

**Third Semester FYUGP Degree (Reg) Examination November  
2025**

**KU3VACSAN101 - LIFESTYLE MANAGEMENT IN  
AYURVEDA**

2024 Admission onwards

Time : 1.5 hours

Maximum Marks : 50

**Section A**

**Answer any 6 questions. Each carry 2 marks.**

1. What is Rasanjanam in Ayurveda?
2. Which herbal sticks are used for Dantadhavana?
3. What is the other name of Dakshinayana?
4. What kind of exercise is advised in Vasanta Ritu?
5. What happens when Tridoshas become imbalanced?
6. Which Mala is eliminated through the large intestine?
7. What is meant by Brihat Trail in Ayurveda?
8. What are the qualities of a good Upasthata?

**Section B**

**Answer any 4 questions. Each carry 6 marks.**

9. Write a short note on the different types of prakriti according to tridosha.
10. Explain the concept of Tridosha according to Ayurveda.
11. Explain how the Ashtanga Ayurveda covers all branches of medicine.
12. Write a detailed note on Ashtanga Sangraha and its author Vagbhata.
13. Explain the concept of Chikitsa Chatushpada (Four pillars of treatment) according to Astangahridaya
14. Discuss how coordination among the four pillars leads to successful treatment.

**Section C**

**Answer any 1 questions. Each carry 14 marks.**

15. Write an essay on mental, physical and social aspects of Sadvritta'
16. Discuss the diet and lifestyle recommended in different ritus with examples'