



MCQs for level – 1

1.The total number of dhatus in the body are

- A) 5
- B) 7
- C) 9
- D) 11

2.How mains pairs of qualities are considered to be inherent in all the substances?

- A) 06 pairs
- B) 08 pairs
- C) 10 pairs
- D) 12 pairs

3.Which of the following is not a quality of sattvic person?

- A) Focused
- B) Committed
- C) Shabby
- D) Positive

4.The Sarangdhara Samhita belongs to

- A) Assam
- B) Bihar
- C) Karnatka
- D) Rajasthan

5.Which of the following surgery is mentioned in the Sushruta Samhita?

- A) Cataract Surgery
- B) Versical calculi surgery
- C) Rhinoplasty
- D) All the above

6. Adhija vyadhi means-

- A) Disturbance in the body at physical level
- B) Disturbance in the body at mental level
- C) Treatment of physical diseases
- D) Treatment of mental diseases



7. Adhija vyadhi are the cause of disturbance in the –

- A) Annamaya kosha
- B) Manomaya kosha
- C) Vijñanmaya kosha
- D) Anandmaya kosha

8. Anadhija vyadhi are the-

- A) Mental ailments
- B) Physical ailments
- C) Serverse diseases
- D) Viral diseases

9. Anadhija vyadhi mainly affects the-

- A) Annamaya kosha
- B) Pranamaya kosha
- C) Manomaya kosha
- D) Anandmaya kosha

10. Match the correct-

- | | |
|------------------------------|------------------------------------|
| 1) Dukha | A) Sadness, Despair |
| 2) Daurmanasya | B) Mental or physical pain |
| 3) Angamejayatva | C) Respiration disturbances |
| 4) Shavasa Prashvasha | D) Anxious tremor |

- A) 1-B,2-A,3-D,4-C
- B) 1-A,2-B,3-C,4-D
- C) 1-C,2-B,3-A,4-D
- D) 1-D,2-C,3-A,4-B

11. Disease caused due to the deficiency of protein is-

- A) Scurvy
- B) Kwashiorkor
- C) Pallegra
- D) Cataract



12. According to the Ayurveda, what is the main cause of various types of diseases in the body.

- A) Attack of germ on the body organs
- B) Weakening of the immune system
- C) Imbalance of vata,pitta & kapha
- D) Weakening of the pranamaya kosha

13. According to manduka Upanishad,which of the following match correct?

- A) Jagritavastha-Akara
- B) Swapnavastha-Ukara
- C) Sushuptivastha-Makara
- D) All the above.

14.In Taittiriya Upanishad the main theory used in the treatment of diseases through yoga is-

- A) Shatachakra theory
- B) Pancha kosha theory
- C) Meditation theory
- D) Pancha mahabhuta theory

15.Which is the first book of the charaka Samhita?

- A) Nidana sthana
- B) Sharira sthana
- C) Sutra sthana
- D) Kalpa sthana

16.Which dosh get suppressed in the Hemant ritu?

- A) Vata
- B) Pitta
- C) Kapha
- D) Vata,Kapha

17.Which dosha get suppressed in the Garishma(summer) ritu?

- A) Vata
- B) Pitta
- C) Kapha
- D) Pitta,Kapha



18. In which ritu pitta accumulates in the body?

- A) Garishma ritu
- B) Sharada ritu
- C) Shishira ritu
- D) Varsha ritu

19. To control the diseases with the help of fasting is a type of therapy, known as-

- A) Laghana
- B) Satabhana
- C) Savedana
- D) Sanehana

20. "Swasathya.....Rakshanam".

- A) Ayurveda
- B) Swasatha
- C) Prakriti
- D) Yoga

21. The disorder caused by natural agents are known as-

- A) Aadhibhoutika
- B) Aadhidehika
- C) Daruna
- D) Devabalaja

22. The reason of vaikarika nindra is more and less.....in the body.

- A) Pitta, Kapha
- B) Kapha, Pitta
- C) Vata, Pitta
- D) Pitta, Vata

23. Aachaman kriya is related to-

- A) Taking fruits
- B) Taking water
- C) Shatkarma
- D) Fasting



24. Abhyanga means-

- A) Detoxification
- B) Body massage
- C) Shatkarma
- D) Fasting

25. The strength of the body in adana kala-

- A) Decreases
- B) Increases
- C) No change
- D) Changes frequently

26. According to the Ayurveda, how many total seasons are there in India?

- A) 3
- B) 4
- C) 6
- D) 7

27. In dakshinayana kala the sun is-

- A) Towards tropic of Capricorn
- B) Towards equator
- C) Towards tropic of cancer
- D) None

28. The line- ' Aatu Rasa Vikara Parasabddama is related to-

- A) Yoga
- B) Fast
- C) Fruit
- D) Swasthavitra

29. In which season kapha is accumulated in the body?

- A) Winter
- B) Late autumn
- C) Spring
- D) Summer

30. In which season consuming satu is harmful?

- A) Summer
- B) Winter
- C) Spring



D) Late autumn.

31. The much spicy food which takes more time to be digested is known as-

- A) Tamasic food
- B) Sattvic food
- C) Rajasic food
- D) None

32. Which type of food is the main cause of diseases?

- A) Rajasic food
- B) Tamsic food
- C) Sattvic food
- D) Hot food

33. Which of the following statement is correct?

- A) Consuming cloying food is pitta annihilator.
- B) Consuming cloying food is kapha creator.
- C) Consuming cloying food is vata creator.
- D) All the above.

34. The meaning of 'Prajalapta' is-

- A) Over eating
- B) Talkativeness
- C) Feeble minded
- D) Over sleeping

35. The therapy done by using the water is known as-

- A) Hydropathy
- B) Heliotheraphy
- C) Pathology
- D) Hydrology

36. The temperature of water for cold spinal bath should be-

- A) 65-85 Fr
- B) 55-65 Fr
- C) 85-95 Fr
- D) 75-95 Fr



37. Who is the writer of- 'Heal without medicine'

- A) Shenwan
- B) Collins
- C) Dr.Frawley
- D) Adler.

38. Arthritis is mainly

- A) A vata generated disorder.
- B) A pitta generated disorder
- C) A Kapha generated disorder.
- D) A blood disorder

39.How many types of nindras, are explained by maharishi shushurta?

- A) 3
- B) 4
- C) 5
- D) 6

40.Who is the author of the book- 'New science of healing'?

- A) Dr.David Frawley
- B) Dr.Luis kuhney
- C) Edward Thorndike
- D) William Shenwan.

41. The meaning of word 'mita' in mitahara is-

- A) One time
- B) Two times
- C) Food
- D) Limited.

42. According to Ayurveda,how much par of stomach should be left empty for space during meal?

- A) One third
- B) One fourth
- C) Half
- D) None



43. The water charged in which colour of bottle is useful for person suffering from chronic skin disease?

- A) Blue
- B) Green
- C) Red
- D) Yellow

44. The therapy done with the help of sun rays is known as-

- A) Heliotherapy
- B) Mesotherapy
- C) Hemotherapy
- D) Heathytherapy.

45. Astringent taste-

- A) Balances pitta and kapha
- B) Aggravates vata
- C) Is dry, cold and heavy
- D) All the above.

46. Which statement is correct regarding astringent taste?

- A) It is found in beans, apple, avocado, cabbage.
- B) Its elements are air and earth.
- C) All absorb water and tighten tissues.
- D) All the above.

47. Bitter taste-

- A) Balances pitta and kapha
- B) Aggravates vata
- C) Is dry, cold light
- D) All the above.

48. Which statement is not correct regarding bitter taste?

- A) It is found in sesame seeds, coffee, saffron.
- B) Its element are air and ether
- C) Its affinity organs are stomach and heart.
- D) It detoxifies and lighten tissues.



49. Pungent taste-

- A) Balance kapha
- B) Aggravates pitta and vata
- C) Is hot, dry, light and sharp
- D) All the above.

50. Which of the following statement is not correct regarding pungent taste?

- A) It is antispasmodic and antiphrostatic.
- B) Its element are fire and air
- C) Its found in milk and curd
- D) Its stimulates digestion and metabolism.

51. Salty taste-

- A) Balances vata
- B) Aggravates pitta and kapha
- C) Is light, hot, oily and liquid
- D) All the above.

52. Which is the incorrect regarding salty taste?

- A) Its affinity organ is heart.
- B) It lubricates tissues and its appetizer
- C) Its element are water and fire
- D) It is found in seaweeds like rock salts.

53. Sour taste.

- A) Balance vata
- B) Aggravates pitta and kapha
- C) Is light, hot, oily and liquid
- D) All the above.

54. The correct statement regarding sour taste is-

- A) Its elements are earth and fire
- B) It increase absorption of minerals
- C) Its found in lemon, grapes, lime, tamarind, curd and fermented food
- D) All the above.

55. Sweet taste-

- A) Balances vata and pitta
- B) Aggravates kapha
- C) Is cold, oily and heavy
- D) All the above



56. The element related to sweet taste are-

- A) Earth and water
- B) Earth and fire
- C) Fire and water
- D) Air and earth

57. Which of the following is part of 'Tarayosatambha' in the Ayurveda?

- A) Brahmacharya
- B) Ahara
- C) Nindra
- D) All the above.

58. Which of the following tastes aggravates vata in the body?

- A) Bitter, Sweet, Salty
- B) Bitter, Punget, Astringent
- C) Punget, Sour, Salty
- D) Sweet, Sour, Salty

59. Which of the following tastes aggravate kapha in the body?

- A) Sweet, Sour, Salty
- B) Sweet, Pungent, Bitter
- C) Sweet, Astringent, Bitter
- D) Sweet, Bitter, Salty.

60. Which of the following tastes aggravate pitta in the body?

- A) Bitter, Sour, Sweet
- B) Pungent, Salty, Sour
- C) Pungent, Astringent, Bitter
- D) Bitter, Astringent, Salty.