease.
105. Swaatharritha prayojanam.
106. Modern types of ventilation.
107. Immunization schedule.
108. Panchakarmagaram.
109. Kuprasangaja vyadhis.
110. Duties of school medical officer.
111. Ahara prashasti.
112. Shake varga.
113. Vihar in vasanta rutu.
114. Sadvritta.
115. Water soluble vitamin sources and deficiency disorders.
116. Household methods of water purification.
117. Janapado dhawmsa.
118. Chemical occupational hazards.
119. School health services.
120. Control measures of STD & AIDS.

SHORT ANSWERS.

1. Snigdha ahara.
2. Qualities of jeernasana.
3. Milk.
4. Ritu sandhi.
5. Thambula sevana.
6. Apatharpana.
7. Yama damstra.
8. Isolation.
9. Electric crematorium.
10. Vaccines.
11. Notification.
12. Reserviour / source of infection.
13. Temporary latrines.
14. Iatrogenic disease.
15. Solid vaste disposal.
16. Vishana jvaara control measures.
17. Chikithsaalaya bhavana.
18. Water pollution- water born disease.
19. School health service.
20. Hamsodhaka.
21. Immuno globulin.
22. Quarantine.
23. Sterilization.
24. Killed vaccines.
25. Air born transmission.
26. Diva swapana.
27. Santaparna janya vyadi.
28. Silicosis.
29. Jala suddhi prakara.
30. Nivas yogya bhoomi.
31. Yogya vidyalaya sthanam.
32. Oudyogik aswasthakara vibhinna vyavasaya.
33. Vayu sanghatan.
34. Dugdha sanghatan.
35. Kavala/gandoosha.u
36. Disease transmitted through flies.
37. Sandyacharya.
38. Vyayama.
39. Reasons for anidra.
40. Sadvruttha.
41. Nasya.
42. Define the sankramak roga.
43. Incubation period.
44. Apatarapanajanya vyadhi.
45. Snana gunanai.
46. Dushita anna lakshanani.
47. Jala dusti karnani.
48. Ayogya bhoomi lakshanani.
49. Nasya prakara.
50. Anjana prakara.
51. Gandusha mahatvam
52. Udwarthana.
53. Shouchaalaya prakara.
54. Parvateeya vayu sanghtana.
55. Causative organism of cholera and tetanus.
56. Swastha lakshanam.
57. Vidyalaya.
58. Dugdashala.
59. Proteins.
60. Sadvrutham.
61. Visanakramana.
62. Parvateeya vayu.
63. Ahara vidhi.
64. Dooshita mamsa sevanajanya vyadhis.
65. Adarsha bhoojanam.
66. Anutaila prayoga vidhi.
67. Santarpanam.
68. Ratricharya.
69. Viruddahar.
70. Kaupa jala guani.
71. Nasya prakara.
72. Anjana prakara
73. Kanda varga namani.
74. Vyayam labhani(benefits of vyayama).
75. Swsathyanashaka vibhinna vyavasayanam namani(only name).
76. Swasthavaritha prayojnam.
77. Incubation period.
78. Causative organism of leprosay and tuberculosis.
79. Sankaramak roga namani.
80. Shava vinash prakara.
81. Hardness of water.
82. Water borne disease.
83. Jala dushti hetu(karanani).
84. Kaupa jala guani.
85. Sankaramak roga namani.
86. Water borne disease(ashuddha jala sevana janya vyadhi).
87. Ayogya bhoomi lakshanani.
88. Parvateeya vayu sanghtana.
89. Nasya prakra.
90. Dushita anna lakshanani.
91. Apadravya vyakhya( definition).
92. Incubation period.
93. Nidra prakara.
94. Abhyanga labhani.
95. Causative organism of leprosay and tuberculosis.
96. Rutu sandhi kala.
97. Hardness of water(jala kathinya).
98. Nadeyajala gunani.
99. Nivas ayogya bhoomi gunanai.
100. Apadravya vyakhya( definition).
101. Kavala mahatvam.
102. Dugdha sanghatana.
103. Causative organism of leprosay and cholera.
104. Kuprasangaja vyadhi.
105. Parvateeya vayu snaghtanam.
106. Rutusandi kalah vyakhya(definition)
107. Nidra prakara.
108. Rutucharya prakara.
109. Shakahar mahatvam(importance of veg. diet).
110. Phala varga namani.
111. Shaka varga namani.
112. Ati mythun lakshana.
113. Anu tail prayoga vidhi.
114. Carbohydrates.
115. Doompanam.
116. Madhira pana sharera prabhavam.
117. Shad bhojana mahtwam.
118. Nindita purusha.
119. Vyadhi kshawatwam.
120. Vega dharana.
121. Artificial lighting.
122. Asthayi shouchasthan.
123. Jala upayukta matra.
124. Vajeekarana vishistata.
125. Rutukala.
126. Tadaga jala gunanai(tank water).
127. Sankramaka roga namani.
128. Anjana prakara.
129. Shava vinasha prakara.
130. Vyayam labhani.
131. Swathyanashaka vibhinna vyavasaaya namani(names).
132. Water borne disease(ashuddha jala sevana janya vyadhi).
133. Shaka varga namani(names).
134. Parvateeya vayu snaghtanam.
135. Causative organism of maleria and cholera.
136. Causative organism of leprosay and tetanus.
137. Ayogya bhoomi lakshanani.
138. Gandusha prakara.
139. Janapado dwamaskara bhava.
140. Yamadamstra.
141. ‘dhoompana’ atiyoga lakshana.
142. Sandhyakala nishadha karyani.
143. Karanam(samskara).
144. Importance of ksheeram in health and disease.
145. Chankramanam.
146. What constitutes balanced diet according to modern nutrition.
147. Notification.
148. Maintanance of water filer candles.
149. Causative organism of diphtheria and AIDS.
150. Mosquito borne diseases.
151. Bhoo shudhi marga.
152. Jala upayuktha matra.
153. Ergonomics.
154. Santarpantotha vyadhi.
155. Dugha sanghatana.
156. Ahara inn shishira rutu.
157. Swasthavritta prayojanam.
158. Ahara vidhi vidhana.
159. Effects of brahmacharya.
160. Mechanical ventilation.
161. Nivas yogya ayogya bhoomi.
162. Panchakarmarga.
163. Methods of sewage disposal in unswered areas.
164. Modes of disease transmission.
165. OPV vaccine.
166. Notification.