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University of Peradeniya
දුරස්ථ හා අඛණ්ඩ අධ්‍යාපන කේන්ද්‍රය
Centre for Distance and Continuing Education

ශාස්ත්‍රවේදී සාමාන්‍ය උපාධි (බාහිර - නව නිර්දේශය) පරීක්ෂණය - 2025
Bachelor of Arts (External – New syllabus) Examination - 2025

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Sanskrit

SUPE 101 – ආයුර්වේදය, සමාජය, සහ සංස්කෘතික භාවිතය

SUPE 101 – Ayurveda, Society, and Cultural Practice

(Time: Three Hours)

Answer **five (05)** questions only.

There are **eight (08)** questions in total in this question paper. One correct answer carries maximum of **twenty (20)** marks.

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- 1) Give an introduction to Ayurvedic literature, its main texts and major teachers.
 - 2) Describe the concept of *Svasthatā* as presented in Ayurveda.
 - 3) Investigate, with reference to the *Carakasamhitā*, the method prescribed in Ayurveda to achieve one's health and sense-restraint.
 - 4) Point out the Ayurvedic components in the Vedic texts.
 - 5) Provide a sufficient description on one of the *Samhitā* texts known as the *Vṛddhatrayī*.

- 6) Discuss the similarities and differences between the *Carakasamhitā* and the *Suśrutasamhitā*.
- 7) Describe the origin of Ayurveda, the principles of Ayurveda, and the concept of *Tridōṣa* as depicted in the *Carakasamhitā*.
- 8) Name the *Purāṇa* texts that are important in studying Ayurveda-related information and investigate into key Ayurvedic elements that would be revealed from the study of those *Purāṇa* texts.
