

**MAULIK SIDDHANT AVUM ASHTANG HRIDAYA**  
**(BASICPRINCIPLES AND ASHTANGA HRIDAYA- AND ANCIENT TEXT OF AYURVED)**

**Syllabus**

**Part A**

- Ashtang Hridaya Sutrasthana Adhyaya 1 to 15

**SECTION-A**

- |   |          |
|---|----------|
| 1. One compulsory questions                               | 10 marks |
| 2. Two questions out of three questions of 10 marks each. | 20 marks |
| 3. Four questions out of five questions of 05 marks each  | 20 marks |
| 4. Five questions out of six questions, 02 marks each.    | 10 marks |

**(One question in Q-3 should include Sutra with its meaning)**

**Part B**

- Ashtang Hridaya Sutrasthana Adhyaya 16 to 30
- Description of Ashta Prakriti
- Shastra Lakshana (Tantra), Tantraguna, Tantra Dosha, Tacchilya, Arthashraya, Kalpana

**SECTION-B**

- |   |          |
|---|----------|
| 5. One compulsory questions                               | 10 marks |
| 6. Four questions out of five questions of 05 marks each. | 20 marks |
| 7. Five questions out of six questions, 02 marks each.    | 10 marks |

**(One question in Q-6 should include Sutra with its meaning)**



**COLLECTION OF VARIOUS**  
**-> HINDUISM SCRIPTURES**  
**-> HINDU COMICS**  
**-> AYURVEDA**  
**-> MAGZINES**

**FIND ALL AT [HTTPS://DSC.GG/DHARMA](https://dsc.gg/dharma)**

**Made with**



**By**

**Avinash/Shashi**

**Icreator of  
hinduism  
server!**

 **KAPWING**

**MAULIK SIDDHANT AVUM ASHTANG HRIDAYA**  
(BASIC PRINCIPLES AND ASHTANGA HRIDAYA- AND ANCIENT TEXT OF AYURVED)

**Part A**  
**10 marks Questions**

**60 Marks**

1. Explain the verse in detail : वृद्धिः समानैः सर्वेषां विपरीतैर्विपर्ययः ।
2. Which is the first chapter of Sutrasthana of Ashtang Hridaya and explain the matter described in it.
3. Write in detail about Chikitsa Chatushpada.
4. Write the importance of Sutrasthana of Ashtanga Hridaya.
5. Name the 'Ashtang Ayurved' (eight branches of Ayurveda) and explain the Roga and Rogi Pariksha (Examination of disease and diseased)
6. Describe Parikshya Bhava and Trividha Roga Karana in detail.
7. Explain the quotation: विकृताविकृता देहं घ्नन्ति ते वर्तयन्ति च ।
8. Explain the stanza: कालार्थकर्मणां योगो हीनमिथ्यातिमात्रकः ।

सम्यग्योगश्च विज्ञेयो रोगारोग्यैककारणम् । ।

9. Name the eight branches of Ayurveda and describe the Ayurveda Prayojana.
10. Describe Dinacharya mentioned in Ashtanga Hridaya in detail.
11. Describe Sadvritta mentioned in Ashtanga Hridaya in detail.
12. Explain the verse in detail “तप्तानां सञ्चितं वृष्टौ पित्तं शरदि कुप्यति । । तज्जयाय घृतं तित्तं विरेको

रक्तमोक्षणम् । ” and describe Sharad Ritu.

13. Describe the Ritus of Adana Kala and explain it in detail.
14. Describe the Ritus of Visarga Kala and explain it in detail.

15. “शीतेऽयं वृष्टिर्मेऽल्पं बलं मध्यं तु शेषयोः।” Explain why the digestion is powerful in winter.
16. Describe Roganutpadaniya Adhyaya in detail.
17. Mention the non-suppressible urges and describe any five with its symptoms and treatment.
18. Explain the verse: वेगान्न धारयेद्वातविण्मूत्रक्षवतुद्बुधाम्। निद्राकासश्रमश्वासजृम्भाशुच्छर्दिरितसाम्।।
19. Explain in detail: रोगाः सर्वेऽपि जायन्ते वेगोदीरणधारणैः।
20. Explain in detail: दोषाः कदाचित्कुप्यन्ति जिता लङ्घनपाचनैः।  
ये तु संशोधनैः शुद्धा न तेषां पुनरुद्भवः।।
21. Explain the verse: आहारशयनाब्रह्मचर्यैर्युक्त्वा प्रयोजितैः।  
शरीरं धार्यते नित्यमागारमिव धारणैः।।
22. Write about Trayopastambha in detail.
23. Explain the stanza: मात्राशी सर्वकालं स्यान्मात्रा ह्यग्नेः प्रवर्तिका।  
मात्रां द्रव्याण्यपेक्षन्ते गुरुण्यपि लघून्यपि।।
24. Explain in detail: क्रमेणापचिता दोषाः क्रमेणोपचिता गुणाः।  
सन्तो यान्त्यपुनर्भावमप्रकम्प्या भवन्ति च।।
25. Mention the subject matter of Matrashitiya Adhyaya and explain Ajirna and Amadosha with their treatment.
26. Explain the verse: लङ्घनं कार्यमामे तु, विष्टब्धे स्वेदनं भृशम्।  
विदग्धे वमनं, यद्वा यथावस्थं हितं भवेत्।।
27. Define the Samashna-Vishamashana-Adhyashana along with the Ahara Sevana Kala (proper time for intake of food).
28. Mention the subject matter of Matrashitiya Adhyaya and explain Ahara Vidhi in detail.

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

30. Describe Rasa Utpatti, Rasa-Dosha Relation, Rasa-Mahabhuta relation and mention Lakshana of six Rasa.

31. Describe Rasa Utpatti, Rasa-Dosha Relation, Rasa-Mahabhuta relation and mention Karma of six Rasa.

32. Explain it in detail: दोषधातुमला मूलं सदा देहस्य ।

33. Explain Dosha Vriddhi Kshaya Lakshana in detail.

34. Explain Dhatu Vriddhi Kshaya Lakshana in detail.

35. Explain Treatment of Vriddhi Kshaya in detail.

36. Write about Ashraya-Ashrayi Bhava in detail.

37. Explain the verse in detail:

तत्रास्थनि स्थितो वायुः, पित्तं तु स्वेदरक्तयोः ।

श्लेष्मा शेषेषु, तेनैषामाश्रयाश्रयिणां मिथः । ।

38. Mention the seats of the Dosha and explain the five types of each Dosha with their Karma.

39. Explain the Chaya-Prakopa-Prashama of the Dosha in detail.

40. Mention the subject matter of Doshabhediya Adhyaya and explain the Trividha Roga Karana in detail.

41. Define Vyadhi (disease) and explain the Trividha Vyadhi

42. Mention the subjects described in Doshopakramaniya Adhyaya and explain general line of treatment of each Dosha.

43. Mention Sthana of Dosha and describe their Samanya Upakrama.

44. Describe the treatment principle for Vata Dosha in Detail.

45. Describe the treatment principle for Pitta Dosha in Detail.

46. Describe the treatment principle for Kapha Dosha in Detail.

47. Explain in detail: शान्तिरामविकाराणां भवति त्वपतर्पणात्। त्रिविधं त्रिविधे दोषे तत्समीक्ष्य

प्रयोजयेत्।।

48. Mention the reference of the verse and explain it in detail:

उपक्रम्यस्य हि द्वित्वाद्विधैवोपक्रमो मतः।

49. Write the definition and explain the types of Shodhana and Shamana.

50. Mention the subject matter of Dvividhopakramaniya Adhyaya and Explain it in detail.

51. Explain the below verse with its reference-

दोषगत्याऽतिरिच्यन्ते ग्राहिभेद्यादिभेदतः। उपक्रमा न ते द्वित्वाद्भिन्ना अपि गदा इव।

**MAULIK SIDDHANT AVUM ASHTANG HRIDAYA**  
(BASIC PRINCIPLES AND ASHTANGA HRIDAYA- AND ANCIENT TEXT OF AYURVED)

**Part A**  
**5 marks Questions**

**60 Marks**

1. Explain the verse: आयुर्वेदोपदेशेषु विधेयः परमादरः
2. Explain the verse: क्रियतेऽष्टाङ्गहृदयं नातिसंक्षेपविस्तरम्।
3. Explain the verse: चिकित्सा येषु संश्रिता।
4. Explain the verse: वयोहोरात्रिभुक्तानां तेऽन्तमध्यादिगाः क्रमात्।।
5. Explain the verse: शुक्रार्तवस्थैर्जन्मादौ विषेणैव विषक्रमेः।।
6. Explain the verse: शमनं कोपनं स्वस्थहितं द्रव्यमिति त्रिधा।।।
7. Explain the verse: रोगारोग्यैककारणम्।
8. Explain in detail: कालार्थकर्मणां योगो हीनमिथ्यातिमात्रकः।

सम्यग्योगश्च विज्ञेयो रोगारोग्यैककारणम्।।

9. Explain the stanza "विकृताविकृता देहं घ्नन्ति ते वर्तयन्ति च।"
10. Name the Chikitsa Chatuspada and write characteristics of Rogi.
11. Describe relation of Rasa and Dosha
12. Explain it: वृद्धिः समानैः सर्वेषां विपरीतैर्विपर्ययः।
13. Short note: Virya
14. Explain the verse: रोगास्तु दोषवैषम्यं, दोषसाम्यमरोगता।

15. Explain the verse: ----परीक्षेत च रोगिणम्।
16. Short note on Desha
17. Paramaushadha
18. Explain the verse: क्षणादिव्याध्यवस्था च कालो भेषजयोगकृत् ।।
19. Explain the verse: मनोदोषौषधं परम् ।।
20. Short note: त्यजेदार्तं
21. Adhyaya Samgraha of Ashtanga Hridaya
22. Write the importance of Astanga Hridaya
23. Danta Dhavana
24. Explain : स्नावणार्थं रसाञ्जनम्।
25. Tambula Sevana
26. Abhyanga
27. Explain the stanza ‘अभ्यङ्गमाचरेन्नित्यं’ and write its contra indications
28. Describe the benefits of Abhyanga and Udvartana
29. Vyayama
30. Vyayama Matra and Snana Guna
31. Sadvritta
32. Dashvidha Papakarma
33. Explain: काले हितं मितं ब्रूयादविसंवादि पेशलम्।
34. Explain: पराराधनपण्डितः ।
35. Nishiddha Karma described in Dinacharya Adhyaya
36. Explain: आर्द्रसन्तानता त्यागः कायवाक्चेतसां दमः । स्वार्थबुद्धिः परार्थेषु पर्याप्तमिति सद्गतम् ।।।



37. Describe Adana-Visarga Kala
38. Describe the Shishira Ritucharya (late winter regimen).
39. Describe the Grishma Ritucharya (summer regimen).
40. Describe the Varsha Ritucharya (rainy season regimen).
41. Describe the Sharad Ritucharya (autumn regimen).
42. Describe the Vasanta Ritucharya (spring regimen).
43. Describe the Hemanta Ritucharya (winter regimen).
44. Apathya in Vasanta Ritu
45. Tyajya in Varsha Ritu
46. Explain: पित्तं शरदि कुप्यति
47. Explain the quotation “तुषारक्षारसौहित्यदधितैलवसातपान् । । तीक्ष्णमद्यदिवास्वप्नपुरोवातान् परित्यजेत् । ” in context to Sharad Ritu.
48. Give the causes of Mandagni (week digestion) in rainy season.
49. Short note: असात्म्यजा हि रोगाः स्युः सहसा त्यागशीलनात् ।
50. Generalize line of treatment for Adharaniya Vega (non-suppressible urges)
51. Name the diseases caused by the suppression of the urge of faeces urine and flatus.
52. Explain it: धारयेत्तु सदा वेगान् हितैषी प्रेत्य चेह च । लोभेष्याद्विषमात्सर्यरागादीनां जितेन्द्रियः । ।
53. Explain the quotation: रोगाः सर्वेऽपि जायन्ते वेगोदीरणधारणैः ।
54. Explain it: यतेत च यथाकालं मलानां शोधनं प्रति । अत्यर्थसञ्चितास्ते हि ऋद्धाः स्युर्जीवितच्छिदः । ।
55. Explain it: दोषाः कदाचित्कुप्यन्ति जिता लङ्घनपाचनैः । ये तु संशोधनैः शुद्धा न तेषां पुनरुद्भवः । ।
56. List the Panchakarma and explain importance of Shodhana Therapy.

57. Explain it: ये भूतविषवाय्वग्निक्षतभङ्गादिसम्भवाः । रागद्वेषभयाद्याश्च ते स्युरागन्तवो गदाः । ।

58. Explain it: त्यागः प्रज्ञापराधानामिन्द्रियोपशमः स्मृतिः । देशकालात्मविज्ञानं सद्दृत्तस्यानुवर्तनम् । ।

59. Explain the verse: शीतोद्भवं दोषचयं वसन्ते विशोधनं ग्रीष्मजमभ्रकाले ।

घनात्यये वार्षिकमाशु सम्यक् प्राप्नोति रोगानृतुजान्न जातु । ।

60. Explain the verse: नित्यं हिताहारविहारसेवी समीक्ष्यकारी विषयेष्वसक्तः ।

दाता समः सत्यपरः क्षमावा- नाप्तोपसेवी च भवत्यरोगः । ।

61. Explain the quotation: ऋत्वोरन्त्यादिसप्ताहावृतुसन्धिरिति स्मृतः ।

तत्र पूर्वो विधिस्त्याज्यः सेवनीयोऽपरः क्रमात् । ।

62. Short note on Dadhi and Takra

63. General qualities of Milk

64. Madhu

65. Contents of the chapter described in Drava-Dravya Vijnaniya Adhyaya

66. Explain about “Madya Varga” (Group of wines)

67. Short note: Triphala and Trikatu

68. Short Note: Trijata and Chaturjata

69. Short note : Panchapanchamoola

70. Short note on : Lavana

71. Phala Varga (group of fruits)

72. Aushadha Varga (group of medicines)

73. Write a short note on Kritanna Varga

74. Write the characteristics of Manda-Peya-Vilepi

75. Enlist the Shimbi Dhanya and describe the qualities of Mudga.

76. Enlist the Shuka Dhanya and describe the qualities of Godhuma.

77. Explain the verse: नित्यं हिताहारविहारसेवी समीक्ष्यकारी विषयेष्वसक्तः ।

दाता समः सत्यपरः क्षमावा- नाप्तोपसेवी च भवत्यरोगः । ।

78. Explain the verse: सूक्ष्मं ताम्ररजः काले सक्षौद्रं हृद्विशोधनम् ।

शुद्धे हृदि ततः शाणं हेमचूर्णस्य दापयेत् । ।

79. Explain the verse: न सज्जते हेमपाङ्गे पद्मपत्रेऽम्बुवद्विषम् । ।

जायते विपुलं चायुर्गरेऽप्येष विधिः स्मृतः ।

80. Explain “विद्याद्विषगरोपमम्”

81. Write the meaning of Sutra: विरुद्धमपि चाहारं विद्याद्विषगरोपमम् । ।

82. Fill in the blank: “यत्किञ्चिद्दोषमुत्केश्य न हरेत्तत्समासतः -----” and explain it in detail.

83. Explain the verse: व्यायामस्निग्धदीप्ताग्निवयःस्थबलशालिनाम् ।

विरोध्यपि न पीडायै सात्म्यमल्पं च भोजनम् । ।

84. Explain “पादेनापथ्यमभ्यस्तं पादपादेन वा त्यजेत् । ”

85. Explain “क्रमेणापचिता दोषाः क्रमेणोपचिता गुणाः । ”

86. Explain “शरीरं धार्यते नित्यमागारमिव धारणैः । ”

87. Fill in the blank “----आयत्तं सुखं दुःखं पुष्टिः काश्यं बलाबलम् ।

वृषता क्लीबता ज्ञानमज्ञानं जीवितं न च । । ” and explain it.

88. Describe the Vishakta Anna Pariksha (Examination of Poisoned food)
89. Write the symptoms of presence of poisonous food in stomach.
90. Vishadata Lakshana
91. Write about Viruddha Ahara
92. Short note on Nidra
93. Guna and Dosha of Nidra
94. Write the treatment of excessive sleep (Atinidra).
95. Nidra Nasha Lakshana
96. Trayopastambha
97. Short note on Ahara
98. Short note on Brahmacharya
99. Short note on Trayopastambha
100. Give the reference and explain the verse:

मात्राशी सर्वकालं स्यान्मात्रा ह्यग्नेः प्रवर्तिका । मात्रां द्रव्याण्यपेक्षन्ते गुरूण्यपि लघून्यपि । ।

101. Give the reference and explain the verse:

गुरूणामर्धसौहित्यं लघूनां नातितृप्तता । मात्राप्रमाणं निर्दिष्टं सुखं यावद्विजीर्यति । ।

102. Brief note about features and treatment of Vishuchika
103. Brief note about features and treatment of Alasaka
104. Brief note about features and treatment of Dandalasaka
105. Short note on Amadosha and its treatment
106. Explain : शान्तिरामविकाराणां भवति त्वपतर्पणात् ।
107. Short note: Vilambika
108. Short note: Ajirna Bheda and its Chikitsa
109. Short note: Vilambika
110. Rasa Sheshajirna symptoms and treatment
111. Short note: Ahara Vidhi
112. Tyajya Bhojana (Discarded food)

113. Asevaniya Ahara
114. Short note : Anupana
115. Explain the verse: गुर्वादयो गुणा द्रव्ये पृथिव्यादौ रसाश्रये । ।  
रसेषु व्यपदिश्यन्ते साहचर्योपचारतः ।
116. Explain the verse: जगत्प्रेषमनौषधम् । । ।
117. Explain the verse: न किञ्चिद्विद्यते द्रव्यं वशान्नानार्थयोगयोः । ।
118. Short note on Rasa
119. Short note on Guna
120. Short note on Virya
121. Short note on Vipaka
122. Short note on Prabhava
123. Relation of Rasa and Pachamahabhuta
124. Rasotpatti and Rasa Lakshanas
125. Describe the qualities of Rasa according to Rasabhedhiya Adhyaya
126. Describe the functions of Rasa according to Rasabhedhiya Adhyaya
127. Short Note : Prakrita Dosha Karma
128. Short Note : Vriddha Dosha Karma
129. Short note: Prakrta Dhatu Karma
130. Short Note: Vriddha Dhatu Lakshana
131. Short Note: Vriddha Mala Lakshana
132. Short Note: Kshina Dosha Lakshana
133. Short Note: Kshina Dhatu Lakshana
134. Short Note: Vriddha and Kshina Mala Lakshana
135. Explain the verse: दोषादीनां यथास्वं च विद्याद्विद्विषयौ भिषक् ।  
क्षयेण विपरीतानां गुणानां वर्धनेन च । ।

136. Explain the verse: तत्रास्थनि स्थितो वायुः, पित्तं तु स्वेदरक्तयोः ।

श्लेष्मा शेषेषु तेनैषामाश्रयाश्रयिणां मिथः । ।

137. Short note: Ashraya-Ashrayi Bhava

138. Explain line of treatment for increased and decreased state of Dhatus.

139. Explain the verse: स्वस्थानस्थस्य कायग्रेरंशा धातुषु संश्रिताः ।

तेषां सादातिदीप्तिभ्यां धातुवृद्धिक्षयोद्भवः । ।

140. Explain the verse: पूर्वो धातुः परं कुर्यादृद्धः क्षीणश्च तद्विधम् ।

141. Describe about Oja Guna and its Vriddhi Kshaya Lakshanas

142. Explain ओजस्तु तेजो धातूनां शुक्रान्तानां परं स्मृतम् ।

143. Short note: Oja Kshaya

144. Explain the verse: यदन्नं द्वेष्टि यदपि प्रार्थयेताविरोधि तु ।

तत्तत्त्यजन् समश्नंश्च तौ तौ वृद्धिक्षयौ जयेत् । ।

145. Explain the verse: कुर्वते हि रुचिं दोषा विपरीतसमानयोः ।

वृद्धाः क्षीणाश्च भूयिष्ठं लक्षयन्त्यबुधास्तु न । ।

146. Explain the verse: यथाबलं यथास्वं च दोषा वृद्धा वितन्वते ।

रूपाणि, जहति क्षीणाः, समाः स्वं कर्म कुर्वते । ।

147. Explain the verse: य एव देहस्य समा विवृद्ध्यै त एव दोषा विषमा वधाय ।

148. Panchavidha Vata

149. Panchavidha Pitta

150. Panchavidha Kapha

151. Explain the verse: “चयो वृद्धिः स्वधाम्मेव प्रद्वेषो वृद्धिहेतुषु विपरीतगुणेच्छा च”

152. Explain the verse: “कोपस्तून्मार्गगामिता”

153. Explain the verse: “लिङ्गानां दर्शनं स्वेषामस्वास्थ्यं रोगसम्भवः ।

154. Explain the verse: “स्वस्थानस्थस्य समता विकारासम्भवः शमः । ”

155. Explain the verse:

“चयप्रकोपप्रशमा वायोर्ग्रीष्मादिषु त्रिषु । वर्षादिषु तु पित्तस्य, श्लेष्मणः शिशिरादिषु । ।

156. Explain the verse:

इति कालस्वभावोऽयमाहारादिवशात्पुनः । चयादीन् यान्ति सद्योऽपि दोषाः कालेऽपि वा न तु । ।

157. Explain the verse: “व्याप्नोति सहसा देहमापादतलमस्तकम् ।

निवर्तते तु कुपितो मलोऽल्पाल्पं जलौघवत् । ।

158. Explain the verse: “उष्णेन युक्ता रूक्षाद्या वायोः कुर्वन्ति सञ्चयम् ।

शीतेन कोपमुष्णेन शमं स्निग्धादयो गुणाः । ।

159. Explain the verse: “शीतेन युक्तास्तीक्ष्णाद्याश्चयं पित्तस्य कुर्वते ।

उष्णेन कोपं, मन्दाद्याः शमं शीतोपसंहिताः । ।

160. Explain the verse: “शीतेन युक्ताः स्निग्धाद्याः कुर्वन्ते श्लेष्मणश्चयम् ।

उष्णेन कोपं, तेनैव गुणा रूक्षादयः शमम् । ।

161. Short note: relationship between Doshas and seasons.

162. Explain the verse: “दोषा एव हि सर्वेषां रोगाणामेककारणम् ।

163. Define Chaya and characters of Dosha Chaya.

164. Explain the verse: “तेषां कोपे तु कारणम् । ।

165. Explain the verse: “अथैरैसात्म्यैः संयोगः कालः कर्म च दुष्कृतम्।

हीनातिमिथ्यायोगेन भिद्यते तत्पुनस्त्रिधा ।।

166. Trividha Roga Marga

167. Explain the verse: अभ्यासात्प्राप्यते दृष्टिः कर्मसिद्धिप्रकाशिनी।

168. Short note: Trividha Roga

169. Explain the verse: यथानिदानं दोषोत्थः कर्मजो हेतुभिर्विना।

महारम्भोऽल्पके हेतावातङ्को दोषकर्मजः ।।

170. Explain the verse: विकारनामाकुशलो न जिहीयात् कदाचन।

न हि सर्वविकाराणां नामतोऽस्ति ध्रुवा स्थितिः ।।

171. Explain the verse: स एव कुपितो दोषः समुत्थानविशेषतः।

स्थानान्तराणि च प्राप्य विकारान् कुरुते बहून् ।।

172. Explain the verse: तस्माद्विकारप्रकृतीरधिष्ठानान्तराणि च ।

बुद्धा हेतुविशेषांश्च शीघ्रं कुर्यादुपक्रमम् ।।

173. Explain the verse: दूष्यं देशं बलं कालमनलं प्रकृतिं वयः।

सत्त्वं सात्म्यं तथाऽऽहारमवस्थाश्च पृथग्विधाः ।।

174. Explain the verse: सूक्ष्मसूक्ष्माः समीक्ष्यैषां दोषौषधनिरूपणे ।

यो वर्तते चिकित्सायां न स स्वलति जातुचित् ।।

175. Features of increased Dosha

176. Explain Dashvidha Pariksha Mentioned in Doshabhediya Adhyaya.

177. Short note: वातस्योपक्रमः



178. Short note: पित्तस्योपक्रमः

179. Short note: श्लेष्मणोपक्रमः

180. Write the characteristics of Dosha Prakopa Kala

181. Short note: चय एव जयेदोषं कुपितं त्वविरोधयन्। सर्वकोपे बलीयांसं शेषदोषाविरोधतः।।

182. Short note: प्रयोगः शमयेद्वाधिमिकं योऽन्यमुदीरयेत्।

नाऽसौ विशुद्धः शुद्धस्तु शमयेद्यो न कोपयेत्।।

183. Mention the causes for the movement of Doshas from Koshtha to Shakha and from Shakha to Koshtha.

184. Factors responsible for roaming of Doshas from Koshtha to Shakha

185. Factors responsible for roaming of Doshas from Shakha to Koshtha

186. Explain the verse: व्यायामादूष्मणस्तैक्ष्ण्यादहिताचरणादपि।

कोष्ठाच्छाखास्थिमर्माणि द्रुतत्वान्मारुतस्य च।।

187. Explain the verse: दोषा यान्ति तथा तेभ्यः स्रोतोमुखविशोधनात्।

वृद्ध्याऽभिष्यन्द्नात्पाकात्कोष्ठं वायोश्च निग्रहात्।।

188. Explain the verse: तत्रस्थाश्च विलम्बेरन् भूयो हेतुप्रतीक्षिणः।।

189. Explain the verse: ते कालादिबलं लब्ध्वा कुपयन्त्यन्याश्रयेष्वपि।।

190. Explain line of treatment for Sthanika (Local) and Sthanagata (Non-Local) Dosha.

191. Mention line of treatment for Tiryaggata Dosha

192. Define Ama and name the Aushdha Sevana Kala

193. Features of Sama and Nirama Dosha

194. Explain the verse: आगन्तुं शमयेदोषं स्थानिनं प्रतिकृत्य वा।।

195. Explain the verse: प्रायस्तिर्यग्गता दोषाः क्लेशयन्त्यातुरांश्चिरम् । ।
196. Treatment of Sama and Nirama Dosha
197. Explain the verse: श्रावणे कार्तिके चैत्रे मासि साधारणे क्रमात् ।  
ग्रीष्मवर्षाहिमचितान् वाय्वादीनाशु निर्हरेत् । ।
198. Explain क्रियाकालं न हापयेत् । ।
199. Dosha Sanchara
200. Aushadha Sevana Kala
201. Short note: Shodhana
202. Short note: Shamana
203. Short note: Langhana
204. Explain the verse: स्नेहनं रूक्षणं कर्म स्वेदनं स्तम्भनं च यत् ।  
भूतानां तदपि द्वैध्याद्वितयं नातिवर्तते । ।
205. Write the Dwividha Upakrama and Pancha Shodhana.
206. Ati Sthoola Chikitsa
207. Persons eligible for Brimahan Therapy
208. Persons eligible for Langhana Therapy
209. Explain the verse: न बृंहयेल्लङ्घनीयान्- बृंह्यांस्तु मृदु लङ्घयेत् । ।
210. Describe the treatment of Sthaulya mentioned in Dvididhopakramaniya Adhyaya.
211. Explain the verse: काश्यमेव वरं स्थौल्यात्, न हि स्थूलस्य भेषजम् । ।
212. Describe the treatment of Karshya mentioned in Dvididhopakramaniya Adhyaya.
213. Explain the verse: गुरु चातर्पणं स्थूले विपरीतं हितं कृशे । ।

**MAULIK SIDDHANT AVUM ASHTANG HRIDAYA**  
(BASIC PRINCIPLES AND ASHTANGA HRIDAYA- AND ANCIENT TEXT OF AYURVED)

**Part A**  
**2 marks Questions**

**60 Marks**

1. Vata Dosha Lakshana
2. Pitta Dosha Lakshana
3. Kapha Dosha Lakshana
4. Name the types of Dhatus
5. Name the types of Mala
6. Name the types of Virya
7. Name the types of 20 Gunas
8. Name the types of Gurvadi Guna
9. Define Nija Roga
10. Define Agantu roga
11. Define Rogadhishtana
12. Define Manas Dosha
13. Define the names of Trividha Roga Pariksha
14. Name the types of Roga Pariksha Vidhi
15. Types of Desha
16. What is Shodhana Aushadha?
17. What is Shamana Aushadha?
18. What is Parama Aushadham?
19. Define Manodosha Aushadha
20. Define Bhishak Guna (Chatushpada)
21. Define Aushadha Guna (Chatushpada)
22. Define Paricharaka Guna (Chatushpada)
23. Define Roga Guna (Chatushpada)

24. Define Sadhya Vyadhi
25. Define Asadhya Vyadhi
26. Define Sukha Sadhya Vyadhi
27. Define Krichha Sadhya Vyadhi
28. Define Yapya Vyadhi
29. Define Anupakramya Vyadhi
30. Define Pratyakhyeya Vyadhi
31. Define Tyajya rogi
32. Name Sthana of Ashtanga Hridaya
33. Enlist the names of Astanga Ayurveda
34. What is Brahma Muhurta?
35. Define Danta Dhavana
36. Contraindicated for Danta Dhavana
37. Which Anjanas is mentioned in Dincharya Adhyaya
38. Define Abhyanga
39. Abhyaga Varjya (Not fit for Abhyanga)
40. Define Vyayama
41. Vyayama Varjya (contraindication for Vyayama)
42. Duration for Vyayama
43. Disadvantages of Ativyayama
44. Difference between Abhayanga and Udavartana
45. Define Udvartana
46. Define Snana (Bath)
47. Contraindication of Bath
48. Define Sadvritta
49. Enlist the Dashavidha Papakrama
50. Benefits of Ushnodaka
51. Name the Six seasons
52. Define Adana Kala

53. Define Visarga Kala
54. Seasons in Adana Kala
55. Seasons in Visarga Kala
56. Diet in Sharad Ritu
57. Define Hamsodaka
58. Apathya in Sharad Ritu
59. Write the effect of Ratrijagarana
60. Define Ritu Samdhi
61. Name the types of Adharaniya Vega (non-suppressible urges)
62. Name the types of Dharaniya Vega (suppressible urges)
63. Define Agantu Roga
64. Shukra Vega Rodha Lakshana
65. Adhovata Vega Rodha Lakshana
66. Shakrita (stool) Vega Rodha Lakshana
67. Mootra Vega Rodha Lakshana
68. Udgara Vega Rodha Lakshana
69. Kshavathu Vega Rodha Lakshana
70. Trisha Vega Rodha Lakshana
71. Nidra Vega Rodha Lakshana
72. Kasavega Vega Rodha Lakshana
73. Jrimbha Vega Rodha Lakshana
74. Shrama Shwasa Vega Rodha Lakshana
75. Ashru Vega Rodha Lakshana
76. Chhardi Vega Rodha Lakshana
77. Chikitsa of Shukra Vega Rodha Lakshana
78. Chikitsa of Adhovata Vega Rodha Lakshana
79. Chikitsa of Shakrita (stool) Vega Rodha Lakshana
80. Chikitsa of Mootra Vega Rodha Lakshana
81. Chikitsa of Udgara Vega Rodha Lakshana

82. Chikitsa of Kshavathu Vega Rodha Lakshana
83. Chikitsa of Trisha Vega Rodha Lakshana
84. Chikitsa of Nidra Vega Rodha Lakshana
85. Chikitsa of Kasavega Vega Rodha Lakshana
86. Chikitsa of Jrimbha Vega Rodha Lakshana
87. Chikitsa of Shrama Shwasa Vega Rodha Lakshana
88. Chikitsa of Ashru Vega Rodha Lakshana
89. Chikitsa of Chhardi Vega Rodha Lakshana
90. Types of Jala described in Drava-Dravya Vijnaniya Adhyaya
91. Characteristics of Antariksha Jala
92. Define Uttama Jala
93. Define Shrut-sheeti Jala
94. Define Jala Pana Vidhi
95. Benefits of Sheeta Jala Sevana
96. Benefits of Ushna Jala Sevana
97. Qualities of Narikelodaka
98. Samanya Guna of Dugdha
99. Qualities of Godugdha
100. Qualities of Ajudugdha
101. Qualities of Mahisha dugdha
102. Qualities of Manushi Dugdha (Stanya)
103. Qualities of Dadhi
104. Qualities of Takra
105. Qualities of Navaneeta
106. Qualities of Ghrita
107. Qualities of Purana Ghrita
108. Qualities of Ikshu Rasa (Sugar cane juice)
109. Qualities of Guda (Jaggery)
110. Qualities of Madhu

111. Benefits of Madhu
112. General Qualities of Taila
113. Qualities of Eranda Taila
114. Qualities of Tila Taila
115. Qualities of Madya
116. Types of Mutra described in Drava-Dravya Vijnaniya Adhyaya
117. General benefits of Mutra
118. Define Shooka Dhanya
119. Define Shali Dhanya
120. Yava (grain) Guna
121. Godhuma Guna
122. Shimbi Dhanya (Group of Pulses)
123. Qualities of Mudga
124. Qualities of Masha
125. Qualities of Tila
126. Define Kritanna Varga
127. Qualities of Manda
128. Qualities of Peya
129. Qualities of Vilepi
130. Qualities of Odana
131. Qualities of Mamsa Rasa
132. Qualities of Aja Mamsa Guna
133. Qualities of Mudga Yusha
134. Qualities of Rasala
135. Qualities of Panaka
136. Qualities of Kulattha Yusha
137. Qualities of Laja
138. Qualities of Dhana
139. Qualities of Pruthuka

140. Qualities of Saktu
141. Qualities of Veshavara
142. Name the types of Mamsa Described in Mamsa Varga
143. Qualities of Shaka Varga
144. Qualities of PhalaVarga
145. Phalottama according to Vagbhata
146. Define Aushadha Varga
147. General qualities of Lavana
148. Saindhava Guna
149. Sauvarchala Guna
150. Types of Lavana
151. Qualities of Yava kshara
152. Qualities of Hingu
153. Qualities of Haritaki
154. Qualities of Amalaki
155. Qualities of Bibhitaka
156. Qualities of Triphala
157. Qualities of Trijata
158. Qualities of Chaturjata
159. Qualities of Trikatu
160. Describe the Guna of Shunthi
161. Qualities of Panchakola
162. Enlist Brihat Panchamoola
163. Enlist Laghu Panchmoola
164. Enlist Madhyama Panchamoola
165. Enlist Jivana Panchamoola
166. Enlist Trina Panchamoola
167. Features of Poisonous food
168. Features of Poisonous curries



169. Specific features of Various poisonous food items
170. Examinations of Poisonous food
171. Features of poisonous food taken by the birds and animals
172. Complications of touching food and the management
173. Effects of poisonous food in the mouth and their treatment
174. Signs and symptoms of poisonous substances when reaches the stomach and intestine
175. Enlist the characteristics of Vishadata
176. Define the Viruddhahara
177. Define Upastambha
178. Define Trayopastambha
179. Define Nidra
180. Benefits of Proper Nidra
181. Demerits of Improper Nidra
182. Fill in the blank: रात्रौ जागरणं ----- , ----- प्रस्वपनं दिवा ।
183. Symptoms of Nidra Nasha
184. Define Brahmacharya
185. Demerits of Hinamatra Ahara Sevana
186. Demerits of Atimatra Ahara Sevana
187. Signs and symptoms of Ajirna
188. Define Vishuchika
189. Define Alasaka
190. Define Dandalasaka
191. Define Amavisha
192. Treatment of Amadosha
193. Agnikarma in Vishuchika
194. Symptoms of Amajirna
195. Symptoms of Vishtabdhajirna

196. Symptoms of Vidagdhajirna
197. Chikitsasutra for Ajirna
198. Define Vilambika
199. Define Rasa Sheshajirna
200. General symptoms of Ajirna
201. Ajirna Hetu
202. Define Samashana
203. Define Adhyashana
204. Define Vishamashana
205. Definition of Anupana and explain it
206. Parthiva Dravya Guna
207. Jaliya Dravya Guna
208. Agneya Dravya Guna
209. Vayaviya Dravya Guna
210. Akashiya Dravya Guna
211. Define Rasa
212. Define Guna
213. Define Virya
214. Define Vipaka
215. Define Prabhava
216. Name of Six Tastes
217. Madhura Rasa Karma
218. Amla Rasa Karma
219. Lavana Rasa Karma
220. Katu Rasa Karma
221. Tikta Rasa Karma
222. Kashaya Rasa Karma
223. Madhura Rasa Lakshana
224. Amla Rasa Lakshana

225. Lavana Rasa Lakshana
226. Katu Rasa Lakshana
227. Tikta Rasa Lakshana
228. Kashaya Rasa Lakshana
229. Prakrita Mala Karma
230. Prakrita Dosha Karma
231. Prakrita Vata Karma
232. Prakrita Pitta Karma
233. Prakrita Kapha Karma
234. Important functions of Dhatus
235. Prakrita Dhatu Karma (Functions of Dhatu)
236. Vridhha Rasa Dhatu Lakshana
237. Vridhha Rakta Dhatu Lakshana
238. Vridhha Mamsa Dhatu Lakshana
239. Vridhha Asthi Dhatu Lakshana
240. Vridhha Majja Dhatu Lakshana
241. Vridhha Shukra Dhatu Lakshana
242. Vridhha Mala Karma
243. Kshina Vata Lakshana
244. Kshina Pitta Lakshana
245. Kshina Kapha Lakshana
246. Kshina Rasa Dhatu Lakshana
247. Kshina Rakta Dhatu Lakshana
248. Kshina Mamsa Dhatu Lakshana
249. Kshina Meda Dhatu Lakshana
250. Kshina Asthi Dhatu Lakshana
251. Kshina Majja Dhatu Lakshana
252. Kshina Shukra Dhatu Lakshana
253. Kshina Mala Lakshana

254. Define Malayana
255. Define Ojas
256. Oja Kshaya lakshana
257. Ojo Vriddhi lakshana
258. Seats of Vata
259. Seats of Pitta
260. Seats of Kapha
261. Name five types of Vata, Pitta, Kapha
262. Name the Pancha Vata
263. Name the Pancha Pitta
264. Name the Pancha Kapha
265. Prana Vata Karma
266. Uadana Vata Karma
267. Samana Vata Karma
268. Vyana Vata Karma
269. Apana Vata Karma
270. Pachaka Pitta Karma
271. Sadhaka Pitta Karma
272. Ranjaka Pitta Karma
273. Alochaka Pitta Karma
274. Bhrajaka Pitta Karma
275. Avalambaka Kapha Karma
276. Kledaka Kapha Karma
277. Tarpaka Kapha Karma
278. Bodhaka Kapha Karma
279. Shleshaka Kapha Karma
280. Dosha Chaya Ritu
281. Dosha Prakopa Ritu
282. Dosha Shamana Ritu

283. Define Chaya
284. Define Prakopa
285. Define Prashama
286. Define Asatmyendriyarthasamyoga
287. Define Prajnaparadha
288. Parinama/Kala
289. Define Roga Marga
290. What is Bahya Roga Marga?
291. What is Abhyantara Roga Marga?
292. Features of increased Vata
293. Features of increased Pitta
294. Features of increased Kapha
295. Define Trividha Vyadhi
296. Define Svatanttra Vyadhi
297. Define Paratantra Vyadhi
298. Define Guru Vyadhi
299. Define Alpa Vyadhi
300. Combinations of Doshas
301. Define Dushyas
302. Define Vishuddha Chikitsa
303. Treatment in Sthanika (Local) Dosha
304. Treatment of Sthanagata (Non-local) Dosha
305. Tiryaggata Dosha Chikitsa
306. Define Ama
307. Features of Sama Dosha
308. Treatment for Sama Dosha
309. Name the Aushadha Sevana Kala
310. Dwividha Upakrama
311. What is Upakrama

312. Types of Langhana
313. Shodhana type of Langhana
314. Shamana type of Langhana
315. Advantages of Brimhana
316. Advantages of Langhana
317. Disadvantages of Atibrimhana
318. Disadvantages of Atilanghana
319. Contents of Jivaniya Gana
320. Indications of Eladi Gana
321. Enlist the Vata decreasing drugs described in Shodhanadigana Samgraha.
322. Enlist the Pitta decreasing drugs described in Shodhanadigana Samgraha.
323. Enlist the Kapha decreasing drugs described in Shodhanadigana Samgraha.
324. Define Vataghna Gana
325. Define Pittaghna Gana
326. Define Kaphaaghna Gana

## **PART-B**

### **Syllabus**

- Ashtang Hridaya Sutrasthana Adhyaya 16 to 30
- Description of Ashta Prakriti
- Shastra Lakshana (Tantra), Tantraguna, Tantra Dosha, Tacchilya, Arthashraya, Kalpana

### **MAULIK SIDDHANT AVUM ASHTANG HRIDAYA**

(BASICPRINCIPLES AND ASHTANGA HRIDAYA- AND ANCIENT TEXT OF AYURVED)

**Part B**

**40 Marks**

**10 marks Questions**

1. Write in detail about Sneha Vidhi Adhyaya.
2. Describe the Dose of the Sneha and their indications.
3. Write about Sneha Vicharana, Sneha Matra, Jiryamana Lakshana and Jirna Lakshana.
4. Describe the complete Sneha Sevana Vidhi along with suitable- unsuitable persons for it and Samyaka Snigdha Lakshana.
5. State the suitable and unsuitable persons for oleation, Name the four oleating substances and the diseases in which they are beneficial.
6. Write the Chaturvidha Sneha, Their utility and dosages of Sneha.
7. Write in detail about Sveda Vidhi Adhyaya.
8. Describe the types of Svedana Karma along with its benefits.
9. Describe the Agneya-Sweda (Hot Sudation)
10. Describe various types of Svedana with its indication and contraindication.
11. Explain the verse in detail: स्नेहक्लिन्नाः कोष्ठगा धातुगा वा स्रोतोलीना ये च शाखास्थिसंस्थाः ।

दोषाः स्वेदैस्ते द्रवीकृत्य कोष्ठं नीताः सम्यक् शुद्धिभिर्निर्हियन्ते ।

12. Write in detail about Vamana-Virechana Vidhi Adhyaya.

13. Describe the suitable and unsuitable persons for Vamana (emesis) & Virechana.

14. Mention the Indications and Contraindications for Vamana and Virechana.

15. Explain the verse in detail: पेयां विलेपीमकृतं कृतं च यूषं रसं त्रीनुभयं तथैकम्।

क्रमेण सेवेत नरोऽन्नकालान् प्रधानमध्यावरशुद्धिशुद्धः।।

16. What is Shodhan Chikitsa, mention its types and describe Vamana Vidhi in detail.

17. Describe Vamana Vidhi and Peyadi Krama in detail.

18. Write the symptoms of Ayoga, Atiyoga and Samyak Yoga of Vamana and Virechana.

19. Write the complete Vamana Vidhi along with its Samyaka Shuddhi Lakshana.

20. Explain the verse in detail and describe Basti Vidhi.

“कृत्स्ना चिकित्साऽपि च बस्तिरेकैः।”

21. Mention the types of Basti and describe Basti Vidhi in detail

22. Describe Asthapana and Anuvasana Basti in detail.

23. Explain indication and contraindication for Asthapana and Anuvasana Basti.

Describe Matra Basti.

24. What is Anuvasana? Describe its procedure, indication and contraindication.

25. Explain the verse with reference and describe Basti Vidhi in detail.

“यथा कुसुम्भादियुतात्तोयाद्रागं हरेत्पटः। तथा द्रवीकृताद्देहाद्वस्तिर्निर्हरते मलान्।।”

26. Explain in detail with reference: नासा हि शिरसो द्वारं

27. Describe Nasya types and its Vidhi in detail.

28. Describe the types of Nasya with its procedure and explain which Nasya is appropriate according to disease.

29. Explain the verse with reference and describe Nasya Vidhi in detail



“आजन्ममरणं शस्तः प्रतिमर्शस्तु बस्तिवत् । मर्शवच्च गुणान् कुर्यात्स हि नित्योपसेवनात् । ।

30. Explain the verse and describe Nasya Vidhi in detail

“तैलमेव च नस्यार्थे नित्याभ्यासेन शस्यते । ।

31. Explain the verse in detail:

“घनोन्नतप्रसन्नत्वक्ऽऽस्कन्धग्रीवास्यवक्षसः । दृढेन्द्रियास्तपलिता भवेयुर्नस्यशीलिनः । । । ।

32. Explain the verse: “कासः श्वासः पीनसो विस्वरत्वं पूतिर्गन्धः पाण्डुता केशदोषः ।

कर्णास्याक्षिस्त्रावकण्ड्वर्तिजाड्यं तन्द्रा हिध्मा धूमपं न स्पृशन्ति । । ।

33. Mention the types of Dhumapana and describe Dhumapana Vidhi in detail.

34. Describe Indications-contraindications of Dhumapana and Benefits of Dhumapana.

35. Mention the types of Gandusha and explain it in detail.

36. Mention the subject matter of Gandushadi Vidhi Adhyay and explain Gandusha in detail.

37. Mention the subject matter of Gandushadi Vidhi Adhyay and explain Murdha Tail in detail.

38. Mention the types of Aschotan and describe Aschotana in detail.

39. Mention the types of Anjana and describe Anjana in detail

40. Mention the subject matter of Aschotana-Anjana Vidhi Adhyaya and describe the Vidhi in detail.

41. Explain the verse in detail with reference:

सर्वात्मना नेत्रबलाय यत्नं कुर्वीत नस्याञ्जनतर्पणाद्यैः ।

दृष्टिश्च नष्टा विविधं जगच्च तमोमयं जायत एकरूपम् ।

42. Describe Tarpana-Putapaka Vidhi Adhyaya in detail.

43. Describe the Yantra Vidhi Adhyaya in detail.

44. Mention the subject matter of Shashtra Vidhi Adhyaya and describe Jalaukavacharana Vidhi in detail.

45. Mention the subject matter of Shashtra Vidhi Adhyaya and describe Raktavisravana (blood letting) Vidhi in detail.
46. Mention the subject matter of Siravyadha Vidhi Adhyaya and describe Siravedha Vidhi (venesection) Vidhi in detail.
47. Describe the Shalyaharana Vidhi Adhyaya in detail
48. Mention the subject matter of Shashtrakarma Vidhi Adhyaya and describe it in detail.
49. Write the characteristics of Ama-Pachyamana and Pakwa Vrana along with the Shastra Karma Vaidhya (Surgeon) Lakshana.
50. Mention the subject matter of Kshara-Agikarma Vidhi Adhyaya and describe Ksharakarma it in detail.
51. Mention the subject matter of Kshara-Agikarma Vidhi Adhyaya and describe Agnikarma it in detail.
52. Mention the classification of 25 Tattvas and explain Shrushti Utpatti in detail.
53. What is Prakriti and Vikriti in context to Shrushti Utpatti? Explain it with detail.
54. What is Tantra Yukti? Explain any five Tantra Yukti.
55. Define Tantra Guna and explain any five Tantra Guna.

**MAULIK SIDDHANT AVUM ASHTANG HRIDAYA**  
(BASIC PRINCIPLES AND ASHTANGA HRIDAYA- AND ANCIENT TEXT OF AYURVED)

**Part B**  
**5 marks Questions**

**40 Marks**

1. Mention the eligible persons for Snehana.
2. Mention who are not eligible for Snehana.
3. Short Note: Sneha Matra
4. Short Note: Shodhana, Shamana and Brimhana Sneha
5. Symptoms of Samyaka-Alpa-Ati Snehana
6. Complications of Snehana Therapy
7. Features of Rukshana Therapy
8. Advantages of Snehana Therapy
9. Describe the four types of Svedana mentioned in Ashtanga Hridaya.
10. Short note: Sveda Vidhi
11. Short note: Samyaka Svedana Lakshana
12. Short note: Ati Svedana Lakshana
13. Short note: Signs and symptoms of Samyaka and Ati Stambhana Laskhanas
14. Short note: eligible persons for svedana Chikitsa
15. Short note: Niragni sveda
16. Write the importance of Swedana in the Purification therapy
17. Mention the Indications and Contraindications for Vamana.
18. Mention the Indications and Contraindications for Virechana.
19. Short Note: Vamana Vidhi
20. Short Note: Virechana vidhi
21. Short Note: Samyaka-Hina-Ati Yoga of Vamana
22. Write the characters of Samyaka Vamana and Samyaka Virechana

23. Explain the verse: पेयां विलेपीमकृतं कृतं च यूषं रसं त्रीनुभयं तथैकम्।

24. Explain the verse in context to Shodhana Chikitsa:

क्रमेण सेवेत नरोऽन्नकालान् प्रधानमध्यावरशुद्धिशुद्धः ।।

25. Short Note: Samyaka-Hina-Ati Yoga of Virechana

26. Describe the necessity of Samsarjana (Peyadi) Krama and explain it.

27. Explain the verse: मलो हि देहादुत्क्लेश्य हियते वाससो यथा ।

स्नेहस्वेदैस्तथोत्क्लिष्टः शोध्यते शोधनैर्मलः ।।

28. Explain the verse: स्नेहस्वेदावनभ्यस्य कुर्यात्संशोधनं तु यः ।

दारु शुष्कमिवानामे शरीरं तस्य दीर्यते ।।

29. Short Note: Benefits of Samshodhana Chikitsa

30. Indication and contraindication for Asthapana Basti

31. Indication and contraindication for Anuvasana Basti

32. Short Note: Basti Vidhi

33. Short Note: Basti Netra

34. What is Asthapana Basti and its utility?

35. What is Anuvasana Basti and its utility?

36. What is Niruha Basti and its utility?

37. Short Note: Uttara Basti

38. Short Note: Matra Basti

39. Explain the verse with reference: “तस्माच्चिकित्साद्ध इति प्रदिष्टः”

40. Explain the verse with reference: “पक्षाद्विरेको वमिते ततः पक्षान्निरूहणम्।

सद्यो निरूढश्चान्वास्यः सप्तरात्राद्विरेचितः ।।”

41. Short note: importance of Basti.

42. Explain: स्नेहवस्तिं निरूहं वा नैकमेवाति शीलयेत् । ।

43. Explain the verse with reference: “यथा कुसुम्भादियुतात्तोयाद्रागं हरेत्पटः ।

तथा द्रवीकृताद्देहाद्वस्तिर्निर्हरते मलान् । । ”

44. Short note: नासा हि शिरसो द्वारं

45. Short note: Nasya Vidhi

46. Short note on Avapida and Pradhamana Nasya

47. Short note on Marsha and Pratimarsha Nasya

48. Short note: Nasya Samyak Yoga

49. Explain the verse with reference: “आजन्ममरणं शस्तः प्रतिमर्शस्तु बस्तिवत् ।

मर्शवच्च गुणान् कुर्यात्स हि नित्योपसेवनात् । ।

50. Explain the verse: “तैलमेव च नस्यार्थे नित्याभ्यासेन शस्यते । ।

51. Difference between Marsha and Pratimarsha Nasya

52. Short Note: Advantages of Nasya

53. Short note: Indications and contraindications of Dhumapana.

54. Short note: Administration time for Dhumapana.

55. Short note: Dhumanetra

56. Short note: Dhumapana Vidhi

57. Short note: Snaihika Dhumapana

58. Short note: Dhumavarti

59. Short note: Kasaghna Dhumapana

60. Short note: Benefits of Dhumapana

61. Short Note: Gandusha Vidhi

62. Short Note: Kavala Vidhi

63. Short Note: Gandusha Dharana

64. Short Note: benefits of Kavala

65. Difference between Gandusha and Kavala along with the types of Gandusha

66. Short Note: Pratisarana

67. Short Note: Murdhatila

68. Short Note: Shirobasti Vidhi

69. Short Note: benefits of Murdha taila

70. Explain the verse: कचसदनसितत्वपिञ्जरत्वं परिफुटनं शिरसः समीररोगान्।

जयति, जनयतीन्द्रियप्रसादं स्वरहनुमूर्द्धबलं च मूर्द्धतैलम्।

71. Short Note: Mukhalepa

72. Short Note: Aschotana Vidhi

73. Short Note: Anjana Vidhi

74. Short Note: types of Anjana

75. Short Note: Anjana Shalaka

76. Short Note: Tarpana Vidhi

77. Short Note: Putapaka Vidhi

78. Importance of Shalakya Tantra.

79. What is Yantra? Mention its types

80. Short Note: Yantra

81. Short Note: define Yantra and describe the specialty of Kanka Mukha Yantra.

82. Short Note: Shashtra Lakshana (sharp instruments)

83. Short Note: Jalaukavacharana Vidhi

84. Qualities of Shalya Chikitsaka

85. Short Note: Siravedha Vidhi

86. Explain the verse:

प्रसन्नवर्णेन्द्रियमिन्द्रियार्था- निच्छन्तमव्याहतपक्तुवेगम्।

सुखान्वितं पुष्टिबलोपपन्नं विशुद्धरक्तं पुरुषं वदन्ति ।।

87. Short Note: Shalya Nirharana Vidhi.

88. Short Note: Shalya and its modalities of treatment.

89. Describe the Shalya Gati  
90. Short Note: Vranashotha/Shopha  
91. Short Note: ShashtraKarma Vidhi  
92. Explain the verse:

शौर्यमाशुक्रिया तीक्ष्णं शस्त्रमस्वेदवेपथू ।

असम्मोहश्च वैद्यस्य शस्त्रकर्मणि शस्यते । ।

93. Short Note: Sivana Karma (suturing procedure)  
94. Short Note: Kshara Karma  
95. Short Note: Ksharapaka Vidhi  
96. Explain the verse:

अग्निः क्षारादपि श्रेष्ठस्तद्गन्धानामसम्भवात् ।

भेषजक्षारशस्त्रैश्च न सिद्धानां प्रसाधनात् । ।

97. Short Note: Agnikarma  
98. Short Note: Dagdha bheda  
99. Write the difference between Mridukshara and Tikshnakshara. Write its contraindications.

100. Explain the verse:

अव्यक्तं महानहङ्कारः पञ्चतन्मात्राणि चेत्यष्टौ प्रकृतयः; शेषाः षोडश विकाराः । ।

101. Short Note: Shrushti Utpatti  
102. Name the Ashta Prakriti and explain the Prakriti-Purusha similarities and dissimilarities.  
103. What is Mula-Prakriti and its importance in evolution process?  
104. Define TantraYukti and explain any two TantraYukti of your choice with their brief explanation.  
105. Types and importance of Tantra Yukti.  
106. Define Tantra Guna and explain any two Tantra Guna.

107. Define Shashtra Lakshana and explain any two of them.
108. Short Note: Tantra Guna and Tantra Dosha
109. What is Tantra Dosha? Explain any two of them.
110. Short Note: explain any two Vyakhya
111. Short Note: explain any two Kalpana
112. Short Note: explain any two Tacchilya
113. What is Arthashraya name any ten Arthashraya.
114. What is Arthashraya and describe any two Arthashraya.



**MAULIK SIDDHANT AVUM ASHTANG HRIDAYA**  
(BASICPRINCIPLES AND ASHTANGA HRIDAYA- AND ANCIENT TEXT OF AYURVED)

**Part B**  
**2 marks Questions**

**40 Marks**

1. Define Snehana
2. Qualities of Snehana Dravya
3. Enlist Chaturvidha Sneha
4. Enlist Yamaka Sneha
5. Enlist Trivrita Sneha
6. Define Mahan Sneha
7. Suitable time for Snehana
8. Samyak Snigdha Lakshana
9. Define Sneha Vicharana
10. Define Shodhana Sneha
11. Define Shamana Sneha
12. Define Acchapana
13. Define Brimhana Sneha
14. Anupana for different types of Sneha
15. Pathya Ahara during Snehana Therapy
16. Snehana Karma
17. Rukshana karma
18. Define Sadyo Sneha
19. Define Svedana
20. Types of Sudation Therapy
21. Define Tapa Sveda

22. Define Upanaha sveda
23. Define Ushma Sveda
24. Define Drava Sveda
25. Define Parisheka Sveda
26. Define Avagaha Sveda
27. Svedana Phala
28. Properties of Svedana Dravya
29. Properties of Stambhana Dravya
30. Name the types of Niragni Sveda
31. Define Vamana
32. Define Virechana
33. Name the drugs used for Virechana
34. List the Panchakarma
35. Vamana Yogya (eligible persons for Vamana)
36. Indications for Vamana
37. Contraindications for Vamana
38. Indications for Virechana
39. Contraindications for Virechana
40. Hina Yoga of Vamana Lakshana
41. Samyak Yoga of Vamana Lakshana
42. Ati Yoga of Vamana Lakshana
43. Vamana Paschat Karma (Care after emesis)
44. Mention the Vega and Parimana for Vamana
45. Mention the Vega and Parimana for Virechana
46. Define Mridu Koshta
47. Define Krura Koshta
48. Write the types of Koshta.
49. State the relation between Doshas and Koshta (nature of bowels).
50. Hina Yoga of Virechana Lakshana

51. Samyak Yoga of Virechana Lakshana
52. Ati Yoga of Virechana Lakshana
53. Paschat Karma of Virechana
54. Advantages of Snehana-Svedana before Shodhana therapy
55. Shodhana Phala
56. Define Basti
57. Name the types of Basti
58. Indication for Asthapana Basti
59. Contraindication for Asthapana Basti
60. Indication for Anuvasana Basti
61. Contraindication for Anuvasana Basti
62. Write the meaning of वातोल्बणेषु दोषेषु वाते वा बस्तिरिष्यते ।
63. Define Basti putaka
64. Dosage of Asthapana Basti Dravya
65. Dosage of Anuvasana Basti Dravya
66. Basti Pratyagamana Kala
67. Niruha Basti Paschat Karma
68. SamyakaYoga Lakshana of Anuvasana Basti
69. Number of Basti according to Doshas
70. Number of Karma-Kala-Yoga Basti
71. Define Matra Basti
72. Define Uttara Basti
73. Netra for Uttara Basti
74. Dosage for Uttara Basti Dravya
75. Uttara Basti in male
76. Uttara Basti in female
77. Define Nasya
78. Name the types of Nasya

79. Define Virechana Nasya
80. Define Brimhana Nasya
81. Define Shamana Nasya
82. Drugs for Virechana Nasya
83. Drugs for Brimhana Nasya
84. Drugs for Shamana Nasya
85. Define Marsha Nasya
86. Define Pratimarsha Nasya
87. Define Avapida Nasya
88. Define Pradhamana Nasya
89. Dosage of Nasya
90. Contraindications of Nasya
91. Time of administration of Nasya
92. Indications for Pratimarsha Nasya
93. Contraindications for Pratimarsha Nasya
94. Name the fifteen kala for Pratimarsha Nasya
95. Nasya Phala
96. Define Anu Taila
97. Define Dhumapana
98. Dhumapana Prayojana
99. Name the types of Dhumapana
100. Contraindications of Dhumapana
101. Snigdha Dhumapana
102. Madhyama Dhumapana
103. Tikshna Dhumapana
104. Define Kasaghna Dhumapana
105. Define Dhumanetra
106. Length of Dhumanetra
107. Define snaihika dhumapana

108. Enlist the side effects due to excessive Dhumapana
109. Define Gandusha
110. Define Kavala
111. Benefits of Kavala
112. Name the types of Gandusha
113. Define Snahika Gandusha
114. Define Shamana Gandusha
115. Define Shodhana Gandusha
116. Define Ropana Gandusha
117. Useful liquids for Gandusha
118. Indications for Gandusha
119. Gandusha for healthy persons
120. Time duration for Gandusha Dharana
121. Name the types of Pratisarana
122. Name the types of Mukhalepa
123. Define Mukhalepa
124. Benefits of Mukhalepa
125. Name the types of Murdhatila
126. Write the benefits of oiling of the head (Murdha Taila).
127. Define Pariseka
128. Define Shiropichu
129. Define Shiro Basti
130. Name the diseases cured by Shirobasti
131. Define Karnapurana
132. Advantages of Murdha taila
133. Name the first line of treatment in Netra-roga
134. Define Aschotana
135. Define Anjana
136. Indications for Aschotana

137. Contraindications for Aschotana
138. Write the Aschotana procedure
139. Advantages of Aschotana
140. Indications for Anjana
141. Advantages for Anjana
142. Name the types of Anjana
143. Define Lekhananjana
144. Define Ropananjana
145. Define Prasadananjana
146. Define Pratyjanjana
147. Dosages for Anjana
148. Define Anjana Shalaka
149. Name the types of Anjana according mode of preparations
150. Suitable time for the administration of Anjana
151. Suitable time for Tikshnanjana
152. Unsuitable conditions for Tikshnanjana
153. Contraindications for Anjana
154. Define Tarpana
155. Define Putapaka
156. Indications for Tarpana
157. Time duration for Tarpana for different condition
158. Samyak Yoga of Tarpana
159. Write the procedure of Akshi Tarpana
160. Name the types of Putapaka
161. Define Snehana Putapaka
162. Define Lekhana Putapaka
163. Define Prasadana Putapaka
164. Define Yantra
165. Define Swastika Yantra

166. Define Sadamsha Yantra
167. Define Muchundi Yantra
168. Define Tala Yantra
169. Define Nadi Yantra
170. Define Kanthashalyavalokani Nadi yantra
171. Define Arshoyantra
172. Define Bhagandara Yantra
173. Define Anguli Tranaka Yantra
174. Define Ghrana Yantra
175. Define Yoni Vranekshana Yantra
176. Define Yantra for Nadivrana
177. Define Shringa Nadi Yantra
178. Define Tumbi Yantra
179. Define Ghati Yantra
180. Define Shalaka Yantra
181. Define Eshani Shalaka
182. Define Shanku Yantra
183. Define Garbha Shanku Yantra
184. Define Ashmari Harana yantra
185. Define Danta Patana Yantra
186. Define Payu Yantra
187. Define Karna Shodhana Yantra
188. Define Anuyantra
189. Yantra Karma
190. Define Kanka Mukha Yantra
191. Define Shashtra (Sharp instruments)
192. Types of Shashtra (Sharp instruments)
193. Define Mandalagra Shashtra
194. Define Vriddhi Patra Shashtra

195. Define Vetasamukha Shashtra
196. Define Shararimukha Shashtra
197. Define Trikurchaka Shashtra
198. Define Kushapatraka Shashtra
199. Define Atamukha Shashtra
200. Define Antarmukha Shashtra
201. Define Vrihimukha Shashtra
202. Define Kuthari Shashtra
203. Define Tamra Shalaka Shashtra
204. Define Anguli Shashtra
205. Define Badisha Shashtra
206. Define Kartari Shashtra
207. Define Anushashtra
208. Mention Shashtra Dosha
209. Mention Shashtra Karma
210. Define Shashtra Kosha
211. Types of Jalauka
212. Types of Nirvisha Jaulaka
213. Types of Savisha Jaulaka
214. Define Shrunga Yantra
215. Define Alabu Yantra
216. Define Pracchana Karma
217. Importance of Shira Vedhana
218. Write the methods of blood-letting
219. Write the method of blood extraction by Jalauka (leeches).
220. Benefits of Blood Letting
221. Define Siravyadha
222. Qualities of Shuddha rakta
223. Define Raktaja Vyadhi



224. Contraindications of Siravyadha (venesection)
225. Siravedha in Apasmara
226. Siravedha in Grudhrasi
227. Write the site for venesection in cases of Grudhrasi (sciatica) and Apachi.
228. Siravedha in Apachi
229. Vatadushita Rakta
230. Pittadushita Rakta
231. Kaphadushita Rakta
232. Define Raktastambhana
233. Pathya in Raktavisravana
234. Write about Shalyardha Chikitsa
235. Define Shalya Nirharana (removal of foreign body)
236. Define Shalya Gati
237. Types of Shalya Gati according to Acharya Vagbhata
238. Antah Shalya Lakshana
239. Tvachagata Shalya Lakshana
240. Mamsagata Shalya Lakshana
241. Peshigata Shalya Lakshana
242. Snayugata Shalya Lakshana
243. Siragata Shalya Lakshana
244. Srotogata Shalya Lakshana
245. Dhamanigata Shalya Lakshana
246. Asthigata Shalya Lakshana
247. Asthisandhigata Shalya Lakshana
248. Sandhigata Shalya Lakshana
249. Koshthagata Shalya Lakshana
250. Marmagata Shalya Lakshana
251. Types of Shalya according to Shape
252. Kanthagata Shalya Nirharana

253. Jatu Shalya Nirharana
254. Enlist the Shalya (foreign bodies) which melts in the body
255. Unabsorbed Shalya (foreign bodies) and their effects
256. Define Shashtra Karma
257. Treatment of VranaShotha
258. Symptoms of Ama Vranashotha
259. Symptoms of Pachyamana Vranashotha
260. Symptoms of Pakva Vranashotha
261. Contraindications of incision in Amashopha
262. What is Tiryaka Chedana (horizontal incision)?
263. Post operative care
264. Diet in post-operative care
265. Define Vranopachara
266. Define Vikeshika
267. Define Suturing
268. Types of Suture
269. Types of Bandhana (bandages)
270. Advantages of Bandhana (bandages)
271. Contraindications of Bandhana (bandages)
272. Define Ksharakarma
273. Define Agnikarma
274. Supremacy of Kshara
275. Types of Kshara
276. Contraindications for Kshara Prayoga
277. Define Mridu Kshara
278. Define Madhyama Kshara
279. Define Tikshna Kshara
280. Indications of different types of Kshara
281. Kshara Guna

282. Samyaka Yoga of Ksharakarma
283. Post operative care of Ksharakarma
284. Symptoms of Samyaka Dagdha
285. Symptoms of Durdagdha
286. Symptoms of Atidagdha
287. Contraindications of Agnikarma
288. Indications of Agnikarma
289. Dagdha Bheda
290. Define Sneha Dagdha
291. Define Tuccha Dagdha
292. Define Samyak Dagdha
293. Define Ati Dagdha
294. Treatment of Sneha Dagdha
295. Treatment of Tuccha Dagdha
296. Treatment of Samyak Dagdha
297. Treatment of Ati Dagdha
  
298. What is Shrushti Utpatti
299. Define Prakriti
300. Define Purusha
301. Define Mahat
302. Define Ahankara
303. Name the Pancha Jnanendriya
304. Name the Pancha Karmendriya
305. Ekadasha Indriya
306. Define Manas
307. Name the Pancha Tanmatra
308. Enlist Panchamahabhuta
309. Define Avyakta

310. Classification of Tattvas
311. Define Prakriti-Vikriti
312. Define: Na Prakriti-Na Vikriti
313. Name the Ashtavidha Prakriti
314. Similarities between Prakriti and Purusha
315. Dissimilarities between Prakriti and Purusha
316. What is TantraYukti
317. Definition of Tantra Yukti
318. Numbers of Tantra Yukti
319. Define Adhikarana
320. Define Yoga
321. Define Hetvartha
322. Define Padartha
323. Define Pradesha
324. Define Uddesha
325. Define Nirdesha
326. Define Vakyashesha
327. Define Prayojana
328. Define Upadesha
329. Define Apadesha
330. Define Atidesha
331. Define Arthapatti
332. Define Nirnaya
333. Define Prasanga
334. Define Ekanta
335. Define Anekanta
336. Define Apavarga
337. Define Viparyaya
338. Define Purvapaksha

339. Define Vidhana
340. Define Anumata
341. Define Vyakyana
342. Define Samshaya
343. Define Atitavekshana
344. Define Anagatavekshana
345. Define Swasamjna
346. Define Uhya
347. Define Samucchaya
348. Define Nidarshana
349. Define Nirvachana
350. Define Sanniyoga
351. Define Vikalpa
352. Define Pratyutsara
353. Define Uddhara
354. Define Sambhava
355. What is Shashtra Lakshana
356. Define Shaashtra (शास्त्र)
357. What is Tantra Guna
358. Number of Tantra Guna
359. Name any five Tantra Guna
360. Define any two Tantra Guna
361. Define Tantra Dosha
362. Types of Tantra Dosha
363. Explain any two Tantra Dosha
364. Viruddhama Tantra Dosha
365. Define Punarukta Tantra Dosha
366. Define Vyakhya



**COLLECTION OF VARIOUS**  
**-> HINDUISM SCRIPTURES**  
**-> HINDU COMICS**  
**-> AYURVEDA**  
**-> MAGZINES**

**FIND ALL AT [HTTPS://DSC.GG/DHARMA](https://dsc.gg/dharma)**

**Made with**



**By**

**Avinash/Shashi**

**Icreator of  
hinduism  
server!**

**KAPWING**

367. Number of Vyakhya
368. Explain any two Vyakhya
369. Define Kalpana
370. Types of Kalpana
371. Define Tacchilya
372. Types of Tacchilya
373. How many Tachchilya and Kalpana are described by Arunadatta?
374. Define Arthashraya
375. Types of Arthashraya
376. Define Adi Lopa
377. Define Madhya Lopa
378. Define Anta Lopa
379. Define Ubhayapada Lopa
380. Define Tantrashila