Unit 4 Question bank

1. Which Tridoṣa is primarily responsible for movement and nerve impulses?
a) Kapha
b) Pitta
c) Vāta
d) Ojas

Answer: c

2. Pitta Doṣa is mainly associated with which function?
a) Lubrication and immunity
b) Metabolism and digestion
c) Stability and memory
d) Elimination of wastes

Answer: b

3. Kapha Doṣa is dominantly composed of which Mahābhūtas?
a) Air and Ether
b) Fire and Water
c) Water and Earth
d) Fire and Air

Answer: c

4. Which age period is considered Kapha-dominant according to Ayurveda?
a) Old age
b) Adulthood
c) Childhood
d) Senescence

Answer: c

5. A person suffering from anxiety, dryness, and insomnia most likely has aggravation of:
a) Kapha
b) Pitta
c) Vāta
d) Sattva

Answer: c

6. Which of the following is a general balancing strategy for aggravated Pitta?
a) Vigorous exercise
b) Cooling foods and practices
c) Heavy oily meals
d) Daytime sleep

Answer: b

Triguṇa System (Mind Qualities)

7. Which Guṇa represents clarity, harmony, and calmness?
a) Rajas
b) Tamas
c) Kapha
d) Sattva

Answer: d

8. Over-competitiveness and restlessness indicate dominance of:
a) Sattva
b) Tamas
c) Rajas
d) Kapha

Answer: c

9. Consumption of stale and heavy food mainly increases:
a) Sattva
b) Rajas
c) Tamas
d) Pitta

Answer: c

10. Meditation and ethical living primarily help in increasing:
a) Rajas
b) Tamas
c) Kapha
d) Sattva

Answer: d

11. Kapha Doṣa, when imbalanced, is most closely associated with which Guṇa?
a) Rajas
b) Tamas
c) Sattva
d) None

Answer: b

BMI–C (Body–Mind–Intellect–Consciousness Model)

12. In the BMI–C model, which component is responsible for discrimination and decision-making?
a) Mind

b) Body
c) Intellect (Buddhi)
d) Consciousness

Answer: c

13. The physical body in the BMI–C model primarily serves as:
a) Witnessing awareness
b) Instrument of action
c) Decision maker
d) Source of emotions

Answer: b

14. Consciousness in Yoga philosophy is best described as:
a) Emotional center
b) Cognitive process
c) Witnessing awareness
d) Sensory organ

Answer: c

15. Which sequence correctly represents information flow in BMI–C?
a) Body → Mind → Intellect
b) Mind → Body → Consciousness
c) Senses → Mind → Intellect → Action
d) Consciousness → Mind → Body

Answer: c

16. Improving sleep and nutrition primarily enhances which component first?
a) Consciousness
b) Intellect
c) Body
d) Sattva

Answer: c

64 Kalas (Arts and Skills)

17. The classical list of 64 Kalas represents:
a) Religious rituals
b) Military sciences
c) Holistic life skills
d) Only fine arts

Answer: c

18. Which text gives the most famous list of the 64 Kalas?
a) Arthashastra
b) Kama Sutra
c) Yoga Sutra
d) Charaka Samhita

Answer: b

19. Architecture (Vāstu Vidyā) is classified under which category of Kalas?
a) Performing arts
b) Nature sciences
c) Engineering and craftsmanship
d) Games and sports

Answer: c

20. Knowledge of regional languages belongs to which Kala group?
a) Performing arts
b) Literary and intellectual arts
c) Domestic skills
d) Martial arts

Answer: b

Vāstu Śāstra & Architecture

21. Vāstu Śāstra primarily aims at aligning buildings with:
a) Political systems
b) Modern technology
c) Cosmic and natural forces
d) Economic efficiency

Answer: c

22. The Vāstu Purusha Maṇḍala is mainly used for:
a) Decorative carving
b) Structural strength
c) Site energy zoning
d) Cost estimation

Answer: c

23. Which of the following is NOT an limb of Vāstu Śāstra?
a) Sthāpatya
b) Prāsāda
c) Yantra
d) Ābharaṇa

Answer: c

24. Soil testing and land analysis fall under which limb of Vāstu?
a) Prāsāda
b) Vāstu
c) Yāna
d) Śayana

Answer: b

Town Planning & Temple Architecture

25. The Harappan civilization is best known for:
a) Circular town planning
b) Radial street layout
c) Grid pattern with drainage
d) Temple-centric cities

Answer: c

26. The Garbhagṛha in a Hindu temple represents:
a) Assembly hall
b) Gateway tower
c) Cosmic womb
d) Circumambulatory path

Answer: c

27. Curvilinear Śikhara is a characteristic feature of:
a) Drāviḍa style
b) Vesara style
c) Nāgara style
d) Indo-Islamic style

Answer: c

28. Star-shaped temple plans are commonly associated with:
a) Gupta architecture
b) Hoysala temples
c) Mauryan pillars
d) Nagara shrines

Answer: b

29. Gopurams are a prominent feature of which temple style?
a) Nāgara
b) Vesara
c) Drāviḍa
d) Buddhist

Answer: c

30. Use of mortise-tenon joints without mortar shows advanced knowledge of:
a) Sculpture
b) Acoustics
c) Material science
d) Painting

Answer: c

1. Define Tridoṣa and explain its significance in Ayurveda.

Tridoṣa refers to the three fundamental functional principles of the body—Vāta, Pitta, and Kapha. Vāta governs movement and nerve impulses, Pitta controls digestion and metabolism, and Kapha provides structure and stability. Health is maintained when these doṣas are in balance, while imbalance leads to disease.

2. Explain the primary functions of Vāta Doṣa.

Vāta Doṣa represents the principle of movement in the body. It governs respiration, circulation, nerve impulses, peristalsis, and elimination. It is composed mainly of Air and Ether elements and is responsible for mobility and communication within the body.

3. How does Pitta Doṣa influence physiological activities?

Pitta Doṣa governs transformation processes such as digestion, metabolism, thermoregulation, vision, and hormonal activity. It is primarily composed of Fire with a little Water and maintains body heat, appetite, and intellectual sharpness.

4. Describe Kapha Doṣa and its role in maintaining health.

Kapha Doṣa represents cohesion and stability. It governs structure, lubrication of joints, immunity, growth, and memory stability. Composed of Water and Earth elements, Kapha provides strength and endurance when balanced.

5. Distinguish between Prakṛti and Vikṛti.

Prakṛti is an individual's inherent constitutional balance of doṣas determined at birth. Vikṛti refers to the current state of imbalance caused by factors such as diet, lifestyle, age, or stress. Diagnosis in Ayurveda focuses on understanding the difference between the two.

6. Explain the Triguṇa system of the mind.

The Triguṇa system consists of Sattva, Rajas, and Tamas, which govern mental and emotional states. Sattva represents clarity and harmony, Rajas signifies activity and restlessness, and Tamas denotes inertia and ignorance. All three coexist, but dominance of one shapes behavior.

7. How can Sattva be cultivated in daily life?

Sattva can be cultivated through meditation, ethical living, selfless service, consumption of fresh and balanced food, regular routines, and association with positive influences. These practices enhance clarity, calmness, and emotional balance.

8. Explain the relationship between Doṣas and Guṇas.

Doṣas describe physiological functions, while Guṇas describe mental qualities. They influence each other; for example, Vāta imbalance often increases Rajas, Pitta excess heightens Rajas, and Kapha imbalance leads to Tamas. Balanced doṣas support a Sattvic mental state.

9. Describe the Body–Mind–Intellect–Consciousness (BMI–C) model.

The BMI–C model explains human experience as four interconnected components. The Body performs actions, the Mind processes emotions and sensory inputs, the Intellect discriminates and decides, and Consciousness is the witnessing awareness that illumines all experiences.

10. How does the Intellect regulate the Mind according to the BMI–C model?

The Intellect (Buddhi) evaluates thoughts and emotions arising in the Mind and guides decision-making based on values and reasoning. A clear intellect can retrain habitual mental reactions, leading to disciplined behavior and emotional balance.

11. Explain the concept of the 64 Kalas.

The 64 Kalas represent sixty-four arts and skills forming a holistic educational framework in ancient India. They include fine arts, crafts, sciences, social skills, and technical knowledge, aiming at complete refinement of body, mind, and intellect.

12. Mention the significance of the Kama Sutra in preserving the 64 Kalas.

The Kama Sutra of Vatsyayana provides the most systematic and well-known list of the 64 Kalas. It presents them as essential accomplishments for a cultured and refined individual, influencing later educational and cultural traditions.

13. Define Vāstu Śāstra.

Vāstu Śāstra is the traditional Indian science of architecture that aligns buildings with cosmic forces, natural elements, cardinal directions, and energy flow. It integrates art, science, astronomy, ecology, and spirituality in spatial design.

14. Explain the Vāstu Purusha Maṇḍala.

The Vāstu Purusha Maṇḍala is a geometric grid representing cosmic energy distribution over a site. It guides zoning of spaces, orientation, and proportion in architectural planning to ensure harmony between human dwellings and nature.

15. List and explain any four limbs of Vāstu Śāstra.

1. thāpatya – overall architectural planning
2. Vāstu – site selection and soil analysis
3. Prāsāda – building design and construction

4. Ābharaṇa – decoration and ornamentation
   Together, these ensure functional and aesthetic balance.

16. Describe the key features of Harappan town planning.

Harappan towns followed a grid pattern with streets intersecting at right angles. They had advanced drainage systems, zoned areas for administration and residence, standardized bricks, and strong emphasis on hygiene and public utilities.

17. Explain the significance of the Garbhagṛha in temple architecture.

The Garbhagṛha is the sanctum of a Hindu temple and symbolizes the cosmic womb (Brahmāṇḍa). It houses the deity and represents the spiritual core from which divine energy radiates outward.

18. Differentiate between Nāgara and Drāviḍa temple styles.

Nāgara style temples, common in North India, have curvilinear śikharas and smaller gateways. Drāviḍa temples, found in South India, feature pyramidal vimanas, massive gopurams, and large enclosed complexes.

19. Explain the Vesara style of temple architecture with examples.

The Vesara style is a hybrid of Nāgara and Drāviḍa styles, prevalent in the Deccan region. It features star-shaped plans and intricate carvings. Examples include Hoysaleswara Temple at Halebidu and Chennakesava Temple at Belur.

20. How were science and symbolism integrated in Indian temple architecture?

Indian temples integrated geometry, astronomy, acoustics, and material science with spiritual symbolism. Orientation aligned temples with celestial events, proportions followed sacred ratios, and structures symbolized the cosmos, guiding devotees from material to spiritual realms.

21. How can Tridoṣa theory be applied to maintain health in modern lifestyles?

Tridoṣa theory can be applied by adjusting diet, routine, and activity based on dominant doṣa. For example, individuals with Vāta imbalance benefit from warm, regular meals and fixed routines, while Pitta types require cooling foods and stress control. Kapha dominance is balanced through light diet and physical activity. Thus, lifestyle personalization promotes preventive healthcare.

22. Analyze the relationship between seasonal changes and Doṣa imbalance.

Seasonal variations directly influence doṣa dominance—Kapha increases in spring, Pitta in summer, and Vāta in autumn. If lifestyle and diet are not adjusted accordingly, imbalance

occurs. Ayurveda prescribes Ritucharya (seasonal regimen) to counteract these effects, showing a systematic link between environment and physiology.

23. Apply the Triguṇa system to explain stress management techniques.

Stress is primarily linked to excess Rajas and Tamas. Practices like meditation, regulated diet, and ethical living increase Sattva, which stabilizes the mind. Reducing stimulants and excessive activity helps control Rajas, while physical movement and discipline counter Tamas, thus enabling holistic stress management.

24. Analyze how diet influences mental qualities according to the Triguṇa system.

Fresh, balanced food enhances Sattva, promoting clarity and calmness. Overly spicy and stimulating food increases Rajas, leading to restlessness, while stale and heavy food increases Tamas, causing lethargy. This analysis highlights diet as a critical regulator of mental states.

25. How can the Body–Mind–Intellect–Consciousness (BMI-C) model be applied in self-development?

Self-development requires coordinated improvement of all BMI-C components. Physical discipline strengthens the body, emotional regulation stabilizes the mind, critical thinking sharpens the intellect, and meditation enhances awareness of consciousness. Balanced development leads to clarity, ethical action, and inner stability.

26. Analyze the role of Intellect (Buddhi) in regulating human behavior.

The intellect evaluates impulses generated by the mind and directs action based on values and reasoning. A strong Buddhi prevents impulsive reactions, aligns actions with long-term goals, and enables conscious decision-making, demonstrating its central regulatory role.

27. Apply the concept of 64 Kalas to modern holistic education.

The 64 Kalas emphasize multidisciplinary learning—arts, sciences, crafts, and social skills. Modern education can apply this by integrating creativity, technical skills, communication, and ethics, producing well-rounded individuals rather than narrow specialists.

28. Analyze the relevance of occupational skills (Kalas) in sustainable livelihoods.

Traditional Kalas such as carpentry, metallurgy, architecture, and agriculture promote self-reliance and sustainability. Their revival reduces dependency on industrial systems, preserves cultural heritage, and supports eco-friendly livelihoods, making them socially and economically relevant today.

Irrigation Systems & Water Management

29. Apply traditional Indian water management principles to present-day water scarcity.

Traditional systems like tanks, stepwells, canals, and rainwater harvesting conserved water efficiently. Applying these principles—local storage, gravity flow, and reuse—can reduce groundwater depletion and improve water security in modern urban and rural areas.

30. Analyze the sustainability of ancient irrigation systems in India.

Answer:
Ancient irrigation systems were decentralized, climate-responsive, and community-managed. Their low energy use and ecological integration made them sustainable. Compared to modern centralized systems, they caused less environmental damage and ensured long-term water availability.

Town Planning & Architecture

31. Apply Harappan town planning principles to modern urban design.

Harappan planning emphasized grid layouts, zoning, sanitation, and drainage. Modern cities can apply these principles by ensuring organized layouts, efficient waste management, and infrastructure planning, improving urban hygiene and livability.

32. Analyze the importance of drainage systems in Harappan civilization.

The advanced drainage system reflects strong civic administration and scientific planning. Covered drains, soak pits, and standardized construction ensured hygiene and disease control, indicating that public health was central to urban design.

33. How can Vāstu Śāstra principles be applied in contemporary building design?

Vāstu principles guide orientation, ventilation, sunlight utilization, and spatial zoning. Applying these concepts improves thermal comfort, energy efficiency, and psychological well-being in modern buildings without compromising structural engineering norms.

34. Analyze the concept of Vāstu Purusha Maṇḍala as an energy-based planning tool.

The Maṇḍala divides space into energy zones aligned with cosmic forces. Analyzing its layout shows how spatial harmony, functional efficiency, and environmental balance were integrated into architecture, reflecting a scientific-spiritual worldview.

35. Apply the Eight Limbs of Vāstu to explain holistic architectural planning.

The eight limbs—site selection, planning, construction, materials, decoration, and utilities—ensure architecture addresses function, aesthetics, environment, and human comfort. Together, they form a comprehensive framework for sustainable design.

36. Analyze the scientific principles used in Indian temple construction.

Temple construction employed precise geometry, acoustic engineering, astronomical alignment, and advanced material science. These ensured structural longevity, sensory experience, and cosmic alignment, demonstrating high scientific knowledge.

37. Distinguish between Nāgara and Drāviḍa styles

Nāgara temples reflect northern aesthetics with curvilinear towers, while Drāviḍa temples emphasize grandeur through gopurams and enclosure walls. These styles adapt to regional materials, climate, and cultural traditions.