



TERTIARY AND VOCATIONAL EDUCATION COMMISSION

NVQ Level 6 Semester I Examination – 2020/21

Diploma in Cosmetology

Ayurveda Beauty Therapy - 093C001M12

* Answer any **five (05)** questions including compulsory question No. 1.

Time: 3 Hours

Total Marks: 100

Question No: 01 (Compulsory question)

Fill in the blanks (1-40) with suitable answers.

(40 marks)

01. Vata dosha		
Qualities	Beauty related body features	
<i>Ex: Dry and rough</i>	<i>Dry skin</i>	<i>Brittle hair and nails</i>
1.	2.	3.
4.	5.	6.
7.	8.	9.
10.	11.	12.

02. Pitta dosha		
Qualities	Beauty related body features	
<i>Ex: Light</i>	<i>Fair skin</i>	<i>Lightly coloured eyes</i>
13.	14.	15.
16.	17.	18.
19.	20.	21.
22.	23.	24.

03. Kapha dosha		
Qualities	Beauty related body features	
<i>Ex: Heavy</i>	<i>Weight gain</i>	25.
26.	27.	28.
29.	30.	31.
32.	33.	34.
35.	36.	37.
38.	39.	40.

Q 02

1. Explain health benefits of the balanced diet in Ayurveda. (08 marks)
2. How does manage obesity with healthy food habits? Explain briefly. (07 marks)

(15 marks)

Q 03

1. Discuss the differences between Ayurveda and Modern massage techniques. (07 marks)
2. Explain four (04) contraindications for oil application. (08 marks)

(15 marks)

Q 04

1. Compare and contrast the health benefits of yoga exercises and modern exercises. (07 marks)
2. Describe four (04) yoga asana can practice at home. (08 marks)

(15 marks)

Q 05

1. Classify skin disorders according to their origin (according to sub-layers of the skin). (08 marks)
2. Discuss basic types of the skin according to body humours. (07 marks)

(15 marks)

Q 06

1. Explain the preventive measures of acne. (07 marks)
2. Introduce four (04) Ayurvedic home remedies for face cleansing. (08 marks)

(15 marks)

Q 07

1. Explain nail qualities of pitta predominant person. (07 marks)
2. Describe two (02) nail disorders mentioned in Ayurveda. (08 marks)

(15 marks)

Q 08

1. Compare and contrast following hair conditions.
 - a) Palitya and Kalitya (04 marks)
 - b) Indralupta and Darunaka (03 marks)
2. Describe two (02) congenital birthmarks (skin pigmentations) according to Ayurveda. (08 marks)

(15 marks)