

## AIAPGET Ayurveda 2025 Question Paper with Solutions

<b>Time Allowed :120 Minutes</b>	<b>Maximum Marks :480</b>	<b>Total questions :120</b>
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### General Instructions

**Read the following general instructions carefully and adhere to them strictly:**

1. The total duration of the exam is **120 minutes (2 hours)**.
2. The question paper consists of **120 questions**, with a total of **480 marks**.
3. The question paper includes **Multiple-Choice Questions (MCQs)** with four options for each question.
4. Each **correct answer** will carry **4 marks**.
5. For each **incorrect answer**, **1 mark will be deducted**.
6. There will be **no option shuffling** in the exam.
7. Options marked with **green color** and a check icon (✓) are **correct**.
8. Options marked with **red color** and a cross icon (×) are **incorrect**.
9. Ensure that you attempt **all questions**, as **no question is to be skipped**.
10. Use only the **provided examination tools and materials**.

**1. Which medium is used for Shodhana (purification) of Vatsanabha?**

- (A) Cow urine
- (B) Neem oil
- (C) Coconut water
- (D) Mustard oil

**Correct Answer:** (A) Cow urine

**Solution:**

**Step 1: Understand the Drug** — Vatsanabha (*Aconitum ferox*) is a highly toxic herb due to the presence of alkaloids like aconitine.

**Step 2: Why Purification is Needed** — If consumed raw, it causes severe toxicity affecting the nervous system. Ayurveda mandates Shodhana to remove its toxicity.

**Step 3: Classical Shodhana Process** — Vatsanabha is cut into pieces, tied in a cloth pouch, and boiled in cow urine (Gomutra) or cow milk for 3 hours (Swedana). This process detoxifies it by breaking down toxic alkaloids.

**Step 4: Final Safe Use** — After purification, it can be safely used in formulations for fever, pain relief, and neuralgia.

Thus, the correct medium is (A) Cow urine.

**Quick Tip**

Always remember: For toxic herbs like Vatsanabha, Gomutra or milk is the standard purifying agent.

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**2. Which of the following is NOT included in Panchavidha Kashaya Kalpana?**

- (A) Swarasa
- (B) Kalka
- (C) Avaleha
- (D) Phanta

**Correct Answer:** (C) Avaleha

**Solution:**

**Step 1: Meaning of Panchavidha Kashaya Kalpana** — It refers to five basic forms of liquid or semi-solid drug preparations described in Dravyaguna. These are:

1. Swarasa (fresh juice)
2. Kalka (paste)
3. Kwatha (decoction)
4. Hima (cold infusion)
5. Phanta (hot infusion)

**Step 2: Avaleha Meaning** — Avaleha is a semisolid preparation like a lickable herbal jam (e.g., Chyawanprash). It is NOT part of these 5 forms but belongs to secondary dosage forms (Paka Kalpana).

**Step 3: Conclusion** — Hence, Avaleha does not belong to Panchavidha Kashaya Kalpana.

#### Quick Tip

Remember: Panchavidha only includes liquid and semi-liquid forms — Avaleha is separate.

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**3. Which herb is most commonly used to manage Madhumeha (Diabetes Mellitus) in Ayurveda?**

- (A) Ashwagandha
- (B) Gudmar
- (C) Brahmi
- (D) Shatavari

**Correct Answer:** (B) Gudmar

**Solution:**

**Step 1: Madhumeha Context** — Madhumeha is classified under Prameha and denotes excessive passage of sweet urine, similar to diabetes mellitus.

**Step 2: Role of Gudmar** — Gudmar (*Gymnema sylvestre*) literally means ‘sugar destroyer’. Its leaves contain gymnemic acids that reduce sugar absorption and help regenerate pancreatic cells.

**Step 3: Classical Use** — Ayurvedic texts recommend Gudmar leaf powder or extract for regulating blood sugar levels naturally.

**Step 4: Modern Research** — Studies show that Gudmar helps in reducing sugar cravings and stabilizing insulin secretion.

Hence, the most suitable answer is (B) Gudmar.

#### Quick Tip

Always link Madhumeha with Gudmar or Nishamalaki Churna in exams.

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#### 4. Which Dosha is responsible for all types of movement in the body?

- (A) Pitta
- (B) Kapha
- (C) Rakta
- (D) Vata

**Correct Answer:** (D) Vata

#### Solution:

**Step 1: Concept of Doshas** — Ayurveda defines three Doshas: Vata, Pitta, and Kapha, which govern all body functions.

**Step 2: Vata's Role** — Vata is formed by Vayu and Akasha Mahabhutas. It controls all types of movements — voluntary and involuntary. Examples: circulation, nerve impulses, breathing, peristalsis.

**Step 3: Pitta and Kapha Roles** — Pitta handles metabolism digestion. Kapha maintains structure lubrication.

**Step 4: Conclusion** — Thus, all motion-related functions are attributed to Vata Dosha.

#### Quick Tip

Vata = movement, Pitta = transformation, Kapha = stability — easy!

**5. Prabhava describes which unique property of an Ayurvedic drug?**

- (A) Its taste
- (B) Its specific unexplained action
- (C) Its potency
- (D) Its post-digestive effect

**Correct Answer:** (B) Its specific unexplained action

**Solution:**

**Step 1: Drug Action Factors** — In Ayurveda, a drug's action is explained through Rasa (taste), Guna (quality), Virya (potency), and Vipaka (post-digestive effect).

**Step 2: What is Prabhava?** — Sometimes a drug shows an effect that cannot be logically explained by these factors. This special, unexplainable effect is called Prabhava.

**Step 3: Example** — Haritaki is usually a mild laxative, but sometimes acts as an astringent too — this dual action is due to Prabhava.

**Step 4: Significance** — Understanding Prabhava helps physicians choose unique herbs for special conditions.

**Quick Tip**

When all else fails to explain a drug's action, Prabhava does!

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**6. Which of the following is NOT a test for Bhasma quality?**

- (A) Rekhapurnatwa
- (B) Niruttha
- (C) Varitaratwa
- (D) Sneha Kalpana

**Correct Answer:** (D) Sneha Kalpana

**Solution:**

**Step 1: Bhasma Pariksha** — Ayurveda prescribes several tests to ensure Bhasma is safe and properly prepared.

## Step 2: Main Tests —

- Rekhapurnatwa — Bhasma should be so fine it fills the lines on the fingers.
- Varitaratwa — Bhasma should float on water showing lightness.
- Niruttha — Bhasma should not revert to its metallic state on strong heating, ensuring complete incineration.

**Step 3: Sneha Kalpana** — This is not a test, but an entire category for preparing medicated oils and ghee. It is unrelated to Bhasma testing.

### Quick Tip

Always separate Bhasma Pariksha from Sneha Kalpana — don't confuse dosage forms!

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## 7. What is the correct order of the six stages in Shatkriyakala?

- (A) Prakopa, Sanchaya, Prasara, Sthanasamsraya, Vyakti, Bheda
- (B) Sanchaya, Prakopa, Prasara, Sthanasamsraya, Vyakti, Bheda
- (C) Sanchaya, Prasara, Prakopa, Sthanasamsraya, Vyakti, Bheda
- (D) Prasara, Sanchaya, Prakopa, Vyakti, Sthanasamsraya, Bheda

**Correct Answer:** (B) Sanchaya, Prakopa, Prasara, Sthanasamsraya, Vyakti, Bheda

### Solution:

**Step 1: Meaning** — Shatkriyakala describes the six stages of Dosha imbalance leading to disease. Early detection can help prevent Vyadhi.

### Step 2: Correct Sequence —

1. Sanchaya — accumulation
2. Prakopa — aggravation
3. Prasara — spread
4. Sthanasamsraya — localization at weak sites
5. Vyakti — manifestation of symptoms

## 6. Bheda — complications

**Step 3: Importance** — Understanding this sequence is crucial for early diagnosis and preventive care.

### Quick Tip

Mnemonic: SPP SVB — Sanchaya, Prakopa, Prasara, Sthanasamsraya, Vyakti, Bheda.

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## 8. Virechana Karma is mainly useful for eliminating which Dosha?

- (A) Kapha
- (B) Vata
- (C) Pitta
- (D) Rakta

**Correct Answer:** (C) Pitta

### Solution:

**Step 1: Panchakarma Overview** — Panchakarma includes 5 detox therapies: Vamana, Virechana, Basti, Nasya, and Raktamokshana. Each one targets specific Doshas.

**Step 2: Virechana** — This is therapeutic purgation. It removes excess Pitta Dosha and is mainly indicated for diseases like skin disorders, jaundice, bleeding piles, hyperacidity.

**Step 3: Mechanism** — Herbal purgatives like Trivrit, Haritaki are used to eliminate aggravated Pitta through the lower GIT safely.

### Quick Tip

Virechana = Pitta Shodhana. Vamana = Kapha Shodhana. Easy to remember!

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## 9. Which of the following is an example of Anupana?

- (A) Swarasa
- (B) Honey
- (C) Kalka

(D) Kwatha

**Correct Answer:** (B) Honey

**Solution:**

**Step 1: Anupana Meaning** — Anupana means a liquid or semi-liquid vehicle given with or after a medicine to help its digestion, absorption, and action.

**Step 2: Examples** — Common Anupanas are honey, warm water, milk, ghee. They change the drug's effect — e.g., honey enhances scraping action (Lekhana).

**Step 3: Non-examples** — Swarasa, Kalka, Kwatha are main drug forms, not vehicles. Hence, only Honey is an Anupana.

**Quick Tip**

Anupana = vehicle. Think Honey or Milk — not main drugs!

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**10. Which is NOT a type of bias in clinical research?**

- (A) Selection bias
- (B) Information bias
- (C) Observer bias
- (D) Panchakarma bias

**Correct Answer:** (D) Panchakarma bias

**Solution:**

**Step 1: Bias Definition** — Bias is a systematic error that leads to incorrect conclusions in research.

**Step 2: Common Types** —

- Selection bias: poor sampling method.
- Information bias: wrong measurement.
- Observer bias: personal judgement influences results.



**Step 3: Panchakarma bias** — There is no such term in research methodology.

Panchakarma is an Ayurvedic detox therapy, not a bias type.

Quick Tip

Bias names come from research errors — not from therapies!

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