

Samhita Adhyayan 1

Vd. Abdeli Bhadarva

Chapter: A.H.Su.9

MCQ – 1 mark

1. Number of Virya? A) 2 B) 3 C) 8 D) none
2. Number of Vipaka? A) 3 B) 4 C) 8 D) none
3. रसोल्बणम् is the Guna of A) Nabhasa B) Agneya C) Aapya D) Parthiva
4. रूपगुणोल्बणम् is the Guna of A) Parthiva B) Agneya C) Aapya D) Nabhasa
5. शब्दगुणोल्बणम् is the Guna of A) Parthiva B) Agneya C) Aapya D) Nabhasa
6. स्पर्शगुणोल्बणम् is the Guna of A) Parthiva B) Agneya C) Aapya D) Vayavya
7. सौषिर्यलाघवकरम् is the Karma of A) Nabhasa B) Agneya C) Aapya D) Parthiva
8. विचारग्लानिकारकम् is the Karma of
A) Nabhasa B) Vayaviya C) Aapya D) Parthiva
9. पाचन is the Karma of A) Nabhasa B) Agneya C) Aapya D) Parthiva
10. प्रकाश is the Karma of A) Nabhasa B) Agneya C) Aapya D) Parthiva
11. प्रह्लाद is the Karma of A) Nabhasa B) Agneya C) Aapya D) Parthiva
12. संघात is the Karma of A) Nabhasa B) Agneya C) Aapya D) Parthiva
13. उपचय is the Karma of A) Nabhasa B) Agneya C) Aapya D) Parthiva

14. वर्ण is the Karma of A) Nabhasa B) Agneya C) Aapya D) Parthiva
15. Which of the following is not considered as Ashtavirya?
- A) Mrudu B) Ruksha C) Ushna D) Sthula
16. Which of the following is not considered as Vipaka?
- A) Katu B) Amla C) Madhura D) Lavana
17. नैकदोषास्ततो रोगास्तत्र व्यक्तो स्मृतः।
- A) अनुरसः B) प्रभावः C) रसः D) विपाकः
18. Vaman Dravya possess predominance of Mahabhuta.
- A) Agni B) Aakash C) Vayu D) both A and C
19. Virechana Dravya possess predominance of Mahabhuta.
- A) Prithvi B) Jala C) both A and B D) Teja
20. Virechan Karma of Danti occurs due to its
- A) Karma B) Prabhava C) Vipaka D) Guna
21. Dipana Karma of Ghruta occurs due to its
- A) Guna B) Virya C) Prabhava D) Karma
22. Virechana Karma of Mrudvika occurs due to its
- A) Prabhava B) Guna C) Vipaka D) Karma
23. Yava with Madhura rasa, Guru Guna causes Vatavardhana due to
- A) Samanyapratyayarabhdhata B) Prabhava C) Vichitrapratyayarabhdhata D) Guna
24. Matsya with Madhura rasa, Guru Guna possess Ushna virya due to
- A) Samanyapratyayarabhdhata B) Prabhava C) Vichitrapratyayarabhdhata D) Guna

25. Lion with Madhura rasa, Guru Guna possess Katu vipaka due to
- A) Samanyapratyayarabhdhata B)Prabhava C) Vichitrapratyayarabhdhata D) Guna
26. Which of the following is dominant among others in case of equal potency?
- A) Dravya B) Guna C) Virya D) Vipaka
27. Which of the Mahabhuta acts as Adhishthan for any dravya ?
- A) Prithvi B) Jala C) Teja D)Aakash
28. Which of the Mahabhuta acts as Yoni for any dravya ?
- A) Prithvi B) Jala C) Teja D) Aakash
29. जगत्येवमनौषधम् – give the reference.
- A) A.H.Su. 9 B) A.H.Su.10 C) Ch.Su.9 D) Ch.Su. 1
30. त्वाह वीर्यम् तत् क्रियते येन या क्रिया॥
- A) वाग्भट्ट B) चरक C) सुश्रुत D) पतंजलि
31. Which of the following Dravya can cause ‘Stambhan’?
- A) Chitraka B) Haridra C) Chavya D) Sunthi
32. Which of the following Dravyas can cause ‘Trut’?
- A) Chitraka B) Ikshu C) Hema D) Patola
33. Why Rasa and other 12 qualities are not considered as virya?
- A) Vipritatavaat B) Samagragunasareshu C) Shaktiutkarshavivartishu D) Bahvagragrahanatapi
34. Which of the following is not a classification of virya to guru and other guna?
- A) Shlakshna-Khara B) Guru-Laghu C) Shita-Ushna D) Mridu-Tikshna

35. Which of the following Dravya cause Langhana?

A) Agneya-Akashiya B) Jala-Agneya-Vayaviya C) Agneya-Vavaviya-Akashiya D)

Agneya-Apya-Parthiva

36. Which of the following is not a Karma of Apya Dravya?

A) Snehana B) Pachana C) Vishyanda D) Kleda-kriti

37. Which of the following Karma are performed by Parthiva Dravya?

A) Upachaya B) Snehana C) Pachana D) Bandha

SAQ- 5 marks

Mild

1. Short note on Virya.

Ans: A.H.Su.9/12-19 Name of Virya- 1 mark, definition and different opinion on virya- 2 marks, action of Virya- 2 marks

2. Define Virya and explain types of Virya.

Ans: A.H.Su.9/12-19

Definition of Virya- 2 marks, types of virya according to different acharya- 3 marks

3. Short note on Vipaka.

Ans: A.H.Su.9/20

Definition of Vipaka- 2 marks, types of Vipaka according to Rasa and Karma- 2 marks, examples- 1 mark

4. Define Vipaka and explain types of Vipaka.

Ans: A.H.Su.9/20-21

Definition of Vipaka- 2 marks, types of Vipaka according to Rasa-2 marks, examples- 1 mark

5. Explain Guna and Karma of Dravyas according Panchabhautika predominance.

Ans: A.H.Su.9/5½-10 ½

For Guna and Karma of each Panchabhautika predominant dravya – 1 mark

Moderate

6. Short note on Prabhava.

Ans: A.H.Su.9/26-27 ½

Definition of Prabhava and explanation - 3 marks, description of examples- 2 marks

7. Explain Prabhava and Vichitra Pratyayarabdha Dravyas with examples.

Ans: A.H.Su.9/27 ½-28 ½

Definition of Prabhava and description of examples- 2.5 marks

Definition of Vichitra Pratyayarabdha Dravya and description of examples- 2.5 marks

8. Prove Dwividha Viryatva.

Ans: A.H.Su.9/17-18 ½

Proof of Dwividha Viryatva with reference - 5 marks

9. Prove Ashtavidha Viryatva.

Ans: A.H.Su.9/17-18 ½

Proof of Ashtavidha Viryatva with reference - 5 marks

10. Explain Samana pratyayarabdha and Vichitra pratyayarabdha dravya.

Ans: A.H.Su.9/27½-28½

Definition of Samana pratyayarabdha and description with examples- 2.5 marks

Definition of Vichitra pratyayarabdha and description with examples- 2.5 marks

Hard

11. Explain:- “जगत्येवमनौषधम् | न किञ्चिद्विद्यते द्रव्यं वशान्नानार्थयोगयोः॥”

Ans: A.H.Su.9/10

Reference- 1 mark, translation- 1 marks, explanation with examples- 3 marks

12. Explain: - “.....व्यपदेशस्तु भूयसा |”

Ans: A.H.Su.9/2

Reference- 1 mark, translation- 1 marks, explanation with examples- 3 marks

13. Explain:-“नैकदोषास्ततो रोगाः....”

Ans: A.H.Su.9/3

Right reference- 1 mark, translation- 1 marks, explanation with examples- 3 marks

14. Describe Rasa and Anurasa with examples.

Ans: A.H.Su.9/4

Definition of Rasa with examples- 2.5 marks

Definition of Anurasa with examples- 2.5 marks

15. Write difference between Rasa and Anurasa.

Ans: A.H.Su.9/4

Any five differences between Rasa and Anurasa like definition, examples etc.- 5 marks

16. Write types of Virya according to different Acharyas and explain the actions.

Ans: A.H.Su.9/12-19

Types of Virya according to different Acharyas- 2.5 marks

Actions of Virya- 2.5 marks

17. Explain the importance of Dravya among Rasadi panchaka?

Ans: A.H.Su.9/1

Description of importance of Dravya among Rasadi panchaka with examples- 5 marks

LAQ- 10 marks

Mild

1. Explain Guna and Karma of Panchabhautik dominant (Parthivadi) Dravya with examples.

Ans: A.H.Su.9/5-9½

For Guna and Karma of each Panchabhautika predominant dravya with examples – 2 marks

Moderate

2. Explain Dravya, Virya, Vipaka and Prabhava mentioned in Dravyadi Vijnaniya Adhyaya.

Ans: A.H.Su.9/1,12-13½,17,18,19,20-21,26-27

Description (min. definition and example) of Dravya- 2 marks

Description (min. definition and example) of Dwividh virya- 2 marks

Description (min. definition and example) of Ashtavidha virya- 2 marks

Description (min. definition and example) of Vipaka- 2 marks

Description (min. definition and example) of Prabhava- 2 marks

3. Prove Dwividha and Ashtavidha viryatva.

Ans: A.H.Su.9/14-15,17-17½

Establishment of Dwividh virya with examples – 5 marks

Establishment of Ashtavidha virya with examples – 5 marks

Hard

4. Explain the action of Dravya on the basis of Rasa, Virya, Vipaka and Prabhava.

Ans: A.H.Su.9/23-25

Action of Dravya in case of unequal strength of Rasa, Virya, Vipaka and Prabhava-
5 marks

Action of Dravya in case of equal strength of Rasa, Virya, Vipaka and Prabhava- 5
marks

5. Write the difference between Prabhava and Vichitra pratyayarabdha dravya with
examples.

Ans: A.H.Su.9/26-28½

Explanation of differences between Prabhava and Vichitra pratyayarabdha
dravya with examples- 10 marks

MCQ answers

Chapter 9

1. C	2. A	3. C	4. B	5. D	6. D	7. A	8. B
9. B	10. B	11. C	12. D	13. D	14. B	15. D	16. D
17. C	18. D	19. C	20. B	21. C	22. A	23. C	24. C
25. C	26. A	27. A	28. B	29. A	30. B	31. B	32. A
33. A	34. A	35. C	36. B	37. A			

Samhita Adhyayan 1

Vd. Abdeli Bhadarva

Chapter: A.H.Su.10

MCQ- 1 mark

1. वक्त्रमनुलिम्पति is the quality of which Rasa ?
A) Amla B) Lavan C) Madhur D) Katu
2. क्षालयते मुखं is the quality of which rasa?
A) Amla B) Lavana C) Madhur D) Katu
3. अक्षिभ्रुवनिकोचनः is the quality of which rasa?
A) Amla B) Lavana C) Madhur D) Katu
4. स्यन्दयत्यास्यं is the quality of which rasa?
A) Amla B) Lavana C) Madhur D) Katu
5. विशदयत्यास्यं is the quality of which rasa?
A) Amla B) Lavana C) Tikta D) Katu
6. रसनं प्रतिहन्ति is the quality of which rasa?
A) Amla B) Lavana C) Katu D) Tikta
7. स्रावयत्यक्षिनासास्य is the quality of which rasa?
A) Amla B) Lavana C) Tikta D) Katu

8. प्रियः पिपीलिकादीनाम् is the quality of which rasa?
A) Amla B) Lavana C) Madhur D) Katu
9. जड़येत् जिह्वा is the quality of which rasa?
A) Amla B) Lavana C) Kashaya D) Katu
10. कपोलदाह is the quality of which rasa?
A) Amla B) Madhura C) Tikta D) Katu
11. उदवेजयती जिह्वाग्र is the quality of which rasa?
A) Amla B) Lavana C) Madhur D) Katu
12. Katha Srtotovibandh occurs due to consumption ofRasa.
A) Amla B) Lavana C) Kashaya D) Katu
13. Which Rasa is Ajanma Saatmya? A) Madhur B) Lavana C) Kashaya D) Katu
14. Which Rasa is Hridya ? A) Madhur B) Lavana C) Kashaya D) Amla
15. Total number of rasa combination are A) 57 B) 63 C) 20 D) 64
16. Total number of combinations of three rasas are A) 57 B) 20 C) 20 D) 15
17. Total number of combinations of four rasas are A) 15 B) 63 C) 20 D) 15
18. Total number of combinations of five rasas are A) 57 B) 63 C) 6 D) 15
19. Total number of combinations of six rasas are A) 57 B) 1 C) 6 D) 15
20. Madhura rasa Dravya are Kaphavardhaka except
A) Godhuma B) Draksha C) Amra D) Madhu
21. Amla rasa Dravya are Pittavardhaka except
A) Amlaki B) Dadima C) Both A and B D) Amlika
22. Lavana Rasa Dravya are unwholesome to eyes except

- A) Saindhava B) Samudra C) Vid D) Audbida
23. Following Katu rasa dravya have aphrodisiac action except
A) Sunthi B) Pippali C) Rasona D) Bhallataka
24. Kashaya rasa Dravya have shita virya and stambhana guna except
A) Pathya B) Aksha C) Khadira D) Madhu
25. Atisevan of which rasa causes 'Kati Prishthadishu vyatham' ?
A) Katu B) Kashaya C) Tikta D) Lavana
26. Which rasa causes Stanya Vishodhan? A) Katu B) Kashaya C) Tikta D) Lavana
27. Which rasa causes 'Ama stambhana' A) Katu B) Kashaya C) Tikta D) Lavana
28. 'Sannyasa' is caused by Atiyoga of which rasa?
A) Katu B) Kashaya C) Madhura D) Lavana
29. 'Sthaulya' is caused by Atiyoga of which rasa?
A) Katu B) Amla C) Madhura D) Lavana
30. Which of the following possess '*Ushna virya Hima sparsha*' ?
A) Guda B) Matulunga C) Ushira D) Patola
31. Atisevana of which dravya causes '*khalita-palita-walim*' ?
A) Lavana B) Chandana C) Ushira D) Patola
32. Which of the following Rasa does not possess Ruksha guna?
A) Katu B) Kashaya C) Tikta D) Lavana
33. Which of the following Rasa does not possess Guru guna?
A) Katu B) Kashaya C) Madhur D) Lavana
34. Which of the following Rasa is Laghu ?
A) Lavana B) Kashaya C) Madhur D) Amla

35. Which of the following Rasa is Snigdha ?
A) Lavana B) Kashaya C) Katu D) Tikta
36. Which of the following Rasa is Ushna ?
A) Madhur B) Kashaya C) Amla D) Tikta
37. Which of the following Rasa is Sheeta ?
A) Lavana B) Kashaya C) Katu D) Amla
38. Which rasa is not delicious but promotes taste of food?
A) Katu B) Kashaya C) Tikta D) Lavana
39. Which rasa causes '*Chimichimayana*'?
A) Katu B) Kashaya C) Tikta D) Lavana
40. Which Rasa causes '*Roma Danta harsha*'?
A) Amla B) Kashaya C) Madhura D) Lavana
41. Which Rasa causes '*Mudha-vata-anulomanam*'?
A) Amla B) Kashaya C) Madhura D) Lavana
42. '*Visarpa*' is caused by Atiyoga of which Rasa?
A) Katu B) Kashaya C) Madhura D) Lavana
43. Which of the following possess '*Anna shodhan*'?
A) Guda B) Matulunga C) Hingu D) Patola
44. Which of the following does not have Tikta rasa?
A) Patha B) Apamarga C) Guduchi D) Aksha
45. Which of the following Rasa has Ushna virya?
A) Kashaya rasa B) Amla rasa C) Madhura rasa D) Tikta rasa
46. Which of the following Rasa has Sheeta virya?
A) Katu rasa B) Amla rasa C) Lavana rasa D) Kashaya rasa

47. Which of the following is not the Rupa of Madhura rasa?

- A) Aaswadhyamano dehasya B) Aksha prasadana C) Vishadatyasyam D) Hladana

48. *Twak prasadana* is Karma of which rasa?

- A) Kashaya rasa B) Amla rasa C) Madhura rasa D) Lavana rasa

49. Which of the following is not a Pittaghna rasa?

- A) Kashaya B) Katu C) Madhur D) Tikta

50. Hema (gold) possessesRasa.

- A) Kashaya B) Katu C) Madhur D) Tikta

51. Mutra possessesRasa.

- A) Kashaya B) Katu C) Madhur D) Tikta

52. Madhu is available inSkandha.

- A) Kashaya B) Katu C) Madhur D) Tikta

53. Among six Rasa,is Ushnatama.

- A) Kashaya B) Katu C) Madhur D) Lavana

54. Among six Rasa,is Sheetatama.

- A) Kashaya B) Katu C) Madhur D) Tikta

55. Among six Rasa,is Rukshatama.

- A) Kashaya B) Katu C) Madhur D) Tikta

56. Among six Rasa,is Snigdhatama.

- A) Lavana B) Amla C) Madhur D) Tikta

57. Among six Rasa,is Laghutama.

- A) Kashaya B) Katu C) Amla D) Tikta

58. Among six Rasa,is Gurutama.

A) Kashaya B) Lavana C) Madhur D) Amla

SAQ- 5 marks

Mild

1. Write about the characteristics of any five Rasas.

Ans: A.H.Su.10/2-5 ½

Characteristics of each Rasa- 1 mark

2. Write short note on Rasa.

Ans: A.H.Su.10/1-21½

Definition of Rasa, Panchabhautik constitution, characteristics, Guna- Karma and examples of each Rasa – 1-1 mark

3. Write relation of Rasa and Panchamahabhuta.

Ans: A.H.Su.10/1

Panchabhautik constitution of six Rasa – 5 marks

4. Describe the qualities of Rasa according to Rasabhedhiya Adhyaya.

Ans: A.H.Su.10/7-8,10-10 ½,12-12½,14-15½,17-18,20-20½

Qualities of six Rasa – 5 marks

5. Describe the functions of Rasa according to Rasabhedhiya Adhyaya.

Ans: A.H.Su.10/7-8,10-10 ½,12-12½,14-15½,17-18,20-20½

Functions of six Rasa- 5 marks

Moderate

6. Explain the Guna and Atiyoga of Rasa according Rasabhedhiya Adhyaya.

Ans: A.H.Su.10/7-21 ½

Guna of six Rasa- 2.5 marks Atiyoga of six Rasa- 2.5 marks

7. Explain the Karma and Atiyoga of Rasa according Rasabhedhiya Adhyaya.

Ans: A.H.Su.10/7-21 ½

Karma of six Rasa- 2.5 marks Atiyoga of six Rasa- 2.5 marks

8. Explain the Lakshana and Atiyoga of Rasa according Rasabhedhiya Adhyaya.

Ans: A.H.Su.10/2-5½

Lakshana of six Rasa- 2.5 marks Atiyoga of six Rasa- 2.5 marks

9. Write about the Karma and complications arising on Atisevana of Katu Rasa.

Ans: A.H.Su.10/17-19

Karma of Katu Rasa- 2.5 marks Lakshana of Atisevana of Katu Rasa- 2.5 marks

10. Write about the Karma and complications arising on Atisevana of Tikta Rasa.

Ans: A.H.Su.10/14-16

Karma of Tikta Rasa- 2.5 marks Lakshana of Atisevana of Tikta Rasa- 2.5 marks

11. Write about the Karma and complications arising on Atisevana of Amla Rasa.

Ans: A.H.Su.10/10-11½

Karma of Amla Rasa- 2.5 marks Lakshana of Atisevana of Amla Rasa- 2.5 marks

12. Write about the Karma and complications arising on Atisevana of Lavana Rasa.

Ans: A.H.Su.10/12-13½

Karma of Lavana Rasa- 2.5 marks Lakshana of Atisevana of Lavana Rasa- 2.5 marks

13. Write about the Karma and complications arising on Atisevana of Madhura Rasa.

Ans: A.H.Su.10/7-9

Karma of Madhura Rasa- 2.5 marks Lakshana of Atisevana of Madhura Rasa- 2.5 marks

14. Write about the Karma and complications arising on Atisevana of Kashaya Rasa.

Ans: A.H.Su.10/20-21½

Karma of Kashaya Rasa- 2.5 marks Lakshana of Atisevana of Kashaya Rasa- 2.5 marks

15. Write about Guna and Karma of Kashaya Rasa.

Ans: A.H.Su.10/20-20½

Guna of Kashaya Rasa- 2.5 marks Karma of Kashaya Rasa- 2.5 marks

16. Write about Guna and Karma of Tikta Rasa.

Ans: A.H.Su.10/14-15½

Guna of Tikta Rasa- 2.5 marks Karma of Tikta Rasa- 2.5 marks

17. Write about Guna and Karma of Katu Rasa.

Ans: A.H.Su.10/17-18

Guna of Katu Rasa- 2.5 marks Karma of Katu Rasa- 2.5 marks

18. Write about Guna and Karma of Lavana Rasa.

Ans: A.H.Su.10/12-12½

Guna of Lavana Rasa- 2.5 marks Karma of Lavana Rasa- 2.5 marks

19. Write about Guna and Karma of Amla Rasa.

Ans: A.H.Su.10/10-10½

Guna of Amla Rasa- 2.5 marks Karma of Amla Rasa- 2.5 marks

20. Write about Guna and Karma of Madhura Rasa.

Ans: A.H.Su.10/7-8

Guna of Madhura Rasa- 2.5 marks Karma of Madhura Rasa- 2.5 marks

21. Write Atiyoga Lakshana of all six Rasas.

Ans: A.H.Su.10/9,10½-11½,13-13½,16,19,21-21½

Atiyoga Lakshana of all six Rasa- 5 marks

22. Write Karma of Amla and Lavana Rasa.

Ans: A.H.Su.10/10-10½,12-12½

Karma of Amla Rasa- 2.5 marks Karma of Lavana Rasa – 2.5 marks

23. Write Karma of Tikta and Lavana Rasa.

Ans: A.H.Su.10/14-15½,12-12½

Karma of Tikta Rasa- 2.5 marks Karma of Lavana Rasa- 2.5 marks

24. Write Karma of Kashaya and Madhura Rasa.

Ans: A.H.Su.10/20-20½,7-8½

Karma of Kashaya Rasa- 2.5 marks Karma of Madhura Rasa- 2.5 marks

25. Write about Panchamahabhautik dominance of all six Rasas and Karma of Tikta Rasa.

Ans: A.H.Su.10/1,14-15½

Panchamahabhautik dominance of all six Rasa- 2.5 marks

Karma of Tikta Rasa- 2.5 marks

26. Write about Panchamahabhut dominance of all six Rasas and Karma of Katu Rasa.

Ans: A.H.Su.10/1,17-18½

Panchamahabhautik dominance of all six Rasa- 2.5 marks

Karma of Katu Rasa- 2.5 marks

27. Write about Panchamahabhut dominance of all six Rasas and Karma of Kashaya Rasa.

Ans: A.H.Su.10/1,20-20½

Panchamahabhautik dominance of all six Rasa- 2.5 marks

Karma of Kashaya Rasa- 2.5 marks

28. Write about Panchamahabhautik dominance of all six Rasas and Karma of Madhura Rasa.

Ans: A.H.Su.10/1,7-8½

Panchamahabhautik dominance of all six Rasa- 2.5 marks

Karma of Madhura Rasa- 2.5 marks

29. Write about Panchamahabhautik dominance of all six Rasas and Karma of Amla Rasa.

Ans: A.H.Su.10/1,10-10½

Panchamahabhautik dominance of all six Rasa- 2.5 marks

Karma of Amla Rasa- 2.5 marks

30. Write about Panchamahabhautik dominance of all six Rasas and Karma of Lavana Rasa.

Ans: A.H.Su.10/1,12-12½

Panchamahabhautik dominance of all six Rasa- 2.5 marks

Karma of Lavana Rasa- 2.5 marks

Hard

31. Write the number of combinations of three Rasa and enlist all of them.

Ans: A.H.Su.10/41

Number of combinations of three Rasa – 1 mark

List of combinations of three Rasa – 4 marks

32. Write the number of combinations of two Rasa and enlist all of them.

Ans: A.H.Su.10/40

Number of combinations of two Rasa – 1 mark

List of combinations of two Rasa – 4 marks

33. Write the number of combinations of four Rasa and enlist all of them.

Ans: A.H.Su.10/41

Number of combinations of four Rasa – 1 mark

List of combinations of four Rasa – 4 marks

34. Write about Rasotpatti and Rasa Lakshanas.

Ans: A.H.Su.10/1-5 ½

Panchabhautik constitution of six Rasa – 2.5 marks

Lakshana of six Rasa – 2.5 marks

LAQ- 10 marks

Mild

1. Write about the Karma of all the six Rasa.

Ans: A.H.Su.10/7-21½

Karma of all the six Rasa with examples – 10 marks

2. Describe the Mahabhuta dominance, Rupa, Guna, Karma of Madhura Rasa with examples.

Ans: A.H.Su.10/1,2-2½,7-8,22-24½

Mahabhuta dominance of Madhura Rasa – 2 marks

Rupa of Madhura Rasa – 2 marks

Guna of Madhura Rasa – 2 marks

Karma of Madhura Rasa – 2 marks

examples of Madhura Rasa - 2 marks

3. Describe the Mahabhuta dominance, Rupa, Guna, Karma of Amla Rasa with examples.

Ans: A.H.Su.10/1,3,10-10½,25-26

Mahabhuta dominance of Amla Rasa – 2 marks

Rupa of Amla Rasa – 2 marks

Guna of Amla Rasa – 2 marks

Karma of Amla Rasa – 2 marks

examples of Amla Rasa - 2 marks

4. Describe the Mahabhuta dominance, Rupa, Guna, Karma of Lavana Rasa with examples.

Ans: A.H.Su.10/1,3½,12-12½

Mahabhuta dominance of Lavana Rasa – 2 marks

Rupa of Lavana Rasa – 2 marks

Guna of Lavana Rasa – 2 marks

Karma of Lavana Rasa – 2 marks

examples of Lavana Rasa - 2 marks

5. Describe the Mahabhuta dominance, Rupa, Guna, Karma of Katu Rasa with examples.

Ans: A.H.Su.10/1,5,17-18,30-30½

Mahabhuta dominance of Katu Rasa – 2 marks

Rupa of Katu Rasa – 2 marks

Guna of Katu Rasa – 2 marks

Karma of Katu Rasa – 2 marks

examples of Katu Rasa - 2 marks

6. Describe the Mahabhuta dominance, Rupa, Guna, Karma of Tikta Rasa with examples.

Ans: A.H.Su.10/1,4,14-15½,28-29½

Mahabhuta dominance of Tikta Rasa – 2 marks

Rupa of Tikta Rasa – 2 marks

Guna of Tikta Rasa – 2 marks

Karma of Tikta Rasa – 2 marks

examples of Tikta Rasa - 2 marks

7. Describe the Mahabhuta dominance, Rupa, Guna, Karma of Kashaya Rasa with examples.

Ans: A.H.Su.10/1,5½,20-20½,31-32

Mahabhuta dominance of Kashaya Rasa – 2 marks

Rupa of Kashaya Rasa – 2 marks

Guna of Kashaya Rasa – 2 marks

Karma of Kashaya Rasa – 2 marks

examples of Kashaya Rasa - 2 marks

Moderate

8. Explain in detail about Rasa Karma and Panchabhautika Sanghatana of each Rasa.

Ans: A.H.Su.10/1,7-21½

Rasa Karma – 8 marks

Panchabhautika Sanghatana of each Rasa – 2 marks

9. Write Panchabhautika Sanghatana and Karma of Madhura, Amla and Lavana Rasa.

Ans: A.H.Su.10/7-8,10-11½,12-12½

Panchabhautika Sanghatana of Madhura, Amla and Lavana Rasa– 2.5 marks

Karma of Madhura Rasa – 2.5 marks

Karma of Amla Rasa – 2.5 marks

Karma of Lavana Rasa – 2.5 marks

10. Write Panchabhautika Sanghatana and Karma of Tikta, Katu and Kashaya Rasa.

Ans: A.H.Su.10/14-15½,17-18,20-20½

Panchabhautika Sanghatana of Tikta, Katu and Kashaya Rasa– 2.5 marks

Karma of Tikta Rasa – 2.5 marks

Karma of Katu Rasa – 2.5 marks

Karma of Kashaya Rasa – 2.5 marks

Hard

11. Mention all 63 combinations of Rasa.

Ans: A.H.Su.10/40-43

Numbers of combinations of Rasa- 2 marks

List of combinations of Rasa- 8 marks

12. Describe Rasa utpatti and Lakshana of six Rasa.

Ans: A.H.Su.10/1,2-5½

Rasa utpatti – 2 marks

Lakshana of six Rasa – 8 marks

Chapter 10

- | | | | | | | | |
|-------|-------|-------|-------|-------|-------|-------|-------|
| 1. C | 2. A | 3. A | 4. B | 5. C | 6. D | 7. D | 8. C |
| 9. C | 10. D | 11. D | 12. C | 13. A | 14. D | 15. B | 16. C |
| 17. D | 18. C | 19. B | 20. A | 21. C | 22. A | 23. D | 24. A |
| 25. C | 26. C | 27. B | 28. C | 29. C | 30. B | 31. A | 32. D |
| 33. A | 34. D | 35. A | 36. C | 37. B | 38. C | 39. A | 40. A |
| 41. A | 42. D | 43. C | 44. D | 45. D | 46. D | 47. C | 48. A |
| 49. B | 50. C | 51. B | 52. A | 53. D | 54. C | 55. A | 56. C |
| 57. D | 58. C | | | | | | |

1. Ayuskamiya Adhyaya

SAQ

Mild

1. Name the '*saptadhatus*' and their functions in the body according to Ashtanga Hridaya.

Answer -Ref. (As Su 1/13)

Marks- Name saptadhatus 1.5 + functions 3.5

2. Enlist the '*malas*' of the body and give their functions according to Ashtanga Hridaya.

Answer -Ref.(As Su 1/14)

Marks- Name 2.5+Function 2.5

3. Mention the different types of '*agni*' and give the characteristics of each according to Ashtanga Hridaya.

Answer -Ref.(As Su 1/8)

Marks- Name 1+ the characteristics of Agni 4

4. Explain '*koshta*' according to Ashtanga Hridaya

Answer -Ref.(As Su 1/9,10)

Marks- Defination 1+detail of Koshta 4

5. Define '*veerya*' and explain type of '*veerya*' according to Ashtanga Hridaya.

Answer -Ref.(As Su 1/17)

Marks-Defination 2.5+Types of Veerya 2.5

6. Define '*vipaka*' and explain type of '*vipaka*' according to Ashtanga Hridaya

Answer -Ref. (As Su 1/17)

Marks- Defination 2.5+ type of vipaka 2.5

7. Explain '*Dravya(rasa) Prabhava*' according to Ashtanga Hridaya

Answer -Ref.(As Su 1/16)

Marks- rasa prabhava' 5

8. Explain the methods of assessment of patient and disease according to Ashtanga Hridaya.

Answer -Ref.(As Su 1/12)

- Marks- assessment of patient 2.5+ assessment of disease 2.5
9. Explain the three habitats(*desha*) according to Ashtanga Hridaya
Answer -Ref.(As Su 1/23,24)
Marks- Defination 2.5+ three habitats(desha)2.5
- 10.What is *bheshaja kala* mention its types according to Ashtanga Hridaya.
Answer -Ref.(As Su 1/24)
Marks- 5
- 11.Describe the treatment principle for '*Vata, Pitta kapha*' *Dosha* in Detail according to Ashtanga Hridaya.
Answer - (Ref As Su 1/11)
Marks- sodhan2.5+saman 2.5
- 12.Describe relation of '*Rasa*' and '*Dosha*' according to Ashtanga Hridaya.
Answer - (Ref As Su 1/15,16)
Marks-defination 2+ Relation of rasas & dosha 3
- 13.Short note: relationship between '*Doshas*' and '*kostha*' according to Ashtanga Hridaya.
Answer -Ref.(As Su 1/9)
Marks- name 1+4 relationship between Doshas and kostha
- 14.Name of *Dushya* in detail according to Ashtanga Hridaya?
Answer -Ref.(As Su 1/13)
Marks- definition 1 + 4 Dushya function detail
15. *Roga pareeksha* in detail according to Ashtanga Hridaya?
Answer -Ref.(As Su 1/23)
Marks- Roga pareeksha 5

Moderate

16. Enlist the salient features of *Ashtanga Hridaya* and name the *ashtangas* of Ayurveda
Answer - Ref.(As Su 4,5)
Marks- the salient features of Ashtanga Hridaya 2.5 + the **ashtangas** of ayurveda 2.5

17. Name the '*Ashtang Ayurved*' (eight branches of Ayurveda) and explain the '*Roga-Rogi Pariksha*' (Examination of disease and diseased).

Answer -Ref.(As Su 1/5,21,22)

Marks- *Ashtang Ayurved*' 2.5+ Roga-Rogi Pariksha' 2.5

18. Explain the variation in '*Tridoshas*' according to different factors according to Ashtanga Hridaya.

Answer -Ref.(As Su 1/8)

Marks- the variation in 'Tridoshas 2.5+ different factors 2. 5

19. What are the causative factors for health and disease according to Ashtanga Hridaya

Answer -Ref.(As Su 1/19,20)

Marks- the causative factors for health 2.5+ the causative factors for disease

20. Write In Brief .भिषक्द्रव्याण्युपस्थाता..... according to Ashtanga Hridaya

Answer -Ref.(As Su 1/27) Marks- verse2+detail 3

21. Write In Brief – शेषत्वादायूषो..... according to Ashtanga Hridaya

Answer -Ref.(As Su 1/32)

Marks- verse 2 + detail 35

22. *Koshta bheda* according to Ashtanga Hridaya?

Answer -Ref.(As Su 1/9)

Marks- definition 2+ koshta detail 3

23. *Agni prakara* according to Ashtanga Hridaya?

Answer -Ref.(As Su 1/18)

Marks- definition 1+agni detail 4

Hard

24. Explain '*Chikitsa chatushpada*' in detail according to Ashtanga Hridaya

Answer -Ref.(As Su 1/27-29)

Marks- meaning of chatushpada1+properties of chatushpada 4

25. Write The Importance Of '*Sutrasthana*' Of Ashtanga Hridaya.

Answer -Ref.(As Su 1/9,10)

Marks-meaning of sutra shan1+ The Importance Of 'Sutrasthana' 5

26. Explain *Vimshati guna* according to Ashtanga Hridaya?

Answer -Ref.(As Su 1/18)

Marks- meaning of guna1+ detail of Vimshati guna 4

27. '**Rogi**' and '**Roga pareeksha**' vidhi according to Ashtanga Hridaya?

Answer -Ref.(As Su 1/21,2,22)

Marks- Rogi' pareeksha' 2.5+ 'Roga pareeksha' 2.5

28. **Ayurveda avatarana** and development of Ashtanga hridaya.?

(Ref As Su 1/18) Marks- Ayurveda avatarana 2.5+2 development of Ashtanga hridaya.2.5

LAQ

Mild

29. Explain '**Ayurvedavtarana**' according to *Ashtanga Hridaya* with importance of *Ashtang Hridaya* .

Answer - Ref (As Su 1/3,4)

Marks- 'Ayurvedavtarana' 5+ importance of ashtang hridaya 5

30. Explain the effect of '**Shadrasas**' on '**Tridosha**'

Answer -Ref.(As Su 1/14,15)

Marks- Shad rasa 4+ effect of shadrasas on tridosha 6

31. Define 'Prakruti', mention types of '**prakruti**' according to Ashtanga Hridaya.

Answer -Ref.(As Su 1/9,10)

Marks- Defination 3 +Detail of prakruti detail 7

32. Explain the concept of '**vridhhi**' and '**kshaya**' with an example of each according to Ashtanga Hridaya.

Answer -Ref.(As Su 1/14)

Marks- the concept of vridhhi and kshaya 5 + example 5

33. Explain type of treatments(**bheshaja**) according to Ashtanga Hridaya.

Answer - (Ref As Su 1/25,26)

Marks- Meaning 2+ type of bheshaja

34. Enumerate **Ashtanga** in detail ?

Answer -Ref.(As Su 1/5,6)

Marks- name 2+ 8 Ashtanga in detail

35. Write About Sites of Tridosha & According ' *Vaydi doshaprabalya* ' according to Ashtanga Hridaya

Answer -Ref As Su 1/8

Marks- 5 + 5

36. Explain The **Best Aushadi of Sharir & Manodosha** in Detail According to *Ashtang Hridayam*.

Answer -Ref As Su 1/25,26)

Marks- Best Aushadi of Sharir 5 + Best Aushadi of Manodosha 5

Moderate

37. Define health and diseases stage in detail according to Astang Hridaya.

Answer -Ref.(As Su 1/20)

Marks- Define health 5+ Define diseases 5

38. Mention The Types Of '**Roga**' And Explain The Concept Of '**Rogaadhithana**'. according to Ashtanga Hridaya

Answer -Ref.(As Su 1/20,21)

Marks- roga 5 + ragadhishthan 5

39. Write in detail about '**Chikitsa Chatushpada**'.

Answer -Ref.(As Su 1/27,29)

Marks- meaning 2+ Chikitsa Chatushpada 8

40. Write in detail about the types of disease according to *Sadhya Asadhyata* according to Ashtanga Hridaya .

Answer -Ref.(As Su 1/30,31)

Marks- meaning of Sadhya Asadhyata 3+lakshana of Sadhya Asadhyata vyadhi

41. Explain Vimshati guna with example according to Ashtanga Hridaya?

Answer -Ref.(As Su 1/18)

Marks- defination og guna 2+ detail Vimshati guna with example5+3

Hard

42. Explain '**Sadhya-sadhyatva**' (vyadhi) in detail according to Ashtanga Hridaya

Answer -Ref.(As Su 1/29-33)

Marks- type of of *Sadhya-sadhya vyadhi*2+lakshana of *Sadhya-sadhya' vyadhi* 2*4

43. Enlist The '*Sthana*' and '*Adhyayas*' Of Ashtanga Hridaya and Uttarantra

Answer -Ref.(As Su 1/45-48)

Marks- Sthana 2+ Adhyayas' Of Ashtanga Hridaya 8

44. Explain composition and language style of Ashtanga hridaya

Answer -Ref.(As Su 4,5)

Marks- composition style of Ashtanga hridaya 5+ language style of Ashtanga hridaya 5

45. Which is the first chapter of *Sutrasthana* of Ashtang Hridaya and explain the matter described in it.

Answer - (Ref As Su 1/1-49)

Marks- name of first chapter of Sutrasthana 1+detail 9

46. Explain The Four Limbs Of Treatment And Type Of Diseases In Detail according to Ashtanga Hridaya

Answer - (Ref As Su 1/27,29)

Marks- 2.5*4

47. Write About *Ashtanga Hrudyam* Structre And Its Scope In Present Day Scenarion.

Answer -Ref.(As Su 1/27,29)

Marks- Structre of *Ashtanga Hrudyam* 3+ *Ashtanga Hrudyam* Scope In Present time 7)

48. Write About Ashtanga Hridyam Structure And Its Necessity In Present Day Scenarion.

Answer - (Ref As Su 1/27,29)

Marks- Ashtanga Hridyam Structure 3+ Ashtanga Hridyam Necessity 7

49. "**KAALARTHA KARMANA YOGO.....**". Complete Following Shloka And Explain With Examples.

Answer -Ref.(As Su 1/19)

Marks- shlok 2+ Explain kala, arth and karm 4+Example 4

50. Write about *Chikitsa chatushpada* and discuss their importance according to Ashtanga Hridaya.?

Answer - (Ref As Su 1/27=29)

Marks- Chikitsa chatushpada 2+ importance of chikitsa chatushpada 8

51. Describe '*Parikshya Bhava*' and '*Trividha Roga Karana*' In Detail according to Ashtanga Hridaya.

Answer -Ref.(As Su 1/19,22)

Marks- Parikshya Bhava' 5+ Trividha Roga Karana 5

2. Dinacharya Adhayaya

SAQ

Mild

1. Write A Brief Note On '*Dantadhavan*' according to Ashtanga Hridaya.

Answer - Ref. (As Su 2/2-4)

Marks- method1.5+vidhi 2+nisheda 1.5

2. Write A Brief Note On '*Abhyanga*' according to Ashtanga Hridaya.

Answer -Ref.(As Su 2/8-9)

Marks- method1.5+vidhi 2+nisheda 1.5

3. Write A Brief Note On '*Snana*' according to Ashtanga Hridaya.

Answer -Ref.(As Su 2/17-18)

Marks- Benifits1.5+vidhi 2+nisheda 1.5

4. Describe '*Anjana*' according to Ashtanga Hridaya.

Answer -Ref.(As Su 2/5-6)

Marks- Benifits2.5+vidhi 2+5

5. Describe '*Nasya*' & '*Gandusha*' according to Ashtanga Hridaya.

Answer -Ref.(As Su 2/6)

6. Describe '*Shauchavidhi*' according to Ashtanga Hridaya.

Answer -Ref.(As Su 2/1)

Marks- '*Shauchavidhi*' 4+ importance of it.

7. Explain about Contraindication of '*Dantdhavan*' according to Ashtanga Hridayam.

Answer -Ref.(As Su 2/4)

Marks- meaning of Dantdhavan 2+ Contraindication 3

8. Explain about '*Sauveeranjana*' & '*Rasanjana*' according to Ashtanga Hridaya.

Answer -Ref.(As Su 2/5-6)

Marks- Sauveeranjana 2.5+ Rasanjana' 2.5

9. Write about Contraindication of '*Tambul Sevan*' according to Ashtanga Hridaya.

Answer -Ref.(As Su 2/6,7)

Marks-meaning of Tambul Sevan 1+ Contraindication of 'Tambul Sevan' 5

10. Write about Benefits & vidhi of '*Abhayang*' according to Ashtanga Hridaya.

Answer -Ref.(As Su 2/8)

Marks- Benefits of 'Abhayang' 2.5+ vidhi of 'Abhayang' 2.5.

11. Write about Contraindication of '*Vyayama*' & '*Vyayama matra*' according to Ashtanga Hridaya.

Answer -Ref.(As Su 2/11-12)

Marks- Contraindication of Vyayama 2.5+ Vyayama matra 2.5

12. Write about meaning Loss of '*Ativyayama*' according to Ashtanga Hridaya.

Answer -Ref.(As Su 2/13)

Marks-meaning of vyayam 1.5+ Loss of Ativyayama 3.5

13. Write about vidhi & Benefits of '*Snana*' according to Ashtanga Hridaya.

Answer -Ref.(As Su 2/16)

Marks- vidhi of snana 2.5 + Benefits of Snana 2.5

14. Write about vidhi & Contraindication of '*Snana*' according to Ashtanga Hridaya.

Answer -Ref.(As Su 2/18)

Marks- vidhi of snana 2.5+ Contraindication of 'Snana' 2.5

Moderate

1. Write about 'Vyayama' its contraindication and disadvantages of excessive exercise according to Ashtanga Hridaya.

Answer -Ref.(As Su 2/10-13)

Marks- meaning 1+ contraindication and disadvantages 2+2

2. Describe 'Nasya' according to Ashtanga Hridaya

Answer -Ref.(As Su 2/6)

Marks- meaning of 'Nasya' 2. 5+ Nasya'vidhi 2.5

3. Explain the difference between 'Saurviranjana' and 'Rasanjana' and explain about **Abhyanga** according to Ashtanga Hridaya.

Answer -Ref.(As Su 2/5-6)

Marks- meaning of Saurviranjana' and 'Rasanjana' 2+ difference in both 3..

4. Write benefits of 'Udvardan' and 'Abhyanga' according to Ashtanga Hridaya?

Answer -Ref.(As Su 2/16-8,9)

Marks- benefits of 'Udvardan' 2.5+ benefits of 'Abhyanga' 2.5

5. Define **Dinacharya**. Discuss how **Dinacharya** supports life according to Ashtanga Hridaya?

Answer -Ref,(As Su 2)

Marks-defination of Dinacharya 2 + how Dinacharya supports life 3.

6. Narrate '**Dantadhavana**' in detail according to Ashtanga Hridaya

Answer -Ref.(As Su 2/2=4)

Marks- meaning of Dantadhavana' 1+vidhi 2+nishedh.2

7. Write About '**Anjana**' With Its Benefits according to Ashtanga Hridaya?

Answer -Ref.(As Su 2/5)

Marks meaning of Anjana 1+ vidhi of Anjana 2+ nishedh.2

8. Write Short Note About '**Sadvritta**' according to Ashtanga Hridaya?

Answer -Ref.(As Su 2/23....)

Marks- meaning 1+detail of sadvrutt 4

9. Write vidhi of '**Udvardana** and **Abhyanga**' according to Ashtanga Hridaya?

Answer -Ref.(As Su 2/16-8,9)

Marks- vidhi of 'Udvardana' 2.5+ vidhi of 'Abhyanga' 2.5

10. Write Benefits Of **Snana** and Their Contraindications according to Ashtanga Hridaya?

Answer -Ref.(As Su 2/17,18)

Marks- Benefits Of Snana 2.5+ its Contraindications 2.5

11. Explain **Abhyanga vidhi** along with its contraindications according to Ashtanga Hridaya?

Answer -Ref.(As Su 2/10-13)

Marks- **Abhyanga vidhi** 3+ Abhyanga contraindications 2

Hard

12. Define **Dinacharya**. Discuss the significance of **Dinacharya** according to Ashtanga Hridaya?

Answer -Ref.(As Su 2/1-48)

Marks- Defination **Dinacharya** 2+its significance 3

15. '**Nishiddha Karma**' described in Dinacharya Adhyaya according to Ashtanga Hridaya.

Answer -Ref.(As Su 2/37-42)

Marks- meaning of nishidha karma 1+detail of nishidha karma 4.

LAQ

Mild

16. Describe Personal Hygine according to Ashtanga Hridaya

Answer -Ref.(As Su 2/31)

Marks- meaning 2+ Describe Personal Hygine 8

17. Write about Benefits of '**Vyayama** according to Ashtanga Hridaya'.

Answer -Ref.(As Su 2/10)

Marks- introduction 2+ vidhi 4+ loss of Ati Vyayam4

Moderate

18. Explain '**dasha vidha paapkarm** according to Ashtanga Hridaya'.

Answer -Ref.(As Su 2/21-22)

Marks- meaning of pap karma 2+name of it 3+detail of dasha vidha paapkarm.

19. Describe '*Dincharya*' in detail with its needs and utility according to Ashtanga Hridaya.

Answer -Ref.(As Su 2/1-48)

Marks- meaning1+dincharya 3+ needs3+its utility 4

20. Write Benefits Of '*Abhyanga –Saucha vidhi*' according to Ashtanga Hridaya?

Answer -Ref.(As Su 2/-8,9,17=19)

Marks- Benefits Of '*Abhyanga* 5+ Benefits Of '*Saucha vidhi*' 5

21. Write about '*Vyayama Vidhi*' in detail along with its contra indications and loss of over exercise according to Ashtanga Hridaya.?

Answer - Ref.(As Su 2/10-13)

22. Marks- Vyayama Vidhi 2+ contra indications 4+ loss of over exercise 4

23. Ennumerate and Explain *Dasavidha Papa Karma* according to Ashtanga Hridaya?

Answer -Ref.(As Su 2/21-22)

Marks- Ennumerate 3+ Detail of Dasavidha Papa Karma 7

Hard

24. Give Brief Explanation About '*Sadvrutta*' according to Ashtanga Hridaya.

Answer -Ref.(As Su 2/23-48)

Marks- Meaning of Sadvrutt 2+ detail of sadvrutt 8.

25. Write about *Abhyanga*, *Vyayama* and *Sadvrutta* in detail according to Ashtanga Hridaya

Answer - (Ref As Su 2/8-13, Su 2/23-45)

Marks- Abhyanga 2.5+ Vyayama 2.5+ Sadvrutta 5

3. Ritucharya Adhyaya

SAQ

Mild

1. Explain the relation between condition of dosha and seasons according to Ashtanga Hridaya

Answer -Ref.(Ash Su 3/8,18,27,42,49,)

Marks- the relation between condition of dosha and seasons 5

2. What is **Ritusandhi** and explain the regimen to be followed during ritusandhi according to Ashtanga Hridaya.

Answer - Ref.(Ash Su 3/48-49)

Marks- defination 2+ regimen 3

Moderate

1. Explain '**Hemant Ritucharya**' in detail according to Ashtanga Hridaya

Answer -Ref.(As Su 3/7-17)

Marks Hemant Ritucharya 5

2. Explain '**Grishma Ritucharya**' in detail according to Ashtanga Hridaya

Answer -Ref.(As Su 3/26-41)

Marks- Grishma Ritucharya' 5

3. Explain '**Varsha ritucharya**' in detail according to Ashtanga Hridaya

Answer -Ref.(As Su 3/42-48)

Marks- Varsha ritucharya' 5

4. Explain '**Sharad Ritucharya**' in detail according to Ashtanga Hridaya

Answer -Ref.(As Su 3/49-54)

Marks- Sharad Ritucharya' 5

5. Write about Contraindications of '**Greesham Ritu**' according to Ashtanga Hridaya.

Ref.(As Su 3/28-29)

Marks- intro 1+ Contraindications of 'Greesham Ritu' 5

Hard

6. Define '**Rutucharya**' And Explain '**Visarga Kala**' In Detail according to Ashtanga Hridaya

Answer -Ref.(As Su 3,As Su 3/4-6)

Marks- definition 2.5+ Visarga Kala lakshan 2.5

7. Give division of kala and explain *Adana kala* in detail according to Ashtanga Hridaya.

Answer -Ref.(As Su 3,As Su 3/2-3)

Marks- definition 2.5+ Adana kala in detail 2.5

8. Explain the relation between *Doshas* and *Ritu* and describe *Varsha Ritu charya* according to Ashtanga Hridaya?

Answer -Ref.(Ash Su 3/42-48)

Marks- relation between Doshas and Ritu 2+ Varsha Ritu charya 3

LAQ

Mild

9. Write about *Ritu Vibhajana* effect of its according to Ashtanga Hridaya

Answer -Ref.(As Su 3/1-2)

Marks- Ritu Vibhajana 5+ effect of it 5

10. Explain the relation between strength (Bala) and seasons according to Ashtanga Hridaya

Answer -Ref.(As Su 3/7)

Marks- the relation between strength (Bala) and seasons 10

11. Discuss *Sarad Ritucharya* & explain the uses of *Hamsodaka*. according to Ashtanga Hridaya?

Answer -Ref.(As Su 3/49-54)

Marks- Sarad Ritucharya 6+ Hamsodaka.4

Moderate

12. *Ritu - Rasa sambandha* according to Ashtanga Hridaya?

Answer -Ref.(As Su 3/55-57)

Marks- Ritu Rasa sambandha 10

13. Discuss '*Kala vibhajana*', Lakshana as explained in Rtucharya Adhyaya according to Ashtanga Hridaya?

Ref.(As Su 3/1-6)

Marks- bheda 5+ Kala lakshana 5

14. Describe six seasons with position of strength in '*Uttarayana, Dakshinayana*' and '*Vasant Ritucharya*' according to Ashtanga Hridaya.

Answer -Ref.(As Su 3/2-7)

Marks- strength in 'Uttarayana/Dakshinayana' 5+ Vasant Ritucharya' 5

15. Define *Rutucharya*, Mention The Division Of Kala And Give The Difference Between '*Adana*' Kala and '*Visarga*' Kala according to Ashtanga Hridaya

Answer -Ref.(As Su 3)

Marks-defination 2+kala division3+Aadan Visarga lakshan 5

16. Explain '*Hemant*' and '*Shishira rutucharya*' in detail according to Ashtanga Hridaya

Answer -Ref.(As Su 3/7-18)

Marks- Hemant rutucharya 5+ Shishira rutucharya 5

Hard

17. Write in detail '*Aadan kal*' and '*Visarga kal*' and explain vasant rutucharya according to Ashtanga Hridaya

Answer -Ref.(As Su 3/2-6, As Su 3/19-26)

Marks- aadan kal and visarga kal 5+ vasant rutucharya 5

18. Write about *Rutucharya Adhyaya* in detail according to Ashtanga Hridaya.

Answer - (Ref As Su 3/1-58)

Marks-defination of ritucharya2+ Division Of Kala 2+Adana,Visarga' kala lakshan 3+ ritucharya intro 3

19. Describe the Ritus of Adana Kala and explain it in detail according to Ashtanga Hridaya.

Answer -Ref.(As Su 3/2-52)

Marks- Ritus of Adana Kala 3+detail of its ritus 7

20. Describe the Ritus of Visarga Kala and explain it in detail according to Ashtanga Hridaya.

Answer -Ref.(As Su 3/4-6, As Su 3)

Marks- Ritus of visarag Kala 3+ detail of its ritus 7

21. Write the difference between *Adana Kala* and *Visarga Kala* and describe any one *Ritucharya* (seasonal regimen) according to Ashtanga Hridaya.

Answer -Ref.(As Su 3/2-6, As Su 3)

Marks- difference between Adana Kala and Visarga Kala 3+ describe any one Ritucharya 7.

Roganutpadaniya Adhayaya

SAQ

Mild

1. Explain the '*Dharneeya Vega*' according to Ashtanga Hridaya.

Answer -Ref.(Ash.su.4/24)

marks- defination 1+ dharneeya vega 4

2. Explain '*Agantu roga*' according to Ashtanga Hridaya.

Answer -Ref.(Ash.su.4/31)

marks- defination 1+ detail of Agantuj roga4

3. Explain the importance of '*Ritu Shodhana*' according to Ashtanga Hridaya'.

Answer -Ref.(Ash.su.4/35)

marks- importance of Ritu Shodhana 5

4. Explain the the Rules of stay Healthy according to Ashtanga Hridaya.

Answer - Ref.(Ash.su.4/36)

marks- importance of Ritu Shodhana 5

Moderate

1. Explain the diseases due to suppression of **Purisha** and its treatment according to Ashtanga Hridaya.

Answer -Ref.(Ash.su.4/4,6)

marks- diseases due to suppression of purisha 2.5+ treatment 2.5

2. Explain the diseases due to suppression of **Mutra** and its treatment according to Ashtanga Hridaya.

Answer -Ref.(Ash.su.4/4,6,7)

marks- diseases due to suppression of mutra 2.5+ treatment 2.5

3. Explain the diseases due to suppression of **Udgaar** and its treatment according to Ashtanga Hridaya.

Answer -Ref.(Ash.su.4/7,8)

marks- diseases due to suppression of udgar 2.5+ treatment 2.5

4. Explain the diseases due to suppression of **Kshavathu** and its treatment according to Ashtanga Hridaya .

Answer -Ref.(Ash.su.4/9,10,)

marks- diseases due to suppression of kshavthu 2.5+ treatment 2.5

5. Explain the diseases due to suppression of **Trushna** and its treatment according to Ashtanga Hridaya .

Answer -Ref.(Ash.su.4/10)

marks- diseases due to suppression of trushna2.5+ treatment 2.5

6. Explain the diseases due to suppression of **Kshudha** and its treatment according to Ashtanga Hridaya .

Answer - Ref.(Ash.su.4/11)

marks- diseases due to suppression of kshudha **2.5+** treatment 2.5

7. Explain the diseases due to suppression of *Nidra* and its treatment according to Ashtanga Hridaya.

Answer -Ref.(Ash.su.4/12,13)

marks- diseases due to suppression of Nidra **2.5+** treatment 2.5

8. Explain the diseases due to suppression of *Kaasa* and its treatment according to Ashtanga Hridaya.

Answer - Ref.(Ash.su.4/13)

marks- diseases due to suppression of kaasa **2.5+** treatment 2.5

9. Explain the diseases due to suppression of *Shramashwasa* and its treatment according to Ashtanga Hridaya. Ref.(Ash.su.4/14,15) marks- diseases due to suppression of Shramashwasa **2.5+** treatment 2.5

10. Explain the diseases due to suppression of *Jrumbha* and its treatment according to Ashtanga Hridaya.

Answer -Ref.(Ash.su.4/14,15)

marks- diseases due to suppression of Jrumbha **2.5+** treatment 2.5

11. Explain the diseases due to suppression of *Ashru* and its treatment according to Ashtanga Hridaya.

Answer - Ref.(Ash.su.4/16)

marks- diseases due to suppression of Ashru **2.5+** treatment 2.5

12. Explain the diseases due to suppression of *chhardi* and its treatment according to Ashtanga Hridaya.

Answer - Ref.(Ash.su.4/17,18)

marks-diseases due to suppression of chhardi **2.5+** treatment 2.5

13. Explain the diseases due to suppression of *Shukra* and its treatment according to Ashtanga Hridaya.

Answer -Ref.(Ash.su.4/19,20)

marks- diseases due to suppression of Shukra **2.5+** treatment 2.5

14. Write name of *Aharaneeya vega* & *Ashru vega* avarodha janya rogas with treatment according to Ashtanga Hridaya?

Answer -Ref.(Ash.su.4/1,16)

marks- name of Aharaneeya vega 2.5+ **Ashru vega** avarodha janya rogas 2.5

15. Write a short note about '*Avapeedaka sarpi*' prayoga?

Answer -Ref.(Ash.su.4/6,7)

marks- avapeedaka sarpi prayoga 5

Hard

16. '*Yatet cha yatha kaalam malaanam shodhanam prati...*' explain the verse according to Ashtanga Hridaya.

Answer -Ref.(Ash.su.4/25)

mark = ref 1+ detail of verse 4

17. Explain *Sanshodhan* according to kaal And Importance Of *Shodhana* Therapy according to Ashtanga Hridaya.

Answer -Ref.(Ash.su.4/35,24,25)

mark = sanshodhan according to kaal 2.5+ Importance Of Shodhana Therapy 2.5

18. The general line of treatment of Diseases caused due to suppression of urges according to roganutpadaneeya adhyay according to Ashtanga Hridaya.

Answer -Ref.(Ash.su.4/22-23)

marks = 5

19. Discuss the importance of *Roganutpadaneeya adhvaya* in preventing the diseases according to Ashtanga Hridaya.

Answer -Ref.(Ash.su.4/)

marks = 5

20. Explain *Dharaniya Vega* And Write *Mutra* & *Nidra Vega* Dharana Vikara And Its Treatment according to Ashtanga Hridaya.

Answer -Ref.(Ash.su.4/24,4,6,7,12)

marks = Dharaniya Vega 2+ *Mutra* & *Nidra Vega* Dharana Vikara And Its Treatment 1.5+1.5.

21. Name ***Dharaneeya vega*** and narrate its importance according to Ashtanga Hridaya?

Answer -Ref.(Ash.su.4/24)

marks= Dharaneeya vega 2.5+ its importance 2.5

22. ***Mutra vegavarodha*** lakshana and chikitsa according to Ashtanga Hridaya?

Answer -Ref.(Ash.su.4/4,5,6,7)

marks= mutra vega Avarodha lakshan 2.5+ its chikitsa 2.5

23. Write about ***Chardi & kshudha vega Avarodha*** lakshan, its chikitsa according to Ashtanga Hridaya?

Answer -Ref.(Ash.su.4/17,18,19)

marks= Chardi & kshudha vega Avarodha lakshan 2.5+ its chikitsa 2.5

24. Explain in detail- नित्यं हिताहारविहारसेवीच भवत्यरोगः| according to Ashtanga Hridaya |

Answer -Ref.(Ash.su.4/34)

marks- General treatment of all diseases 5

25. Describe the General treatment of all diseases according to ***Roganutpadneeya*** adhyay according to Ashtanga Hridaya.

Answer - Ref.(Ash.su.4/34)

marks- General treatment of all diseases 5

LAQ

Mild

26. Explain the diseases due to suppression of ***Adhovata*** and its treatment according to Ashtanga Hridaya.

Answer -Ref.(Ash.su.4/2,5)

marks- diseases due to suppression of Adhovata 5+ treatment.5

27. Explain Adhovata, Shakrut and Mutra Dharniya janya Roga and its Treatment

according to Ashtanga Hridaya.

Answer -Ref.(Ash.su.4/2,19,4,6,7)

marks- Adhovata, Shakrut and Mutra Dharniya janya Roga 5+ its Treatment 5.

28. Name *Dharaneeya vega* and narrate its importance according to Ashtanga Hridaya?

Answer -Ref.(Ash.su.4/24,34)

marks = 5 Dharaneeya vega 5 + its importance 5

Moderate

29. Mention the non-suppressible urges and describe any five with its symptoms and treatment according to Ashtanga Hridaya.

Answer -Ref.(Ash.su.4/)

marks- name of non-suppressible urges 3+ describe any five with its symptoms and treatment 7.

30. Write in in brief वेगान्न धारयेद्भीमान.....

Answer - Ref.(Ash.su.4/)

marks- adharneeya vega 3+adharnjanya vegjanya roga 4+adharneeya vega 3

31. Write *Aharaneeya vega*, *Avarodha lakshana* of *Chardi* and *Shukra* with its **chikitsa** according to Ashtanga Hridaya?

Answer -Ref.(Ash.su.4/1,17,18,19,20)

marks- adharneeya vega 2+ Avarodha lakshana of Chardi and Shukra 4+ its chikitsa 4.

32. Describe total non-suppressible urges and 5 with its symptoms (due to suppression) and treatment according to Ashtanga Hridaya.

Answer -Ref.(Ash.su.4/1= 20)

marks- non-suppressible urges 2+ any 5 with its symptoms due to suppression and treatment 8

33. Explain *Adharaneeya vega*, their Lakshana and treatment ?

Answer - Ref.(Ash.su.4/1=23)

marks. Adharaneeya vega 2+ Lakshana 4 + treatment 4

Hard

34. Give Definition Of *Dharaniya* and *Adharaniya Vega* And Explain Adhovata ,Shakruta And Mutra Dharana Janya Roga And Its Treatment.

Answer -Ref.(Ash.su.4/1,24,2=20)

marks- Dharaniya And Adharaniya Vega 4+ Adhovata ,Shakruta And Mutra Dharana Janya Roga And Its Treatment 6

35. Describe about fourteen adharniya vega according vagbhat and its lakshan & remedy according to Ashtanga Hridaya.

Answer -Ref.(Ash.su.4/1 =20)

marks-name of adharniya vega 2+ its lakshan & remedy. 8

36. Describe Roganutpadaniya Adhyaya in detail.

Answer - Ref.(Ash.su.4/1-36)

marks-name of adharniya vega 1+ its lakshan & remedy 3+dharneey vega 2+samshodhan importance 2+diet after shodhan 2

MULTIPLE CHOICE QUESTIONS-

Ayushkameeya 1

Mild

1. Which *Dosha* Is Responsible For *SAMAGNI*
A) *Vata* B) *Pitta* C) *Kapha* D) *Tridosha*
2. Number of *Virya* According to *Ashtang Hrudayam*.
A) *Chaturdha* B) *Tridha* C) *Dwidha* D) None of these
3. *Darshan Sparshan Prashne Parikshet ch*
A) *Rog* B) *Rogi* C) A+ B D) None of these
4. Is not included in *Gurvadi Guna*
A) *Teekshna* B) *Ruksha* C) *Pischila* D) None of these
5. Types of *koshtha* as per doshas
A) 1 B) 2 C) 3 D) 4
6. Which Of The Following Is Not Included In Tray *Upastambha*?
A) *Ahar* B) *Nidra* C) *Sharir* D) *Brahmacharya*
7. Select correct order of *ayurved avataran*
A) *Brhma, Prajapati Daksha, Ashwinikumar, Indra, Atreya, Agnivesa*
A) *Brhma, Prajapati Daksha, Indra, Ashwinikumar, Atreya, Agnivesa*
B) *Brhma, Prajapati Daksha, Ashwinikumar, Indra, Agnivesa, Atreya*
C) *Brhma, Indra, Prajapati Daksha, Ashwinikumar, , Atreya, Agnivesa*
8. What is not a example of संसर्ग
A) *Vata-Pitta* B) *Pitta-Kapha* C) *Vata-Kapha* D) *Vata-Pitta-Kapha*
9. Which Is *Srestha Prakriti*
A) *vata pitta* B) *sama dosha* C) *kapha* D) *Pitta*
10. Which *rasa* causes *vridhhi* of *pitta dosha*
A) *Madhur amla lavana*
B) *Katu tikta kashaya*

C) *Amla lavana katu*

D) *Madhur tikta kashaya*

11. Which is *param-ausadh* for pitta dosha

A) *madhu*

B) *Taila*

C) *Ghrita*

D) *Dugdha*

12. *Snigdha* is guna of

A) *Vaat* B) *Pitta* C) *Kapha* D) both b and c

13. Which of the following is not a gun of bhishak?

A) *Daksha* B) *Upacharadnyata* C) *Shauch* D) *Bahusho drushtakarmata*

14. *vata samak rasa*?

A) *Katu tikta kasaya*

B) *Madhura amla lavana*

C) *Madhura tikta kasaya*

D) *Katu amla lavana*

15. *anupa desha* is region of ?

A) *Vatabahula* B) *Pittabahula* C) *Kaphabahula* D) *Vatakaphabahula*

16. what is the *param aushadh* of *vata dosha*?

A) *Madhu* B) *Ghrut* C) *Tail* D) *Virechan*

17. *Bahukalpam* is the guna of what?

A) *Bhisaka* B) *Dravya* C) *Upasthata* D) *Atura*

18. *Hetu lignam ausadh*?

A) *Trisutra* B) *tridosha* C) *skandhamay* D) *triguna*

MILD mcq ans

1.D 2.B 3.C 4. D 5.C 6.C 7.A 8 .D 9 .B 10.C 11.C 12.D 13.B 14.B 15.C 16.C 17.B

18.A

Moderate

1. *GYAPAK* is the quality of which of the following.

- A) *Paricharak* B) *Rogi* C) *Vaidya* D) *Aushad*

2. *SAMPANNA* is the quality of which of the following.

- A) *Paricharak* B) *Rogi* C) *Vaidya* D) *Aushadha*

3. *ANURAKTA* Is The Quality Of Which Of The Following.

- A) *Paricharak* B) *Rogi* C) *Vaidya* D) *Aushad*

4. Which of the Following Is Not Under The Classification Of Dravya

- A) *Shaman* B) *Kopan* C) *Swatha hit* D) *Dhatudushak*.

5. which dosha gets increased *bhuktam ante* (end of meal) ?

- A) *vata* B) *pitta* C) *kapha* D) *tridosha*

6. Which of the following is not a pittagna rasa

- A) *kashay* B) *katu* C) *madhur* D) *tikta*

7. *Rog adhisthan* as per *Vagbhat*

- A) 5 B) 2 C) 3 D) 4

8. Types of *aushadhi* as per *vagbhat*

- A) 1 B) 2 C) 3 D) 4

9. *Ekdoshaj roga* comes under

- A) *Sukh Sadhya* B) *krucha sadhay* C) *yapya* D) *pratyakheya*

10. Which Of The Following Is The *Lakshan* Of *Yapya Vyadhi*?

A) *Kriyapatham atikrantam*

B) *Tridoshajam*

C) *Sheshatvaatdayusho*

D) *Gambhir bahu dhatustham*

11. Which of following is not *Vipaka*

A) *Amla*

B) *Lavna.*

C) *Madhura*

D) *Katu.*

12. According to *ashtang hridaya* what are the *Guna* of *vata*?

A) 6

B) 7

C) 8

D) None Of The Above

13. *Mrutsan* is the *Guna* of which *dosha*?

A) *vata*

B) *pitta*

C) *kapha*

D) a and b both

14. What is the *chikitsa Sutra* of *mansika dosha*? (according to *ashtang hridaya*)

A) *gyan, vigyan, dhidhairya, samdhi*

B) *gyan, vigyan, dhairya, smruti and samadhi*

C) *Dhidhairyatmadivigyanam*

D) *Gyan, vigan, dhairya, virya, smruti*

15. '*Saman*' is the synonym of which?

A) *Chikitsa*

B) *Dravya*

C) *Langhan*

D) All Of The Above

16. '*Buddhiman*' is the *Guna* of which of the following?

A) *bhishak*

B) *ausadh*

C) *paricharak*

D) *rogi*

17. '*Adhaya*' is the *Guna* of which of the following?

A) *bhishak*

B) *aushad*

C) *paricarak*

D) *rogi*

18. how many *gurvadi guna* are there?

A) 20

B) 10

C) 6

D) 5

19. Which *rasa* causes *vridhhi* of *pitta dosha*

A) *Madhur amla lavana*

B) *Katu tikta kashaya*

C) *Amla lavana katu*

D) *madhur tikta kashaya*

20. Relation between *Pitta dodha & agni*.

A) *Tikshana*

B) *Mrudu*

C) *Madhya*

D) *Manda*

21. Relation between *vata dasha & agni*

A) *Tikshana*

B) *Manda*

C) *Vishama*

D) *Sama*

22. Relation between *kapha dosha & agni*

A) *Tikshana*

B) *Manda*

C) *Vishama*

D) *Sama*

23. Which *Rasa* are *vata shamaka*.

A) *Madhur amlaand lavana*

B) *Madhur.tikta,kashaya*

C) *Katu,tikta,kashaya*

D) *Amla,lavana,katu*

24. Which *Rasa* are *Pitta shamaka*

A) *Madhur amlaand lavana*

B) *Madhur.tikta,kashaya*

C) *Katu,tikta,kashaya*

D) *Amla,lavana,katu*

25. Which *Rasa* are *kapha shamaka*

A) *Madhur amlaand lavana*

B) *Madhur.tikta,kashaya*

C) *Katu,tikta,kashaya*

D) *Amla,lavana,katu*

26. Which *Rasa* are *Pitta Prakopaka*

A) *Madhur amlaand lavana*

B) *Madhur.tikta,kashaya*

C) *Katu,tikta,kashaya*

D) *Amla,lavana,katu*

27. Which *Rasa* are *Vata Prakopaka*.

A) *Madhur amla and lavana*

B) *Madhur.tikta,kashaya*

C) *Katu,tikta,kashaya*

D) *Amla,lavana,katu*

28. Which *Rasa* are *Kapha Prakopaka*.

A) *Madhur amla and lavana*

B) *Madhur.tikta,kashaya*

C) *Katu,tikta,kashaya*

D) *Amla,lavana,katu*

29. Which *Vipaka* of *Madhur Rasa*.

A) *Madhur*

C) *Kashaya*

B) *Katu*

D) *Amla*

30. Which *Vipaka* of *Lavana Rasa*.

A) *Madhur*

C) *Kashaya*

B) *Katu*

D) *Amla*

31. Which *Vipaka* of *Katu Rasa*.

A) *Madhur*

C) *Kashaya*

B) *Katu*

D) *Amla*

32. Which *Vipaka* of *Kashaya Rasa*.

A) *Madhur*

C) *Kashaya*

B) *Katu*

D) *Aml*

33. Which *Virya* of *Madhur Rasa*.

- A) Shita
C) Both A&B

- B) Ushana
D) Tikshana

34. Which Virya of katu Rasa.

- A) Shita
C) Both D&B

- B) Ushana
D) Tikshana

35. Which Virya of Amla Rasa.

- A) Shita
C) Both A&B

- B) Ushana
D) Mrudu

36. Which Property is not of Vaidhya

- A) Paryavashrut
C) Tirthat shatratham

- B) Gyapaka
D) Daksha

37. Which Property is not of Upasthata.

- A) Samapanna
C) shuchi

- B) Anurata
D) Daksha

38. Which Property samely have vaidhaya & Upasthata.

- A) Daksha
C) Both A&D

- B) Anurata
D) Shuchi

39. Which Property is only have vaidhya.

- A) Daksha
C) Drushtkarma

- B) Anurata
D) Shuchi

40. How many types of rog nidan accordindg to Vagbhat

- A) 5
C) 6

- B) 4
D) 7.

41. How many type of Desha accordind to ashtand hridayam.

- A) 4
C) 6

- B) 3
D) 2

42. How many type of Geogrephical Desha accordind to ashtand hridayam.

A.4

B.3

C.6

D.2

43. How many types of kala according to Ashtanga Hridayam.

A.4

B.3

C.6

D.2

44. As per A.H. *Doshavaishamya*

A) *Roga*

B) *Dhatu*

C) *Sukha*

D) *Dusah*

45. *Vatabhuyishtham - Desha*

A.) *Jangala*

B). *Anupa*

C). *Sadahrana*

D) *Basti*

46. *Kapholabanam - Desha*

A) *Shreshtha*

B) *Anupam*

C) *Koshtha*

D) *Madhu*

47. *Daksha* is quality of -

A) *Bhishaka*

B) *Paricharaka*

C) Both a and b

D) *Rogi*

48. *Vaya, Aho Ratri Bhuktanama ante*, choose *Dosha* and its status-

A) *Vata*, increased

B) *Pitta*, increased

C) *Kapha*, increased

d) *Vata*, decrease

49. This is not a quality of Physician / *Bhishka Guna*

A) *Drashta Karma*

B) *Daksha*

C) *Shuchi*

D) *Anurakta*

50. सम्यग्गत्या च धातूनामक्षाणां पाटवेन च | (*Samyaka Gati* of *Dhatu* and perception by senses)

A). *Vata Karma*

B) *Vata-Pitta Karma*

C) *Pitta Karma*

D) *Dahatukarma*

Ans of chepter 1 ashtang modrete

MCQ

1.A 2.D 3.A 4.D. 5 A. 6. B 7.B. 8.8. 9.A. 10.C11.B 12.A 13.C 14.B 15.D 16.C 17.D 18.A
19.C20.A 21.A22. B 23.A 24.B 25.C 26.B 27C 28.A 29.A 30.A 31.B 32.B33.A 34.B 35.B
36.B 37.A 38.B 39.C40.A41.D42.B43.D44.A45.A 46.B 47.C 48.A . 49.D.50.A

HARD

1. *Atulya dusya-desha- ritu- prakruti* is the *lakshan* of which *vyadhi*

A) *sukha sadhya* B) *kashta sadhya* C) *yapya* D) *anupkrama*

2. *ch kalo Bhesaj yog Krut.*

A) *Kshanadi Avastha* B) *Vyadhi Avastha* C) *A+B* D) *Aushadhi Avastha*

3. Which Of The Following Is The *Lakshan* Of *Pratyakhyey Vyadhi* according *Ashtang Hriday*?

A) *Ek Gati*

B) *Dvi Patham*

C) *Drushtarishto.*

D) *Gambhir Bahu Dhatustham*

4. which speciality of *Asthanghridayam.*

A), *Natisankshepa*

B) *Nitivistaram*

C) Both A&B

D).None of above

5. Which *samhita* best in *sutra sthana.*

A) *Charak*

B) *Sushruta samhita*

C) *Harit samhita*

D) *Ashtang hridayam*

6. Relation between *vata dosha & koshta.*

A) *Kroor*

B) *Mrudu*

C) *Madhya*

D) *Sama*

7. सम्यगत्या च धातूनामक्षाणां पाटवेन च | (*Samyaka Gati* of *Dhatu* and perception by senses)

A). *Vata Karma*

B) *Vata-Pitta Karma*

C) *Pitta Karma*

D) *Dahatukarma*

8. *Tyajya rogi* according *vagbhat*

A) *Bhopdwrshi*

B) *Chand*

C) *Bheeru*

D) all of above

CHAPTER 2- DINACHARYA

MILD

1. *Abhyanga* follow every day on
 - A) All over upper extremities
 - B) On Back
 - (C) Head, ears & feet
 - D) None of Above
2. *Vyayam* advisable in.
 - A) all over the year
 - B) winter only
 - (c) summer only
 - D) cold seasons/ *vasant ritu*.
3. Among the option which isn't mentioned in *dasvidha papkarma*
 - A) *Hinsa*
 - B) *Anrut*
 - C) *Irshya*
 - D) *Abhidhya*
4. According to *Dinvcharya adhyaya* which regimen is done after *Kavala Gandusha*.
 - A) *Nasya*
 - B) *Dhumpana*
 - C) *Tambula sevana*
 - D) *Abhyanga*
5. Numbers of *Paapa karma* according to *Vagbhatt*-
 - A)5
 - B)7
 - C)9
 - D) 10
6. What is not included in types of *shodhan*
 - A) *Shiroreka*
 - B) *Vaman*
 - C) *Virechna*
 - D) *Shirobasti*
7. Length of *dantvan* as per *vagbhat* ____ *angul*
 - A) 10
 - B) 12
 - C) 8
 - D) 16
8. *Sauviranjan* should be used
 - A) Daily
 - B) Once In A Week
 - C) Once In 15 Days
 - D) Once In A Month
9. *Snan* (bath) is contraindicated in

A) *Ardit* B) *Atisar* C) Both D) None

10.. Who should not administrators for Abhyanga

A).*Vata grast* B).*Kapha grast*

C).*Laghav* D).*Karshya*

2ND CHEPTER ASHTANG HRIDAYAM

MILD MCQ ANSWER

1. C2.D 3.C 4.B 5.D 6. D7. B8.A. 9.C 10.B

MODRATE

1..*Medasah Pravilaayanam*(liquification of *Meda*) is a benefit of

A)*Abhyanga* B) *Udvaartana* C)*Snaana* D)*Vyaayaama*

2. *Vyaayaama* is contraindicated for

A)*Vaat rogi* B) *pitta rogi* C) *vaatpitta rogi* D) *Sannipat rogi*

3. *STHIRIKARNAMCHNGNAM* Are Qualities Of-

A)*Abhyang* B) *Vyayam*

C) *Udwavartan* D) *Snana*

4.*ARDHA SHAKTI VYAYAM* Is Indicted For

A) *Shita* B) *Vasant*

C) A & B D) *Grishma*

5. *DRUGVIPRYAYAM* IS A *PAAPKARMA* Comes Under.

A) *Kaya* B) *Manas* C) *Vani* D) All

6.Rasanjan Should Be Applied On

A)7th day B) Daily C) 5th day D) *sapta raatre*

7. *Abhyang* Is Contraindicated In Which Of The Following.

A)*Ajirna* B) *Vridhha* C) *Medas* D) A & B

8.*Medas: Kshaya* is obtained from.....

A)Abhyang B) Vyayama C) Udvaartana D) Snana

9..... प्रगुणं द्वादशाङ्गुलम्|

A)Dantapavana B) Varti C) Dhumanadi D)Anjana Shalaka

10.Nityama Akshno Hitam

A).Surmanjana B).Sauviranjana C) Srotanjana D) Rasanjana

11. स जराश्रमवातहा|

A) Abhyanga B) Snana C) Udavartana D) Vyayama

12.धर्मात्तस्मात्.... परो भवेत्||

A) Dharma B) Sukha C)Adhrma D)Moksha

13.Datadhavana drugs

A) Arka B) Khadira C) Kakubha D) All

2ND CHEPTER ASHTANG HRIDAYAM

MOD MCQ ANSWER

1.2.B 3.B 4.C 5.B 6. A7. A8.C. 9.A 10.A11.A 12.A 13.D

HARD

1. *Raktapitt* is complications

A)**Vyayama** B) *Abyyanga* C) *Snan* D) *Gandush*

2. आर्द्रसन्तानता त्यागः..... पर्याप्तमिति.....|

A) **Sadvritama** B) *Swastha* C) *Prajnaparadha* D) *Chaturvarga*

3.*Amarmago jitatmanaha* is the feature of *vyadhi*?

A) *sadhya* B) *krichra Sadhya* C) *Yapya* D) *asadhya*

4.*Visra* is the *guna* of *dosha*?

A) *vata* B) *pitta* C) *kapha* D) *raktha*

5. *Kashaya, tiktha, madura rasa* decreases_dosha

A) *vata* B) *pitta* C) *kapha* D) all the above

6. *Sthanas of Astanga Hridaya* –

A) 6 B) 7 C) 5 D) none of the above

7. Total number of verses in *Ashtanga Hridaya* with Uttar Tantra.

A) 8120 B) 12390 C) 9120 D) 6120

8. *Astanga Hridaya chikitsa stana* contains chapters

A) 22 b) 32 c) 12 d) 42

2ND CHEPTER ASHTANG HRIDAYAM

HARD. MCQ ANSWER

1.C 2.C 3.C 4.B 5.B 6. A 7 B 8.A

3 RITUCHARYA

MILD

1. Which *Rasa* Should Be Consumed in *Shita Ritu*?

A) *Madhura-amla- lavan*

B) *Katu-tikta- kshaye*

C) *Madhur- tikta - kashaye*

D) *Madhur*

2. Which *ritu* is not in *visarg kal*

A) *Varsha* B) *sharad* C) *hemant* D) ***vasant***

3. Find the correct pair

- A) *shishira – magha+ phalguna.* B) *varsha – chaitra + vaishakha*
C) *grishma – jetha+ ashadha* D) ***hemant – margashirsh+ pushya***

4. Find the incorrect pair.

- A) *Hemant- pitta prashama.* B) *Grishma – kapha prashama*
C) *Sharada – pitta prakopa* D) ***Shishira – pitta sanchaya.***

5. When the expulsion of the *Doshas* accumulated in *Shita kaala* (cold season) should be done?

- A) *Varshaa* B) *Sharada* C) ***Vasanta*** D) *Grishma*

6. In which season the medium body strength seen?

- A) *Varshaa* B) *Hemanta* C) *Grishma* D) ***Sharada***

7. According to season best strength position.

- A) *Varshaa* B) ***Hemanta*** C) *Grishma* D) *Sharada*

8. Vasant ritu included which month

- A) *Kartik* (B) *Magshirsh*
C) *Shravan* D) ***Chaitra***

9. *Bala* is decreasing in

- A) *Adankala* (B) ***Visargkala***
(C) *Ritusandhi* (D) *Adankala*

10. *Vata* dosa dominated in

- (A) *Grishma riut* (B) *Shrad ritu* (C) ***Varsha ritu*** (D) *Hemant ritu*

11. Moon is powerful in

- (A) ***Daksinayana*** (B) *Uttrayana*
(C) *Ritusandhikata* (D) Summer season

CHEPTER 3 ASH.

MILD. MCQ ANS.

1. 1. A 2.D 3.D 4.D 5.C 6.D. 7.B 8.D 9.B 10.C 11. A

MODRATE

1. सेवनीयोऽपरः क्रमात्।

A) *Ritusandhi*

B) *Vasanta*

C) *Sharad*

D) *Hemanta*

2. In Which *Ritu Shodhan* Of *Vata Dosha* should Be Done.

A) *Varsha*

B) *Vasanta*

C) *Sharad*

D) *Hemanta*

3. *Pitta Dosha* Should Be Expelled Out In Which Season.

A) *VARSHA*

B) *VASANTA*

C) *SHARAD*

D) *HEMTA*

4. *Bhavati alpa indhano dhatun sa pachedvaayunerita*: said for?

A) *Grishma*

B) *Sharad*

C) *Varsha*

D) None of these

5. *Hatvagnim kurute Rogantastam Twaraya Jayet*. said for?

A) *sharad*

B) *Grishma*

C) *Varsha*

D) *vasant*

6. *Panchsar Panak* indicated in which season?

A) *Grishma*

B) *Sharad*

C) *Varsha*

D) *Vasant*

7. *Swadu*, *swadutiktakashaykan*.

A) *Gharma, Ghanante*

B) *Nidadh, Sharad*

C) *Gharma, Sharad*

D) *Gharma, Nidadh*

8. *Shrut Jala* is indicated in ... Season?

A) *Grishma* B) *Sharad* C) *Varsha* D) *Hemant*

9. *Hansodak* is mentioned in which *ritu*

A) *Varsha*

B) *Sharad*

C) *Hemant*

D) *Vasant*

10. In which *ritu bala* was *madhyam*

A) *Shishira and Hemanta*

B) *Vasanta and sharad*

C) *Greeshma and Varsha*

D) *varsha and sharad*

11. what is the *awadhi* of *Rutu Sandhi*?

A) 7

B) 14

C) 15

D) 30

12. Vitiation of all *Tridoshas* is happened in _____ season.

A) *Varshaa*

B) *Hemanta*

C) *Grishma*

D) *Sharada*

13. दैर्घ्यान्निशानामेतर्हि प्रातरेव बुभुक्षितः।

A) *Hemanta*

B) *Sharada*

C) *Shishira*

D) both a and c

14. अतोऽस्मिन्पटुकट्वम्लव्यायामार्ककरांस्त्यजेत्।

A) *Varshaa*

B) *Hemanta*

C) *Grishma*

D) *Sharada*

15. सेवनीयोऽपरः क्रमात्।

A) *Varshaa*

B) *Hemanta*

C) *Grishma*

D) *Sharada*

16. *Madya* should be avoided in season

A) *Varsha*

B) *Grishma*

C) All seasons

D) None

17. *Pitta Sanchaya Rutu*?

A) *grishma*

B) *varsha*

C) *sharada*

D) *vasant*

18. *Kapha Prakopaka Rutu*?

A) *Vasant*

B) *Varsha*

C) *Sharada*

D) *Hemant*

19. Person Have *Pravara Bala* In Season

A) *Sisira, Hemanta*

B) *Hemanta, Varsha*

C) *Varsha grishama*

D) *Hemant, Sharad*

20. *Prabala anala* in season

A) *Sharad*

B) *Vasanta*

C) *Hemant*

D) *Varsha*

21. In *Sisira* Season Which *Rasa* Is Powerful

A) *Madura* B) *Amla* C) *Kashaya* D) *Tikta*

CHEPTEr 3 ASH.

MOD. MCQ ANS.

**1.A.2.A3C.4D.5D.6.A7.D8.C9.B10.B11.B 12.A.13.A14.C15.D16.B17B.18.A19.A20.
C21.D**

4: ROGANUTPADANIYA ADHYAYA

Mild

1. *Adharaniya Vega* As Per Ashtanga Hridaya

- A)11 B)12 C)13 D) 14

2.*Dharaniya Vega*

- A) *Lobha* B) *Shoka* C) *Moha* D) All

3.Among options which was not *dharaniya vega*

- A) *lobha* B) *Kasa* C) *Irshya* D)*Raag*

4.Which is not a type of *Adharniya vega*.

- A)*Parusha vachana* B)*Kshavathu* C)*Trushna* D)*Udgara*.

5.Cause of *Agantuja Roga*?

- A)*Visha* B)*Agni* C) *Krodha* D) All

6....*Pratishaya* is the *Veganighra* of?

- A) *Vashpa* B) *Nindra* C) *Mala* D) *Jrumbha*

CHEPTEr 4 ASH.

MILD. MCQ ANS.

1.D 2. D 3.B 4. B 5. D 6.A

CHEPTER 4 ASH.

MOD. MCQ

1. “AVPIDAKA”Is The Treatment Of Which *Vega Avrodh*?

A) *Kasa Vega* B) *Shramswasa Vega* C) *Mutra Vega* D) *Kshudha Vega*.

2. *Gulma Hridroga Sanmoha* are symptoms of *Vegadharana* According to *Ashtang Hrudayam..*

A) *Jhribha* B) *Shramsvasa* C) *Nindra* D) *Adhovata*.

3. *Aalasya* is symptom of *Vegadharana* According to *Ashtang Hrudayam*.

A) *Kshudha* B) *Nindra* C) *Shramsvasa* D) *Jhribha*

4.....अरुचिःकम्पोविबन्धोहृदयोरसोः । Find the missing word

A) निद्राया B) शकृतस्य C) उद्गारस्य D) अधोवातस्य

5. *Gandusha* and *Teekshna dhooma* both mentioned in treatment of which *adharniya vega*.

A) *Nidra* B) *Kshudha* C) *Kshavathu* D) *Ashru*

6...*Pratishaya* is the *Veganighra* of?

A) *Vashpa* B) *Nindra* C) *Mala* D) *Jrumbha*

7. which *chikitsha* is done in *jrumbha vega dharana*?

A) *Vataghana* B) *vatapitaghana*

C) *tridoshasamak* D) *vatakaphasamak*

8. *Manyaastambha* and *Ardita* are the diseases of suppression of-

A) *TrushNaa* B) *Kshudhaa* C) *Nidraa* D) *Kshavathu*

9. *Gulma* is a disease of suppression –

A) *TrushNaa* B) *Kshudhaa* C) *Nidraa* D) *Shramajshavansa*

10. Which Diseases occurs due to suppression of *apana vata*.

A). *Aruchi* B). *Angabhanga*
C). *Gulma* D) *Hicuff*

11. Which Diseases occurs due to suppression of Urge of *Mutra*.

A.) *Aruchi* B.) *Angabhanga* C). *Gulma* D). *Hicuff*

12. Which Diseases occurs due to suppression of Urge of sneezing.

A) *Aruchi* B). *Angabhag* C). *Indriyadaurbalya* D). *Hicuff*

13. Which Diseases occurs due to suppression of Urge of Hunger.

A.) *Aruchi* B). *Angabhanga*
C) Both A & B D). *Hicuff*

14. Which Diseases occurs due to suppression of Urge of Sleep.

A) *Angamarda* B) *Angabhanga*
C) *Indriyadaurbalya* D) *Hicuff*

15. Which diseases occurs due to suppression of Urge of Caugh.

A) *Gulma* B) *Angabhanga*
C) *Indriyadaurbalya* D) *Hicuff*

16. Which Diseases occurs due to suppression of Urge of Tear.

A) *Aruchi* B) *Angabhanga*
C) *Indriyadaurbalya* D) *Kotha*

17. Which Diseases occurs due to suppression of Urge of vomiting.

- A) *Visharpa* B) *Kotha*
C) *Netra roga* D) *All of above*

18. Which Diseases occurs due to suppression of Urge of Seman.

- A) *Aruchi* B) *Angabhanga*
C) *Indriyadaurbalya* D) *Mutrasamga*

19. Which is line of treatment of vitiated in vata in diseases caused due to suppression of urges

- A) *Vaman* B) *Virechana*
C) *Anulomana* D) *Pratilomana*

20. Cause of *Agantuja Roga*?

- A) *Visha* B) *Agni* C) *Krodha* D) *All*

21. *Ashmari* is a complications by suppressed the vego of

- A) *Shukra* B) *Flatus* C) *Urine* D) *kashvathu* (Sneezing

Aruchi

22. "MUKHEN VID PRAVRUTTI" Is The Lakshan Of Which Vega Avrodha.

- A) *Shakrud* B) *Adhovat* C) *Mutravega* D) *Chhardi Veg*

1.C 2.B. 3.B 4.C 5.C 6.A 7.A 8.D 9.D 10.C 11.A 12.C 13.C 14.A 15.D 16.D 17.D
18.C 19.C 20.D 21.C 22.A

Chepter 4

Mcq hard

1. विसर्पकोठकुष्ठाक्षिकण्डूपाण्ड्वामयज्वराः।

-symptoms of *Vegadharana* of

- A) *Chhardi Vega* B) *Vanivega* C) *Kasavega* D) *Hikkavega*

2. *Gajjam simha eva karshan bhajannati vinasyati* related to

A) *Prajaparada* B) *Vritti* C) *Abhyangaa* D) *Vyayama*

3. *Madyapan* drinking alcohol is the treatment for

A) *Shukra vega* B) Generated disorders C) *Mutra vega* D) *Nidra*

4. *Vyapada* Is One Of The

A) *Papa karma* B) *Punya karma* C) *Shad karma* D) None of the above

5. Which Diseases occurs due to suppression of Urge of Thirst.

A) *Aruchi*

B). *Angabhanga*

C). *Indriyadaurbalya*

D) *.Badhirya*

CHEP4 HARD MCQ ANS

1.A 2.D 3.A4.A5.D

AYURVED ITIHAS

MCQ

1. Which of the Kal is known as Vyakhyan Yug?

A. Samhita kal B.Sangrah kal C. Adhunik kal D.Anusandhan kal

2. Parishisht Sthan is present in which of the following Samhita?

A. Bhel samhita B.Kashyap samhita C. Harit samhita D.Sushrut Samhita

ANS. C. Harit Samhita

3. How many types of alochak pitt are described by acharya bhel?

A. 2 B.3 C. 4 D.5

ANS. A.2

4. Vrুদ্ধ jivakiy tantra is related to which branch of ayurved?

A. Kaychikitsa B.Balchikitsa C. Grahchikitsa D.Urdhwang chikitsa

ANS. B.Balchikitsa

5. What is the commentary present on ashtang hruday?

A. Nibandh sangrah B.Tatwapradi-pika C. Saravangasundara D.Jalpaka-lpataru

ANS C. Saravangasundara

6. Commentary present on ashtang sangrah is?

A. Shashilekha B. Indumati C. Ayurvedarasayan D. Hrudaybodhika

ANS. A.- Shashilekha

7. Khilstan is present in?

A. Kashyap samhita B. Madhav nidan C. Sharangadhar samhita

D. Bhavaprakash Samhita

ANS A. Kashyap samhita

8. How many adhyay are present in Harit Samhita in recent condition?

A. 103 B. 106 C. 140 D. 150

ANS. A. 103

9. Commentary written by Yogindranath Sen on Charak Samhita is?

A. Tatwachandrika B. Jalpakalpataru C. Ayurved deepika D. Charakoskar

ANS. D. Charakoskar

10. Sushrut Panjika commentary present in Sushrut Samhita is written by?

A. Chakrapani B. Dalhan C. Chandrat D. Gayadas

ANS. D. Gayadas

11. How many sthan are present in harit samhita?

A. 4 B.6 C. 8 D.7

ANS. D.7

12. Visuchika vyadhi is described in?

A. Samaved B.Atharvaved C. Rugved D.Yajurved

ANS. B.Atharvaved

13. Who is the writer of ayurved rasayan?

A. Acharya gangadhar roy B.Acharya hemadri

C. Acharya chakrapani D.Acharya dalhan

ANS. B.Acharya hemadri

14. Nibandh Sangraha of sushrut samhita is written by?

A. Nagarjun B.Dalhan C. Brahmadev D.Chandrat

ANS. B.Dalhan

15. Shashilekha commentary of ashtang sanrah samhita is written by?

A. Dalhan B.Chakrapani C. Hemadri D.Indu

ANS. D.Indu

16. Commentator on Ashtang Hruday?

A. Nagarjun B. Jejjat C. Shivdas sen D. Dalhan

ANS. C. Shivdas sen

17. Pravarg vidya and madhuvarg vidya are mentioned in -

A. Rugved B. Yajurved C. Samaved D. Atharvaved

ANS. A. Rugved

18. 13th century is time period of?

A. Bhavaprakash B. Sharangadhar C. Madhav-nidan D. Yog-ratnakar

ANS. B. Sharangadhar

19. Hastasparsh chikitsa is mentioned in-

A. Rugved B. Yajurved C. Samaved D. Atharvaved

ANS.-A. Rugved

20. Who is writer of Gajashastram Samhita?

A. Palakapya B. Sahadev C. Shalihotra D. Vishvamitra

ANS. A. Palakapya

21. Who is the writer of Aupasargik Rog?

A. Gananath sen

B. Bhaskar ghanekar

C. Priyavat sharma

D. Dwarakanath sen

ANS. B. Bhaskar ghanekar

22. Central council of indian medicine (C.C.i.m.) is established in?

A. 1970 B. 1973 C. 1971 D. 1972

ANS. C. 1971

9. Khuddaka chatuspada adyaya

SAQ

Mild

1. Explain '*chikitsa lakshana*' according to charak samhita.

Answer-(Ref.ch. Su.9/5)

Mark meaning of chikitsa 1+Lakshan of chikitsa 4

2. Explain '*Aatur guna*' according to charak samhita.

Answer- (Ref.ch. Su.9/9)

Marks: meaning 1+properties of Aatur 4

3. Write *Chaturvidha 'vaidya vritti'*. ? .

Answer- (Ref ch su.9/26)

Mark: : meaning 1+vaidya vrutti 4

Moderate

4. Explain '*prakruti /vikruti*' lakshana according to charak samhita chepter 9 in detail.

Answer-Ref.ch. Su.9/4)

Marks: prakruti lakshana 2.5+ vikruti' lakshana 2.5

5. Explain '*Chikitsak guna*' according to charak samhita.

Answer- (Ref.ch. Su.9/6)

Marks: vaidyaguna 5

6. Explain '*Aushadha guna*' according to charak samhita.

Answer- (Ref.ch. Su.9/7)

mark meaning of Aushadha 1+ Aushadha guna'4

7. Explain '*Paricharak guna*' according to charak samhita.

Answer- (Ref.ch. Su.9/8)

- mark meaning of Paricharak 1+ Paricharak guna' 4
8. Explain the importance of '**Chikitsak**' in '**Padchatushtaya**' according to Charak samhita. (Ref.ch. Su.9/3,10-14)
- mark: importance of 'Chikitsak 4+padachtushtaya name 1
9. Explain about four pillar of '**chikitsak**' and importance of '**Vaidya**' with example according to Charak.
- .Answer- (Ref.ch. su.9/3,6=13)
- Mark: name of chatushpad 1+ importance of vaidya with example 2+2
10. Explain the Six properties of '**Chikitsak**' According to Charak samhita.
- Answer-Ref. ch su.9/21)
- Marks: Six guna of 'Chikitsak' 5
11. Explain the '**Vrutti Chatushtaya**' of 'Chikitsak' & importance of it According to Charak samhita.
- Answer- Ch su.9/26)
- marks 'Vrutti Chatushtaya 2.5+ importance of Vrutti Chatushtaya 4
12. Three types of Physician and characteristics of ideal physician with its significance.
- Answer-Ref. (Ch su.11/51-53)
- Marks Three types of Physician 2 +characteristics of ideal physician with its significance.3
13. Explain the '**Vrutti Chatushtaya**' of 'Chikitsak' & name of chatushpada According to Charak samhita.
- Answer- Ch su.9/3,26)
- Marks - name of chatushpada 2+ description Vrutti Chatushtaya 3

Hard

13. Importance of Physician amongst **Chikitsa Chatushpada**.
- Answer- (Ref.Ch. su.9/10-14)
- mark importance of 'Chikitsak' 4+ name of chatushpada 1

14. Explain '**Pranabhishar**' Lakshana According to Charak samhita.
Answer-Ref. (Ch su.9/18)
Marks: meaning of Pranabhishar 1+lakshana of Pranabhishar 4
15. Explain '**Rajarho Bhishak**' Lakshana According to Charak samhita.
Answer-Ref.(Ch su.9/19)
Marks: meaning of Rajarho Bhisha 1+ Rajarho Bhishak lakshana 4
16. Explain the importance of '**Patrata**' of Shastra,Shastra & Salil According to Charak samhita .
Answer-Ref.(Ch su.9/20)
Marks: meaning of patrata 1+importance of 'Patrata2 + example 2
17. List four types of **Vaidya vritti** & meaning of '**Shakyepreeti**'.
Answer-Ref.(Ch su.9/26)
Marks: describe Vaidya vritti 3+ meaning of sakyepreeti 2
18. Explain the importance of '**Shashtra Gyan & Buddhi**' with example in Chikitsa According to Charak samhita .
Answer-Ref.(Ch su.9/24)
Marks: importance of Shashtra Gyan & Buddhi3+ example 2
19. Explain the qualities of 'PadaChatushtaya' and substantiate vaidya is superior in padaChathushtaya?
Answer-Ref.(Ch su.9/3,6-9)
marks - name of pada 1+superiorty of vadhya 4
20. "मृद्दण्डचक्रसूत्राद्याः कुम्भकारादृते यथा|
नावहन्ति गुणं वैद्यादृते पादत्रयं तथा"|| explain the verse with **Referance** ?
Answer Ref. (Ch su.9/13)
marks - explain the verse 4+ Ref.1

LAQ

Mild

1. Explain The Four Limbs Of Treatment And Type Of Diseases In Detail.

Answer-Ref.(Ch Su.9/3,6-9,Ch su 10/11-13)

marks name of limbs 2+gun 3+ Type Of Diseases 2+ description of Diseases 3

2. Write in brief – '*khuddak Chatushpad*' adhyay.

Answer-Ref,(Ch su.9/full chepter)

Marks: pada Chatushtaya 5+ other detail 5

3. Explain The importance of Physician with example And Type Of Diseases In Detail.

Answer-Ref.(Ch Su.9/3,6-9,Ch su 10/11-13)

marks - The importance of Physician 3+example 2+ Type Of Diseases 1+ description of Diseases 4

4. Three types of Physician and Characteristics of ideal physician with its significance.

Answer-Ref. (Ch su.11/51-53)

marks Three types of Physician 3+ Characteristics of ideal physician 3+ significance 4

Moderate

5. Complete the verse ... 'गुणवत् कारणं ज्ञेयं विकारव्युपशान्तये' || with explanation.

Answer-Ref. (Ch9/3)

Marks- name 4+description 6

6. Explain the qualities of 'PadaChatushtaya' and substantiate vaidya is superior in padaChatushtaya?

Answer-Ref.(Ch su.9/3,6-9)

marks name of pada 2+superiorty of vadhya 8

7. Explain the importance of '*Shashtra Gyan & Buddhi*' with example in Chikitsa According to Charak samhita .

Answer-Ref.(Ch su.9/24)

Marks:meaning of Shashtra Gyan & Buddhi2+ importance of 'Shashtra Gyan & Buddhi 6+ example 2

Hard

8. Write in brief – '**khuddak Chatushpad**' adhyay.

Answer-Ref,(Ch su.9/)

marks pad Chatushtaya 5+ other detail 5

9. "चतुर्णां भिषगादीनां ----- चिकित्सेत्यभिधीयते"|| - complete and describe with Refrence? .

Answer- Ref. (Ch su.9/5)

marks complete of verse 2+ Ref.1+ detail 7

10. Explain - चिकित्सायां प्रधानं कारणं ... |

Answer- (Ref.Ch. su.9/11,12)

mark karan 8 + vaidhya guna 2

11. Complete the verse ... 'गुणवत् कारणं ज्ञेयं विकारव्युपशान्तये' || with explanation and importance of vaidya.

Answer- Ref.(Ch9/3)

Marks- name 2 +description 5+ importance of vaidya 3

12. "मृद्दण्डचक्रसूत्राद्याः कुम्भकारादृते यथा|

नावहन्ति गुणं वैद्यादृते पादत्रयं तथा"|| explain the verse with *vaidya*

guna & Referance ?

Ref.(Ch su.9/13)

marks explain the verse 4+ Ref.2+ vaidya guna 2

10. MahaChatuspada adhyaya

SAQ

Mild

1. Explain '*Sadhya Vyadhi*' *Lakshana* According to Charak Samhita in Detail.

Answer-Ref.(Ch su.10/11=13)

Marks: meaning Sadhya Asadhya1+ types of vyadhi 1+description of sukhasadhya2

2. Explain '*Kruchhra Sadhya*' Vyadhi Lakshana According to Charak Samhita in Detail.

Answer-Ref.(Ch su.10/14-16)

marks types of vyadhi 1+ meaning of kruchhara 1+description of Kruchhra Sadhya 3.

Moderate

3. Explain '*Yapya Vyadhi*' Lakshana According to Charak Samhita in Detail.

Answer-Ref .(Ch su.10/18-20)

Marks: meaning of yapya1+. types of vyadhi 1+ description of Yapya Vyadhi Lakshana 3

4. Describe in detail about the utility of **four pada** of *Chikitsa* according to Charak.

Answer-Ref. (Ch su.10/4=8)

marks name of pada 1+ detail about the utility of four pada 4

5. Explain the importance of '*Prak Pariksha*' According to Charak Samhita in Detail with Reference .

Answer-Ref, (Ch su.10/21)

marks Ref.& meaning of pari ksha 1+ detail 4

Hard

6. Explain 'सुखसाध्यस्य लक्षणम्' |

Answer- Ref.(Ch su.10/11-13)

Marks meaning & name of types 2+ detail of sukha sadhya 3.

7. Types of disease based on prognosis and indicators for '**Krichhrasadhya Vyadhi**'.

Answer-Ref. (Ch10/14, 16)

mark name & meaning of type of vyadhi 1+detail of Krichhra sadhya Vyadhi

LAQ

Mild

8. 'Bhishak prak pareekshavyam -----' 'complete the verse and explain?

Answer-Ref. (Ch su.10/21)

marks Ref. 2 + sloka 2+ detail 6.

9. '**na hee bshhaja sadhyanam vyadheenam bshhajam akaranam bhavati**' – explain *in detail*?

Answer-Ref.(Ch su.10/5)

marks ref.1+shanka 4+ samadhan 5

10. Describe in detail lakshana of '**Sukha Sadhya & Krichhara Sadhya Vyadhi**' according to Charak.

Answer-Ref. (Ch su.10/11-13)

marks : meaning & types of vyadhi 2+description of Sukha Sadhya & Krichhar Sadhya Vyadhi 4+4.

11. Explain the loss of '**Asadhya Vyadhi**' Chikitsa According to Charak Samhita in Detail.

Answer- Ref.(Ch su.10/7-8)

marks Ref. 2 + meaning of Asadhya Vyadhi' 1+ detail the loss of 'Asadhya Vyadhi' Chikitsa 7.

Moderate

12. '*Vyadhi Bedha*' and write '*sukha sādhyā*' and '*Kruchhra sadhya Vyadhi*' Lakshana?

Answer- Ref.(Ch su.10/9-13)

Marks: name of Vyadhi Bedha 2+ detail of sukha sādhyā & Kruchhra sadhya Vyadhi Lakshana4+4

13. Describe classification of '*Vyadhi*' according to *sādhyā asadhyātha* according Charak samhita?

Answer-Ref.(Ch su.10/9-20)

marks name types 2+ detail of types 2*4

Hard

14. Explain *Mahā Chatuspada adhyaya* in detail?

Answer- Ref.(Ch Su.10/ full chepter)

mark Shanka & Samadhan 4+ detail of vyadhi bheda 6

15. Write full description of **MAHACHTUSHPAD ADHYAY**.

Answer-Ref.(Ch Su.10/ full chepter)

mark Prashana& answer 4+ detail of vyadhi bheda 6

16. WRITE IN BRIEF – '*द्विविधं खलु सर्वं सच्चा.....*.'

Answer-Ref. (Ch su.11/17-25)

Marks: name of priksa 2+ref.1+ detail of pariksha 5+ example 2

11. Trishrestrainiya adhyaya

SAQ

Mild

1. Write note on '*Trividhabala*'.

Answer-Ref. (Ch su.11/36)

marks meanin of bal 1+trividha bala4

2. Explain '*Trividha rogamarga*'.

Answer-Ref. (Ch su.11/37)

marks definition of rogmarga 1+detail of Rogmarga 4

3. Explain '*Jeevitabhishar*' Lakshana According to Charak Samhita in Detail.

Answer-Ref. (Ch su.11/53)

Marks:meaning of Jeevitabhishar1+ Lakshana 4

4. Describe '*Trividh aushadha*' According Charak samhita.

Answer-Ref.(Ch su.11/54)

marks name & meaning of aushadha 1+detail of aushadh4

Moderate

5. Define '*Yukti pramana*' with example.

Answer-Ref.(Ch su.11/23-25)

marks defination of yukti 2.5+ example 2.5

6. Explain '*trividha roga ayatana*' According to Charak samhita.

Answer-Ref.(Ch su.11/37)

marks meaning of rog ayatana 1+ detail of rog ayatana 4

7. Explain '*Pragnyapradha*'.

Answer-Ref.(Ch su.11/37)

marks definition of 'Pragnyapradha' 2+ detail 3

8. Explain '*Trividha rag karana*'.

Answer- Ref.(Ch su.11/17)

marks definition of Trividha rag karana' 2+ detail of Trividha rag karana 3

Hard

9. Write about '**Praneshanaa**' According to Charak Samhita in Detail.
Answer-Ref.(Ch su.11/3-4)
marks definition 2+ detail of praneshana 3
10. Write about '**Dhaneshanaa**' According to Charak Samhita in Detail.
Answer-Ref.(Ch su.11/3,5)
Marks - definition 2+ significance of it 3
11. Write about '**Parlokeshanaa**' According to Charak Samhita in Detail.
Answer-Ref. (Ch su.11/3-6)
marks definition 2+ significance of it 3
12. Write the Daut about '**Punarjanma**' According to Charak Samhita.
Answer-Ref. (Ch su.11/6,7)
marks meaning of punarjanma 2+daut about it 3
13. Explain '**Siddhi Sadhita**' Lakshana According to Charak Samhita in Detail.
Answer-Ref. (Ch su.11/52)
marks meaning of Siddhi Sadhit 1+Lakshana 4
14. Explain '**Chhadmchara**' Lakshana According to Charak Samhita in Detail.
Answer-Ref. (Ch su.11/51)
Marks,meaning of ChhadmChara 1+ Lakshana 4
15. Explain The Importance of early Treatment According to Charak Samhita in Detail with Refrance.
Answer-Ref.(Ch su.11/58)
marks Importance of early Treatment 4+ Refrence1.
16. Explain in detail Charakokta '**Chaturvidha Pareeksha**' ?
Answer-Ref.(Ch su.11/17-25)
marks meaning of pareeksha 1+ its detail 4

LAQ

Mild

17. Define with detail '*Pratyaksha pramana*' with *badhak karan* & example.

Answer-Ref.(Ch su.11/21)

Marks- definition 2+ badhak karan 4+ example 2

18. Write about '*Trividh Eshanas*'

Answer-Ref.(Ch su.11/3-6)

marks paribhasha 2+ eshana detail 8

19. Write In Brief – '*Chaturvidh Pariskha*' And Explain In Detail of Ashtatrik.

Answer-Ref.(Ch su.11/17-25,3,34-55)

Marks- detail of pariksha 5+ detail of Ashtatrik 5

20. write in detail – '*Trieshaniy*' Adhyay.

Answer-Ref.(Ch11)

marks eshana 3+ pariksha 3+ trika 4

21. Describe about '*Pariksha*' and '*Trividha Roga Karana*' in detail.

Answer-Ref.(Ch su.11/17-25,3,37-43)

marks defination of pariksha & rog karan 1+1, and Pariksha & Trividha

Roga Karana' in detail 4+4

22. Trividha '*Roga Marga*' with example.

Answer-Ref.(Ch su.11/48-49)

marks definition of rog marga 3+ Roga Marga with example 7

23. Write note on '*Trayopsthambha*'

Answer- Ref.(Ch su.11/35)

marks definition 2 + upsthambha 8

Moderate

24. Describe '*Anumana Pramana*' with example.

Answer-Ref.(Ch su.11/21-22)

marks definition 6+ example 4

25. Explain the significance of three *Eshana* (three desires)
Answer-Ref.(Ch su.11/3-6)
Marks: definition 2+ significance 8
26. Explain '*Asatmyendriyarthasamyoga*'.
Answer-Ref.(Ch su.11/37)
marks definition 2+ detail of Asatmyendriyarthasamyoga' 8
27. Explain the role of '*kala*' in disease formation According to Charak samhita.
Answer-Ref.(Ch su.11/37-41)
marks types of asatmyakar kala 2+ detail of ahitkar kala 8
28. Define *nija*, *agantu* and *manas roga*.(Ch su.11/45)
Answer-Ref.(Ch su.11/37-41)
marks each part carry equal mark out of 10 marks
29. Describe '*Daivavyapashraya*, *yuktivyapashraya*' and '*satvavjaya*' Chikitsa.
Answer-Ref.(Ch su.11/54)
Marks: each part carry equal mark out of 10 marks
30. Describe '*Antahaparimarjana*, *Bahiparimarjana*' and '*Shastrapranidhana*' Chikitsa.
Answer-Ref.(Ch su.11/37-55)
Marks- each part carry equal mark out of 10 marks
31. Explain '*Punrjanma*' Through Anuman pramana According to Charak Samhita.
Answer-Ref. (Ch su.11/31)
marks definition of punrjanma 3+ Anumana pramana dwara siddhi 7
32. Describe about *yukti lakshan* & examples and importance in ayurvedic practical study and utility in nidan Chikitsa and research.
Answer- Ref. (Ch su.11/32)

marks yukti lakshan 3+ example 3+ and importance in ayurvedic practical study and utility in nidan Chikitsa and research 4.

33. Describe the '*Ashtrika*' explained in tisreshaniya adhyaya.

Answer-Ref. (Ch su.11/3, 34-55)

mark meaning trika 2+ detail of each trika 8

34. Describe the different opinions on '*Punarjanma*' and justify it using various Pramanas.

Answer-Ref. (Ch su.11/27-33)

marks meaning of punarjanma 3+ justify it using various Pramanas 7

35. Write about Chaturvidha Pariksha According to Charak Samhita.

Answer-Ref. (Ch su.11/17-25)

marks meaning of pariksha 2+ detail about four *pariksha* 2*4 .

Hard

36. Explain '*Punrjanma*' Through '*Pratyaksha pramana*' According to Charak Samhita.

Answer-Ref. (Ch su.11/30)

marks defination of punrjanma 3+ Pratyaksha pramana dwara siddhi 7

37. Explain the '*Bheshajabheshaj*' Vishayak *Prashanottar* According to Charak Samhita in Detail with Referance .

Answer-Ref. (Ch su.104-6)

Marks- maiterey daut 5+ Aatreya samadhan 5

38. Describe about '*Trividha Rogamarga*' and '*Trividha Aushadha*'.

Answer-Ref. (Ch su.11/48-49)

marks) each part carries equal

marks: *Trividha Rogamarga* and '*Trividha Aushadha*' 2.5+ 2.5

39. Explain in detail of '*Aptopadesh Pramana*' and explain the theory of punrjam by all pramana.

Answer-Ref.(Ch su.11/18,19,27-33)

marks -meaning 2+ lakshana of Aapt 3

40. Explain – '*Traya Upastambha*' and '*Trividha Bala*'.

Answer-Ref.(Ch su.11/35,36)

marks - each part carry equal mark out of 5

12 Vata kalakaliya adhyaya

SAQ

Mild

1. Describe *prakruta* and *vikruta karma* of *Pitta*.

Answer- Ref. (Ch su.12/11)

marks prakruta and vikruta karma of Pitta 2.5+2.5

2. Describe various factors for aggravation and pacification of *Kapha dosha*.

Answer-Ref.(Ch su.12/12)

Marks: aggravation and pacification of Kapha dosha 2.5+2.5

3. Describe '*prakrut*' and '*vikruta karma*. of *Kapha*.

Answer-Ref.(Ch su.12/12)

Marks: prakruta and vikruta karma of kapha 2.5+2.5

4. Write A Short Note On – '*Lokgat Prakrut Vat Karm*'.

Answer-Ref.(Ch su.12/8)

marks : meaning of lokgat 1+Lokgat Prakrut Vat Karm 4

Moderate

5. Describe various factors for aggravation and pacification of Vata dosha.

Answer-Ref.(Ch su.12/11)

Marks: aggravation and pacification of Vata dosha 5

6. Write about **Prakruta Vata** Karma.

Answer-Ref.(Ch su.12/8)

marks : meaning of prakrut vata1+ prakrut vat karma

7. Importance of **pitta** according **Marichi**.

Answer-Ref.(Ch su.12/11)

marks importance of pitta 5

8. Explain the view of '**Maharshi Marichi**' in Sambhasha.

Answer-Ref. (Ch su.12/11)

marks the view of 'Maharshi Marichi 5

Hard

9. Explain the clinical application of **Vata guna**.

Answer-Ref.(Ch su.12/4=8)

Marks: the clinical application of Vata guna 5

10. WRITE A SHORT NOTE ON - **Lokgat Vikrut Vat Karm**.

Answer-Ref.(Ch su.12/8)

marks Lokgat Vikrut Vat Karm 5

11. Explain the clinical application of **Kapha guna**.

Answer-Ref.(Ch su.12/12)

marks the clinical application of *Kapha guna* 5

12. Write About **Vata Dosha Upakrama** In Detail.

Answer-Ref.(Ch su.12/4-8)

marks Upakrama of vata 5

13. Write In Brief – **वायुस्तन्त्र यंत्रधर**.

Answer-Ref.(Ch su.12/8)

marks detail description of verse with ref.1+4

14. Describe various factors for aggravation and pacification of '**Pitta dosha**'.

Answer-Ref.(Ch su.12/11)

marks 5

15. Explain the view of '**Maharshi Varyovida**' in Sambhasha.

Answer-Ref. (Ch.Su.12/8)

marks the view of 'Maharshi Varyovida 5

16. Write In Brief – '**Vatkalakaliy Adhyay**'.

Answer-Ref.(Ch su.12/3-8,9,10,11,12)

Marks- six questions & answer 6+ pitta guna 2+ kapha guna 2

Moderate

17. Enumerate the qualities of '**Vata**' as told in *vatakalakaliya adhyaya*.

Answer-Ref. (Ch su.12/4,5,6)

marks :all the qualities of 'Vata 5

18. Explain the view of '**Maharshi Kapya**. in Sambhasha.

Answer-Ref.(Ch12/12)

marks the view of Maharshi Kapya 5

LAQ

19. Identify the context – '**श्रोत्रस्पर्शनयोर्मूलं, हर्षोत्साहयोर्योनिः...**' and complete

remaining function of the same.

Answer-Ref.(Ch su.12/8)

marks Ref 2+ function of vata 8

20. Describe the function of *vata* , *pitta* and *kapha* according to *vatakalakaleeya adhyāya*?

Answer-Ref.(Ch su.12/8,11,12)

marks function of vata 6+pitta 2+ and kapha 2

21. Explain *Vata guna*, reasons for *prakopana, prashamana* and functions as per *Vatakalakaliya adhyāya*?

Answer-Ref.(Ch su.12/4-7,8)

marks vata guna 2+prakopa karan 2+ prashman karan 2+ function of vata 4

22. Explain the following points are described in the vata kalakaliya adhyāya of Charaka samhitha ? Meaning of *kala –akala*, Action of Normal *vata* in the body.

Answer-Ref.(Ch.su 12/ 3=8)

marks Meaning of kala –akala 3+ Action of Normal vata in the body 7

23. Describe the functions of '**Prakrita and Vaikrita**' Lokagata and Purushagata Vayu.

Answer-Ref.(Ch12/9,10)

marks :function of Prakrita and Vaikrita Lokagata and Purushagata 2.5*4

25. Describe prakruta and vikruta karma of Vata in body.

Answer- Ref.(Ch su.12/8)

Marks: prakruta and vikruta karma of Vata in body 5+5

9 KHHUDAK CHATUSHPAD

MILD

1. *Padachatushtaya* consist of how many guna?

- A) 14 B) 15 C) 18 D) 16
2. Which of the following is not a gun of *Upasthata*?
- A) *Dakshya* B) *Shauch* C) *Anurag* D) *Gnyapakatvam*
3. Which of the following is not a gun of *bhishak*?
- A) *Dakhya* B) *Upacharadnyata*
C) *Shauch* D) *Bahusho drushtakarmata*
4. 'UPCHARGYTA' is the Guna of which of the following?
- A) *bhishak* B) *ausadh*
C) *paricharak* D) *rogi*
5. Which property is not of *Vaidhya*
- A) *Paryavadaashrut* B) *Gnyapaka*
C) *Tirthat shatratham* D) *Daksha*
6. Which Property is not of *Upasthata*.
- A) *Samapanna* B) *Anurata*
C) *shuchi* D) *Daksha*
7. Which property are same in *vaidhaya* & *Upasthata*.
- A. *Daksha* B) *Anurata*
C) Both A&D D) *Shuchi*
8. Which Property is only have *vaidhya*.
- A) *Daksha* B) *Anurata*
C) *Drushtkarma* D) *Shuchi*
9. 'UPCHARGYTA' is the Guna of which of the following?

5. Which of the following is not a gun of bhishak?

- A) *Dakhya* B) *Upacharadnyata*
C) *Shauch* D) *Bahusho drushtakarmata*

6. 'UPCHARGYTA' is the Guna of which of the following?

- A) *bhishak* B) *ausadh*
C) *paricharak* D) *rogi*

7. Which Property is not of Vaidhya

- A) *Paryavashrut* B) *Gnyapaka*
C) *Tirthat shatratham* D) *Daksha*

8. Which Property is not of *Upasthata*.

- A) *Samapanna* B) *Anurata*
C) *shuchi* D) *Daksha*

9. Which property are same in *vaidhaya & Upasthata*.

- A. *Daksha* B) *Anurata*
C) Both A&D D) *Shuchi*

10. Which Property is only have *vaidhya*.

- A) *Daksha* B) *Anurata*
C) *Drushtkarma* D) *Shuchi*

11. Which Property is not of *Upasthata*.

- A) *Samapanna* B) *Anurata*
C) *Shuchi* D) *Daksha*

12. Which property are same in *vaidhaya & Upasthata*.

- A. *Daksha* B) *Anurakta*
C) Both A&D D) *Shuchi*

1. *Vaidya vrithi* consist of how many *guna*

- A) 3 B) 4 C) 6 D) 5

2. Physician having *hetu* , *linga* , *prasam roganam apunarbhava njanam* is termrd as --?

- A) *Rajarha bhishak* B) *Pranaa acharya*
C) *Ayurvedavit* D) *pranabhisara.*

3. *Vaidya vrithi* consist of how many *guna*

- A) 3 B) 4 C) 6 D) 5

HARD MCQ ANS

- . 1. B 2. A 3.B

10 MAHACHATUSHPAD

MILD

1. *Ekdoshaj roga* comes under

- A) *Sukha sadhya* B) *kruchhra sadhay* C) *yapya* D) *pratyakheya*

2. Which of the following is not included *trividha aushadh*?

- A) *Daivavyapashray* B) *Satvavajay*
C) *Yuktivyapashray* D) *Panchakarm*

3. *Marma sandhi samsaritha vyadhi* are ?

A) *krichra sādhyā* B) *yāpyā* C) *sukha sādhyā* D) *anupakrama*

21. अर्थविद्यायशोहानि मुपक्रोशमसङ्ग्रहम् | प्राप्नुयान्नियतं वैद्यो यो.... समुपाचरेत् |

A) *Sadhyam* B) *Asadhyama* C) *Pranabhisara* D) *Rogan*

MODERATE

1. *Atulya dusya-desha- ritu- prakruti* is the *lakshan* of which *vyadhi*

A) *Sukha sadhya* B) *Kashta sadhya* C) *Yāpyā* D) *Anupkrama*

2. *GRAHESHVNUGUNESHU* Is the *Lakshan* Of which *Vyadhi*

A) *Sukha Sadhya* B) *Kruchhra Sadhya* C) *Yāpyā* D) *Anupkrama*

3. Which of the following is the *lakshan* of *kruchhrasadhya vyadhi*?

A) *ekdoshaj* B) *dvidoshaj* C) *Ashthigat* D) Both B + C

4. Which of the following is the *lakshan* of *pratyakheyey vyadhi*?

A) *Ek gati* B) *Dvi patham*

C) *Sarvamarganusarin* D) *Gambhir bahu dhatustham*

5. Which of the following is the *lakshan* of *yāpyā vyadhi*?

A) *Kriyapatham atikrantam* B) *Tridoshajam*

C) *Sarvamarganusarin* D) *Gambhir bahu datustham*

6. *mahā chathushpada* comes under which *chathushka* of *sutra sthāna*?

A) *swastha* B) *nirdesha* C) *roga* D) *kalpana*

7. *eka pada* , *na athipoorna chathushpada* are

A) *Krichra sādhyā* B) *anupakrama* C) *yāpyā* D) *sukha sadhya*

MOD MCQ CHEP 10

ANS. 1.A 2.A 3.D 4.C 5.B 6.B 7.A

HARD

1. अर्थविद्यायशोहानि मुपक्रोशमसङ्ग्रहम् | प्राप्नुयान्नियतं वैद्यो यो.... समुपाचरेत् |

A) *Sadhyam* B) *Asadhyama* C) *Pranabhisara* D) *Rogan*

HARD MCQ CHEP 10

ANS 1.B

11 **Trishrestrainiya adhyaya**

MILD

1. Which of the following is not included in *traya upastambha*?
A) *Ahar* B) *Nidra* C) *Sharir* D) *Brahmacharya*
 2. which of the following is not included in *trividh bal*?
A) *Sahaj* B) *Kalaj* C) *Yuktikrut* D) *Doshaj*
 3. As per *Acharya Charaka Chaturvidha Pariksha*-
A) *Aptopadesha, Pratyaksha, Anumana, Upamana*
B) *Aptopadesha, Pratyaksha, Anumana, Abhava*
C) *Aptopadesha, Pratyaksha, Anumana, Aitihya*
D) *Aptopadesha, Pratyaksha, Anumana, Yukti*
 4. Which of the following is not included *trividh aushadh*?
A) *Daivavyapashray* B) *Satvavajay*
C) *Yuktivyapashray* D) *Panchakarm*
 5. Number of *prathyaksha abadhakara bhavas*? According to *Charak Samhita* what are the *Guna* of *vata*?
A) 6 B) 7 C) 8 D) none of the above
- Chep11
Mcq mild ans: 1. A2.D 3. D 4. D 5.C 6.

MODERATE

1. *Shishta* is the synonym of
A) *bhishak* B) *aptha* C) *atma* D) *manas*
2. *Vibudha* term is comes under.
A) *Vaidya* B) *Acharya*
C) *Apta* D) Both A & C
3. *Ashta trikas* are explained by

A) *punarvasu atreya* B) *chakrapani* C) *Krishna atreya* D) *maitreya*

MOD MCQ CHEP11

ANS 1. B 2.C 3.C

12 Vata kalakaliya adhyaya

1. *Mrutsan* is the *Guna* of which dosha?
A) *vata* B) *pitta* C) *kapha* D) A and B both
2. number of *vata guna* mentioned in *charaka samhitha* 12th chapter ?
A) 5 B) 6 C) 4 D) 7
3. *prakopa viparyayao hi dathoonam prasama karanam* explained by
A) *dhamargava* B) *kankayana* C) *bharadwaja* D) *mariachi*
4. *pitta guna* is described by
A) *kapyā* B) *kuśa sankrothyayana*
C) *mariachi* D) *varyovidha rajarshi*
5. *Snigdhtava* is *guna* of
A) *vaat* B) *pitta* C) *kapha* D) both b and c
6. Which of the following is the *prakrut sharir gat vayu karya*?
A) *Yantradhar* B) *Tantradhar*
C) *Niyanta praneta ch manas* D). All of the above

MILD ANS

1.C 2.B3.B4.C5.C6.D

HARD MCQ

1. number of *hetu* mentioned in *vatakalakaleeya adhyāya* end.?
A) 2 B)b) 4 C) 5 D) 6

2. Moham is the quality of

- A) Vata B) pitta C) kapha D) both b and c

HARD ANS

1 .A2.D

SAMHITA ADHYAYANA 1 - SAQ - 5 MARKS

A.H.SU.13,14

1. Vatasya Upakrama
2. Write Upakrama (general line of treatment) of Vata Dosha.

ANS- A.H.SU 13/ 1-3

3. Explain Pittasyopakrama.
4. Write Upakrama (general line of treatment) of Pitta Dosha.

ANS- A.H.SU 13/ 4-9

5. Kapha Upakrama
6. Write Upakrama (general line of treatment) of Kapha Dosha.

ANS- A.H.SU 13/ 10-12

7. Mention the causes for the movement of Doshas from Koshtha to Shakha and From Shakha to Koshtha.
8. Factors responsible for roaming of Doshas from Shakha to Koshtha
9. Mention the causes for the movement of Doshas from Koshtha to Shakha and from Shakha to Koshtha.
10. Factors responsible for roaming of Doshas from Koshtha to Shakha
11. Write a short note on Dosha Gati in Koshtha and Shakha.
12. Explain Doshagati

Ans . A.H.SU.13/17,18

13. Explain line of treatment for Sthanika (local) and Sthanagata (nonlocal) Dosha.

14. Write the principle of treatment of localised & visitor Doshas.

ANS. A.H.SU.13/ 20

15. Mention line of treatment for Tiryaggata Dosha

16. Write the Chikitsa of Tiryag-Gata Dosha

ANS. A.H.SU.13/21,22

17. Explain Aama in detail.

18. Write the definition, Lakshan and Chikitsa of Ama

ANS. A.H.SU 13/23-30

19. Define Ama and name the Aushdha Sevana Kala

20. Write about Aushadh Seavan Kala.

21. Write about Shamanoushada Kaala in detail.?

22. Oushadha Sevana Kaala

ANS-A.H.SU.13/37

23. Features of Sama and Nirama Dosha

24. Features of Sama and Nirama Dosha

25. Define Aama and write down Sama Dosha Lakshana?

ANS. . A.H.SU.13/23,24

26. Treatment of Sama and Nirama Dosha

ANS. . A.H.SU.13/28,29,30

27. Short note: Shodhana

28. Write the Dwividha Upakrama and Pancha Shodhana.

29. Define Shodhana with its types

ANS. . A.H.SU.14/5

30. Short note: Shaman.

31. Define Shamana and name its types

ANS. A.H.SU.14/6

32. Short note: Langhana

33. Write about Langhan.

34. Write a short note on Langhana Upakrama.

35. Persons eligible for Langhana therapy

36. Indications of Langahana - A.H.SU. 14/ 10.11

37. Samyak Langhita Lakshana

Langhana definition A.H.su. 14/2, 4 – 1 mark

Langhana Bheda - ANS. A.H.SU.14/5,6, 2 marks

Langhana Yogya A.H.SU. 14/ 10.11- 2 marks

Samyak Langhana A.H.SU 14/17,18- 2 marks

38. Write a short note on Bruhana Upakrama

39. Persons eligible for Brimhan therapy

40. Discuss on Brimhana arha (persons suitable for brimhana therapy)

A.H.SU. 14/8

41. Short note: Brimhana

42. Samyak Brumhita- A.H.SU. 14/ 16

43. Mention the problems produced by brmhana therapy in excess (Brimhana

Atiyoga)

44. Describe the treatment of Sthaulya mentioned in Dvividhopakramaniya

Adhyaya.

45. Ati Sthoola Chikitsa

ANS. A.H.SU. 14/21-28

46. What is Guru Cha Apatarpanam?

ANS. A.H.SU. 14/36

47. "Karshyam Eva Varam Sthoulyat" explain ?

ANS, A.H. SU. 14/31

48. Describe the treatment of Karshya mentioned in Dvividhopakramaniya

Adhyaya.

49. Mention some methods to nourish the body, based on Dvividhopakramaniya chapter.

ANS. A.H.SU. 14/ 33-34,35,

50. Write the prophylactic removal of Dosha according to Doshopkramneey

Adhyaya.

ANS – A.H.SU. 14/14

51. Write the causes of purification in Sadharan Ritu(general seasons.

ANS – A.H.SU. 14/14

SAMHITA ADHYAYANA 1 - LAQ - 10 MARKS

A.H.SU.13,14

1. Mention the subjects described in Doshopakramaniya Adhyaya and explain

general line of treatment of each Dosh.

2. Explain Doshopakrama in detail

3. Explain Upakrama for Tridosha

ANS- A.H.SU. 13

4. Explain Vata dosha Upakrama in detail

5. Describe Guna of Vata Dosha, it's increase and decrease Lakshana with it's treatment Principles.

ANS.

- increase Lakshana-A.H.SU 11/6
- Decrease A.H.SU 11/15

6. Explain Vata Dosha Guna, Sthana, Bheda and Vata Dosha Upakrama

ANS –

- Guna A.H.SU 1/11 – 1 mark
- Sthana A.H.SU 12/1 – 2 Marks
- Bheda – A.H.SU. 12/4 – 9 4 marks
- Upakrama – A.H.SU 13/ 1-3 - 3 marks

7. Describe the treatment principle for Vata Dosha in Detail.

Ans. A.H.SU 13/1,2,3

8. Explain Pitta Dosha Upakrama in detail

9. Describe the treatment principle for Pitta Dosha in Detail.

10. Describe Guna of Pitta Dosha, it's increase and decrease Lakshana with it's treatment Principles

11. Explain Pitta Dosha Guna, Sthana, Bheda and Pitta Dosha Upakrama

ANS –

- Guna A.H.SU 1/11 – 1 mark
- Sthana A.H.SU 12/2 – 2 Marks
- Bheda – A.H.SU. 12/10-14 4 marks
- Upakrama – A.H.SU 13/ 4-9 - 3 marks

12. Explain Kapha Dosha Upakrama in detail

13. Describe the treatment principle for Kapha Dosha in Detail

14. Describe Guna of Kapha Dosha, it's increase and decrease Lakshana with it's treatment Principles.

ANS-

- increase Lakshana-A.H.SU 11/8
- Decrease A.H.SU 11/16

15. Explain Kapha Dosha Guna, Sthana, Bheda and Kapha Dosha Upakrama

ANS –

- Guna A.H.SU 1/12 – 1 mark
- Sthana A.H.SU 12/3 – 2 Marks
- Bheda – A.H.SU. 12/15-17 4 marks

- Upakrama – A.H.SU 13/ 10-12 - 3 marks

16. Define Aam and enumerate the symptoms of Saam and Niraam Doshas and their treatment.

17. Explain Sama & Niramadosha Lakshan, definition of Aam and line of treatment of Sama Dosha.

18. Discuss about Ama and its Chikitsa in detail.

19. Discuss the management of „Ama“ as in Ashtanga Hridaya

20. Describe about Saama and Niraama Dosha and write about Aushadh Sevana Kaala.

ANS- A.H.SU. 13/ 23-30

21. Describe Aushadha Sevankala

22. Explain Aushadha Sevana Kala with its indications.

23. Enumerate the Oushadha kala. And write the details of Grase-Grase & Muhu-Muhu Oushadha Sevanam.

ANS- A.H.SU. 13/ 37-41

24. Describe the Aushadha Sevan Kala according to disease & purification method for the patients.

ANS-

- A.H.SU. 13/ 37-41

- purification method for the patients- A.H.SU 13/ 33

25. Describe Dvididhopkrama

26. What are Dwividha Upkrama and explain it in detail.

ANS -A.H.SU.14

27. Explain Langhana therapy in detail

28. Write Langhana and its types.

ANS-

- Langhana definition A.H.su. 14/2, 4 – 2 mark
- Langhana Bheda (Types)- ANS. A.H.SU.14/5,6, 2marks
- Langhana Yogya A.H.SU. 14/ 10.11- 2 marks
- Samyak Langhana A.H.SU 14/17,18- 2 marks
- Ati Langhana A.H.SU.14/18-19 -2 marks

29. Explain Bruhana therapy in detail 10 Moderate

ANS –

- Brimhana definition A.H.SU 14/2- 1 mark
- Brimhana yogya - A.H.SU 14/8 -2marks
- Brimhana dravya - A.H.SU 14/9 -1mark
- Samyak brimhana- A.H.SU 14/16- 2 markas
- Ati brimhana 2 marks A.H.SU 14/20- 2 marks
- Ati brimhana chikitsa - A.H.SU 14/21-24 2marks

30. Samyak Brumhita and Langhita Lakshanas

31. Describe Atisthoulya and its treatment

ANS A.H.SU 14/21- 28,36

32. Describe Atikarshya and its treatment

ANS- A.H.SU 14/33-36

33. Write the definition and explain the types of Shodhana and Shamana according to Ashtanga Hridaya.

ANS-A.H.SU 14/4-7

34. Mention the subject matter of Dvidhopakramaniya Adhyaya and Explain it in detail.

ANS-A.H.SU 14

35. Mention Sthana of Dosha and describe their Samanya Upakrama.

ANS-

- Sthana – A.H.SU 12 – 5 marks
- Upakrama – A.H.SU 13/1-12 – 5 marks

36. Mention the subjects described in Doshopakramaniya Adhyaya and explain general line of treatment of each Dosha.

ANS - A.H.SU 13

37. Describe the type of line of treatment according to Dwividhopkramneeya Adhyaya and write principle of Karshaya & Sthaulya treatment.

ANS - A.H.SU 14

38. Write down Shakha Gaty, Koshta Gaty and Thiryak Gaty of Dosha ?Short essay

ANS- ANS - A.H.SU 13/17-22

39. Define Aama and write down Sama Dosha Lakshana?

40. Explain- *Tiryaka gata Dosha*; *Sama Dosha* and *Nirama Dosha*

ANS – A.H.SU 13/22-30

41. Fundamental treatment method- *Dwividha Upakrama*

42. Explain- काश्यमेव वरम् स्थौल्यात्

43. Which is good being obese or lean ?explain the logic with respect to Astang

Hridaya

Ans, A.H/.Su.14/31

44. Define Shodhana & Shamana, with their types.

45. Write the definition of Shodhana and Shamana and explain it's types in detail

46. ANS- A.H.SU 14/4

47. Explain Langhana type of management as in Dwividhopakramaniya adhyaya.

48. ANS- A.H.SU 14/4

MCO- ASTANGA HRIDAYA SUTRASTHANA 13,14

1. Trasana is Upakrama of which Dosha.

A. Vata B. Pitta C.Kapha D. None of above.

ANS. A. Vata

2. Which of the following is not a type of Langhana

A.Vamana B. Virechana C.Anuvasana Basti D. Niruha Basti

ANS. C.Anuvasana Basti

3. When the expulsion of the Doshas accumulated in Shita Kaala (cold season) should be done?

A.Varshaa B.Sharada C.Vasanta D.Grishma

ANS. C.Vasanta

4. Which Rithu Charya is indicated in Vatapitta vitiation

A. Vasantha , B. Greeshma C. Sarath D. Hemantha

ANS. B. Greeshma

5. *Nisukhathtwam Sukhaya Cha* is the Upakrama of

A.Vata, B. Pitta C. Kapha D. T̄riDosha

ANS.- C. Kapha

6. Brihmana therapy is given for which Dosha Samana

A,Vata Pita B. Kapha Pitta C. Vata Kapha D. T̄riDosha Samana

ANS. A,Vata Pita

7. Types of Samana Chikitsa by Acharya Vagbhata is

A.5 B. 7 C. 8 D. 4

ANS. B. 7

8. स्नेहः स्वेदः संशोधनं मृदु।

A. Vata Chikitsa B. Pitta chikitsa C. Kapha Chikitsa D.

Mrudukoshthi

ANS. A. Vata Chikitsa

9. 42. लङ्घयेन्नित्यं |

A. Vatika Prakriti B. Krisha C.Sthula D. Kaphaja prakriti

e. both c and d

ANS. C.Sthula

10. Achintana, Harsha Swapna are advised for-

A. Vatika Prakriti B. Krisha C.Sthula D.

Kaphaja prakriti

ANS, B. Krisha

11. संशोधनं मृदु (mild purification) is therapy said for which Dosha?

A. Vata B. Pitta C. Kapha D. TriDosha

ANS A. Vata

12. कर्पूरचन्दनोशीरैरनुलेपः क्षणे क्षणे| is general line of treatment said for which

Dosha?

A. Vata B. Pitta C. Kapha D. TriDosha

ANS. B. Pitta

13. अनेकरूपो व्यायामश्चिन्ता is general line of treatment said for which Dosha?

A. Vata B. Pitta C. Kapha D. TriDosha

ANS. C. Kapha

14. which seasonal regimen is indicated in Vata-Pitta Prakopa ?

A. Grishma B. Vasanta C. Sharada D. Hemanta

ANS. A. Grishma

15. Vasanta Rutucharya Vidhi is indicated for which Dosha Prakopa?

A. Vata-Pitta B. Kapha-Vata C. Pitta-Kapha D. TriDosha

ANS. B. Kapha-Vata

16. Sharada Rutucharya Vidhi is indicated for which Dosha Prakopa?

A. Pitta-Vata B. Kapha-Pitta C. Vata- Kapha D. TriDosha

ANS. B. Kapha-Pitta

17. which is the cause for Movement of Dosha from Kostha to Shakha?

A. Abhyanga B. Snana C. Vyayama D. Udvardana

ANS C. Vyayama

18. स्रोतोरोधबलभ्रंशगौरवानिलमूढताः| are symptoms of-

A. Ajeerna B. Sama Mala C. Nirama Dosha D. Alasaka

ANS B. Sama Mala

19. In which season Vata Dosha Sanchaya should be eliminated?

A. kartika B. Magashirsha C. Chaitra D. Shravana

ANS- D. Shravana

20. In which season Pitta Dosha Sanchaya should be eliminated?

A. kartika B. Magashirsha C. Chaitra D. Shravana

ANS- A. kartika

21. in which season Kapha Dosha Sanchaya should be eliminated?

A. kartika B. Magashirsha C. Chaitra D. Shravana

ANS- C. Chaitra

22. how many Aushadh sevana kala are mentioned are mentioned in Ashtanga Hridayam?

A. 9 B. 10 C. 11 D. 12

ANS-B. 10

23. administration of medicine before and after the meal is termed as -

A. Grasantara B. annante C. annadou D. Samudgam

ANS.- D. Samudgam

24.) in Urdhvajatrugata Vikara the drug should be administer in which time?

A. Nishi B. Grase-Grase C. Annante D. Ananna

ANS- A. Nishi

25. 1. अन्नादौ, 2. मध्य इष्यते 3. अन्ते प्रातराशस्य, 4. सायमाशस्य

e. तूत्तरे f. विगुणेऽपाने g. समाने h. व्याने

A. 1-e, 2-f, 3-g, 4-h

B. 1-f, 2-g, 3-h, 4-e

C. 1-h, 2-g, 3-f, 4-e

D. 1-f, 2-g, 3-e, 4-h

ANS. B. 1-f, 2-g, 3-h, 4-e

26. Dravya having which Mahabhuta constitution act as Bruhana ?

A. Bhauma-Apya B. Vayu-Agni-Aakasha C. Parthiva D.

Panchamahabhta

ANS.- A. Bhauma-Apya

27. how many types of Langhana are mentioned ?

A.5 B.7 C.2 D.3

ANS- C.2

28. how many types of Shamana type of Langhana are mentioned ?

A.5 B.7 C.2 D.3

ANS- B.7

29. which season is indicated generally for everyone to do Bruhana?

A. hemanta B. Shishira C. Vasanta D. Grishma

ANS. D. Grishma

30. which season is indicated generally for everyone to do Langhana?

A. hemanta B. Shishira C. A and B D. Grishma

ANS.- C. A and B

31. समीरणातपायास (wind, Sunlight and Exertion) are indicated for which type of Rogi?

A. Madhya Bala B.Pravara Bala C. Alpa Bala D.None

ANS.- C. Alpa Bala

32. व्याधिमादवमुत्साह is symptom of which one?

A. Samyak Langhana B. Samyak Bruhana C. Samyak Shodhana D. Samyak Shamana

ANS. A. Samyak Langhana

33. What is the line of treatment for Sthaulya?

A. Laghu- Samtarpana B. Guru-Apatarpana C. Laghu-Apatarpana D. Guru-Samtarpana

ANS.- B. Guru-Apatarpana

34. न हि _____ समं किञ्चिदन्यद्देहबृहत्त्वकृत्

A. Ghrita B. Kshira C. Sneha D. Mamsa

ANS- D. Mamsa

35. Sneha , Sveda and Mridu Samsodhanam are the procedures for the -----

Dosha

A.Vaata B. Pitta C.Kapha D. Rakta

ANS.- A.Vaata

36. Anuvaasana is the treatment for -----

A.Pitta B. Kapha C.Vaata D. Pitta kapha

ANS.- C.Vaata

37. Sarpi pana is good for ----

A.Vaata B. Pitta C.Kapha D. Rakta

ANS- B. Pitta

38. Yousha kshoudram is good for which Dosha

A.Vaata B. Kapha C.Pitta D. Vaata pitta

ANS.- B. Kapha

39. For Kapha Vaata Vridhi which Ritucharya should be followed

A.Greeshma B. Vasanta C.Sharad D. Hemanta

ANS. B. Vasanta

40. Saama Dosha /Dooshya means

A.When the Dosha and dooshya mix with ama B.The Dosha only

C.The dooshya only D. The aama only

ANS. A.When the Dosha and Dooshya mix with Ama

41. Saama stage can change into Nirama through

A.Snehana B. Svedana C.Virechana D. Pacana deepan

ANS. D. Pacana deepan

42. Pitta Dosha in Sarat Ritu can be eliminated through

A.Basti B. Virechana C.Vamana D. Raktamokshana

ANS.- B. Virechana

43. When the medicine can administer for Vyaana Vayu disorders

A.Ante B. Muhurmuhur C.Madhye D. Annadou

ANS. A.Ante

44. When the medicines can be given for kampa, akshepaka and hidma?

A.Nishi B. Samudga C.Sabhukta D. Madhye

ANS. B. Samudga

45. Dwividha Upakrama are-----

A.Langhana Pacana B. Snehana Svedana

C.Santarpana Apatarpana D. Langhana Svedana

ANS.- C.Santarpana Apatarpana

46. Langhana dravya having predominance of mahabhutas are-----

A.Agni, Aap B. Vayu, Bhoomi

C.Agni, Vaayu, Akaasa D. Bhoomi, Aap

ANS. D. Bhoomi, Aap

47. How many types of Langhana are there?

A.2 B. 6 C.4 D. 1.

ANS. A.2

48. How many types of Shamana are there?

A.6 B.5 C.7 D.9

ANS.- C.7

49. For the krisha persons which treatment is best?

A.Santarpana B. Apatarpana C.Langhana D. Vyayama

ANS.- A.Santarpana

50. Apatarpana is mainly indicated for -----

A.Sthoulya B. Krisha C.Vaata Roga D. Pitta Dusht

ANS.- A.Sthoulya

51. Chaitra Maas is the suitable time to eliminate –

A.Vata Dosha B. Kapha Dosha C. Pitta Dosha D. TriDosha

ANS- B. Kapha Dosha

52. In Shvas,Kaas,Chhardi and Hikka; the medicine should be taken

A.अनादौ B. ग्रासे-ग्रासे C. मुहुर्मुहुः D. सभोज्यं

ANS.- C. मुहुर्मुहुः

53. There are types of Shodhana mentioned by Acharya Vagbhata.

A.7 B. 10 C. 6 D. 5

ANS- D. 5

54. There are types of Shamana mentioned by Acharya Vagbhata.

A.7 B. 10 C. 6 D. 5

ANS. A.7

55. Atibrumhana leads to –

A.Apachi B. Meha C. Jvara D. All a,b,c

D. All a,b,c

56. is the best substance to make the body stout.

A. Ghee B. Dugdh C. Mansa D. Mudga

ANS. C. Mansa

57. Intake of meal and meat soup which is Medya, use of Tail and Anuvasanabasti is best management for?

A. Vata. B. Pitta. C. kapha. D. All

ANS-A. Vata.

58. Regimen of Saradritu is indicated for which Dohasamsarga?

A. Kapha and Vata B. Pitta and Vata C. Kapha and Pitta D. None of these

ANS -B. Pitta and Vata

59. Which of the following is used for management of Ama?

A. Snehas prepared with Dilanapachana drugs

B. Swedana C. Shodhan therapy D. All of above

ANS.- D. All of above

60. Medicines are administered at which time when Kapha vitiated predominantly

A. After food B. Before food C. In between food. D. At night

ANS- B. Before food

61. According to the Ashtanga Hriday, the Aushadh Sevan Kal is?

A. 10. B. 11 C. 15 D. 5

ANS.- A. 10

62. According to the Ashtanga Hridaya, the disease of which part of the body is cured by medicine taken before meals-

A. Lower part B. Middle part C. Upper part D. Lateral part

ANS,- C. Upper part

63. Frequent administration of medicine is required for?

A. Poisoning B. Hiccups C. Vomiting D. All of above

ANS.- D. All of above

64. Which of the following are types of Shoshan as per Vagbhatt Acharya

A. Siroreka B. Kayareka. C. Niruha. D. All

ANS.- D. All

65. Langhana is recommended in all of following except?

A. Jvara. B. Urustambha. C. Kushta. D. Grishma Ritu

ANS.- D. Grishma Ritu

66. Which of following used in management of atibrmhana?

- A. Triphala, guduci, abhaya with honey
- B. Agnimantha decoction with any rasanjana
- C. Mahatpanchmula, guggulu, silajit
- D. All of above

ANS.-D. All of above

67. Atikarshya ,Atitrushna and Parva-Asthibhed the complications of which procedure?

- A. Atibrmhana
- B. Atilanghana
- C. Both
- D. None

E. ANS. B. Atilanghana

68. According to Vagbhatta, the types of Langhan is?

A.10. B.12 C.02 D.05

ANS.- C.02

69. Which one of the following is not a type of Saptavidha Shamana?

A.Pachan B. Deepan C. Kshudha D. Stambhan

ANS. D. Stambhan

70. Which of the following is considered as best Brihmana?

A. Meat of meat-eating animals

B. Godugdhsevana

C. Triphalaguduciabhayakwath

D. None

ANS. A. Meat of meat-eating animals