

MA PROGRAMME SANSKRIT
4TH SEMESTER Elective Course
LANGUAGE AND LITERATURE GENERAL
SA800403- THE BASIC PRINCIPLES OF AYURVEDA

1. Vata,Pitta and Kapha are known asin Ayurveda.

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|-----------|-------------|
| A. Gunas | B. Doshas |
| C. Bhedas | D. Elements |

2.governs movement in the mind and body.

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|----------|-----------------|
| A. Vata | B.Pitta |
| C. Kapha | D. All together |

3.Is composed of the elements of fire and water.

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|----------|-----------------|
| A. Vata | B. Pitta |
| C. Kapha | D. All together |

4. governs transformation in the mind and body.

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|----------|------------------|
| A. Vata | B. Kapha |
| C. Pitta | D. All together. |

5. governs all structure and fluid imbalance in the mind and body.

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|--------------|-----------|
| A. Tridoshas | B. Vata |
| C. Pitta | D. Kapha. |

6. What is the Sanskrit word for 'daily routine'?

- A. Dinacharya
- B. Ritucharya
- C. Tapascharya
- D. Aascharya

7. is an essential component of dinacharya.

- A. Drinking water
- B. Eating food
- C. Abhyanga
- D. Purifying the senses.

8. is a therapeutic activity according to Ayurveda.

- A. Eating
- B. Sleeping
- C. Walking
- D. Bathing

9. is the anointing of the body with warm medicated oil.

- A. Abhyanga
- B. Sashtanga
- C. Netranga
- D. Purnanga.

10. How many layers of tissues (Dhatus) in the body.

- A. 6
- B. 7
- C. 8
- D. 9

11. Which method is good by cleansing and detoxifying the lungs?

- A. Kapalabhati
- B. Hissing Breath
- C. Fast pranayama
- D. Nostrial breath

12. A controlled breathing exercise is known as

- A. Yoga
- B. Pranayama
- C. Surya Namaskar
- D. Belly breath

13. are the ideal form of exercise for all body types and ages.

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|----------------|--------------------|
| A. Yoga asanas | B. Ashtangas |
| C. Pranayama | D. Surya Namaskars |

14. is a state of deep sleep.

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|----------------|-----------------|
| A. Ghada Nidra | B. Swapna Nidra |
| C. Yoga Nidra | D. Swana Nidra |

15. Rejuvenation is also called

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|------------------|--------------------|
| A. Gem Theory | B. Colour Theory |
| C. Mantra Theory | D. Rasayana Theory |

16. is the Sanskrit term for detox or purification.

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|-----------------|-------------------|
| A. Pancha Karma | B. Shodasha karma |
| C. Panchagavya | D. Panchanga |

17. Castor oil is also known as

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|----------------|----------------|
| A. Coconut oil | B. Gingily Oil |
| C. Mustard oil | D. Eranda oil |

18. is a native to Africa and India.

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|-----------------|--------------------|
| A. Castor plant | B. Medicinal plant |
| C. Papaya plant | D. Sugarcane plant |

19. is Vata and Pitta pacifying.

- A. Palm oil
- B. Coconut oil
- C. Groundnut oil
- D. Castor oil

20. Concentrated muscle is

- A. Fat
- B. Bone
- C. Tissues
- D. Bone marrow

21. is concentrated plasma.

- A. Muscle
- B. Blood
- C. Lymph
- D. Plasma

22. is concentrated blood.

- A. Muscle
- B. Blood
- C. Lymph
- D. Plasma

23. is the nasal administration of medicinal herbs.

- A. Pathya
- B. Lasya
- C. Nasta
- D. Kanthya

24. A weak leads to weak thoughts and actions.

- A. Mind
- B. Body
- C. Thinking
- D. Posture

25. Is a profound and practical method of accessing higher states of consciousness.

- A. Tantra
- B. Yantra
- C. Mantra
- D. Sloka

26. The Indian system of medicine is called.....

- A. Dhanurveda
- B. Rigveda
- C. Samaveda
- D. Ayurveda

27. Who is spoken as a doctor (Bhishak) of gods?

- A. Rudra
- B. Adithya
- C. Asvinidevas
- D. Brihaspati

28. Who are termed as physicians?

- A. Rudra
- B. Adithya
- C. Asvinidevas
- D. Brihaspati

29. Who gave eye sight to the blind according to Ayurveda?

- A. Rudra
- B. Asvinidevas
- C. Adithya
- D. Brihaspati

30. Which Veda has sections dealing with health and hygiene?

- A. Rigveda
- B. Yajurveda
- C. Samaveda
- D. Atharvaveda

31. Ayurveda developed in close association with me

- A. Dharmasastras
- B. Arthasastra
- C. Nitishastra
- D. Aarogyasastra

32. Puranas and Smritis contain many topics regarding

- A. Health
- B. Medicine

C. Body

D. Mind.

33. Ayurveda developed in close association with which philosophies?

A. Nyaya-Vaisesika

B. Purvamimamsa-Uttaramimamsa

C. Samkhya-Yoga

D. Charvaka-Lokayata

34. Who was one of the many sages who studied Ayurveda under Bharadwaj?

A. Punarvasu

B. Kasyapa

C. Aruni

D. Kapila

35. Who was known as the Ayurveda system?

A. Kasyapa

B. Harita

C. Agnivesa

D. Atreyapunarvasu

36. Who wrote Charaka samhita?

A. Charaka

B. Susrutha

C. Atreya

D. Harita

37. Who wrote Sushruta Samhita?

A. Charaka

B. Susrutha

C. Atreya

D. Harita

38. Which among the following is an Upaveda?

A. Rigveda

B. Yajurveda

C. Samaveda

D. Ayurveda

C. Kumarabrtya D. Bhutavidya

46. Write another term to denote antidotes

A. Agadam B. Vajikaranam
C. Kumarabrtya D. Bhutavidya

47. Elixirs are also called.....

A. Agadam B. Rasayanatantram
C. Kumarabrtya D. Bhutavidya

48. Rejuvenation is also known as

A. Vajikaranam B. Agadam
C. Bhutavidya D. Kumarabrtya

49. Author of the work Yogasara, a treatise on Ayurveda is

A. Susrutha B. Charaka
C. Udbhata D. Nagarjuna

50. Author of Vrikshayurveda is

A. Surapala B. Ratnakara
C. Nagarjuna D. Narayana

51. Author of Matangalila is

A. Surapala B. Narayana
C. Nagarjuna D. Ratnakara

52. Name the book dealing with the diseases of elephants.

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|-------------------|----------------|
| A. Rugvinischaya | B. Sataloki |
| C. Vrikshayurveda | D. Matangalila |

53. Author of the book the Rajanighandu is

- | | |
|-------------|-------------------|
| A. Sreehari | B. Vapodeva |
| C. Narahari | D. Vrintamahadeva |

54. Name the book which deals with the metallic preparation of compounds.

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|-----------------|--------------------|
| A. Rasaratnakra | B. Vrittaratnakara |
| C. Sataloki | D. Soddiyoga |

55. Name the correct Sanskrit word mentioned in Ayurveda for health.

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|------------|-------------|
| A. Svastha | B. Aroga |
| C. Ayush | D. Bheshaja |

56. Number of fundamental elements recognised in Ayurveda are

- | | |
|------|------|
| A. 4 | B. 5 |
| C. 6 | D. 7 |

57. Dharma, artha, kama and moksha depends on

- | | |
|--------------|------------|
| A. Happiness | B. Wealth |
| C. Aarogya | D. Charity |

58. Number of Jnanadevata according to Charaka is

- | | |
|------|------|
| A. 2 | B. 4 |
|------|------|

C. 6

D. 8

59. Union of sharira, indriya, sattva and atma is called

A. Ayu

B. Apta

C. Swastha

D. None of the Above

60. 'Tridanda' according to Ayurveda are

A. Mana, buddhi, ahankara

B. Sattva, Raja, Tama

C. Sattva, Attma, Sarira

D. Dravya, Guna, Karma

61. Types of ' Karana dravyas' are.....

A. 3

B. 6

C. 9

D. 12

62. How many Gunas are described in Ayurveda?

A. 5

B. 10

C. 15

D. 20

63. Which among the following is not among 'ParadiGuna'

A. Para

B. Yukti

C. Vibhaga

D. Vishada.

64. Aprithakabhava is

A. Dravya

B. Guna

C. Samanya

D. Vishesha

65. Which one of the following is not a Parthivaaushadidravaya?

- A. Swarna
- B. Sikata
- C. Mainshila
- D. Rochana

66. Types of 'Aurbhidadravyas' are

- A. 2
- B. 4
- C. 6
- D. 8

67.governs structure and lubrication or fluid balance in the mind and body.

- A. Vata
- B. Pitta
- C. Kapha
- D. All together

68. is an excellent aid to elimination and purification of digestive system.

- A. Triphala
- B. Cocunut oil
- C. Ghee
- D. Olive oil

69. is essential to life.

- A. Cloth
- B. Water
- C. Wealth
- D. Money

70. is a blood purifier and antioxidant.

- A. Garlic
- B. Ginger
- C. Chillies
- D. Turmeric

71. ensures deep refreshing sleep.

- A. An early night
- B. A late night

C. An early day D. A late day.

72..... helps the skin release toxins.

A. Purvanga B. Uttaranga
C. Ubhayanga D. Abhayanga

73. is good for toning the abdomen.

A. Kapalabhati B. Belly breath
C. Hissing breath D. Fast pranayama

74. is good for cleansing and detoxifying the lungs.

A. Hissing breath B. Belly breath
C. Kapalabhati D. Right nostril breathing

75. is used to treat Vatadisorders .

A. Virechana B. Snehana
C. Svdana D. Basti therapy.

ANSWER KEY -

1.B	16. A	31. A	46. A	61. C
2.A	17. D	32. B	47. B	62. D
3.B	18. A	33. C	48. A	63. D
4.C	19. D	34. A	49. D	64. C
5.D	20. A	35.D	50. A	65. D
6.A	21. B	36. A	51. B	66. B
7.C	22. A	37. B	52. D	67. C
8.D	23. C	38. D	53. C	68. A
9.A	24. A	39. B	54. A	69. B
10.B	25. C	40. A	55. A	70. D
11.A	26. D	41. D	56. B	71. A
12.B	27. A	42. A	57. C	72. D
13.A	28. C	43. B	58. D	73. B
14.C	29. B	44. D	59. A	74. C
15.D	30. D	45. C	60. C	75. D