

COURSE CODE - 4060802
DIPLOMA EXAMINATION – JAN 2009
DPK

PANCHAKARMA
(For Candidates Admitted From Calendar 2007 Onwards)

Time: 3 Hours

Max Marks: 75

Section – A

Answer all the Questions

15 X 1 = 15

1. What is panchakarma?
2. What is Ayurveda massage?
3. What is the meaning of Ayurveda in Sanskrit?
4. Where was panchakarma developed in India?
5. What is the importance of head massage?
6. What is “marma”
7. What are commonly used oils in ayurvedic treatment?
8. What is Kayakalpa?
9. What is meditation?
10. Why is pranayama important
11. What is prana?
12. Is it possible to treat spine and joints using Ayurveda?
13. Name some of lifestyle diseases
14. Can you use Ayurveda for caring and maintaining the beauty?
15. What is purvakarma?

Section B

Answer Any Five Questions

5 X 6 = 30

16. a. Write short notes on
 - a) Padacatushtayam
 - b) Tridodha siddhanta

(Or)

b. Discuss the origin of ayurveda

17. a. Explain the job opportunities of Ayurveda in national level

(Or)

b. What are the aims of Ayurveda massage? Explain

18. a. Name some of the Ayurveda healing treatments and explain any two methods in detail

(Or)

b. Panchakarma treatment is done in how many stages? Explain in detail

19. a. How will you relieve body pain? Explain suitable methods

(Or)

b. How will you maintain a state of good health using Ayurveda? Explain

20. a. Discuss about some of the commonly followed rules of food habits according to Ayurveda.

(Or)

b. How is practice of yoga an integrative method in Ayurveda? Explain.

Section C

Answer Any Two Questions

2 X 15 = 30

21. Discuss the job opportunities in international level for “Ayurveda”.
22. What is “Panchabhoota Siddhanta”. Explain with suitable examples
23. How will you purify the human body using special panchakarma procedures? Explain in detail
24. Explain the importance of paricaraka
25. Explain the fundamental principles of ayurveda

