

1.5 Maulik Siddhant avum Ashtang Hridaya

(Basic Principles and Ashtang Hridaya- An ancient text of Ayurveda)

Theory- One Paper– 100 marks

Part A: Ashtang Hridaya 'Sutrasthana' Adhyaya 1 to 15

60 marks

Part B

40 marks

1. Ashtang Hridaya Sutrasthana Adhyaya 16 to 30

2. Description of Ashta Prakriti

3. Shastra Lakshan (Tantra),

Tantraguna,

Tantradosha,

Tachitalya,

Arthasraya,

Kalpana



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 **KAPWING**

1. आयुष्यकामीय

- Describe the need of the creation of Ashtanga Hridaya and explain the Vyadhi Sadhyasadyatva (Prognosis of a disease) (May'18, S/A,Q/1,10 marks) 'Compulsory'.
- Write the Dominance of the Dosha in the koshta ? (May'18, S/A,Q/4-2, 2 marks)
- Write the Name of any Two Chapters of the Sharira Sthana of Ashtang Hridayam (May'18, S/A,Q/4-5, 2 marks)
- Write in detail about Ashtang Ayurveda (Nov'17, S/A,Q/2-1, 10 marks)
- Enlist the Guna of Vayu. (Nov'17, S/A,Q/4-5, 2 marks)
- Name the Chikitsa Chatushpada and Write characteristics of Rogi. (Oct'16, P/A, Q/3-1, 5 marks)
- Write the Importance of ashtanga Hridaya (Oct'16, P/A, Q/3-2, 5 marks)
- Enlist the name of Ashtang Ayurveda (Oct'16, P/A, Q/4-1, 2 marks)
- Write the type of Koshta (Oct'16, P/A, Q/4-2, 2 marks)
- Write the Mano dosha (Oct'16, P/A, Q/4-6, 2 marks)

2. दिनचर्या

- What is Vyayama Matra ? (May'18, S/A,Q/4-4, 2 marks)
- Define: Udavartana (Nov'17, S/A,Q/4-6, 2 marks)
- Describe Dinacharya according to Ashtang Hridaya. (May'17,P/A, Q/1 Compulsory 10 marks)

3. ऋतुचर्या

- Describe Sharada Ritu Charya (Regiment of the autumn) (May'18, S/A,Q/2-1,10 marks)
- Write in detail about Varsha Ritu Charya (Nov'17, S/A,Q/2-2, 10 marks)
- Describe Adana and Visarga Kala (May'17,P/A, Q/2-3 10 marks)

4. रोगानुत्पादनीय

- Explain the Adharaniya vega (Non suppressible urges) (May'18, S/A,Q/2-3, 10 marks)
- Write in detail about the effect of suppression of Adharaniya Vega and their Chikitsa. (Nov'17, S/A,Q/1, Compulsory 10 marks)
- Enlist the aadharinya vega (May'17,P/A, Q/4-4, 2 Marks)

- Name the Adharaniya vega (Non-suppressible urges). Describe the type of Shodhana (Purification) (Oct'16, P/A, Q/1, Compulsory 10 marks)

5. **द्रवद्रव्यविज्ञानीय**

- Write the importance of Go-dugdha.
- Write the Qualities and action of Madhu (Honey) (May'18, S/A,Q/3-5, 5 marks)

6. **अन्नस्वरूप विज्ञानीय**

- Write the Names of the Drug in the Mahata Panchamula (May'18, S/A,Q/4-3, 2 marks)
- Short Notes on Chaturajata (May'17,P/A, Q/3-2 10 Marks)

7. **अन्न रक्षा**

- Write the benefit of Nidra (May'17,P/A, Q/4-6, 2 Marks)
- Write the effect of Ratri Jagrana (Oct'16, P/A, Q/4-3, 2 marks)
- Define: the viruddhahara (Nov'17, S/A,Q/4-3, 2 marks)

8. **मात्राशितीय**

- Write a short note on:: Ajirna (Nov'17, S/A,Q/3-2, 5 marks)
- Define: anupana (May'17,P/A, Q/4-2, 2 Marks)

9. **द्रव्यादि विज्ञानीय**

- Define: Prabhava (Nov'17, S/A,Q/4-1, 2 marks)
- Enlist the Ashtavidha virya (May'17,P/A, Q/4-3, 2 Marks)
- Enlist the Guruvadi Guna (May'17,P/A, Q/4-5, 2 Marks)
- Define: Vipaka (Oct'16, P/A, Q/4-4, 2 marks)

10. **रसभेदीय**

- Write the action of the Madura Rasa. (May'18, S/A,Q/3-4, 5 marks)
- Write a short note on: Madhura Rasa. (Nov'17, S/A,Q/3-1, 5 marks)

11. दोषादि विज्ञानीय

- Write the causes of Oja Kshaya (Depletion of the Oja) and Explain the dosha dhooshya ashraya ashrayi bhaava (May'18, S/A,Q/2-2,10 marks)
- Write a short note on: Prakrita dhatu and mala karma (Nov'17, S/A,Q/3-4, 5 marks)
- Define: Oja (Nov'17, S/A,Q/4-4, 2 marks)

12. दोषभेदीय

- What are the Doshaja, karmaja and Dosha-karmaja Vyadhi? Write their treatment principal. (May'18, S/A,Q/3-2, 5 marks)
- Write the Name of any Two Chapters of the Sharira Sthana of Ashtang Hridayam (May'18, S/A,Q/4-5, 2 marks)
- Define: the Swatantra vyadhi. (May'18, S/A,Q/4-6, 2 marks)
- Write the bheda, sthana and karma of Kapha. (Nov'17, S/A,Q/2-3, 10 marks)
- Write the bheda, sthana and karma of Vata (May'17,P/A, Q/2-2 10 marks)
- Write the relation between the Dosha and the age, day, night and diet. (May'17,P/A, Q/3-1 10 marks)
- Define: Sannipata (May'17,P/A, Q/4-1, 2 Marks)
- Define: Vyadhi (Disease) and explain the trividha vyadhi (Oct'16, P/A, Q/2-1, 10 marks)

13. दोषोपक्रमणीय

- Write a short note on: aushadha sevana kala. (Nov'17, S/A,Q/3-5, 5 marks)
- Explain the Aushadha sevana kala. (Oct'16, P/A, Q/3-5, 5 marks)
- Write in detail about Roga marga. (May'17,P/A, Q/2-1 10 marks)
- Write the characteristics of the doshopakrama kala. (Oct'16, P/A, Q/3-4, 5 marks)
- Write a short note on: Sama and Nirama Dosha (May'17,P/A, Q/3-4 10 Marks)

14. द्विविधोपक्रमणीय

- What is the definition of Langhan (Emaciation) and Brihana (Nourishing) Write the langhita lakshana (Characteristics of Emaciated)? (May'18, S/A,Q/3-1, 10 marks)
- Describe the Dvididh upakarma (Oct'16, P/A, Q/2-2, 10 marks)
- Why is Sanshodhana Superior to Shamana ? (May'18,S/A,Q/4-1, 2 marks)
- Define: Shamana (Nov'17, S/A,Q/4-2, 2 marks)

15. शोधनादि-संग्रह

- Write the Vyoshadi Yoga (May' 17, P/A, Q/3-5 10 Marks)
- Write the constitution of trijata (Oct' 16, P/A, Q/4-5, 2 marks)

End of Part-A

Part B

40 marks

1. Ashtang Hridaya Sutrasthana Adhyaya 16 to 30

16. स्नेह विधी

- Describe the sneha matra (Oct'16, P/B, Q/6-1, 5 marks)

17. स्वेद विधी

- Write a Short note on an anagni Swedana. (May'18,S/B,Q/6-1, 5 marks)
- Describe the type of Swedana and Yogya-Ayogya for the Sweden (Nov'17, S/B, Q/5, Compulsory 10 marks)
- Write a short note on: Sweda vidhi (May'17,P/B, Q/6-5, 5 marks)
- Describe the type of Swedana karma along with its benefits (Oct'16, P/B, Q/5, Compulsory 10 marks)

18. वमन-विरेचन विधी

- Describe the Vamana and Virechana under this two headings: 1) Lakshana (Definition), 2). Yog ayog and atiyoga Lakshana (Characteristics of Proper Deficient and Excess) (May'18,S/B,Q/5, Compulsory 10 marks)
- Write a short note on:: Samsarjana Karma (Nov'17, S/B, Q/6-1, 5 marks)
- Write the character of Samyaka Vamana and virechana (Oct'16, P/B, Q/6-2, 5 marks)

19. बस्ति विधी

- Define: the Matra Basti (May'18,S/B,Q/7-1, 2 marks)
- Write a short note on: Asthapana Basti (Nov'17, S/B, Q/6-2, 5 marks)
- Define: Matra Basti (May'17,P/B, Q/7-2, 2 marks)
- Enlist the type of Basti (May'17,P/B, Q/7-5, 2 marks)
- What is Niruha Basti and its utility ? (Oct'16, P/B, Q/6-4, 5 marks)

20. नस्य विधी

- Write the Importance of the Nasya. (May'18,S/B,Q/7-5, 2 marks)
- Define:Navana (May'17,P/B, Q/7-3, 2 marks)
- Write the type of Nasya (Oct'16, P/B, Q/7-2, 2 marks)

21. घूमपान विधी

- Write the importance of Dhumapana (Oct'1, P/B, Q/7-, 2 marks)

22. गण्डूषादि विधी

- Define: Gandusha (May'17,P/B, Q/7-4, 2 marks)

23. आश्रयोतनांजन विधी

- Write a short note on Anjana (Collyrium) (May'18,S/B,Q/6-5, 5 marks)
- Name the First Line of Treatment in Netra Roga

24. तर्पण पुटपाक विधी

- What do you mean by Taparna ?

25. यन्त्र विधी

- Write the utility of Nadi yantra (intratubular instrument) (May'18,S/B,Q/7-4, 2 marks)
- Write a short note on: Swastika Yantra (Nov'17, S/B, Q/6-5, 5 marks)
- Define: anuyantra. (Nov'17, S/B, Q/7-4, 2 marks)

26. शस्त्र विधी

- Write any two Shastra dosha (Defects in the Sharp instrument) (May'18,S/B,Q/7-3, 2 marks)
- Enlist the Shastra Dosa (Sharp instrument) (Nov'17, S/B, Q/7-5, 2 marks)
- Define: Surgical instruments (Oct'16, P/B, Q/7-1, 2 marks)
- Type of Jalauka (Oct'16, P/B, Q/7-5, 2 marks)

27. शिराव्यध विधी

- Write the characteristics of the Vishuddha Purusha (Person Having the Pure Blood) (May'18,S/B,Q/6-4, 5 marks)
- Write the Shuddha Rakta Lakshana (Nov'17, S/B, Q/7-1, 2 marks)

28. शल्याहरण विधी

- How will you diagnose a foreign body in the skin ? (May'18,S/B,Q/7-1, 2 marks)
- Enlist the shalya gati. (Nov'17, S/B, Q/7-2, 2 marks)
- Define Shalya (May'17,P/B, Q/7-1, 2 marks)
- Describe the Shalya gati (Oct'16, P/B, Q/6-3, 5 marks)

29. शस्त्रकर्म विधी

- Write a short note on: Patta bandhana (May'17,P/B, Q/6-2, 5 marks)
- Write a short note on: Shopha (Nov'17, S/B, Q/6-4, 5 marks)

30. क्षाराग्निकर्म विधी

- Write a short note on: the dagdha bheda (May'17,P/B, Q/6-4, 5 marks)

2. Description of Ashta Prakriti

- Define: the Avyakta (Non Manifest) and Differentiate it from the Purusha (Soul) (May'18,S/B,Q/6-2, 5 marks)
- Write the Synonyms of Prakriti (Nov'17, S/B, Q/7-6, 2 marks)
- Write in detail about Shrishti utpatti krama (May'17,P/B, Q/5 'Compulsory' 10 marks)

3. Shastra Lakshan (Tantra),**Tantraguna,**

- Explain any four Tantrayukti (Oct'16, P/B, Q/6-5, 5 marks)
- Name any two Tantragna (Oct'16, P/B, Q/7-3, 2 marks)
- Define: Siddhanta (Oct'16, P/B, Q/7-6, 2 marks)

Tantradosha,



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 **KAPWING**

- Define: Punaruktam. (May'17, P/B, Q/7-6, 2 marks)
- What is Punarukti dosha (Oct'16, P/B, Q/7-4, 2 marks)

Tachitalya,

- Define: Tachitalya (Nov'17, S/B, Q/7-3, 2 marks)

Arthasraya

- What do mean by Arthasraya? (Nov'1, S/B, Q/7-, 2 marks)
- Write the importance of Arthasraya in Ayurveda. (Nov'1, S/B, Q/7-, 2 marks)

Kalpana

- Importance of Kalpana in Ayurveda (Nov'1, S/B, Q/7-, 2 marks)

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Each point of **“Basic Principle”** subject is important,

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-Vd. Rupesh Wadher