

BA Sanskrit-IV Semester Complementary- AYURVEDIC TRADITION OF KERALA

QUESTION BANK

1. The word Ayurveda is derived from _____
A. Latin B. Tamil C. Hindi D. Sanskrit **Ans D**
2. Ayurveda is a science of _____
A. Medicine B. Medicinal plants C. Vedas. D. Life science **Ans A**
3. The father of Ayurveda is _____
A. Dhanvantari B. Charaka C. Bhaskaracharya D. Susruta **Ans A**
4. Among the following Vedas which is related to ayurvedic medicine.
A. Samaveda B. Yajurveda C. Atharvaveda D. Ayurveda **Ans D**
5. Followings are not a samhita.
A. Charaka B. Susruta C. Ashtanga D. Agasthya **Ans D**
6. The author of the book Navaneethakam.
A. Melpathur Narayana Bhattathiri B. P.S.Vaidhyar C. Neelakandan Namboothiri D. NPP Bhattathiri
Ans A
7. The author of the famous ayurvedic book Madhavanidhanam.
A. Sri.Madhavakara B. Sri.Neelakanda C. Sankara Moorthy D. Sri Hanumantha **Ans A**
8. The Author of the book Chikitsa Sangraham.
A. N.P.Varier B. Radhakrishna Varier C. N.M.Varier D. P.S.Vaier **Ans D**
9. The author of the book Sarngadhara Samhita .
A. Pandit.Sarangadharacharya B. Dr.K.R.Srikanta Moorthy C. Pandit Harichandra D. P.S.Varier **Ans A**
10. The author of the book Rasaratna Samucchayam .

A. Vagbhata B. Sarangadhara C. Harichandra D. Neelankanta **Ans A**

11. The author of the book Bhavaprakasa.

A. Chourasia B. Bhavamisra C. Vaghata D. None of these **Ans B**

12. The author of the book Bhaishajyaratnavali.

A. Radhagovinda Kar B. Vagbhata C. Bhavamisra D. Pt.Sarangadharacharya **Ans A**

13. Agasthya muni is the incarnation of _____

A. Vaayu B. Agni C. Varun D. Jalam **Ans A**

14. According to Hindu Mythology , Rishi Chyavana is the son of _____

A. Bhrigu B. Puloma C. Krish D. Bhrigu & Puloma **Ans D**

15.Rishi _____ is known as the God of Health

A.Agasthya B.Dhanvyanthari C.Charaka D.Susruta **Ans B**

16._____ are believed to be the traditional Ayurvedic physicians of Kerala and are from Namboothiri community.

A.Alathiyur Nambi B.Karathol Nambi C. Choondal Mooss D.Ashtavaidyans **Ans D**

17.How many famous Ayurvedic physicians are there from Namboothiri family .

A.2 B.5 C.6 D.8 **Ans D**

18.The famous Ayurvedic book Ayurvedic Charithram written by whome.

A.Alathiyur Namboothiri B.Elayidath Thaikatt Mooss C.Kuttancherry Mooss D.N V K Varier **Ans D**

19. According to NVK Varier the word Ashtavaidyans does not refer to eight designated families of physicians, but rather to _____Ashtaangavaidyans.

A.8 B.9 C. 10 D.18 **Ans D**

20. Another version as per NVK Varier's Ayurveda Charithram is that it was Lord _____who brought Brahmanans (Namboothiris) to Kerala.

A.Paramasiva B.Gannapathi C.Vishnu D.Parasurama **Ans D**

21. According to Ayurveda charithram Kerala follows _____ Ashtaangahridayam, and this strict method of treatment is world-renowned.

A.Charaka's B.Susruta's C.Dhanvathari's D.Vaagbhata's **Ans D**

22.The founder of world famous ayurvedic centre Kottakkal Arya vaidyasala.

A. P.S.Varier B.M.S.Varier C. P.K.Varier D. M.D.Varier **Ans A**

23. Kottakkal Arya Vaidyasala was founded in _____.

A. 1903 B. 1910 C. 1902 D.1905 **Ans C**

24. Who was elected as president of the All India Ayurveda Congress twice from kerala.

A. K.Raghavan B. P.K.Varier C. P.S.Varier D. M.S.Varier **Ans B**

25.In which district Kottakkal Arya Vaidyasala is located.

A. Kozhikode B.Wayanad C.Palakkad D.Malappuram **Ans D**

26.The famous ayurvedic scholar hail from Alappuzha .

A.P.S.Varier B.M.S.Varier C.Thirumulpad D.K.Raghavan Thirumulpad **Ans D**

27.Directorate of Ayurveda Medical Education is located in_____.

A. Palakkad B.Kozhikkode C.Kannur D.Thiruvananthapuram **Ans D**

28.How many Ayurvedic Medical Colleges are there in Kerala.

A. 11 B.12 C.13 D.14 **Ans A**

29. _____ was the foremost among Namboothiris in the field of toxicology ("Vishachikitsa").

A. Kaaraad Namboothiri B.Krishnan Namboothiri C.Nalappat Namboothiri D.N.M.Namboothiri

Ans A

30. Pediatrics in Ayurveda is one among the eight branches of Ashtanga Ayurveda is known as

A. Balachikitsa B.Netrachikitsa C.Vishachikitsa D.Kalarichikitsa **Ans A**

31. Ophthalmology in Ayurveda is one among the eight branches of Ashtanga Ayurveda is known as,

A. Balachikitsa B.Netrachikitsa C.Vishachikitsa D.Kalarichikitsa **Ans B**

32. _____ is the medicinal system was originally developed by kalari masters in order to heal battle related injuries, as well as to improve their students fighting abilities.

A. Balachikitsa B. Netrachikitsa C. Vishachikitsa D. Kalarichikitsa **Ans D**

33. This disease related to Chicken pox in Ayurvedic treatment is known as

A. Vasoorichikitsa B. Netrachikitsa C. Vishachikitsa D. Kalarichikitsa **Ans A**

34. Gajachikitsa is related to an animal in Ayurvedic treatment is,

A. Cow B. Monkey C. Goat D. Elephant **Ans D**

35. The main principle of Ayurveda is _____.

A. Treatment of sick B. Holistic treatment C. Herbal treatment D. Treatment related to life and veda **Ans D**

36. Tridosha Siddhanta is the central concept of Ayurvedic medicine, the theory that health exists when there is a balance between three fundamental bodily substances called _____, _____, and _____.

A. mind, body & thoughts B. skin, heart & brain C. vaata, pitha & kapha D. rasa, vatha & pitha

Ans C

37. According to Ayurveda our overall health depends on the balance of these three entities in our body.

A. Blood, urine & oxygen B. Blood, cholesterol & urine C. Pitha, vatha & pinda D. Vatha, pitha & Kapha.

Ans D

38. _____ vatha that locates in the head and effect and governs the mind, intelligence, inspiration, chest, throat, heart, sense organs, expectorating, sneezing, belching and swallowing of food.

A. Praana vaatha B. Uthana vaatha C. Vyaana Vatha D. Samaana vatha **Ans.A**

39. _____ vatha that locates in the chest and controls the nose, navel and throat, and is responsible for initiating speech, effort, enthusiasm, capacity to work, complexion, and memory.

A. Praana vaatha B. Uthana vaatha C. Vyaana Vatha D. Samaana vatha **Ans.B**

40. _____ vatha that regulates all body movements including walking, raising and lowering of the body parts, and opening and closing the eyes etc.

A. Praana vaatha B. Uthana vaatha C. Vyaana Vatha D. Samaana vatha **Ans.C**

41. The vaatha that works in the alimentary tract and other abdominal organs, holds food in the alimentary tract (absorbing nutrients and excreting wastes), helps digest food, separate nutrients from waste, and eliminates the waste.

A.Praana vaatha B.Uthana vaatha C.Vyaana Vatha D.Samaana vatha **Ans.D**

42.The vaatha that controls the waist, bladder, genitals, and thighs. Its main function is downward movement of wastes (feces, urine), reproductive fluid, menstrual fluid, also controls the downward movement of the fetus.

A.Praana vaatha B.Uthana vaatha C.Vyaana Vatha D.Apaana vatha **Ans.D**

43. The Pitta that locate in gastro-intestinal tract and functions the fire digests and transforms food, emulsifying food fats and separating absorbable nutrients from wastes, nourishes the other four Pittas.

A.Paachaka Pitta B.Ranjaka Pitta C.Saadhaka Pitta D.Aalochaka Pitta **Ans.A**

44. The Pitta that effects Liver, stomach, spleen and small intestine and helps the synthesis of hemoglobin and imparting red color to the blood.

A.Paachaka Pitta B.Ranjaka Pitta C.Saadhaka Pitta D.Aalochaka Pitta **Ans.B**

45. The Pitta related to mental function such as knowledge, intelligence and consciousness by maintaining rhythmic and cardiac contractions .

A.Paachaka Pitta B.Ranjaka Pitta C.Saadhaka Pitta D.Aalochaka Pitta **Ans.C**

46.The Pitta that effects the function of the perception of light.

A.Paachaka Pitta B.Ranjaka Pitta C.Saadhaka Pitta D.Aalochaka Pitta **Ans.D**

47.The Pitta that keeps the skin warm and is responsible for its normal complexion and luster by keeping secretions from the sweat and sebaceous glands of the skin active.

A.Paachaka Pitta B.Ranjaka Pitta C.Saadhaka Pitta D.Brachaka Pitta **Ans.D**

48.The Kapha that dilutes the food taken, and also helps the digestion and supports the Kapha elements to work properly throughout the body.

A.Kledaka Kapha B.Avalambaka Kapha C.Bodhaka Kapha D.Tarpaka Kapha **Ans.A**

49. The Kapha supports and gives strength to the heart, lungs and bone cage of the body.

A.Kledaka Kapha B.Avalambaka Kapha C.Bodhaka Kapha D.Tarpaka Kapha **Ans.B**

50.It helps to appreciate taste by the tongue, moisten the food for easy ingestion and digestion.

A.Kledaka Kapha B.Avalambaka Kapha C.Bodhaka Kapha D.Tarpaka Kapha **Ans.B**