

Ayurveda 6th July 2024 Shift 1 Question Paper with Solutions

Time Allowed :2 Hour

Maximum Marks :480

Total Questions :120

General Instructions

Read the following instructions very carefully and strictly follow them :

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. The options marked with a green color and a check icon (✓) are correct.
8. The options marked with a 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. 'Pithara paka vada' is accepted by -

- (1) Naiyayika
- (2) Vaisesika
- (3) Tarkika
- (4) Samkhya

Correct Answer : (1) Naiyayika

Solution : 'Pithara paka vada' is a concept in Ayurveda that is accepted by Naiyayika school of philosophy. Naiyayika focuses on logical reasoning and its application in the understanding

of bodily functions, including the concept of "paka" or digestion.

Quick Tip

Naiyayika philosophy is based on logic and reasoning, often used to understand natural phenomena.

2. Match List I with List II :

- (A) Manorama Khanda (i) Radhakant Dev
(B) Shabda Kalpa druma (ii) Tistacharya
(C) Chikitsa Kalika (iii) Chakrapani
(D) Vachaspatyam (iv) Taranatha

Choose the correct answer from the options given below :

- (1) (A)-(i), (B)-(ii), (C)-(iii), (D)-(iv)
(2) (A)-(iii), (B)-(i), (C)-(ii), (D)-(iv)
(3) (A)-(ii), (B)-(iii), (C)-(iv), (D)-(i)
(4) (A)-(iv), (B)-(i), (C)-(ii), (D)-(iii)

Correct Answer : (2) (A)-(iii), (B)-(i), (C)-(ii), (D)-(iv)

Solution : The correct matching is : - Manorama Khanda is associated with Chakrapani. - Shabda Kalpa druma is associated with Radhakant Dev. - Chikitsa Kalika is associated with Tistacharya. - Vachaspatyam is associated with Taranatha.

This matching refers to important Ayurvedic texts and their respective authors.

Quick Tip

In Ayurveda, various texts and commentaries were written by different scholars, each contributing to different aspects of Ayurvedic practice.

3. Which of the following samasa (compound) is in 'Doshanam prashamanam' ?

- (1) Panchami tatpuruṣa
(2) Dwiteeya tatpuruṣa

- (3) Triteeya tatpurusha
- (4) Shashthi tatpurusha

Correct Answer : (4) Shashthi tatpurusha

Solution : The correct answer is Shashthi tatpurusha. This type of compound is used in Ayurvedic terminology, specifically in the context of treating and managing the doshas (body humors), and it plays a role in balancing the doshas as described in "Doshanam prashamanam."

Quick Tip

In Ayurveda, the correct use of Sanskrit compounds like 'Shashthi tatpurusha' helps in understanding dosha management and disease prevention.

4. According to Acharya Kashyapa, which prakriti is extra in manas prakriti of Rajas Satva ?

- (1) Sarpa Satva
- (2) Yaksha Satva
- (3) Shakun Satva
- (4) Aasur Satva

Correct Answer : (2) Yaksha Satva

Solution : According to Acharya Kashyapa, Yaksha Satva is the extra prakriti in the manas prakriti of Rajas Satva. Rajas represents activity, and Yaksha Satva is associated with a type of mental state or quality that is more dominant in certain individuals.

Quick Tip

The three gunas (Sattva, Rajas, Tamas) and their influence on mental and physical health are key components of Ayurvedic psychology.

5. According to Charak Samhita consider the following :

- (A) MANDA, VIJAL, ACCHA and DRAVA Guna helps in Kapha Prakriti determination.
(B) Slakshna, MRIDU and TEEKSHNA Guna helps in Pitta Prakriti determination.
(C) LAGHU, BAHU and VISHADA Guna helps in Vata Prakriti determination.
(D) Kapha Prakriti individuals cannot tolerate excessive cold.
(E) Pitta Prakriti individuals excrete excessive sweat, urine and stool.

Choose the correct answer from the options given below :

- (1) A, C and D only
(2) B, C and D only
(3) A, B and E only
(4) C and E only

Correct Answer : (4) C and E only

Solution : According to Charak Samhita : - (C) LAGHU, BAHU and VISHADA Guna help in Vata Prakriti determination. - (E) Pitta Prakriti individuals excrete excessive sweat, urine, and stool.

These two statements are correct, making option (4) the correct choice.

Quick Tip

Understanding the specific characteristics of each Prakriti helps in determining the right therapeutic approaches in Ayurveda.

6. Match List I with List II (According to Ashtanga Hridaya) :

- (A) Excessive intake of Madhura Rasa (i) Sukra Kshaya, Bala kshaya and Vyatha in kati and prshta
(B) Excessive intake of Katu Rasa (ii) Vata roga and Dhatu kshaya
(C) Excessive intake of Tikta Rasa (iii) Kandu, Pandu and Visarpa
(D) Excessive intake of Amla Rasa (iv) Sanyasa, Gandmala and Arbuda

Choose the correct answer from the options given below :

- (1) (A)-(I), (B)-(II), (C)-(III), (D)-(IV)
(2) (A)-(IV), (B)-(I), (C)-(II), (D)-(III)

(3) (A)-(II), (B)-(I), (C)-(IV), (D)-(III)

(4) (A)-(III), (B)-(I), (C)-(II), (D)-(IV)

Correct Answer : (2) (A)-(IV), (B)-(I), (C)-(II), (D)-(III)

Solution : The correct matching is : - Excessive intake of Madhura Rasa (sweet taste) leads to Sanyasa, Gandmala, and Arbuda. - Excessive intake of Katu Rasa (pungent taste) leads to Sukra Kshaya, Bala Kshaya, and Vyatha in the lower back (kati and prshta). - Excessive intake of Tikta Rasa (bitter taste) causes Vata-related disorders and Dhatu Kshaya. - Excessive intake of Amla Rasa (sour taste) leads to conditions like Kandu, Pandu, and Visarpa. These matchings are important for understanding the Ayurvedic approach to dietary habits and their effects on the body.

Quick Tip

Ayurveda emphasizes the effects of different tastes (Rasas) and their influence on bodily functions, helping to balance the doshas.

7. According to Sushruta "Kshetragyanaandhistanam" is _____.

(1) Mana

(2) Buddhi

(3) Avyakta

(4) Vyakta

Correct Answer : (3) Avyakta

Solution : According to Sushruta, "Kshetragyanaandhistanam" refers to Avyakta, the unmanifest or undefined state. It is the underlying essence of consciousness that has yet to manifest into the individual awareness of a person.

Quick Tip

Understanding concepts like Avyakta is crucial in Ayurvedic and Vedic thought, where the physical and mental states are interconnected with the unmanifest essence.

8. According to Sushruta, 'Shonitavarna Vedanam' are the symptoms of _____.

- (1) Aartava dosha
- (2) Garbhashaya dosha
- (3) Antahpuspa dosha
- (4) Shukra dosha

Correct Answer : (1) Aartava dosha

Solution : According to Sushruta, "Shonitavarna Vedanam" refers to the symptoms of Aartava dosha, which is related to the menstrual cycle and issues with the menstrual flow. This condition involves irregularities in color and characteristics of menstrual blood.

Quick Tip

Aartava dosha is key to understanding menstrual health in Ayurveda and is often treated by balancing the body's internal energies.

9. According to Sushruta, which one of the following 'Kalantra Pranahara Marma' is immediate fetal (Taktal maraka) ?

- (1) Simanta Marma
- (2) Kshipra Marma
- (3) Brihati Marma
- (4) Vaksha Marma

Correct Answer : (2) Kshipra Marma

Solution : According to Sushruta, Kshipra Marma is the immediate fetal marma, meaning injury to this point can result in immediate death. It is a critical point, especially for fetal survival. Simanta Marma, while important, is not classified as the immediate fetal marma in this context.

Quick Tip

Kshipra Marma is one of the vital points in Ayurvedic anatomy and must be handled with extreme care, especially in the context of fetal development.

10. According to Ashtanga Hridaya, the Pratimarsa Nasya should not be given

_____.

- (1) Divaswapna
- (2) Madyapana
- (3) Maithuna
- (4) Gandusha

Correct Answer : (2) Madyapana

Solution : According to Ashtanga Hridaya, Pratimarsa Nasya, a nasal administration of medicated oils, should not be given after Madyapana (alcohol consumption). Alcohol intake can alter the absorption and effectiveness of Nasya treatments, which are intended to maintain balance and health.

Quick Tip

Nasya therapy is an important Ayurvedic treatment and should be done at the right time for maximum benefit. Avoiding certain activities like alcohol consumption after Nasya helps ensure its effectiveness.

11. According to Ashtanga Hridaya, consuming less or more quantity of food at improper time is known as _____

- (1) Samashana
- (2) Vishamashana
- (3) Viruddhashana
- (4) Adhyashana

Correct Answer : (2) Vishamashana

Solution : In Ashtanga Hridaya, the concept of consuming food at improper times is referred to as Vishamashana. It is characterized by irregular and improper eating habits, such as consuming too little or too much food at unbalanced times, which can lead to digestive and health issues.

- Samashana refers to eating in a balanced and proper manner, which is beneficial for health. - Viruddhashana refers to consuming incompatible foods, which may cause digestive disturbances. - Adhyashana involves overeating, which can lead to improper digestion and health issues.

Thus, the correct term for consuming less or more food at improper times is Vishamashana.

Quick Tip

Eating at irregular times can disrupt digestion and overall health, leading to conditions like Vishamashana.

12. According to Ashtanga Hridaya, complete the given sloka " _____ अरोणता ।"

- (1) Dosha Vaishamyam
- (2) Dosha Samyam
- (3) Dosha satmyam
- (4) Dosha Vega

Correct Answer : (2) Dosha Samyam

Solution : In Ashtanga Hridaya, the phrase "Dosha Samyam Arohanta" is used, where Dosha Samyam refers to the balanced state of doshas (Vata, Pitta, and Kapha). This balance is crucial for maintaining health.

- Dosha Vaishamyam refers to imbalance or vitiation of the doshas, leading to diseases. - Dosha Satmyam refers to the suitability of the doshas, but not directly linked to the statement.
- Dosha Vega refers to the movements of doshas.

Thus, the correct completion of the sloka is Dosha Samyam.

Quick Tip

The balance (Dosha Samyam) of the three doshas is key for maintaining health, as emphasized in Ayurvedic texts.

13. "Red man syndrome" has been associated with rapid intravenous injection of the

following antibiotics :

- (1) Clindamycin
- (2) Vancomycin
- (3) Piperacillin
- (4) Linezolid

Correct Answer : (2) Vancomycin

Solution : Red man syndrome is a well-known side effect associated with the rapid intravenous infusion of Vancomycin. This syndrome is characterized by flushing, rash, and sometimes hypotension, and it occurs due to the release of histamine from mast cells.

- Vancomycin is the antibiotic most commonly associated with this syndrome, especially when administered too quickly. - Clindamycin, Piperacillin, and Linezolid are not commonly associated with Red man syndrome.

Vancomycin-induced Red man syndrome can often be mitigated by slowing the infusion rate or pre-treating the patient with antihistamines.

Thus, the correct answer is Vancomycin.

Quick Tip

To prevent Red man syndrome, Vancomycin should be infused slowly, and in some cases, antihistamines may be administered.

14. Match List I with List II :

List I List II

- | | |
|----------------------|---------------------|
| (A) Indian Jalap | (I) Apocynaceae |
| (B) Tooth Brush Tree | (II) Convolvulaceae |
| (C) Indian Oleander | (III) Sapindaceae |
| (D) Ceylon Oak | (IV) Salvadoraceae |

Choose the correct answer from the options given below :

- (1) (A)-(II), (B)-(IV), (C)-(III), (D)-(I)
- (2) (A)-(II), (B)-(I), (C)-(I), (D)-(III)

(3) (A)-(II), (B)-(I), (C)-(IV), (D)-(III)

(4) (A)-(I), (B)-(IV), (C)-(II), (D)-(III)

Correct Answer : (2) (A)-(II), (B)-(I), (C)-(I), (D)-(III)

Solution : The matching between the plants and their respective families is as follows :

- Indian Jalap is from the Convolvulaceae family, so (A) matches with (II). - Tooth Brush Tree is from the Apocynaceae family, so (B) matches with (I). - Indian Oleander is from the Apocynaceae family, so (C) matches with (I). - Ceylon Oak is from the Sapindaceae family, so (D) matches with (III).

Thus, the correct matching is (A)-(II), (B)-(I), (C)-(I), (D)-(III).

Quick Tip

In plant taxonomy, knowing the family of a plant helps in identifying its characteristics and uses.

15. Match List I with List II :

List I	List II
--------	---------

- | | |
|-----------------|--------------------|
| (A) Chitraka | (I) Apamargakshara |
| (B) Bhallataka | (II) Chitraka |
| (C) Somaraji | (III) Chakramarda |
| (D) Bakul Puspa | (IV) Kalhara |

Choose the correct answer from the options given below :

(1) (A)-(I), (B)-(II), (C)-(IV), (D)-(III)

(2) (A)-(III), (B)-(I), (C)-(I), (D)-(II)

(3) (A)-(I), (B)-(II), (C)-(III), (D)-(IV)

(4) (A)-(I), (B)-(III), (C)-(II), (D)-(IV)

Correct Answer : (3) (A)-(I), (B)-(II), (C)-(III), (D)-(IV)

Solution : This question asks you to match the drugs from List I with their corresponding substitute drugs from List II as per Bhavprakasha.

- Chitraka corresponds to Apamargakshara, which is known as a substitute in the context of Bhavprakasha. Thus, (A) matches with (I). - Bhallataka corresponds to Chitraka, another drug from the same text. Thus, (B) matches with (II). - Somaraji corresponds to Chakramarda, used as a substitute. Thus, (C) matches with (III). - Bakul Puspa corresponds to Kalhara, a known substitute in Ayurveda. Thus, (D) matches with (IV).
Thus, the correct matching is (A)-(I), (B)-(II), (C)-(III), (D)-(IV).

Quick Tip

In Bhavprakasha, substitute drugs are often provided for common medicines based on similar therapeutic properties.

16. Given below are two statements :

Statement I : Adepcore change is the modified condition of decomposition in the dead body.

Statement II : There is hydrolysis and hydrogenation of fatty acid in the presence of water in adepcore change.

In the light of the above statements, choose the correct answer from the options given below :

- (1) Both Statement I and Statement II are true
- (2) Both Statement I and Statement II are false
- (3) Statement I is true but Statement II is false
- (4) Statement I is false but Statement II is true

Correct Answer : (4) Statement I is false but Statement II is true

Solution : - Statement I : Adepcore change is actually the process of decomposition of fatty tissue in a dead body, turning it into a waxy substance called adipocere. This statement is false because it does not describe the precise process correctly. - Statement II : Hydrolysis and hydrogenation of fatty acids in the presence of water is an essential part of the formation of adipocere, which occurs during the decomposition process. This statement is true.
Thus, the correct answer is (4), where Statement I is false but Statement II is true.

Quick Tip

Adipocere formation is a complex process that involves hydrolysis and hydrogenation of fatty acids in the body.

17. Which of the following statements are correct ?

- (A) Charak has mentioned 19 Phalini Dravyas.
- (B) As per Acharya Charaka, root of Aparajita is used for Shirovirechana.
- (C) Bhasma is not included in Audbhida Gana by Acharya Charaka.
- (D) Latex (milky secretion) of Snuhi is used for both Vamana and Virechana.
- (E) As per Chararka, Katu rasa increases Visha.

Choose the correct answer from the options given below :

- (1) A, B, C only
- (2) B, C, D only
- (3) C, D, E only
- (4) A, B, D only

Correct Answer : (4) A, B, D only

Solution : Let's analyze each statement :

- Statement A : Acharya Charaka has indeed mentioned 19 Phalini Dravyas in his text. Thus, this statement is true.
- Statement B : According to Acharya Charaka, the root of Aparajita is used for Shirovirechana (a therapeutic procedure). Thus, this statement is true.
- Statement C : Bhasma is actually included in Audbhida Gana by Acharya Charaka, which is used for specific therapeutic purposes. Therefore, this statement is false.
- Statement D : The latex of Snuhi (Euphorbia) is used for both Vamana (emesis) and Virechana (purgation), as per Ayurvedic texts. Thus, this statement is true.
- Statement E : Katu rasa (pungent taste) does not increase Visha (poison) as per Ayurvedic texts, but rather has a stimulating effect. Hence, this statement is false.

Thus, the correct option is (4) : A, B, D only.

Quick Tip

In Ayurveda, the properties and uses of herbs and substances like Snuhi latex are detailed for their specific therapeutic actions, such as Vamana and Virechana.

18. According to Charaka, which one of the following Karma is mentioned for "Shirish Beej" ?

- (1) Vamana
- (2) Shirovirechana
- (3) Virechana
- (4) Asthapana Basti

Correct Answer : (2) Shirovirechana

Solution : In Charaka's texts, Shirish Beej (the seed of the Shirish plant) is associated with the therapeutic procedure of Shirovirechana.

- Vamana is a therapeutic vomiting procedure. - Virechana is a purgation procedure. -

Asthapana Basti refers to a type of enema used in Panchakarma therapy.

However, Shirovirechana is specifically associated with Shirish Beej in Charaka's teachings.

Thus, the correct answer is (2) Shirovirechana.

Quick Tip

Shirovirechana is a specific therapeutic procedure, and different herbs like Shirish are used for targeted therapeutic benefits in Ayurveda.

19. Match List I with List II : Match the diseases with their respective indicated medicinal decoctions

List I List II

- | | |
|----------------|-----------------------|
| (A) Surameha | (I) Parijata Kashaya |
| (B) Sikatameha | (II) Chitraka Kashaya |
| (C) Udakameha | (III) Nimba Kashaya |

(D) Ikshumeha (IV) Kalhara Kashaya

Choose the correct answer from the options given below :

- (1) (A)-(I), (B)-(II), (C)-(III), (D)-(IV)
- (2) (A)-(II), (B)-(I), (C)-(III), (D)-(IV)
- (3) (A)-(III), (B)-(II), (C)-(I), (D)-(IV)
- (4) (A)-(I), (B)-(II), (C)-(IV), (D)-(III)

Correct Answer : (3) (A)-(III), (B)-(II), (C)-(I), (D)-(IV)

Solution : Let's match the diseases with their respective medicinal decoctions :

- Surameha (obesity) is treated with Nimba Kashaya (decoction of Nimba). Thus, (A) matches with (III). - Sikatameha (urinary problems) is treated with Chitraka Kashaya. Thus, (B) matches with (II). - Udakameha (water retention) is treated with Parijata Kashaya. Thus, (C) matches with (I). - Ikshumeha (diabetes) is treated with Kalhara Kashaya. Thus, (D) matches with (IV).

Thus, the correct matching is (A)-(III), (B)-(II), (C)-(I), (D)-(IV).

Quick Tip

Herbal decoctions are used in Ayurvedic treatment for different conditions, and each decoction has specific therapeutic properties.

20. Match List I with List II : Match the Dravyas with Mahakashayas.

List I List II

- | | |
|--------------------------------------|------------------------|
| (A) Vasuka, Kusha, Kasa | (I) Jvarahara |
| (B) Shallaki, Shalmali, Shrivesthaka | (II) Vedanasthapana |
| (C) Draksha, Pilu, Parushaka | (III) Purishvirajaniya |
| (D) Tumba, Vanjula, Elavaluka | (IV) Mutravirechaniya |

Choose the correct answer from the options given below :

- (1) (A)-(III), (B)-(II), (C)-(IV), (D)-(I)
- (2) (A)-(IV), (B)-(III), (C)-(I), (D)-(II)

(3) (A)-(II), (B)-(IV), (C)-(I), (D)-(III)

(4) (A)-(I), (B)-(II), (C)-(III), (D)-(IV)

Correct Answer : (2) (A)-(IV), (B)-(III), (C)-(I), (D)-(II)

Solution : Let's match the Dravyas with the corresponding Mahakashayas based on Ayurvedic texts :

- Vasuka, Kusha, Kasa are used in Mutravirechaniya (diuretic properties), thus (A) matches with (IV). - Shallaki, Shalmali, Shrivesthaka are used in Purishvirajaniya (promotes healthy digestion), so (B) matches with (III). - Draksha, Pilu, Parushaka are used in Jvarahara (fever-related conditions). Thus, (C) matches with (I). - Tumba, Vanjula, Elavaluka are used in Vedanasthapana (pain-relieving), making (D) match with (II). Thus, the correct matching is (A)-(IV), (B)-(III), (C)-(I), (D)-(II).

Quick Tip

Ayurvedic Mahakashayas are formulations used for treating specific conditions, and each ingredient has a unique therapeutic action.

21. Match List I with List II :

List I	List II
--------	---------

(A) Vatsanabha	(I) Thevetin
(B) Pita Karvira	(II) Morphine
(C) Gunja	(III) Aconitine
(D) Ahiphena	(IV) Abrin

Choose the correct answer from the options given below :

(1) (A)-(I), (B)-(II), (C)-(III), (D)-(IV)

(2) (A)-(III), (B)-(I), (C)-(II), (D)-(II)

(3) (A)-(IV), (B)-(III), (C)-(I), (D)-(II)

(4) (A)-(III), (B)-(II), (C)-(IV), (D)-(I)

Correct Answer : (2) (A)-(III), (B)-(I), (C)-(II), (D)-(II)

Solution : Let's match the plants and their respective properties based on the information provided :

- Vatsanabha is associated with Aconitine, a toxic alkaloid, making (A) match with (III). - Pita Karvira is associated with Thevetin, a toxic substance found in certain plants, making (B) match with (I). - Gunja contains Morphine, an alkaloid present in the plant, so (C) matches with (II). - Ahiphena contains Morphine as well, making (D) also match with (II).

Thus, the correct matching is (A)-(III), (B)-(I), (C)-(II), (D)-(II).

Quick Tip

Matching plants with their corresponding toxic or medicinal compounds requires knowledge of the alkaloids or proteins they contain.

22. Given below are two statements :

Statement I : Adepcore change is the modified condition of decomposition in the dead body.

Statement II : There is hydrolysis and hydrogenation of fatty acid in the presence of water in adepcore change.

In the light of the above statements, choose the correct answer from the options given below :

- (1) Both Statement I and Statement II are true
- (2) Both Statement I and Statement II are false
- (3) Statement I is true but Statement II is false
- (4) Statement I is false but Statement II is true

Correct Answer : (1) Both Statement I and Statement II are true

Solution : - Statement I : Adepcore change refers to the decomposition of body fat into a waxy substance after death, known as adipocere. This statement is true. - Statement II : The process of adipocere formation involves hydrolysis and hydrogenation of fatty acids in the presence of water, which leads to the formation of a waxy substance. This statement is also true.

Therefore, the correct option is (1), where both Statement I and Statement II are true.

Quick Tip

Adipocere formation occurs in bodies submerged in water or in humid conditions, leading to the preservation of fatty tissue.

23. Match Parada Samskara with their respective effects on Parada, benefits (Phala) or therapeutic benefits after processing as per Rasaratna samucchaya.

List I List II

- | | |
|---------------|------------------------------------|
| (A) Niyamana | (I) Vangadi samparkaj Kanchukagham |
| (B) Deepana | (II) Murchcha Vyapatti Nashana |
| (C) Utthapana | (III) Grasarthi Jayate |
| (D) Patana | (IV) Chapalatva Nivrittaye |

Choose the correct answer from the options given below :

- (1) (A)-(II), (B)-(I), (C)-(IV), (D)-(III)
- (2) (A)-(I), (B)-(II), (C)-(III), (D)-(IV)
- (3) (A)-(III), (B)-(IV), (C)-(I), (D)-(II)
- (4) (A)-(IV), (B)-(III), (C)-(II), (D)-(I)

Correct Answer : (3) (A)-(III), (B)-(IV), (C)-(I), (D)-(II)

Solution : Let's match the Parada Samskaras with the respective effects and therapeutic benefits :

- Niyamana is related to the purification of Parada, promoting Grasarthi Jayate (it aids in the ability to digest food effectively), so (A) matches with (III). - Deepana is associated with the digestion process and helps in Chapalatva Nivrittaye (removal of restlessness and improving stability), making (B) match with (IV). - Utthapana helps in enhancing the therapeutic effects of Parada and is related to Vangadi samparkaj Kanchukagham (hardness and difficulties in processing). Thus, (C) matches with (I). - Patana is a process that helps in reducing Murchcha Vyapatti Nashana (prevention of fainting). Thus, (D) matches with (II).
Thus, the correct matching is (A)-(III), (B)-(IV), (C)-(I), (D)-(II).

Quick Tip

In Rasashastra, the process of samskaras involves specific methods to purify and enhance the medicinal properties of substances like Parada.

24. In the preparation of Asava-Arista, wherever the quantity of Jaggery, Honey and Prakshepa is not mentioned, then which is the correct quantity of these in respect to Churna for 1 Drona Drava (Medicated liquids, Swarasa, Kwatha, etc) ?

- (1) Jaggery-1.5 Tula, Honey-1/2 Tula and Prakshep-1/10th Tula
- (2) Jaggery-1 Tula, Honey-1/2 Tula and Prakshep-1/10th Tula
- (3) Jaggery-2 Tula, Honey-1/4th Tula and Prakshep-1/10th Tula
- (4) Jaggery-1 Tula, Honey-1 Tula and Prakshep-1/100th Drona

Correct Answer : (2) Jaggery-1 Tula, Honey-1/2 Tula and Prakshep-1/10th Tula

Solution : In the preparation of Asava-Arista, the standard quantities of Jaggery, Honey, and Prakshepa are specified in relation to the amount of Churna (medicated powder) used. The standard proportions for 1 Drona Drava (medicated liquids, Swarasa, Kwatha, etc.) are :

- Jaggery : 1 Tula - Honey : 1/2 Tula - Prakshepa : 1/10th Tula

Thus, the correct answer is (2).

Quick Tip

When preparing Asava-Arista, the correct proportions of ingredients are important for ensuring the effectiveness and quality of the final product.

25. Which of the following term explains uneven distribution of colour on a Tablet ?

- (1) Lamination
- (2) Capping
- (3) Motling
- (4) Picking

Correct Answer : (3) Motling

Solution : Motling refers to the uneven distribution of colour on a tablet's surface, where the colour is not uniformly spread across the entire tablet. This may occur due to factors such as improper mixing or inconsistent coating during the tablet manufacturing process.

- Lamination refers to the process of applying a thin layer or coating over the tablet. - Capping refers to the formation of a cap-like structure on the tablet's surface. - Picking refers to the removal of small pieces of coating from the tablet surface.

Thus, the correct term for uneven distribution of colour is Motling.

Quick Tip

To prevent motling, ensure uniform mixing and coating during the tablet manufacturing process.

26. As per Rasaratna Samucchaya, which among below mentioned is correct sequence of pharmaceutical processing of Parada Samskara ?

Choose the correct answer from the options given below :

- (1) Swedana, Mardana, Murchchana, Utthapana, Patana, Rodhana, Niyamana, Deepana, Charana, Jarana, Ranjana, Sarana, Vedha
- (2) Swedana, Mardana, Murchchana, Patana, Utthapana, Rodhana, Niyamana, Deepana, Charana, Jarana, Ranjana, Sarana, Vedha
- (3) Swedana, Mardana, Murchchana, Utthapana, Patana, Niyamana, Rodhana, Deepana, Charana, Jarana, Ranjana, Sarana, Vedha
- (4) Swedana, Mardana, Utthapana, Murchchana, Rodhana, Patana, Niyamana, Deepana, Charana, Jarana, Ranjana, Sarana, Vedha

Correct Answer : (1) Swedana, Mardana, Murchchana, Utthapana, Patana, Rodhana, Niyamana, Deepana, Charana, Jarana, Ranjana, Sarana, Vedha

Solution : The sequence of Parada Samskara in Rasaratna Samucchaya is a systematic process that involves multiple stages to purify and prepare the mercury (Parada) for medicinal use. The correct order of these stages is :

1. Swedana – Sudation (sweating process) to prepare the body or substance. 2. Mardana – Grinding or pounding to enhance the properties. 3. Murchchana – Congealing or solidifying. 4. Utthapana – Elevating or removing the impurity. 5. Patana – Breaking down into smaller particles. 6. Rodhana – Refining or purifying. 7. Niyamana – Controlling or stabilizing the substance. 8. Deepana – Enhancing digestive fire. 9. Charana – Impregnating or enriching with other beneficial properties. 10. Jarana – Strengthening or fortifying. 11. Ranjana – Coloring or making it more potent. 12. Sarana – Clearing or purging. 13. Vedha – Final processing and setting the substance in its purest form.

Thus, the correct sequence is (1).

Quick Tip

The sequence of Parada Samskara involves multiple steps to ensure the purity and therapeutic efficacy of the processed mercury.

27. According to Rasa Tarangini, which of the following statement is correct in reference of preparation of Artificial Haratala ?

Choose the correct answer from the options given below :

- (1) Shankha Visha : Gandhaka in a ratio of 49 : 24
- (2) Shankha Visha : Gandhaka in a ratio of 50 : 25
- (3) Shankha Visha : Gandhaka in a ratio of 54 : 28
- (4) Shankha Visha : Gandhaka in a ratio of 60 : 30

Correct Answer : (1) Shankha Visha : Gandhaka in a ratio of 49 : 24

Solution : In Rasa Tarangini, when preparing Artificial Haratala (an alchemical substance used in Ayurveda), the correct ratio of Shankha Visha (conch poison) to Gandhaka (sulfur) is 49 : 24. This specific ratio is used to ensure the desired therapeutic properties and potency of the compound.

Thus, the correct answer is (1).

Quick Tip

The preparation of Artificial Haratala is a precise process in Ayurvedic Rasashastra, where specific ratios of substances are crucial for the desired therapeutic effect.

28. According to Sharangdhara, which of the following is the correct sequence of different layers of Sura from top to bottom :

List :

(A) Medaka (B) Prasanna (C) Vakkasa (D) Kadambari (E) Jagala

Choose the correct answer from the options given below :

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

Correct Answer : (1) B, D, E, A, C

Solution : According to Sharangdhara, the correct sequence of layers of Sura (a type of alcoholic preparation) from top to bottom is as follows :

- The top layer is Prasanna (B). - The second layer is Kadambari (D). - The third layer is Jagala (E). - The fourth layer is Medaka (A). - The bottom layer is Vakkasa (C).

Thus, the correct sequence is B, D, E, A, C.

Thus, the correct answer is (1).

Quick Tip

In the preparation of Sura, the sequence of layers is important for the fermentation and separation of different constituents.

29. Which statement is FALSE in respect to Arogyavardhini Vati mentioned in Rasaratnasamucchaya ?

Choose the correct answer from the options given below :

- (1) Loha, Abhra and Shulva Bhasma are ingredients.
- (2) It is mentioned to prepare vati of Rajakola Pramana.
- (3) Triphala and Trikatu are to be taken in equal quantities.
- (4) The Vati was innovated by Nagarjuna Yogi.

Correct Answer : (3) Triphala and Trikatu are to be taken in equal quantities.

Solution : In the context of Arogyavardhini Vati mentioned in Rasaratnasamucchaya, let's analyze the statements :

- Statement (1) : Loha, Abhra, and Shulva Bhasma are indeed ingredients used in the preparation of Arogyavardhini Vati. This is true. - Statement (2) : It is mentioned to prepare vati of Rajakola Pramana. This is also correct, as Rajakola Pramana is a reference for the quantity in which the vati is prepared. - Statement (3) : Triphala and Trikatu are not required to be taken in equal quantities for this preparation. This statement is FALSE, as the specific proportions for Triphala and Trikatu are mentioned differently in the formulation. - Statement (4) : The Vati was indeed innovated by Nagarjuna Yogi, which is true.

Thus, the false statement is (3).

Quick Tip

In Ayurvedic formulations like Arogyavardhini Vati, it is important to follow the correct proportions of ingredients as specified in ancient texts for optimal therapeutic benefits.

30. According to Acharya Chakradatta, which statement is FALSE in reference of Simhanada Guggulu ?

Choose the correct answer from the options given below :

- (1) Gandhaka is an ingredient.
- (2) Paka is to be done in Chitra Taila.
- (3) Paka is indicated to be done in Lauha Patra.
- (4) It is also called Bhrugu Rasayana.

Correct Answer : (4) It is also called Bhrugu Rasayana.

Solution : In Simhanada Guggulu, as per Acharya Chakradatta, the statements are as follows :

- Statement (1) : Gandhaka is indeed an ingredient used in the preparation of Simhanada Guggulu. This is true. - Statement (2) : Paka (cooking) of Simhanada Guggulu is to be done in Chitra Taila, which is correct. - Statement (3) : The Paka is indeed indicated to be done in Lauha Patra (iron vessel), so this statement is also true. - Statement (4) : Simhanada Guggulu is not called Bhrugu Rasayana. This is a false statement.

Thus, the false statement is (4).

Quick Tip

Simhanada Guggulu is a classical Ayurvedic formulation that is prepared by following specific guidelines for Paka and ingredients like Gandhaka.

31. Under which Mahakashaya Charak has included Arjuna ?

Choose the correct answer from the options given below :

- (1) Jeevaneeya Mahakashaya
- (2) Shonitsthapana Mahakashaya
- (3) Hridaya Mahakashaya
- (4) Udardprashman Mahakashaya

Correct Answer : (4) Udardprashman Mahakashaya

Solution : According to Charaka, Arjuna is included under the Udardprashman Mahakashaya. This Mahakashaya is used for treating diseases like Udard (a type of swelling or edema) and other related conditions.

Thus, the correct answer is (4).

Quick Tip

Arjuna is commonly used in Ayurvedic formulations for its therapeutic benefits, especially in Udardprashman Mahakashaya for conditions like swelling and edema.

32. Match List I with List II : (According to Charak)

List I List II

- | | |
|---------------|---------------------------|
| (A) Aayasa | (I) Amlapittajanana |
| (B) Shashkuli | (II) Apathyakara |
| (C) Kulattha | (III) Vritikara |
| (D) Anna | (IV) Shleshma pittajanana |

Choose the correct answer from the options given below :

- (1) (A)-(III), (B)-(II), (C)-(IV), (D)-(I)
(2) (A)-(I), (B)-(IV), (C)-(II), (D)-(III)
(3) (A)-(I), (B)-(II), (C)-(III), (D)-(IV)
(4) (A)-(IV), (B)-(III), (C)-(I), (D)-(II)

Correct Answer : (2) (A)-(I), (B)-(IV), (C)-(II), (D)-(III)

Solution : According to Charak, the correct matching of List I and List II is as follows :

- Aayasa is related to Amlapittajanana (heartburn or acid indigestion), so (A) matches with (I). - Shashkuli is associated with Shleshma pittajanana (related to mucus and bile disorders), making (B) match with (IV). - Kulattha is related to Apathyakara (appetite promoting), so (C) matches with (II). - Anna is related to Vritikara (constipation or digestive disorders), so (D) matches with (III).

Thus, the correct matching is (A)-(I), (B)-(IV), (C)-(II), (D)-(III).

Quick Tip

The matching of ingredients and their effects in Charak Samhita provides valuable insights into Ayurvedic treatment principles for different conditions.

33. Complete the shloka according to Madhav Nidana in the context of Shotha.

"_____ cha shvayathu sameernatal"

Choose the correct answer from the options given below :

- (1) Ratribali
(2) Sayambali

(3) Madhyanhabali

(4) Diwali

Correct Answer : (4) Diwali

Solution : In Madhav Nidana, the context of Shotha (swelling or inflammation) requires the correct completion of the shloka, which is :

"Diwali cha shvayathu sameernatal".

This refers to a condition related to Shotha and inflammation, and the correct word to complete the shloka is Diwali.

Thus, the correct answer is (4).

Quick Tip

In Ayurvedic texts like Madhav Nidana, the completion of shlokas plays an important role in understanding various medical conditions like Shotha (inflammation).

34. Match List I with List II :

List I List II

- | | |
|-------------------------|-------------------|
| (A) Benedict's test | (I) Ketone |
| (B) Rothera's test | (II) Urobilin |
| (C) Harrison's test | (III) Glucose |
| (D) Schleisinger's test | (IV) Bile pigment |

Choose the correct answer from the options given below :

- (1) (A)-(III), (B)-(I), (C)-(IV), (D)-(II)
- (2) (A)-(III), (B)-(IV), (C)-(I), (D)-(II)
- (3) (A)-(III), (B)-(II), (C)-(I), (D)-(IV)
- (4) (A)-(III), (B)-(I), (C)-(II), (D)-(IV)

Correct Answer : (1) (A)-(III), (B)-(I), (C)-(IV), (D)-(II)

Solution : The tests and their corresponding substances are as follows :

- Benedict's test is used to detect Glucose, so (A) matches with (III). - Rothera's test is used to detect Ketone, so (B) matches with (I). - Harrison's test is used to detect Bile pigment, so (C) matches with (IV). - Schleisinger's test is used to detect Urobilin, so (D) matches with (II). Thus, the correct matching is (A)-(III), (B)-(I), (C)-(IV), (D)-(II).

Quick Tip

Various diagnostic tests, like Benedict's test and Rothera's test, are used to detect specific compounds in urine and blood, helping in disease diagnosis.

35. “यस्योच्छ्वासं बिना मृदुं सहायवाद् गच्छति ।

दीपतालूपकुशस्य _____”

Is the clinical presentation of which of the following state of Atisaara as per Madhav Nidana ?

Choose the correct answer from the options given below :

- (1) Amatisara
- (2) Pakwatisara
- (3) Raktatisara
- (4) Gatatisara

Correct Answer : (4) Gatatisara

Solution : In Madhav Nidana, the clinical presentation described in the shloka refers to Gatatisara, where the disease manifests as watery diarrhea with severe debility, which aligns with the given description.

Thus, the correct answer is (4).

Quick Tip

In Madhav Nidana, Gatatisara refers to a severe form of diarrhea, often accompanied by weakness and dehydration.

36. Match List I with List II : (According to Charak)

List I List II

- | | |
|-------------------------|---------------------------------|
| (A) Kosthashrita Vata | (I) Parvaruk |
| (B) Amashayagata Vata | (II) Trikavedana |
| (C) Tvak Gata Vata | (III) Parshvashula |
| (D) Pakwashayagata Vata | (IV) Hrinabhi Parshva Udara Ruk |

Choose the correct answer from the options given below :

- (1) (A)-(IV), (B)-(III), (C)-(I), (D)-(II)
(2) (A)-(III), (B)-(II), (C)-(I), (D)-(IV)
(3) (A)-(I), (B)-(II), (C)-(III), (D)-(IV)
(4) (A)-(II), (B)-(III), (C)-(I), (D)-(IV)

Correct Answer : (2) (A)-(III), (B)-(II), (C)-(I), (D)-(IV)

Solution : In Charak, the matching of Sthana Visheshakruta Vata and their corresponding Clinical Characters is as follows :

- Kosthashrita Vata is associated with Parshvashula (pain in the sides), so (A) matches with (III). - Amashayagata Vata is related to Trikavedana (pain in all three regions : head, stomach, and chest), so (B) matches with (II). - Tvak Gata Vata corresponds to Parvaruk (pain in the skin), so (C) matches with (I). - Pakwashayagata Vata is associated with Hrinabhi Parshva Udara Ruk (pain in the abdomen and sides), so (D) matches with (IV).

Thus, the correct matching is (A)-(III), (B)-(II), (C)-(I), (D)-(IV).

Quick Tip

Understanding the characteristics of Sthana Visheshakruta Vata is key to diagnosing specific types of Vata-related conditions in Ayurvedic medicine.

37. According to Charaka "Bhinnama shleshma samsrushta guru varchah pravartanam" along with "kaphameshya cha agamah" is mentioned in which of the following ?

Choose the correct answer from the options given below :

- (1) Purishaja Anaha

- (2) Kaphaja Graghani
- (3) Shleshmana samvruta apana
- (4) Kaphavruta Saman

Correct Answer : (2) Kaphaja Graghani, (3) Shleshmana samvruta apana

Solution : According to Charaka, the statement "Bhinnama shleshma samsrushta guru varchah pravartanam" along with "kaphameshya cha agamah" describes a clinical presentation related to Kaphaja Graghani (due to Kapha dosha disturbances) and Shleshmana samvruta apana (due to the obstruction of the flow of apana vata, caused by aggravated Kapha). These conditions are marked by similar clinical manifestations.

Thus, the correct answer is (2) Kaphaja Graghani, (3) Shleshmana samvruta apana.

Quick Tip

Understanding the balance of Kapha and its role in digestive and excretory disturbances is essential for diagnosing conditions like Kaphaja Graghani and Shleshmana samvruta apana in Ayurvedic medicine.

38. Which of the following is also called as "Swatantra, Vyaktalinga (स्वतंत्र, व्यक्तलिंग) vyadhi" ?

Choose the correct answer from the options given below :

- (1) Anubandha
- (2) Prakrut
- (3) Anubandhya
- (4) Vaikrut

Correct Answer : (3) Anubandhya

Solution : In Ayurveda, the term "Swatantra, Vyaktalinga vyadhi" refers to diseases that are independent and manifest with clear, specific signs (Vyaktalinga). These conditions are referred to as Anubandhya (अनुबन्ध्य), meaning they arise as a result of a cause or association, but they are specific in their manifestation.

- Anubandha refers to the connection or relationship between cause and effect, but not a specific disease manifestation. - Prakrut refers to the natural state of something, often related to the constitution of an individual. - Vaikrut refers to diseases or disturbances caused by irregularities in the doshas, which are more complex and not always independently manifested.

Thus, the correct answer is (3) Anubandhya.

Quick Tip

In Ayurveda, diseases classified as Anubandhya are those that manifest clearly and independently, often linked to imbalances or disturbances in the body's internal systems.

39. "कोण-पिडक-कण्ठ-गाणां" are the classical manifestation of which of the following type of krimi as per Madhav Nidana ?

Choose the correct answer from the options given below :

- (1) Bahya Krimi
- (2) Shleshmaja Krimi
- (3) Raktaja Krimi
- (4) Pureeshaja Krimi

Correct Answer : (1) Bahya Krimi

Solution : According to Madhav Nidana, the classical manifestation of "कोण-पिडक-कण्ठ-गाणां" (knot, pimples, and swelling in the neck area) is associated with Bahya Krimi (external worms or parasites). These manifestations are commonly linked to conditions involving external infestations, which can result in symptoms such as pimples, lumps, and swelling around the neck or body.

- Shleshmaja Krimi refers to worms related to the accumulation of mucus, generally affecting the internal organs. - Raktaja Krimi refers to blood-related worms, affecting the circulatory system. - Pureeshaja Krimi refers to worms originating from the intestinal system.

Thus, the correct answer is (1) Bahya Krimi.

Quick Tip

In Ayurvedic pathology, Bahya Krimi are external parasites or worms, and their symptoms include visible manifestations like pimples or swelling, particularly around the neck and other parts of the body.

40. Given below are two statements :

Statement I : Progressive chronic destruction of more than 90% of adrenal cortex on both sides causes Addison's disease.

Statement II : Tuberculosis and metastatic cancers of the adrenal glands are implicated in the majority of cases of Addison's disease.

In the light of the above statements, choose the correct answer from the options given below :

- (1) Both Statement I and Statement II are true
- (2) Both Statement I and Statement II are false
- (3) Statement I is true but Statement II is false
- (4) Statement I is false but Statement II is true

Correct Answer : (3) Statement I is true but Statement II is false

Solution : - Statement I is true. Addison's disease occurs due to the progressive destruction of more than 90% of the adrenal cortex. This destruction leads to insufficient production of adrenal hormones, such as cortisol and aldosterone, causing the clinical symptoms of Addison's disease.

- Statement II is false. While tuberculosis and metastatic cancers of the adrenal glands can cause Addison's disease, they do not account for the majority of cases. The most common cause of Addison's disease is autoimmune adrenalitis, where the body's immune system attacks the adrenal glands.

Thus, the correct answer is (3) Statement I is true but Statement II is false.

Quick Tip

In Addison's disease, autoimmune adrenalitis is the most common cause of adrenal insufficiency, rather than tuberculosis or metastatic cancers.

41. According to Bhavaprakasha, fish from which of the following source is ideal in Vasanta ritu ?

Choose the correct answer from the options given below :

- (1) Wells
- (2) Lakes
- (3) River
- (4) Waterfalls

Correct Answer : (3) River

Solution : According to Bhavaprakasha, Vasanta ritu (spring season) is a time of rejuvenation, where the body requires light and easily digestible foods. During this season, fish from rivers are considered ideal for consumption. This is because river water is believed to be pure and fresh, which aligns with the qualities needed for optimal health during this time of year.

- Wells generally contain stagnant water, which is not ideal during Vasanta ritu. - Lakes may have still or less purified water, which is not as beneficial as fresh river water. - Waterfalls are associated with fast-moving water, but fish from these sources are not recommended in Bhavaprakasha for Vasanta ritu.

Thus, the correct answer is (3) River.

Quick Tip

In Ayurveda, different seasons require specific types of food for balance. During Vasanta ritu, light and fresh foods like river fish are considered ideal.

42. Which of the following causes hindrance to attain success in yoga according to Hathayoga Pradeepika ?

Choose the correct answer from the options given below :

- (1) Dhairya
- (2) Tatwajnana
- (3) Sahasa
- (4) Janasanga

Correct Answer : (4) Janasanga

Solution : According to Hathayoga Pradeepika, Janasanga (association with people) is one of the factors that can hinder the progress of yoga. This is because excessive social interaction and external distractions can lead to disturbances in focus, which is essential for achieving success in yoga practice.

- Dhairya (patience) is an important virtue for yoga practitioners and does not hinder progress. - Tatwajnana (knowledge of the truth) is essential for the progress of yoga, not a hindrance. - Sahasa (impatience or rashness) can be counterproductive, but the main hindrance mentioned in Hathayoga Pradeepika is Janasanga.

Thus, the correct answer is (4) Janasanga.

Quick Tip

In Hathayoga, maintaining focus and avoiding distractions like excessive social interactions (Janasanga) are critical for attaining success in yoga.

43. Where is the regional office of the South Central Asian region of UNICEF ?

Choose the correct answer from the options given below :

- (1) New Delhi
- (2) Colombo
- (3) Islamabad
- (4) Kathmandu

Correct Answer : (4) Kathmandu

Solution : The regional office of the South Central Asian region of UNICEF is located in Kathmandu, Nepal. This office oversees UNICEF's operations in countries like Nepal,

Bangladesh, Pakistan, and Afghanistan, focusing on child protection, health, education, and humanitarian aid.

Thus, the correct answer is (4) Kathmandu.

Quick Tip

UNICEF's regional offices are strategically located to provide effective support and coordination for the countries in that region, ensuring the best outcomes for children and families.

44. Consider the following facts regarding Xerophthalmia :

- (A) Xerophthalmia is caused due to Vitamin A deficiency.
- (B) The most commonly affected age group is children of 3 to 5 years.
- (C) It is mostly related to weaning.
- (D) It can be prevented by feeding with skimmed milk.
- (E) Oral administration of large doses of Vitamin A is not an effective remedy in vulnerable groups.

Choose the correct answer from the options given below :

- (1) (A), (B) and (C) only
- (2) (A), (D) and (E) only
- (3) (A), (D) and (E) only
- (4) (A) and (D) only

Correct Answer : (1) (A), (B) and (C) only

Solution : Xerophthalmia is a condition that is caused by a deficiency of Vitamin A, leading to symptoms such as dry eyes and night blindness.

- (A) : Xerophthalmia is caused due to Vitamin A deficiency – This is true, as Vitamin A is essential for normal vision, and its deficiency leads to this condition.

- (B) : The most commonly affected age group is children of 3 to 5 years – This is true, as children in this age group are most commonly affected due to inadequate Vitamin A intake during a critical period of growth.

- (C) : It is mostly related to weaning – This is true, as weaning from breast milk can lead to Vitamin A deficiency if the child's diet lacks sufficient Vitamin A-rich foods.
- (D) : It can be prevented by feeding with skimmed milk – This is false. Skimmed milk lacks fat, which is essential for the absorption of Vitamin A. Whole milk or other Vitamin A-rich foods are more effective.
- (E) : Oral administration of large doses of Vitamin A is not an effective remedy in vulnerable groups – This statement is false. Large doses of Vitamin A are indeed effective in treating Vitamin A deficiency and its complications, especially in vulnerable populations like children and pregnant women.

Thus, the correct answer is (1) (A), (B) and (C) only.

Quick Tip

To prevent Xerophthalmia, ensure adequate Vitamin A intake, especially in the early years, through sources like fortified milk, eggs, and green leafy vegetables.

45. Given below are two statements :

Statement I : When Chlorine is added to water, Hydrochloric acid and Hypochlorous acid are formed.

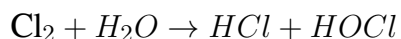
Statement II : The disinfection action of Chlorine in water is mainly due to Hypochlorous acid.

In the light of the above statements, choose the most appropriate answer from the options given below :

- (1) Both Statement I and Statement II are correct
- (2) Both Statement I and Statement II are incorrect
- (3) Statement I is correct but Statement II is incorrect
- (4) Statement I is incorrect but Statement II is correct

Correct Answer : (1) Both Statement I and Statement II are correct

Solution : - Statement I is correct. When chlorine is added to water, it reacts to form Hydrochloric acid (HCl) and Hypochlorous acid (HOCl). The reaction is as follows :



- Statement II is also correct. The disinfection action of chlorine in water is primarily due to the formation of Hypochlorous acid (HOCl), which is a strong oxidizer and effective disinfectant.

Thus, the correct answer is (1) Both Statement I and Statement II are correct.

Quick Tip

The disinfecting power of chlorine in water comes from Hypochlorous acid (HOCl), which is formed when chlorine reacts with water. Always ensure proper dosage to maintain effective water treatment.

46. Given below are two statements : One is labelled as Assertion (A) and the other is labelled as Reason (R).

Assertion (A) : It is generally advised to consume madhu by adding in the foods and drinks in Varsha ritu.

Reason (R) : Vataprakopa occurs in Varsha ritu.

In the light of the above statements, choose the most appropriate answer from the options given below :

- (1) Both (A) and (R) are correct and (R) is the correct explanation of (A)
- (2) Both (A) and (R) are correct but (R) is NOT the correct explanation of (A)
- (3) (A) is correct but (R) is not correct
- (4) (A) is not correct but (R) is correct

Correct Answer : (2) Both (A) and (R) are correct but (R) is NOT the correct explanation of (A)

Solution : - Assertion (A) is correct. During Varsha ritu (monsoon season), it is generally advised to consume madhu (honey) in foods and drinks. This is because honey is considered beneficial for alleviating the effects of Vataprakopa, which is aggravated during this season.

- Reason (R) is also correct. Vataprakopa (the aggravation of Vata dosha) occurs during Varsha ritu, which can cause disturbances in the body, such as dryness, pain, and discomfort. However, the reason provided does not directly explain the assertion. The advice to consume honey in Varsha ritu is more about balancing the effects of Vata and Pitta, rather than directly addressing Vataprakopa.

Thus, the correct answer is (2) Both (A) and (R) are correct but (R) is NOT the correct explanation of (A).

Quick Tip

During Varsha ritu, Vataprakopa is common, and consuming madhu (honey) can help balance the aggravated Vata dosha, but the reason behind this recommendation is not solely the aggravation of Vata.

47. What are the reasons for the laghu guna of Goat milk ?

- (A) It does more physical activity.
- (B) It consumes more water.
- (C) It eats Katu-tikta rasa predominant feeds.
- (D) Goat consumes less quantity of water.

Choose the most appropriate answer from the options given below :

- (1) (B) and (D) only
- (2) (A) and (B) only
- (3) (A), (C) and (D) only
- (4) (C) and (D) only

Correct Answer : (3) (A), (C) and (D) only

Solution : Laghu guna (light quality) of goat milk refers to its property of being light, easy to digest, and not causing heaviness in the body. The following reasons contribute to the laghu guna of goat milk :

- (A) : It does more physical activity. – Goats are active animals, which leads to the milk produced being light in quality. - (C) : It eats Katu-tikta rasa predominant feeds. – Goat's diet,

which is rich in Katu (pungent) and Tikta (bitter) tastes, contributes to the lightness of the milk produced. - (D) : Goat consumes less quantity of water. – Goats are known to consume less water compared to other animals, which leads to the lightness in the milk. Thus, the correct answer is (3) (A), (C) and (D) only.

Quick Tip

Goat milk is considered laghu due to its active nature, dietary influences, and lower water intake, making it easy to digest and beneficial for certain health conditions.

48. Which of the following microorganism is majorly responsible for condition 'Farmer's Lung' ?

Choose the correct answer from the options given below :

- (1) Micropolyspora faeni
- (2) Cryptosporidium hominis
- (3) Cryptococcus gattii
- (4) Hymenolepis nana

Correct Answer : (1) Micropolyspora faeni

Solution : Farmer's Lung is a type of hypersensitivity pneumonitis, which is an inflammatory condition of the lungs caused by inhaling organic dust, including mold spores, bacteria, and fungi, commonly found in hay, straw, and other agricultural products.

The microorganism most commonly responsible for this condition is Micropolyspora faeni, which is a mold found in agricultural environments, particularly in stored hay. This mold triggers an immune response in sensitive individuals, leading to inflammation in the lungs.

- Cryptosporidium hominis is a protozoan parasite that causes gastrointestinal illness, not related to Farmer's Lung. - Cryptococcus gattii is a fungus that causes infections in immunocompromised individuals but is not linked to Farmer's Lung. - Hymenolepis nana is a parasitic worm (tapeworm) that affects the intestines and is unrelated to Farmer's Lung.

Thus, the correct answer is (1) Micropolyspora faeni.

Quick Tip

Farmer's Lung is triggered by inhaling organic dust from farming activities, with Micro-polyspora faeni being one of the primary culprits.

49. Out of the following which is the fibrous septa that supports the breast ?

Choose the correct answer from the options given below :

- (1) Cardinal ligament
- (2) Cooper's ligament
- (3) Mackendrodt's ligament
- (4) Broad ligament

Correct Answer : (2) Cooper's ligament

Solution : The fibrous septa that support the breast are known as Cooper's ligaments. These ligaments are fibrous tissue structures that extend from the skin to the underlying fascia of the breast, providing support and helping maintain the shape of the breast.

- Cardinal ligament supports the uterus, not the breast. - Mackendrodt's ligament is related to the pelvic region and does not support the breast. - Broad ligament is also associated with the uterus and pelvic region, not the breast.

Thus, the correct answer is (2) Cooper's ligament.

Quick Tip

Cooper's ligaments play a crucial role in maintaining the structural integrity of the breast and preventing sagging.

50. Given below are two statements :

Statement I : According to Kashyapa, in case of Stanikilaka, the first line of treatment is Ghritapana.

Statement II : According to Kashyapa, Lehana karma is contraindicated in babies born to Dushprajata and Brishavyadhi pidita.

In the light of the above statements, choose the most appropriate answer from the options given below :

- (1) Both Statement I and Statement II are correct
- (2) Both Statement I and Statement II are incorrect
- (3) Statement I is correct but Statement II is not correct
- (4) Statement I is not correct but Statement II is correct

Correct Answer : (3) Statement I is correct but Statement II is not correct

Solution : - Statement I is correct. According to Kashyapa, Stanikilaka (a condition related to the breast) is treated with Ghritapana (the administration of clarified butter or ghee), as it helps in lubricating and nourishing the body tissues, which is beneficial in this condition.

- Statement II is incorrect. Lehana karma (a therapeutic practice involving the use of medicinal pastes) is contraindicated in some specific conditions, but it is not specifically contraindicated for babies born to Dushprajata (women with poor progeny) and Brishavyadhi pidita (those afflicted with heavy or severe diseases). This statement is misleading, as Lehana karma is generally advised with caution depending on the condition, but it is not universally contraindicated in such cases.

Thus, the correct answer is (3) Statement I is correct but Statement II is not correct.

Quick Tip

Ghritapana is often recommended in Ayurvedic treatments for conditions like Stanikilaka, and it helps to nourish the body, whereas Lehana karma must be considered carefully based on individual health conditions.

51. Which of the following diagnostic tests are carried out for female infertility ?

- (A) Diagnostic Laproscopy
- (B) Follicular study
- (C) Hysterosalpingography
- (D) PAP smear

Choose the most appropriate answer from the options given below :

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

Correct Answer : (2) (A), (B), (C) only

Solution : The following diagnostic tests are carried out for female infertility :

- Diagnostic Laparoscopy (A) is an important diagnostic test for identifying pelvic issues, such as ovarian cysts, endometriosis, or blocked fallopian tubes, all of which can contribute to infertility.
- Follicular Study (B) involves monitoring the development of follicles in the ovaries and is useful in determining ovulation patterns and identifying conditions such as polycystic ovary syndrome (PCOS).
- Hysterosalpingography (C) is a diagnostic procedure that involves X-rays to examine the uterus and fallopian tubes. It helps detect blockages or abnormalities in the fallopian tubes, which is a common cause of infertility.
- PAP Smear (D) is primarily used for detecting cervical cancer and is not directly related to infertility diagnosis.

Thus, the correct answer is (2) (A), (B), (C) only.

Quick Tip

For diagnosing female infertility, a combination of tests like Diagnostic Laparoscopy, Follicular study, and Hysterosalpingography is essential to understand various causes of infertility.

52. Ruksha guna of vayu along with the dushta shonita is specific hetu of which of the following yonivyapad ?

Choose the correct answer from the options given below :

- (1) Mahayonivyapad
- (2) Vataj yonivyapad

(3) Putraghni

(4) Vamini

Correct Answer : (3) Putraghni

Solution : According to Ayurveda, Ruksha guna of Vayu (dry quality of Vata dosha) along with dushta shonita (impure or vitiated blood) is a specific cause (hetu) for Putraghni (a condition that leads to infertility or difficulties in conception).

- Mahayonivyapad refers to conditions that affect the uterus but is not specifically associated with the dry quality of Vata or impure blood. - Vataj yonivyapad refers to disorders caused by vitiated Vata dosha in the reproductive system, but it is not directly linked to the dry quality of Vata and impure blood together. - Putraghni is specifically related to infertility caused by a combination of dry Vata and vitiated blood, which affects the ability to conceive. - Vamini refers to conditions affecting women, especially related to menstrual issues, but not specifically to the combination mentioned in the question.

Thus, the correct answer is (3) Putraghni.

Quick Tip

In Ayurvedic medicine, Putraghni is a condition that can be linked to infertility, especially when the balance of Vata dosha and blood is disturbed.

53. Match List I with List II : (According to Charaka)

List I List II

- | | |
|-------------------------|---|
| (A) Second month foetus | (I) Development of all Indriya and organs |
| (B) Third month foetus | (II) Mamsashonita Upachaya |
| (C) Fifth month foetus | (III) Bala Varna Upachaya |
| (D) Sixth month foetus | (IV) Ghana Sanjayate |

Choose the correct answer from the options given below :

- (1) (A)-(IV), (B)-(II), (C)-(I), (D)-(III)
- (2) (A)-(III), (B)-(I), (C)-(II), (D)-(IV)
- (3) (A)-(IV), (B)-(I), (C)-(II), (D)-(III)

(4) (A)-(IV), (B)-(IV), (C)-(II), (D)-(III)

Correct Answer : (3) (A)-(IV), (B)-(I), (C)-(II), (D)-(III)

Solution : In Charaka's description of fetal development :

- Second month foetus (A) corresponds to Ghana Sanjayate (IV), which refers to the development of solid tissues and structures in the fetus during the second month. - Third month foetus (B) corresponds to Development of all Indriya and organs (I), as it marks the formation of sensory organs and the beginning of functional development of the fetus. - Fifth month foetus (C) corresponds to Mamsashonita Upachaya (II), which refers to the development and accumulation of flesh and blood in the fetus during the fifth month. - Sixth month foetus (D) corresponds to Bala Varna Upachaya (III), referring to the improvement in the color and strength of the fetus during the sixth month.

Thus, the correct matching is (A)-(IV), (B)-(I), (C)-(II), (D)-(III).

Quick Tip

Understanding the stages of fetal development in Ayurveda helps in recognizing the progress of pregnancy and the development of bodily functions at different stages.

54. According to Sushruta, which of the following is not the reason of Mudhgarbha ?

Choose the correct answer from the options given below :

- (1) Abhigata (Trauma)
- (2) Yana Vahana (Travel)
- (3) Madhura Rasa Sevana (Intake of sweets)
- (4) Excessive intake of kshara

Correct Answer : (3) Madhura Rasa Sevana (Intake of sweets)

Solution : According to Sushruta, Mudhgarbha refers to the condition caused by excessive accumulation or vitiation of Kapha and Pitta doshas, leading to complications during pregnancy. Several factors contribute to this condition, including :

- Abhigata (Trauma) is one of the causes of Mudhgarbha, as trauma or physical injury can disrupt the balance of doshas and cause complications. - Yana Vahana (Travel), especially

travel during pregnancy, can lead to aggravation of doshas and contribute to the condition. - Excessive intake of kshara (alkaline substances) can also lead to imbalances in the body, contributing to Mudhgarbha.

However, Madhura Rasa Sevana (Intake of sweets) is not listed as a primary cause of Mudhgarbha. In fact, sweet substances are typically considered beneficial in moderation during pregnancy as they help balance the doshas and nourish the body.

Thus, the correct answer is (3) Madhura Rasa Sevana (Intake of sweets).

Quick Tip

While Madhura Rasa is generally considered beneficial during pregnancy, it's important to maintain a balanced diet and avoid excess consumption of any food type to prevent complications like Mudhgarbha.

55. According to Sushruta, "मातुः कृषिं न पुरुषति मन्दं स्रपन्ते च" is said in the context of _____.

Choose the correct answer from the options given below :

- (1) Leena garbha
- (2) Nagodara
- (3) Vatabhi panna garbha
- (4) Upavishtaka garbha

Correct Answer : (3) Vatabhi panna garbha

Solution : According to Sushruta, the phrase "मातुः कृषिं न पुरुषति मन्दं स्रपन्ते च" is associated with the condition of Vatabhi panna garbha. This phrase suggests a condition where the fetus, influenced by the Vata dosha, does not develop properly and is weak or slow to grow, which aligns with the characteristics of Vatabhi panna garbha.

- Leena garbha refers to a condition of a fetus in which it is weakened or debilitated, but it is not directly associated with the phrase mentioned in the question. - Nagodara is related to a swollen or distended abdomen, not directly linked to the phrase. - Upavishtaka garbha refers to a fetus in the seated position, but this is not the context for the phrase.

Thus, the correct answer is (3) Vatabhi panna garbha.

Quick Tip

In Ayurveda, Vatabhi panna garbha is associated with weak fetal development, often due to an imbalance in the Vata dosha, which can affect the fetus's growth and vitality.

56. According to Charak, 'अनुपक्षय' is said in the context of which of the following Yonivyapada ?

Choose the correct answer from the options given below :

- (1) Mahayoni
- (2) Shandhi
- (3) Sannipatika
- (4) Vamini

Correct Answer : (2) Shandhi

Solution : According to Charak, the term 'अनुपक्षय' refers to a condition where the doshas are in a state of imbalance and can lead to a specific type of Yonivyapada. In this case, Shandhi is the correct answer, as it refers to a condition of obstruction or dysfunction of the reproductive system, which is the context in which 'अनुपक्षय' is used.

- Mahayoni refers to a condition involving the uterus or reproductive organs but is not directly linked to the term 'अनुपक्षय'. - Sannipatika refers to a combination of doshas causing a variety of disorders but is not specific to 'अनुपक्षय'. - Vamini refers to conditions related to vomiting, not directly associated with the term 'अनुपक्षय' in the context of Yonivyapada.

Thus, the correct answer is (2) Shandhi.

Quick Tip

In Ayurveda, Shandhi refers to dysfunction or obstructions in the reproductive system, and 'अनुपक्षय' is used to describe such conditions of imbalance.

57. As per Charak, which of the following dravya is not included in Prajasthapana gana ?

Choose the correct answer from the options given below :

- (1) Shiva
- (2) Avyatha
- (3) Shatvirya
- (4) Durva

Correct Answer : (4) Durva

Solution : Prajasthapana gana refers to a group of herbs or substances that promote fertility and reproductive health. According to Charak, Durva is not included in the Prajasthapana gana.

- Shiva, Avyatha, and Shatvirya are part of the Prajasthapana gana and are used in promoting fertility and reproductive health. - Durva, although beneficial for other conditions, is not included in this particular group for fertility.

Thus, the correct answer is (4) Durva.

Quick Tip

Durva is a sacred grass used in rituals and Ayurveda, but it is not part of the Prajasthapana gana for fertility enhancement, which includes herbs like Shiva and Avyatha.

58. In which of the following Samhita "Krimi Ashaya" is described ?

Choose the correct answer from the options given below :

- (1) Harita Samhita
- (2) Kashyap Samhita
- (3) Ashtanga Hridaya
- (4) Madhava Nidana

Correct Answer : (2) Kashyap Samhita

Solution : Krimi Ashaya refers to the chapter or description related to parasitic infestations (krimi) in the body, which is described in the Kashyap Samhita.

- Harita Samhita is an important text in Ayurveda but does not specifically focus on Krimi Ashaya. - Kashyap Samhita is the correct text where Krimi Ashaya is discussed, as it includes detailed information about various types of parasites (krimi) and their treatment. - Ashtanga Hridaya and Madhava Nidana are also key texts in Ayurveda but do not cover Krimi Ashaya in detail.

Thus, the correct answer is (2) Kashyap Samhita.

Quick Tip

The Kashyap Samhita is one of the classical texts of Ayurveda that provides detailed discussions on various health conditions, including Krimi Ashaya, which involves parasitic infestations and their treatment.

59. According to Kashyapa, "..... देहवर्ण" is observed in which one of the following diseases ?

Choose the correct answer from the options given below :

- (1) Alasaka
- (2) Pandu
- (3) Atisara
- (4) Kandu

Correct Answer : (3) Atisara

Solution : According to Kashyapa, the phrase "..... देहवर्ण" refers to a condition where there is a significant change in the color of the body, which is observed in the case of Atisara (diarrhea). In Atisara, the stool is often abnormal, and the body may show signs of weakness and changes in appearance due to dehydration and loss of nutrients.

- Alasaka refers to a condition of laziness or sluggishness and is not directly associated with changes in body color. - Pandu (anemia) does involve a pale complexion but is not specifically linked to "dehavarnam" as described by Kashyapa. - Kandu (itching) is a condition of skin

irritation and is not linked to changes in body color.

Thus, the correct answer is (3) Atisara.

Quick Tip

In Atisara, the body may show signs of dehydration, changes in appearance, and abnormal stool, which can lead to changes in skin color.

60. "Scrotal tongue" is the clinical feature of which one of the following disease ?

Choose the correct answer from the options given below :

- (1) Down Syndrome
- (2) Turner Syndrome
- (3) Gaucher Syndrome
- (4) Klinefelter's Syndrome

Correct Answer : (1) Down Syndrome

Solution : Scrotal tongue is a clinical feature observed in Down Syndrome. This condition is characterized by deep furrows and grooves on the surface of the tongue, giving it a "scrotal" appearance. It is commonly associated with Down Syndrome, which is a genetic disorder caused by the presence of an extra chromosome 21.

- Turner Syndrome typically presents with short stature, webbed neck, and other physical characteristics, but not scrotal tongue. - Gaucher Syndrome is a genetic disorder affecting lipid metabolism, leading to organ enlargement, but it is not associated with scrotal tongue. - Klinefelter's Syndrome is a genetic condition in males with an extra X chromosome, but scrotal tongue is not a feature of this syndrome either.

Thus, the correct answer is (1) Down Syndrome.

Quick Tip

Scrotal tongue is one of the distinguishing features of Down Syndrome, which is also associated with other physical traits such as intellectual disability and characteristic facial features.

61. According to Kashyapa, Kshiralasaka vyadhi is caused by which one of the following factors in a child ?

Choose the correct answer from the options given below :

- (1) Tridosha vitiated breast milk
- (2) Affliction of Revatigraha
- (3) Hereditary factor
- (4) Eruption of Teeth

Correct Answer : (2) Affliction of Revatigraha

Solution : Kshiralasaka Vyadhi refers to a condition in children where there is a weakness or underdevelopment caused by specific factors. According to Kashyapa, one of the causes of this condition is the affliction of Revatigraha, which refers to disturbances or afflictions related to the reproductive system or early childhood development.

- Tridosha vitiated breast milk is an important factor in many diseases, but it is not specifically linked to Kshiralasaka. - Hereditary factors can play a role in various diseases, but Kshiralasaka Vyadhi is more specifically linked to the affliction of Revatigraha. - Eruption of teeth can lead to discomfort in children but is not directly associated with Kshiralasaka Vyadhi.

Thus, the correct answer is (2) Affliction of Revatigraha.

Quick Tip

Kshiralasaka Vyadhi in children is linked to disturbances in the developmental process, often related to Revatigraha, and not just simple factors like teething or hereditary factors.

62. Arikeelaka is the contribution of which one of the following Samhita Grantha ?

Choose the correct answer from the options given below :

- (1) Kashyap Samhita
- (2) Bhav Prakasha

(3) Ashtanga Hridaya

(4) Harita Samhita

Correct Answer : (1) Kashyap Samhita

Solution : Arikeelaka is a concept described in Kashyapa Samhita, which is a classical Ayurvedic text. It is related to the study of pediatrics and discusses various aspects of child health and diseases, including growth and development. Arikeelaka refers to a specific condition or treatment related to children's health, especially concerning early childhood diseases and nutrition.

- Bhav Prakasha is another important Ayurvedic text, but it does not specifically focus on Arikeelaka. - Ashtanga Hridaya is a classical text by Vagbhata, focusing on a comprehensive view of Ayurveda, but it does not deal with Arikeelaka. - Harita Samhita is also an Ayurvedic text, but Arikeelaka is not part of its teachings.

Thus, the correct answer is (1) Kashyap Samhita.

Quick Tip

Kashyap Samhita is the primary Ayurvedic text that deals with pediatrics, child health, and diseases like Arikeelaka, which are vital for understanding early childhood conditions.

63. Given below are two statements : One is labelled as Assertion (A) and the other is labelled as Reason (R).

Assertion (A) : Regular medicine should not be used in children less than 12 years.

Reason (R) : Prana, Dosha, Dhatu, Bala, and Ojus are in balanced state in their body.

In the light of the above statements, choose the most appropriate answer from the options given below :

- (1) Both (A) and (R) are correct and (R) is the correct explanation of (A)
- (2) Both (A) and (R) are correct but (R) is NOT the correct explanation of (A)
- (3) (A) is correct but (R) is not correct

(4) (A) is not correct but (R) is correct

Correct Answer : (3) (A) is correct but (R) is not correct

Solution : - Assertion (A) is correct because, in Ayurveda, it is advised not to use regular (strong) medicines in children under the age of 12 years, as their body is still developing and may not tolerate such substances well.

- Reason (R) is not entirely correct in this context. While it is true that Prana, Dosha, Dhatu, Bala, and Ojus are important factors in maintaining health, the balanced state of these factors does not directly explain why regular medicines should not be used in children. The reason for not using regular medicine is more related to the developmental and physiological vulnerabilities of children rather than the balanced state of these factors.

Thus, the correct answer is (3) (A) is correct but (R) is not correct.

Quick Tip

In Ayurveda, children's health is closely related to the delicate balance of their internal systems, and strong medications should be avoided to protect their development and constitution.

64. According to Gopalan's Hypothesis, choose correct statement regarding Protein Energy Malnutrition.

Statement I : Nutritional Marasmus may be the result of extreme degree of dysadaptation and Kwashiorkor is the result of adaptation.

Statement II : Kwashiorkor results from overproduction of free radicals and breakdown of protective mechanism.

In the light of the above statements, choose the most appropriate answer from the options given below :

- (1) Both Statement I and Statement II are correct
- (2) Both Statement I and Statement II are incorrect
- (3) Statement I is correct but Statement II is incorrect

(4) Statement I is incorrect but Statement II is correct

Correct Answer : (4) Statement I is incorrect but Statement II is correct

Solution : According to **Gopalan's Hypothesis** of **Protein Energy Malnutrition (PEM)** :

- **Statement I** is **incorrect**. **Marasmus** is primarily caused by a **lack of total caloric intake**, and it is not typically the result of **dysadaptation**. **Kwashiorkor**, on the other hand, is caused by **protein deficiency** despite adequate caloric intake, and is a result of the body's **adaptation** to starvation.

- **Statement II** is **correct**. **Kwashiorkor** results from **protein deficiency**, which leads to the breakdown of **protective mechanisms** like the immune system. **Free radicals** are also involved in causing oxidative damage to cells, further impairing the protective mechanisms of the body.

Thus, the correct answer is **(4) Statement I is incorrect but Statement II is correct**.

Quick Tip

Kwashiorkor is associated with **protein deficiency** despite sufficient caloric intake, leading to immune system breakdown, while **marasmus** involves severe **caloric and protein deficiency**.

65. Match List I with List II :

Match the X-ray finding and disease.

List I (X-ray findings)

List II (Disease)

(A) Snow Stom Appearance

(I) Pericardial Effusion

(B) Snow Man Appearance

(II) Transposition of greater Arteries

(C) Water Bottle Configuration

(III) Total Anomalous Venous Return

(D) Egg on side appearance

(IV) Miliary Tuberculosis

Choose the correct answer from the options given below :

(1) (A)-(I), (B)-(III), (C)-(II), (D)-(IV)

- (2) (A)-(IV), (B)-(II), (C)-(III), (D)-(I)
 (3) (A)-(I), (B)-(II), (C)-(III), (D)-(II)
 (4) (A)-(I), (B)-(III), (C)-(II), (D)-(II)

Correct Answer : (4) (A)-(I), (B)-(III), (C)-(II), (D)-(II)

Solution : Matching the X-ray findings with diseases :

- ****Snow Stom Appearance**** (A) is associated with ****Pericardial Effusion**** (I), where the X-ray shows a characteristic appearance due to fluid accumulation in the pericardium.
- ****Snow Man Appearance**** (B) is associated with ****Total Anomalous Venous Return**** (III), where the X-ray reveals a "snowman" appearance due to the enlarged heart and other related abnormalities in venous circulation.
- ****Water Bottle Configuration**** (C) is a hallmark of ****Transposition of greater Arteries**** (II), which leads to a characteristic appearance in the chest X-ray resembling a water bottle due to the shape of the heart.
- ****Egg on side appearance**** (D) is associated with ****Miliary Tuberculosis**** (IV), where the X-ray shows the typical pattern of miliary tuberculosis with scattered lesions giving the appearance of an egg on its side.

Thus, the correct answer is **** (4) (A)-(I), (B)-(III), (C)-(II), (D)-(II) ****.

Quick Tip

Different X-ray patterns can help diagnose specific diseases like ****Pericardial Effusion**** and ****Miliary Tuberculosis****, which have characteristic appearances on imaging.

66. Match List I with List II :

Match the items from List I with their corresponding items in List II.

List I	List II
(A) Kridabhumi	(I) Sajjopakaranam
(B) Kumaradhara	(II) Ghoshvant
(C) Kumaragara	(III) Nih Shatropalsharkara
(D) Kridanaka	(IV) Baalchittavit

Choose the correct answer from the options given below :

- (1) (A)-(III), (B)-(I), (C)-(II), (D)-(IV)
- (2) (A)-(III), (B)-(IV), (C)-(I), (D)-(II)
- (3) (A)-(I), (B)-(IV), (C)-(II), (D)-(III)
- (4) (A)-(I), (B)-(II), (C)-(IV), (D)-(III)

Correct Answer : (2) (A)-(III), (B)-(IV), (C)-(I), (D)-(II)

Solution : - **Kridabhumi** (A) corresponds to **Nih Shatropalsharkara** (III), which is related to a concept in **Ayurveda** concerning places or environments suitable for children. - **Kumaradhara** (B) is related to **Baalchittavit** (IV), which involves activities or environments for young children. - **Kumaragara** (C) corresponds to **Sajjopakaranam** (I), referring to the idea of a setting or activity for children to encourage their growth and development. - **Kridanaka** (D) is related to **Ghoshvant** (II), which is associated with the concept of sound or noise suitable for children's mental development. Thus, the correct matching is **(A)-(III), (B)-(IV), (C)-(I), (D)-(II)**.

Quick Tip

In Ayurvedic contexts, **Kridabhumi**, **Kumaradhara**, and other terms focus on creating suitable environments for children, including aspects like sound, space, and play.

67. According to Charaka, what are the therapeutic recommendations for the management of Taruna Jwara ?

Choose the correct answer from the options given below :

- (1) Langhana, Jwarahara Kashaya, Ghrita pana, Siddha Ksheera pana
- (2) Vamana, Langhana, Pachana of Avipakva Dosha
- (3) Langhana, Swedana, Vamana, Yavagu, Tikta Rasa sevana, Pachana of Avipakva Dosha
- (4) Langhana, Pittahari chikitsa, Siddha Ksheera, Deepana with tikta Rasa siddha Ghrita

Correct Answer : (3) Langhana, Swedana, Vamana, Yavagu, Tikta Rasa sevana, Pachana of Avipakva Dosha

Solution : In **Charaka**, **Taruna Jwara** refers to the early stages of fever, which requires a comprehensive treatment approach aimed at balancing the doshas and alleviating the symptoms. The therapeutic recommendations include :

- **Langhana** (lightening therapies), such as fasting or light food. - **Swedana** (sudation therapy) helps to expel toxins through sweating. - **Vamana** (emesis) helps to remove excess Kapha and clear the upper respiratory system. - **Yavagu** (a medicated gruel) is prescribed for nourishment while balancing doshas. - **Tikta Rasa sevana** (consumption of bitter taste) helps to balance the Pitta dosha, which is typically aggravated in fevers. - **Pachana of Avipakva Dosha** (digestion of undigested dosha) ensures proper digestion and detoxification.

Thus, the correct therapeutic approach for **Taruna Jwara** is a combination of these treatments, which corresponds to **Option 3**.

Quick Tip

Langhana, **Swedana**, and **Vamana** are the primary therapies used in the early stages of fever to balance doshas, especially for **Taruna Jwara**.

68. According to Charaka, what are clinical manifestations of Jwaramoksha ?

Choose the correct answer from the options given below :

- (1) Vigata Klama – Santaapa, Avyatha, Vimalendriyata
- (2) Sharir shaityata, Dahahani, Rochakata
- (3) Vigata vairasya, Vgat Daha, Sharir shaityata
- (4) Vigata Shitasahyata, Vgat Daha, Sharir shaityata

Correct Answer : (1) Vigata Klama – Santaapa, Avyatha, Vimalendriyata

Solution : According to **Charaka**, the clinical manifestations of **Jwaramoksha** (the recovery phase after a fever) include :

- **Vigata Klama** (absence of fatigue) - **Santaapa** (absence of excessive heat) - **Avyatha** (no pain or discomfort) - **Vimalendriyata** (clear functioning of the senses)
These are indicative of the body returning to a state of balance after the fever has subsided.

The absence of these symptoms marks the transition to health after the fever, known as **Jwaramoksha**.

Thus, the correct answer is **(1) Vigata Klama – Santaapa, Avyatha, Vimalendriyata**.

Quick Tip

Jwaramoksha is the phase of recovery after a fever, where the body regains its normal functions, and these manifestations show that the body is no longer in distress.

69. "पुनः पुनः सैधपानं निरोहा सांगवसन्नं" is mentioned by Charakacharya in which of the following context.

Choose the correct answer from the options given below :

- (1) Visarpa
- (2) Gulma
- (3) Kushtha
- (4) Apasmara

Correct Answer : (2) Gulma

Solution : The phrase "पुनः पुनः सैधपानं निरोहा सांगवसन्नं" is used by **Charakacharya** in the context of **Gulma**. This refers to a condition involving **internal swelling** or **mass formation** in the body, typically associated with **abdominal masses** or **tumors** in **Ayurveda**.

- **Visarpa** refers to a condition similar to erysipelas or spreading infection.

- **Kushtha** refers to **skin diseases**. - **Apasmara** refers to **epilepsy**.

Thus, the correct answer is **(2) Gulma**.

Quick Tip

Gulma refers to abdominal masses or tumors, and the term "पुनः पुनः सैधपानं" is used in the context of this disease to describe the recurrence of symptoms.

70. According to Vagbhata, "Bavishyatah Kushtasamam" is the Lakshana of which of the following ?

Choose the correct answer from the options given below :

- (1) Arbuda
- (2) Apachi
- (3) Visarpa
- (4) Vatarakta

Correct Answer : (4) Vatarakta

Solution : According to **Vagbhata**, the term **"Bavishyatah Kushtasamam"** refers to the **Lakshana** (characteristic feature) of **Vatarakta**, which is a condition resembling gout or inflammation in **Ayurveda**. It is characterized by the occurrence of pain, swelling, and redness in joints, and it is associated with **Vata** and **Rakta** (blood).
- **Arbuda** refers to tumors or growths. - **Apachi** is related to a condition similar to **pneumonia**. - **Visarpa** refers to a type of **skin infection** like erysipelas. - **Vatarakta**, on the other hand, is a disease of joint inflammation and swelling caused by **Vata** and **Rakta** dosha imbalance.

Thus, the correct answer is **(4) Vatarakta**.

Quick Tip

In **Ayurveda**, **Vatarakta** is similar to **gout** and is associated with **joint inflammation** due to the imbalance of **Vata** and **Rakta**.

71. Given below are two statements : One is labelled as Assertion (A) and the other is labelled as Reason (R).

Assertion (A) : According to Charak, Pachana and Shamaneeya kashayas are to be administered to the patient after the 6th day of Jwara.

Reason (R) : According to Charak, Pachana kashaya to be administered for Sama dosha pachana and shamana kashaya for Doshashamana after pachana.

In the light of the above statements, choose the most appropriate answer from the options given below :

- (1) Both (A) and (R) are correct and (R) is the correct explanation of (A)
- (2) Both (A) and (R) are correct but (R) is NOT the correct explanation of (A)
- (3) (A) is correct but (R) is not correct
- (4) (A) is not correct but (R) is correct

Correct Answer : (1) Both (A) and (R) are correct and (R) is the correct explanation of (A)

Solution : - **Assertion (A)** is **correct**. According to **Charak**, Pachana (digestion) and Shamaneeya (calming) kashayas should be given after the 6th day of **Jwara** (fever), as it is the time when the body begins to stabilize and digestion improves.
- **Reason (R)** is also **correct**. **Charak** mentions that Pachana kashaya is given to balance **Sama dosha** (undigested dosha) and Shamaneeya kashaya is given to alleviate **Dosha** imbalance after Pachana.

Since both **Assertion (A)** and **Reason (R)** are correct and **Reason (R)** correctly explains **Assertion (A)**, the correct answer is **(1)**.

Quick Tip

In **Ayurvedic medicine**, **Pachana** and **Shamana** are key therapeutic methods for treating **Jwara** (fever), where digestion (Pachana) and calming of doshas (Shamana) are done after the initial stages of the fever.

72. According to Chakradutta, Takra is used in Grahanidosha chikitsa due to following qualities.

Choose the most appropriate answer from the options given below :

- (1) (A) and (B) only
- (2) (B) only
- (3) (A), (B) and (C) only
- (4) (B) and (D) only

Correct Answer : (3) (A), (B) and (C) only

Solution : According to **Chakradutta**, **Takra** (buttermilk) is used in **Grahanidosha chikitsa** (treatment of digestive disorders caused by an imbalance of doshas) due to the following qualities :

- **(A)** **Kashaya**, **Ushna**, **Vikashi**, **Rooksha** – These qualities are beneficial in reducing the excess **Kapha** and **Pitta** doshas involved in Grahanidosha.
 - **(B)** **Deepana**, **Grahi**, **Laghu**, **Madhura Paki** – These qualities of Takra are helpful in improving digestion and reducing toxins, thus aiding in the treatment.
 - **(C)** **Swadu**, **Amla**, **Sandra**, **Avidahi** – These qualities support **Grahanidosha** chikitsa by balancing the digestive processes.
 - (D)** is not correct because **Kashaya**, **Sheeta**, **Vyavayi**, and **Snigdha** are qualities more suitable for other treatments and not specific to Grahanidosha.
- Thus, the correct answer is **(3) (A), (B) and (C) only**.

Quick Tip

Takra (buttermilk) is a key element in Ayurvedic treatment for digestive disorders, offering qualities like **Deepana** (appetizer), **Grahi** (binding), and **Laghu** (light), which help balance **Kapha** and **Pitta** doshas.

73. Match List I with List II : (As per Astanga Hridaya)

List I List II

- | | |
|------------------------------|---------------------------------|
| (A) Eladigana taila | (I) For Parisheska in prameha |
| (B) Aragwadadi varga kashaya | (II) For Vranaropana in prameha |
| (C) Asanadi gana kashaya | (III) For Pana in prameha |
| (D) Vatsakadi gana kashaya | (IV) For Udwartana in prameha |

Choose the correct answer from the options given below :

- (1) (A)-(IV), (B)-(II), (C)-(I), (D)-(III)
- (2) (A)-(III), (B)-(IV), (C)-(I), (D)-(II)
- (3) (A)-(I), (B)-(II), (C)-(III), (D)-(IV)
- (4) (A)-(I), (B)-(IV), (C)-(III), (D)-(II)

Correct Answer : (4) (A)-(I), (B)-(IV), (C)-(III), (D)-(II)

Solution : As per **Astanga Hridaya**, the correct matching of **List I** with **List II** is :

- **Eladigana taila** (A) is used for **Parisheka** in **Prameha** (I), as it is beneficial for external application to reduce symptoms of **Prameha** (diabetes). - **Aragwadadi Varga kashaya** (B) is used for **Udwartana** in **Prameha** (IV), helping in weight management and treating **Prameha** through external massage. - **Asanadi Gana kashaya** (C) is used for **Pana** in **Prameha** (III), as it is given internally to treat **Prameha** through internal consumption. - **Vatsakadi Gana kashaya** (D) is used for **Vranaropana** in **Prameha** (II), useful in healing wounds associated with **Prameha**.

Thus, the correct matching is **(A)-(I), (B)-(IV), (C)-(III), (D)-(II)**.

Quick Tip

In **Ayurveda**, **Prameha** is managed with various external and internal treatments, including **Udwartana**, **Parisheka**, and **Pana** to balance doshas and treat symptoms.

73. Match List I with List II : (As per Astanga Hridaya)

List I List II

- | | |
|------------------------------|---------------------------------|
| (A) Eladigana taila | (I) For Parisheka in prameha |
| (B) Aragwadadi varga kashaya | (II) For Vranaropana in prameha |
| (C) Asanadi gana kashaya | (III) For Pana in prameha |
| (D) Vatsakadi gana kashaya | (IV) For Udwartana in prameha |

Choose the correct answer from the options given below :

- (1) (A)-(IV), (B)-(II), (C)-(I), (D)-(III)
- (2) (A)-(III), (B)-(IV), (C)-(I), (D)-(II)
- (3) (A)-(I), (B)-(II), (C)-(III), (D)-(IV)
- (4) (A)-(I), (B)-(IV), (C)-(III), (D)-(II)

Correct Answer : (4) (A)-(I), (B)-(IV), (C)-(III), (D)-(II)

Solution : As per **Astanga Hridaya**, the correct matching of **List I** with **List II** is :

- **Eladigana taila** (A) is used for **Parisheka in Prameha** (I), as it is beneficial for external application to reduce symptoms of **Prameha** (diabetes). - **Aragwadadi Varga kashaya** (B) is used for **Udwartana in Prameha** (IV), helping in weight management and treating **Prameha** through external massage. - **Asanadi Gana kashaya** (C) is used for **Pana in Prameha** (III), as it is given internally to treat **Prameha** through internal consumption. - **Vatsakadi Gana kashaya** (D) is used for **Vranaropana in Prameha** (II), useful in healing wounds associated with **Prameha**.

Thus, the correct matching is **(A)-(I), (B)-(IV), (C)-(III), (D)-(II)**.

Quick Tip

In **Ayurveda**, **Prameha** is managed with various external and internal treatments, including **Udwartana**, **Parisheka**, and **Pana** to balance doshas and treat symptoms.

74. ‘Mahagadam Mahavegamagnivachhigrakari’ is described by Charaka for in which of the following context.

Choose the correct answer from the options given below :

- (1) Gulma
- (2) Visarpa
- (3) Rakta pitta
- (4) Apasmara

Correct Answer : (3) Rakta pitta

Solution : The term **‘Mahagadam Mahavegamagnivachhigrakari’** is used by **Charaka** to describe **Rakta Pitta**, a condition characterized by severe, intense symptoms related to **Pitta** dosha. The phrase refers to the **aggravation of Pitta** that leads to symptoms such as **excessive heat**, **intense burning sensations**, and **redness** often found in conditions like **Rakta Pitta** (a bleeding disorder associated

with excessive Pitta in the body).

This description is not used in the context of **Gulma**, **Visarpa**, or **Apasmara**. Thus, the correct answer is **(3) Rakta pitta**.

Quick Tip

Rakta Pitta is an aggravated condition of **Pitta** dosha that manifests as excessive heat, burning sensations, and redness, leading to bleeding conditions.

75. According to Charaka, which of the following is a type of Pittaja Prameha ?

Choose the correct answer from the options given below :

- (1) Vasa Meha
- (2) Shukra Meha
- (3) Kala Meha
- (4) Ikshu Meha

Correct Answer : (3) Kala Meha

Solution : According to **Charaka**, **Kala Meha** is considered a type of **Pittaja Prameha**. **Prameha** is a group of conditions characterized by abnormal urination, and **Pittaja Prameha** specifically relates to disorders caused by **Pitta dosha** imbalance. - **Vasa Meha** refers to a type of **Vata dosha** imbalance leading to **Prameha**. - **Shukra Meha** refers to an issue related to reproductive fluids, not specifically associated with **Pitta**. - **Ikshu Meha** is related to **sugar-like urination**, not a direct type of **Pittaja**.

Thus, the correct answer is **(3) Kala Meha**, which is classified as a type of **Pittaja Prameha**.

Quick Tip

In **Ayurveda**, **Prameha** is classified into different types based on dosha imbalances. **Kala Meha** is specifically linked to an imbalance of **Pitta dosha**.

76. According to Sushruta, ``Shad Dharana Yoga" is indicated for _____.

Choose the correct answer from the options given below :

- (1) Amashaya gata vata
- (2) Pakvashaya gata vata
- (3) Basti gata vata
- (4) Shukra gata vata

Correct Answer : (1) Amashaya gata vata

Solution : According to **Sushruta**, **Shad Dharana Yoga** is specifically indicated for **Amashaya gata vata**. **Amashaya gata vata** refers to the **Vata** dosha that affects the stomach (amashaya), leading to digestive disturbances. **Shad Dharana Yoga** is a therapeutic approach used for managing conditions related to **Vata** dosha, especially when it is localized in the stomach area.

- **Pakvashaya gata vata** refers to the involvement of **Vata** in the colon, which would require different management approaches. - **Basti gata vata** refers to **Vata** in the rectum and lower abdomen, treated with **Basti** therapies. - **Shukra gata vata** refers to the **Vata** affecting the reproductive tissues, which requires different interventions. Thus, the correct answer is **(1) Amashaya gata vata**.

Quick Tip

Shad Dharana Yoga is especially useful for managing **Vata** disturbances in the stomach, specifically in conditions like **Amashaya gata vata**.

77. In case of insufficiency of Vit. D3, the levels in blood will be in the range of (ng/ml)

Choose the correct answer from the options given below :

- (1) > 30
- (2) 21 - 29
- (3) 10 - 20
- (4) <10

Correct Answer : (2) 21 - 29

Solution : In the case of **Vitamin D3 insufficiency**, the blood levels of vitamin D are typically in the range of **21 - 29 ng/ml**. This range indicates insufficient levels of vitamin D, but not yet deficient. Levels below **20 ng/ml** are considered deficient, while levels above **30 ng/ml** are adequate.

Thus, the correct answer is **(2) 21 - 29**.

Quick Tip

Vitamin D3 levels below **30 ng/ml** are considered insufficient or deficient, depending on the exact range.

78. In which of the following disease “Tail panchaka” is indicated by Charaka ?

Choose the correct answer from the options given below :

- (1) Grahani Roga
- (2) Gulma Roga
- (3) Atisara
- (4) Arsha

Correct Answer : (2) Gulma Roga

Solution : According to **Charaka**, **Tail Panchaka** (the combination of five types of oils used in a specific way) is indicated in the treatment of **Gulma Roga**. **Gulma** is a condition in **Ayurveda** characterized by abdominal masses or swellings, and the use of **Tail Panchaka** is advised to help treat the underlying dosha imbalances and to reduce swelling.

- **Grahani Roga** refers to disorders of the small intestine. - **Atisara** refers to diarrhea or excessive loose stools. - **Arsha** refers to hemorrhoids.

Thus, the correct answer is **(2) Gulma Roga**.

Quick Tip

****Tail Panchaka**** is a specialized Ayurvedic therapy used in conditions like ****Gulma Roga**** to help manage ****dosha imbalances**** and reduce abdominal swellings.

79. Choose the correct combination of the following as per opinion of Charaka.

Choose the correct answer from the options given below :

- (1) (A) and (B)
- (2) (B) and (C)
- (3) (C) and (D)
- (4) (D) and (E)

Correct Answer : (1) (A) and (B)

Solution : According to ****Charaka****, the following combinations are correct :

- ****Siddhartha Snana**** is beneficial in treating ****Kushta**** (skin disorders). - ****Bahushoghritam Chauttarabhaktikam**** is used to treat ****Rajayakshma**** (consumption or chronic fever) by improving the digestion and vitality. - ****Langhana**** is used in the treatment of ****Vataja Apasmara**** (epilepsy or related disorders). - ****Panchagavya Ghritam**** is used to treat ****Hridroga**** (heart disease). - ****Gandiradyarishtam**** is used to treat ****Vatavyadhi**** (Vata disorders).

The correct combination is ****(A)**** and ****(B)****, as ****Siddhartha Snana**** is used for ****Kushta**** and ****Bahushoghritam Chauttarabhaktikam**** is indicated for ****Rajayakshma****.

Thus, the correct answer is ****(1) (A) and (B)****.

Quick Tip

In ****Ayurveda****, different therapeutic methods, such as ****Langhana**** and ****Panchagavya Ghritam****, are prescribed based on the type of ****dosha**** and ****disease****.

80. According to Ashtanga Hridaya, 'ARDITA' is caused due to Dharana of _____.

Choose the correct answer from the options given below :

- (1) Nidra Vega
- (2) Kshavathu Vega
- (3) Trishna Vega
- (4) Chhardi Vega

Correct Answer : (2) Kshavathu Vega

Solution : According to **Ashtanga Hridaya**, **ARDITA** (a condition related to the brain or nervous system, possibly stroke or paralysis) is caused due to **Dharana** (suppression or retention) of **Kshavathu Vega** (the urge to sneeze). This condition arises when natural urges like sneezing are suppressed, leading to a disturbance in the body's internal balance.

- **Nidra Vega** refers to the suppression of the natural urge for sleep, which can cause other imbalances. - **Trishna Vega** refers to the suppression of the urge to drink water, leading to **dehydration** and other issues. - **Chhardi Vega** refers to the suppression of the urge to vomit, causing digestive disturbances.

Thus, the correct answer is **(2) Kshavathu Vega**.

Quick Tip

In **Ayurveda**, suppressing natural urges like **sneezing** (**Kshavathu Vega**) can lead to severe disturbances in the body's balance, leading to conditions like **ARDITA**.

81. Number of Panchakarmasraya Yavagu according to Charaka is _____.

Choose the correct answer from the options given below :

- (1) 24
- (2) 26
- (3) 28
- (4) 32

Correct Answer : (3) 28

Solution : According to **Charaka**, the number of **Panchakarmasraya Yavagu** is **28**. These are a set of therapeutic treatments recommended in Ayurveda for detoxification, cleansing, and restoring balance in the body. Thus, the correct answer is **(3) 28**.

Quick Tip

Panchakarma therapies are crucial in Ayurveda for maintaining the balance of the **doshas** and eliminating toxins from the body. The number of **Panchakarmasraya Yavagu** is 28 according to **Charaka**.

82. According to Charaka, Sukranashana is the lakshana of _____.

Choose the correct answer from the options given below :

- (1) Madhura Vipaka
- (2) Katu Vipaka
- (3) Amla Vipaka
- (4) Nishtha Paka

Correct Answer : (3) Amla Vipaka

Solution : According to **Charaka**, **Sukranashana** is the lakshana (characteristic) of **Amla Vipaka**. **Vipaka** refers to the post-digestive effect of a food or substance, and **Amla** means sour, indicating that the post-digestive effect of such substances has a sour taste or acidic nature.

Thus, the correct answer is **(3) Amla Vipaka**.

Quick Tip

Vipaka refers to the post-digestive effects of food and is classified into three types : **Madhura**, **Amla**, and **Katu**, depending on the taste produced after digestion.

83. According to Vagbhata which of the following is the synonym of "Ekayama" ?

Choose the correct answer from the options given below :

- (1) Apatanaka
- (2) Apatantraka
- (3) Ardita
- (4) Pakshaghata

Correct Answer : (3) Ardita

Solution : According to **Vagbhata**, **Ardita** is the synonym of **Ekayama**.

Ekayama refers to a one-sided condition, typically associated with paralysis or stroke, affecting one side of the body. **Ardita** is another term used to describe **hemiplegia** or paralysis on one side of the body, making them synonyms.

Thus, the correct answer is **(3) Ardita**.

Quick Tip

In **Ayurvedic terminology**, **Ardita** refers to **hemiplegia** or paralysis, and it is synonymous with **Ekayama** which also indicates one-sided paralysis or weakness.

84. Match List I with List II :

Choose the correct answer from the options given below :

- (1) (A)-(II), (B)-(III), (C)-(I), (D)-(I)
- (2) (A)-(III), (B)-(I), (C)-(IV), (D)-(III)
- (3) (A)-(III), (B)-(IV), (C)-(I), (D)-(II)
- (4) (A)-(IV), (B)-(II), (C)-(III), (D)-(I)

Correct Answer : (2) (A)-(III), (B)-(I), (C)-(IV), (D)-(III)

Solution : The correct matching of **List I** and **List II** is :

- **Ghrita** corresponds to **Shleshma Vivardhana** (increase of mucus or phlegm), as Ghrita is a medicated ghee used for increasing bodily fluids and promoting mucous production. - **Taila** corresponds to **Mrudukaram** (softening effect), as oils like **Taila** (oil) are used to provide a softening or lubricating effect on tissues. - **Vasa**

corresponds to **Paurushopachaye** (increase in strength or virility), as **Vasa** (fat or marrow) is related to increasing vitality and strength. - **Majja** corresponds to **Sthirakaram** (stabilizing effect), as **Majja** (bone marrow) stabilizes the body's internal balance and promotes nourishment.

Thus, the correct matching is **(A)-(III), (B)-(I), (C)-(IV), (D)-(III)**.

Therefore, the correct answer is **(2)**.

Quick Tip

In **Ayurvedic** therapy, the substances like **Ghrita**, **Taila**, **Vasa**, and **Majja** are matched with their effects on the body, including increasing mucous, softening, increasing strength, and stabilizing internal systems.

85. According to Sushruta, Specific clinical application of different type of Svedana on the basis of underlying 'Dosha'.

Choose the most appropriate answer from the options given below :

- (1) (A), (B), (C), (E) Only
- (2) (A), (C), (E) Only
- (3) (A), (C), (D) Only
- (4) (C), (D), (B) Only

Correct Answer : (3) (A), (C), (D) Only

Solution : According to **Sushruta**, different types of **Svedana** are indicated based on the **Dosha**. Here is the correct clinical application :

- **Tapa Svedana** is used for **Shleshmaghna** (to pacify Kapha). - **Upanaha Svedana** is used for **Vataghna** (to pacify Vata). - **Drava Svedana** is used for **Pitta Sansrishta Vata** (to pacify Pitta and Vata in combination).

Thus, the correct combination is **(A), (C), (D) Only**.

Therefore, the correct answer is **(3)**.

Quick Tip

****Svedana**** (sudation therapy) is a therapeutic technique used in Ayurveda based on the principle of balancing the ****Doshas****. The type of ****Svedana**** is chosen depending on the predominant Dosha involved.

86. Given below are two statements : One is labelled as Assertion (A) and the other is labelled as Reason (R).

Assertion (A) : According to Charaka, Vamana Karma is Contraindicated in Samvruta Koshta.

Reason (R) : It may lead to 'Maranam'.

In the light of the above statements, choose the most appropriate answer from the options given below :

- (1) Both (A) and (R) are true and (R) is the correct explanation of (A)
- (2) Both (A) and (R) are true but (R) is NOT the correct explanation of (A)
- (3) (A) is true but (R) is false
- (4) (A) is false but (R) is true

Correct Answer : (1) Both (A) and (R) are true and (R) is the correct explanation of (A)

Solution : According to ****Charaka****, ****Vamana Karma**** (induced vomiting) is contraindicated in individuals with ****Samvruta Koshta**** (a condition characterized by constipation). The reasoning provided, ****"It may lead to Maranam" (death)**, is valid because performing ****Vamana Karma**** in such cases can lead to complications, including possible fatal outcomes. Therefore, both the assertion and reason are correct, and the reason correctly explains the assertion.

Thus, the correct answer is **** (1) ****.

Quick Tip

When treating patients with ****Samvruta Koshta****, careful consideration must be given to contraindications like ****Vamana Karma**** to avoid severe complications.

87. According to Charaka, Which of the following is not true in the context of Atiyoga of Shirovirechana ?

- (1) Akshi Arti
- (2) Nasa Arti
- (3) Shankha Arti
- (4) Shravana Arti

Correct Answer : (2) Nasa Arti

Solution : In the context of **Atiyoga of Shirovirechana** (excessive practices of head therapy like nasal therapy or head treatments), the following therapies are mentioned :

- **Akshi Arti** is a valid therapy for **Shirovirechana** to help in alleviating problems in the eyes. - **Shankha Arti** and **Shravana Arti** are valid practices used in **Shirovirechana** for balancing energies in the head. - **Nasa Arti**, however, is not a recognized practice in the context of **Atiyoga of Shirovirechana** according to **Charaka**.

Thus, the correct answer is **(2)**.

Quick Tip

In Ayurvedic treatments, it's important to differentiate between effective practices and those that are not traditionally used in certain therapies like **Shirovirechana**.

88. Match List I with List II : (According to Sushruta)

List I List II

- | | |
|----------------------------|--------------------------------|
| (A) Jalauka Avacharana | (I) Tvacha Stitha Rakta Dushti |
| (B) Prachhanna Karma | (II) Angavyapaka Rakta Dushti |
| (C) Siravedhana | (III) Pindita Rakta Dushti |
| (D) Shring - Alabu Prayoga | (IV) Avagadha Rakta Dushti |

Choose the correct answer from the options given below :

- (1) (A)-(IV), (B)-(III), (C)-(II), (D)-(I)

(2) (A)-(III), (B)-(II), (C)-(I), (D)-(IV)

(3) (A)-(II), (B)-(I), (C)-(III), (D)-(IV)

(4) (A)-(III), (B)-(IV), (C)-(II), (D)-(I)

Correct Answer : (1) (A)-(IV), (B)-(III), (C)-(II), (D)-(I)

Solution : In **Sushruta**, the following matching of therapeutic procedures with their respective diseases is as follows :

- **Jalauka Avacharana** is used for **Avagadha Rakta Dushti** (venous blood impurities), so (A) matches with (IV). - **Prachhanna Karma** is used for **Pindita Rakta Dushti** (obstruction of the blood), so (B) matches with (III). - **Siravedhana** is used for **Angavyapaka Rakta Dushti** (blood impurities in extremities), so (C) matches with (II). - **Shringa - Alabu Prayoga** is used for **Tvacha Stitha Rakta Dushti** (skin related blood disorders), so (D) matches with (I).

Thus, the correct matching is **(A)-(IV), (B)-(III), (C)-(II), (D)-(I)**.

Quick Tip

Sushruta's detailed classification of therapeutic procedures based on the type of Rakta Dushti helps in choosing the right treatment for the specific condition.

89. According to Sushruta Samhita, what is the maximum dose of Sneha for Uttara Basti in male ?

(1) 1 Karsha

(2) $\frac{1}{2}$ Pala

(3) 1 Prakuncha

(4) 1 Prasruti

Correct Answer : (3) 1 Prakuncha

Solution : Uttara Basti is an important Ayurvedic procedure used to administer medicated oil or herbal formulations into the body through the urinary tract. According to the Sushruta Samhita, the maximum dose of Sneha (medicated oil) for Uttara Basti in males is specifically mentioned as 1 Prakuncha.

Explanation : The maximum dose for Uttara Basti varies according to the condition and patient. Prakuncha is the quantity prescribed for male patients undergoing this treatment. The other options such as Karsha, $\frac{1}{2}$ Pala, and Prasruti are not mentioned as the standard dose for Uttara Basti in the male context in Sushruta Samhita.

- 1 Karsha refers to a measure that is often used for solid or dry substances. - $\frac{1}{2}$ Pala is another unit for measuring weight. - Prasruti is a term related to the therapeutic treatments but is not used for Uttara Basti in this context.

Thus, the correct and maximum dose is 1 Prakuncha.

Quick Tip

Always refer to classical Ayurvedic texts like Sushruta Samhita for specific therapeutic dosages and procedures.

90. Given below are two statements : One is labelled as Assertion (A) and the other is labelled as Reason (R).

Assertion (A) : According to Charaka, Shirovirechana is contraindicated in a person who has just undergone Sneha-pana.

Reason (R) : It leads to Kasa, Shvasa, and Pratishayaya.

Correct Answer : (3) (A) is true but (R) is false

Solution : The assertion states that according to Charaka, Shirovirechana is contraindicated in a person who has just undergone Sneha-pana. This statement is true because after undergoing Sneha-pana, the body is already lubricated, and subjecting the body to Shirovirechana (which is a procedure involving purging) may not be suitable and could lead to excess imbalances.

However, the reason given is incorrect. While Shirovirechana could indeed aggravate conditions like Kasa (cough), Shvasa (dyspnoea), and Pratishayaya (congestion), this is not the primary reason for its contraindication after Sneha-pana. The contraindication is more about the imbalance caused by subjecting the body to further cleansing procedures after the lubrication.

Thus, while assertion (A) is true, the reason (R) provided is not the correct explanation for the assertion.

Quick Tip

Always carefully analyze the reasoning behind Ayurvedic contraindications. The logic behind procedures like Shirovirechana must consider the current state of the body.

91. According to Sushruta, Suitability of specific Sneha as per the underlying condition.

- (A) Ghritapana for Visharta
- (B) Tailapana for Krimikoshtha
- (C) Vasapana for Kleshasha
- (D) Majjapana for Shushkaretas
- (E) Swaushadha Sadhita Sarpi for all conditions

Correct Answer : (4) (A), (B), (E) Only

Solution : The suitability of different Sneha (oils) for specific conditions, according to Sushruta, is as follows :

- ****Ghritapana for Visharta**** : Ghrita (ghee) is suitable for Visharta (poisoning), as it helps to cool the body and neutralize the toxic effects. - ****Tailapana for Krimikoshtha**** : Taila (oil) is suitable for Krimikoshtha (intestinal worms) as it helps to lubricate the intestines and expel the worms. - ****Vasapana for Kleshasha**** : Vasapana is not the most common treatment for Kleshasha (fatigue). It is not typically recommended according to classical texts. - ****Majjapana for Shushkaretas**** : Majja (bone marrow) is helpful for conditions like Shushkaretas (dryness of tissues) as it nourishes and lubricates tissues. - ****Swaushadha Sadhita Sarpi for all conditions**** : Swaushadha Sadhita Sarpi (medicated ghee) is beneficial in many conditions as it has a wide range of healing properties. It is suitable for all conditions, as it is known to balance all three doshas.

Thus, the correct combinations are options (A), (B), and (E), but option (C) is not correct because Vasapana is not typically used for Kleshasha.

Quick Tip

Sushruta's guidelines on Sneha therapies are highly specific based on the dosha imbalance. Choose the oil or ghee based on the underlying condition for maximum effectiveness.

92. According to 'Sushruta Samhita', which of the following 'Sneha paka' is indicated for 'Karnapurana' ?

- (1) Mridu Paka
- (2) Madhyama Paka
- (3) Khara Paka
- (4) Chikkana Paka

Correct Answer : (3) Khara Paka

Solution : In Sushruta Samhita, 'Karnapurana' is a therapeutic procedure used for diseases related to the ear. The appropriate type of Sneha paka (processing of oil or ghee) used for Karnapurana is ****Khara Paka****. This type of paka is more solid and suitable for ear-related treatments, where oil or ghee is used to be retained in the ear for therapeutic purposes.

- ****Mridu Paka**** : This type of paka is a mild preparation and is not suitable for ear-related therapies. - ****Madhyama Paka**** : This is an intermediate form of preparation but is not specifically mentioned for Karnapurana. - ****Khara Paka**** : This is the correct choice for Karnapurana, as it is a more solid preparation that retains the required properties when used for ear treatments. - ****Chikkana Paka**** : This is a smooth and less viscous preparation, which is not the best fit for Karnapurana.

Therefore, the correct answer is ****Khara Paka****.

Quick Tip

For ear-related therapies like Karnapurana, Khara Paka is the preferred form as it ensures proper retention and effectiveness of the Sneha in the ear.

93. According to Sushruta, which one of the following is not the Purva Rupa of

Ashmari ?

- (1) Basti Pida
- (2) Arochaka
- (3) Mutrakricchra
- (4) Mutraghata

Correct Answer : (4) Mutraghata

Solution : Ashmari, also known as urinary stones or calculi, has specific Purva Rupa (early signs or prodromal symptoms) mentioned in Sushruta Samhita. According to Sushruta, the Purva Rupa of Ashmari include conditions that precede the formation of stones and are associated with urinary tract disturbances.

- ****Basti Pida**** : Refers to pain or discomfort in the bladder, a typical precursor of Ashmari.
- ****Arochaka**** : Refers to anorexia or loss of appetite, which can also occur in Ashmari. -
- **Mutrakricchra**** : This refers to difficult or painful urination, a common precursor of urinary stone formation (Ashmari). - ****Mutraghata**** : This refers to obstruction in urination, which is not considered a Purva Rupa of Ashmari according to Sushruta.

Therefore, the correct answer is ****Mutraghata**** as it is not considered a Purva Rupa of Ashmari.

Quick Tip

For urinary stone-related issues, conditions like Basti Pida, Arochaka, and Mutrakricchra are early signs, but Mutraghata (obstruction in urination) is not typically categorized as a Purva Rupa of Ashmari.

94. Which one of the following is not the cause of Gynecomastia ?

- (1) Teratoma of testis
- (2) Leprosy
- (3) Cirrhosis of liver
- (4) Pulmonary tuberculosis

Correct Answer : (4) Pulmonary tuberculosis

Solution : Gynecomastia is the enlargement of male breast tissue, and it can result from several underlying conditions that affect hormone levels or lead to abnormal tissue growth. Let's evaluate each option :

- **Teratoma of testis** : This is a tumor that can produce hormones, including estrogen, which can lead to gynecomastia. Therefore, teratoma of testis can be a cause of gynecomastia.

- **Leprosy** : Leprosy has been associated with hormonal imbalances, including changes in estrogen levels, which can lead to gynecomastia. Thus, leprosy can contribute to gynecomastia.

- **Cirrhosis of liver** : Cirrhosis of the liver can result in impaired metabolism of hormones, particularly estrogen, leading to gynecomastia. Therefore, cirrhosis of liver is also a known cause.

- **Pulmonary tuberculosis** : Pulmonary tuberculosis, however, does not directly affect the hormonal balance or cause gynecomastia. While TB may be associated with systemic illness, it is not a recognized cause of gynecomastia.

Therefore, the correct answer is **Pulmonary tuberculosis**.

Quick Tip

When evaluating potential causes of gynecomastia, it is important to consider conditions that affect hormonal balance, such as testicular tumors, liver diseases, or systemic infections like leprosy. Pulmonary tuberculosis does not typically cause gynecomastia.

95. Match List I with List II : (According to Sushruta)

- | | |
|-----------------------|--------------------------|
| (A) Vataj Ashmari | (I) Madhukapuspa Varna |
| (B) Pittaj Ashmari | (II) Testicular Swelling |
| (C) Shleshmaj Ashmari | (III) Madhu Varna |
| (D) Shukraj Ashmari | (IV) Kadambpushpavat |

Correct Answer : (3) (A)-(II), (B)-(IV), (C)-(I), (D)-(III)

Solution : Let's review the matching of the types of Ashmari with their respective features :

- **Vataj Ashmari** : This type of stone is related to the Vata dosha, which causes **Testicular Swelling** and is also associated with **Madhukapuspa Varna** (a honey or yellowish color). Hence, the correct match is (A) - (II).

- **Pittaj Ashmari** : Related to Pitta dosha, it is associated with **Kadambpushpavat** (a reddish hue). Therefore, (B) should be matched with (IV).
- **Shleshmaj Ashmari** : This is related to Kapha dosha. It causes the color **Madhu Varna**, a pale or whitish color, which is characteristic of this type. Hence, (C) should be matched with (I).
- **Shukraj Ashmari** : This type of stone, associated with semen or reproductive fluids, is typically related to **Madhukapuspa Varna**, a yellowish color. Therefore, (D) should be matched with (III).

Thus, the correct matching is (A)-(II), (B)-(IV), (C)-(I), (D)-(III).

Quick Tip

Remember to associate the dosha involved (Vata, Pitta, Kapha) with the features such as color and swelling for correctly matching the conditions in Ayurveda.

96. Given below are two statements :

Statement I : According to Sushruta, wounded person may sleep in daytime.

Statement II : If wounded person sleep in daytime, itching in wound, heaviness in body, redness and exudation, all will subside.

Correct Answer : (2) Both Statement I and Statement II are incorrect

Solution : - **Statement I** : According to Sushruta, sleeping in the daytime is generally not recommended for a person with a wound as it might aggravate the symptoms. Therefore, **Statement I is incorrect**.

- **Statement II** : Sleeping in the daytime for a person with a wound can result in issues like itching, heaviness, and increased redness, as described in the statement. So, **Statement II is also incorrect**.

Thus, both Statement I and Statement II are incorrect.

Quick Tip

For better recovery, it's essential to avoid daytime sleep for individuals with wounds, as it may worsen the condition according to Ayurveda.

97. In carcinoma of breast, spread of tumour through blood stream is to

- (A) Thoracic vertebrae
- (B) Ribs
- (C) Lumbar vertebrae
- (D) Femur
- (E) Skull

Choose the correct order of frequency from the options given below :

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

Correct Answer : (2) (C), (D), (A), (B), (E)

Solution : In carcinoma of breast, the tumour spreads through the blood stream most frequently to the ****lumbar vertebrae (C)****, followed by the ****femur (D)****. The ****thoracic vertebrae (A)**** are the next common site for metastasis, followed by the ****ribs (B)****, and finally the ****skull (E)****.

Thus, the correct order of frequency is : **** (C), (D), (A), (B), (E) ****.

Quick Tip

When considering the spread of carcinoma of the breast, the vertebral column (lumbar and thoracic regions) is more commonly affected due to the rich vascularization and blood flow from the breast.

98. "Grey Turner's sign", is the feature of –

- (1) Severe Acute Pancreatitis
- (2) Severe Acute Cholecystitis
- (3) Acute Cholangitis
- (4) Acute Hepatitis

Correct Answer : (1) Severe Acute Pancreatitis

Solution : Grey Turner's sign refers to the bruising around the flanks (the sides of the body between the ribs and the hips), which is commonly associated with **severe acute pancreatitis**. This sign is a result of retroperitoneal hemorrhage, which can occur due to the inflammation and necrosis of the pancreas.

In the case of **severe acute cholecystitis**, **acute cholangitis**, and **acute hepatitis**, this sign is not commonly seen.

Thus, the correct answer is **Severe Acute Pancreatitis**.

Quick Tip

Grey Turner's sign is an important clinical indicator of severe pancreatitis and is a sign of retroperitoneal hemorrhage.

99. According to Sushruta, “Nimnamadhya” is the feature of which of the following ?

- (1) Vidarika Prameha Pidaka
- (2) Jalini Prameha Pidaka
- (3) Sharavika Prameha Pidaka
- (4) Putrini Prameha Pidaka

Correct Answer : (3) Sharavika Prameha Pidaka

Solution : According to **Sushruta**, **Nimnamadhya** refers to the specific characteristic of **Sharavika Prameha Pidaka**. The term **Nimnamadhya** describes the condition where the swelling (Pidaka) is prominent at the middle and lower parts of the body, which is a feature commonly seen in **Sharavika Prameha** (a type of diabetes).

- **Vidarika Prameha Pidaka** typically presents with more general symptoms. - **Jalini Prameha Pidaka** is related to excessive urination but does not feature Nimnamadhya. - **Putrini Prameha Pidaka** also doesn't typically present with this characteristic.

Thus, the correct answer is **Sharavika Prameha Pidaka**.

Quick Tip

"Nimnamadhya" refers to the specific localization of swelling observed in **Sharavika Prameha**, which is associated with diabetes-related conditions.

100. According to Sushruta, if blood is accumulated in stomach, it should be treated by

–

- (1) Virechana
- (2) Vamana
- (3) Nasya
- (4) Shirovirechana

Correct Answer : (2) Vamana

Solution : According to **Sushruta**, **Vamana** (therapeutic emesis) is the appropriate treatment when **blood** accumulates in the **stomach**. Vamana helps to expel the toxins or abnormal substances from the upper part of the body, including the stomach, by inducing vomiting. This therapy is commonly used when there is an excess of **Kapha** or **Ama** (toxins) in the body, leading to conditions such as excess blood accumulation in the stomach.

- **Virechana** (purgation) is useful for **Pitta** related disorders, not specifically for blood accumulation in the stomach. - **Nasya** is primarily used for disorders related to the head, like sinus problems. - **Shirovirechana** is used in specific conditions affecting the head and brain, not for blood accumulation in the stomach.

Thus, the correct answer is **Vamana**.

Quick Tip

Vamana is typically used to treat conditions like **blood accumulation in the stomach**, whereas **Virechana** and other therapies are used for different dosha imbalances.

101. The commonest site for carcinoma of stomach is –

- (1) Body

- (2) Pylorus
- (3) Proximal part
- (4) Antrum

Correct Answer : (3) Proximal part

Solution : Carcinoma of the stomach most commonly affects the **proximal part** (which includes the **fundus** and the **cardia**). This is because the proximal stomach is exposed to more carcinogenic factors, including bile reflux and the influence of various environmental factors.

- The **body** and **pylorus** of the stomach are less frequently involved in carcinoma compared to the proximal part. - The **antrum** is also a common site but less than the proximal portion of the stomach.

Thus, the most common site for carcinoma of the stomach is the **proximal part**.

Quick Tip

When diagnosing stomach cancer, focus on the **proximal part** as it is the most common site affected.

102. How many Ashastrakita Netra rogas are explained by Sushruta ?

- (1) 09
- (2) 10
- (3) 12
- (4) 14

Correct Answer : (3) 12

Solution : Sushruta explains a total of **12 Ashastrakita Netra Rogas**. These are eye disorders that are treated without using any surgical tools. Sushruta's approach focuses on non-invasive methods, and these 12 disorders fall under that category.

- These conditions include a variety of common eye diseases like conjunctivitis, cataracts, and others that do not require surgical intervention.

Thus, the correct answer is 12.

Quick Tip

In Ayurveda, Ashastrakita Netra Rogas refer to non-surgical treatments for common eye diseases.

103. In which of the following disease 'Pushpa Kasisa Anjana' is specially mentioned by Acharya Vagbhata ?

- (1) Lagana
- (2) Pakshmathata
- (3) Savrana Sukra
- (4) Ajakajata

Correct Answer : (2) Pakshmathata

Solution : Acharya Vagbhata mentions ****Pushpa Kasisa Anjana**** specifically in the context of ****Pakshmathata**** (a type of eye disease). This condition involves disorders of the eye, and ****Pushpa Kasisa Anjana**** refers to the use of a medicinal compound or treatment for it. Thus, the correct answer is Pakshmathata.

Quick Tip

Pushpa Kasisa Anjana is a special form of eye care described in classical Ayurvedic texts.

104. According to Sushruta, 'Shishirabhinandan' is the lakshana of which of the following type of Abhishyanda ?

- (1) Pittaja
- (2) Vataja
- (3) Kaphaja
- (4) Raktaja

Correct Answer : (1) Pittaja

Solution : ****Shishirabhinandan**** is a term used by Sushruta to describe a specific condition related to the type of Abhishyanda. According to Sushruta, ****Shishirabhinandan**** is the

lakshana of **Pittaja Abhishyanda**. Abhishyanda is a term used in Ayurveda for excessive moisture or oozing in the body, and Pittaja type refers to conditions caused by an imbalance of the Pitta dosha.

Thus, the correct answer is **Pittaja**.

Quick Tip

Pittaja Abhishyanda is characterized by conditions involving excessive heat and moisture, typically resulting in inflammatory conditions.

105. Given below are two statements : One is labelled as Assertion (A) and the other is labelled as Reason (R).

Assertion (A) : Middle ear infections are more common in children.

Reasons (R) : Due to short, horizontal and wider Eustachian tube.

In the light of the above statements, choose the most appropriate answer from the options given below :

- (1) Both (A) and (R) are correct and (R) is the correct explanation of (A)
- (2) Both (A) and (R) are correct but (R) is NOT the correct explanation of (A)
- (3) (A) is correct but (R) is not correct
- (4) (A) is not correct but (R) is correct

Correct Answer : (1) Both (A) and (R) are correct and (R) is the correct explanation of (A)

Solution : Assertion (A) is correct : Middle ear infections are indeed more common in children due to the anatomical differences in their ear structure. Reason (R) is also correct : Children have a shorter, more horizontal, and wider Eustachian tube compared to adults. This makes it easier for infections to travel from the throat to the middle ear, increasing the likelihood of ear infections.

Since Reason (R) explains the cause behind the increased frequency of middle ear infections in children, both (A) and (R) are correct and (R) is the correct explanation of (A).

Quick Tip

The anatomy of the Eustachian tube in children plays a significant role in the frequency of middle ear infections.

106. Consider the following statements related to eye :

- (A) Sclera is the outer most coat of the eye ball.
- (B) It forms posterior 5/6th of the outer coat of the eye ball.
- (C) Sclero-corneal junction is also called as limbus.
- (D) Sclera is also called as vascular coat.

Choose the correct answer from the options given below :

- (1) (A), (B) and (C) are correct
- (2) (A), (C) and (D) are correct
- (3) (B), (C) and (D) are correct
- (4) (A), (B), (C) and (D) are correct

Correct Answer : (1) (A), (B) and (C) are correct

Solution : Statement (A) is correct : Sclera is the outermost coat of the eye ball, providing structure and protection.

Statement (B) is correct : The sclera forms 5/6th of the outer layer of the eye ball, with the remaining portion being formed by the cornea.

Statement (C) is correct : The sclero-corneal junction is also referred to as the limbus, which is where the sclera and cornea meet.

Statement (D) is incorrect : Sclera is often referred to as the "fibrous coat" of the eye rather than the "vascular coat," which is actually the term for the choroid.

Thus, the correct answer is (1).

Quick Tip

The sclera is the fibrous, tough outer layer of the eye that provides shape and protection, while the vascular coat is the choroid.

107. Consider the following statements related to Kriyakalpa.

- (A) Sushruta has explained 5 types of netra kriyakalpas.
- (B) Sharagandhara has explained 7 types of Netra Kriyakalpas.
- (C) Kriyakalpas are explained only by Sushruta.
- (D) Kriyakalpas are therapeutic procedures explained by Sushruta and Vagbhata.
- (E) Kriyakalpas are the major para surgical procedures.

Choose the correct answer from the options given below :

- (1) (A), (B) and (E) are correct
- (2) (A), (B) and (D) are correct
- (3) (A), (B), (D) and (E) are correct
- (4) (B), (C), (D) and (E) are correct

Correct Answer : (2) (A), (B) and (D) are correct

Solution : Statement (A) is correct : Sushruta has indeed explained 5 types of netra kriyakalpas. Statement (B) is correct : Sharagandhara has explained 7 types of Netra Kriyakalpas. Statement (C) is incorrect : Kriyakalpas are not explained only by Sushruta, they are also explained by Vagbhata. Statement (D) is correct : Kriyakalpas are therapeutic procedures and are indeed explained by both Sushruta and Vagbhata. Statement (E) is incorrect : Kriyakalpas are important but are not the major para-surgical procedures. Therefore, the correct answer is (2) (A), (B) and (D) are correct.

Quick Tip

Kriyakalpas are an important part of Ayurvedic therapeutic procedures and they focus on treatment techniques such as eye therapies.

108. According to Acharya Sushruta, which doshas are vitiated in 'Alasa' ?

- (1) Kapha and Vata
- (2) Kapha and Rakta
- (3) Kapha and Pitta
- (4) Vata and Pitta

Choose the correct answer from the options given below :

- (1) Kapha and Vata
- (2) Kapha and Rakta
- (3) Kapha and Pitta
- (4) Vata and Pitta

Correct Answer : (2) Kapha and Rakta

Solution : In Sushruta's classification of diseases, 'Alasa' is associated with the vitiation of the Kapha and Rakta doshas. This condition leads to the excess accumulation of these doshas, which results in symptoms like fatigue, sluggishness, and lack of energy.

Therefore, the correct answer is (2) Kapha and Rakta.

Quick Tip

Alasa is a condition that arises from the vitiation of Kapha and Rakta doshas, which is important in understanding certain forms of laziness or lethargy in Ayurveda.

109. According to Sushruta, "Bala Taila" is indicated in which of the following disease ?

- (1) Nasanaha
- (2) Nasarbuda
- (3) Nasapaka
- (4) Nasasrava

Choose the correct answer from the options given below :

- (1) Nasanaha
- (2) Nasarbuda
- (3) Nasapaka
- (4) Nasasrava

Correct Answer : (1) Nasanaha

Solution : As per Sushruta, 'Bala Taila' is primarily indicated for the treatment of Nasanaha. Nasanaha is a condition related to nasal problems, including diseases like chronic rhinitis or

nasal obstruction, where 'Bala Taila' is used for its therapeutic effects. The oil provides relief by soothing the nasal passages.

Therefore, the correct answer is (1) Nasanaha.

Quick Tip

In cases of nasal disorders, 'Bala Taila' is an important therapeutic oil used in Ayurveda for its soothing and healing properties.

110. Given below are two statements : One is labelled as Assertion (A) and the other is labelled as Reason (R).

Assertion (A) : Difficulty in reading and close work, often persistently increasing, is experienced by most of patients suffering from primary open angle glaucoma. These patients usually complain of frequent changes in presbyopic glasses.

Reason (R) : In patients of open angle glaucoma, the above problem is due to increasing accommodative failure as a result of constant pressure on the ciliary muscle and its nerve supply.

In the light of the above statements, choose the most appropriate answer from the options given below :

- (1) Both (A) and (R) are correct and (R) is the correct explanation of (A)
- (2) Both (A) and (R) are correct but (R) is NOT the correct explanation of (A)
- (3) (A) is correct but (R) is not correct
- (4) (A) is not correct but (R) is correct

Correct Answer : (1) Both (A) and (R) are correct and (R) is the correct explanation of (A)

Solution : The assertion discusses difficulty in reading and close work, which is commonly seen in patients with primary open angle glaucoma. This is a result of the increasing difficulty in focusing, often due to changes in the ciliary muscle's function as the disease progresses. The reason explains that the constant pressure on the ciliary muscle, a key part of the eye responsible for focusing, leads to accommodative failure. This matches the assertion as the patients experience difficulty in reading and require frequent changes in presbyopic glasses.

Thus, both statements are correct, and the reason correctly explains the assertion.

Quick Tip

In primary open angle glaucoma, increasing pressure in the eye can impair the ciliary muscle's function, leading to accommodation problems and changes in vision.

111. Which of the following are not under "measures of central tendency" ?

- (1) Mean
- (2) Median
- (3) Mode
- (4) Probability

Correct Answer : (4) Probability

Solution : Measures of central tendency include the mean, median, and mode, which are used to summarize a data set with a single value that represents the center or typical value of the data.

- Mean is the average value of the data. - Median is the middle value when the data is arranged in order. - Mode is the value that appears most frequently in the data.

Probability, on the other hand, refers to the likelihood of an event occurring and is not a measure of central tendency.

Therefore, the correct answer is probability.

Quick Tip

Remember, measures of central tendency include the mean, median, and mode, while probability is a separate concept related to the likelihood of events.

112. Which of the following is a non-parametric test ?

- (1) Student 't' test
- (2) F test
- (3) Wilcoxon Signed rank test

(4) ANOVA

Correct Answer : (3) Wilcoxon Signed rank test

Solution : - Student 't' test, F test, and ANOVA are parametric tests because they assume that the data follows a certain distribution (usually normal distribution). - The Wilcoxon Signed rank test is a non-parametric test, which does not make assumptions about the distribution of the data. It is used to compare paired samples or matched samples.

Therefore, the correct answer is the Wilcoxon Signed rank test.

Quick Tip

Non-parametric tests like the Wilcoxon Signed rank test do not assume normality, making them useful when data cannot be assumed to be normally distributed.

113. Which of the following comes under observational study ?

- (1) Cross Sectional Study
- (2) Randomised Controlled trial
- (3) Cross Over Design Study
- (4) Black Box Design Study

Correct Answer : (1) Cross Sectional Study

Solution : An observational study is one where the researcher observes the subjects without manipulating the study environment or variables. A cross-sectional study is an observational study that collects data at a single point in time. The other options listed are examples of experimental studies where the researcher manipulates the variables.

Therefore, the correct answer is Cross Sectional Study.

Quick Tip

Cross-sectional studies are often used to gather data at a specific point in time and do not involve any intervention or manipulation by the researcher.

114. Given below are two statements : One is labelled as Assertion (A) and the other is labelled as Reason (R).

Assertion (A) : Parametric tests are used to test the significance of Quantitative data.

Reason (R) : Because the Quantitative data are obtained by Ranking method.

- (1) Both (A) and (R) are true and (R) is the correct explanation of (A)
- (2) Both (A) and (R) are true but (R) is NOT the correct explanation of (A)
- (3) (A) is true but (R) is false
- (4) (A) is false but (R) is true

Correct Answer : (3) (A) is true but (R) is false

Solution : Parametric tests are indeed used to test the significance of quantitative data, making assertion (A) true. However, assertion (R) is incorrect because parametric tests are typically used on data that follow a certain distribution, not necessarily on data obtained by ranking. The ranking method is associated with non-parametric tests such as the Wilcoxon signed-rank test. Therefore, while assertion (A) is correct, assertion (R) is false.

Quick Tip

Non-parametric tests, such as those based on rankings, do not assume any specific distribution for the data. Parametric tests, on the other hand, do assume that data follow a specific distribution (e.g., normal distribution).

115. Given below are two statements :

Statement I : Fabrication means when the data obtained in the study is altered, distorted or tampered with.

Statement II : Falsification means, the results that entirely depict or even partly include non-existent imaginary or cooked up data.

- (1) Both Statement I and Statement II are true
- (2) Both Statement I and Statement II are false
- (3) Statement I is true but Statement II is false
- (4) Statement I is false but Statement II is true

Correct Answer : (2) Both Statement I and Statement II are false

Solution : Fabrication refers to the process where researchers invent or make up data. This is different from the process described in Statement I, which states that fabrication involves altering or tampering with data. Fabrication specifically refers to creating false data, not merely distorting existing data. Statement II is also incorrect because falsification refers to manipulating or altering data, but it does not refer to making up non-existent data. Therefore, both statements are false.

Quick Tip

Fabrication involves making up data that were not actually collected, whereas falsification involves manipulating or altering data to misrepresent results.

116. The National Ayush Mission (NAM) "SUPRAJA" stands for what ?

- (1) Healthy life style through Ayush for school children.
- (2) Healthy life style through Ayush for maternal and Neonatal Intervention.
- (3) Healthy life style through Ayush for geriatric problems.
- (4) Healthy life style through Ayush for all age groups.

Correct Answer : (2) Healthy life style through Ayush for maternal and Neonatal Intervention.

Solution :

The National Ayush Mission (NAM) "SUPRAJA" focuses on promoting a healthy lifestyle through Ayush (Ayurveda, Yoga, Unani, Siddha, and Homeopathy) specifically for maternal and neonatal interventions. This initiative aims to improve the health outcomes for mothers and newborns by integrating traditional medicine practices.

Thus, the correct answer is ****(2) Healthy life style through Ayush for maternal and Neonatal Intervention****.

Quick Tip

NAM "SUPRAJA" is designed to enhance maternal and neonatal health through traditional medicine practices.

117. 'Journal of Ayurveda' is published from

- (1) All India Institute of Ayurveda, New Delhi
- (2) Institute of Teaching and Research in Ayurveda, Jamnagar, Gujarat
- (3) National Institute of Ayurveda, Jaipur, Rajasthan
- (4) Banaras Hindu University, Varanasi, Uttar Pradesh.

Correct Answer : (3) National Institute of Ayurveda, Jaipur, Rajasthan

Solution :

The 'Journal of Ayurveda' is published by the ****National Institute of Ayurveda (NIA)**** located in Jaipur, Rajasthan. This institute is a premier center for Ayurvedic education and research in India.

Thus, the correct answer is **** (3) National Institute of Ayurveda, Jaipur, Rajasthan ****.

Quick Tip

The National Institute of Ayurveda in Jaipur is a key institution for Ayurvedic studies and research.

118. National Institute of Homoeopathy is located at .

- (1) Kolkata
- (2) Bengaluru
- (3) New Delhi
- (4) Chennai

Correct Answer : (1) Kolkata

Solution :

The **National Institute of Homoeopathy** is located in **Kolkata**, West Bengal, India. It is a premier institution for education and research in homoeopathy. Thus, the correct answer is **(1) Kolkata**.

Quick Tip

The National Institute of Homoeopathy in Kolkata is a key institution for homoeopathic studies and research.

119. "AYURSWASTHYA Yojana" launched by Ministry of AYUSH contains which of the following components ?

- (1) Ayurveda Ahara and health insurance.
- (2) AYUSH & Public Health and Centre of Excellence.
- (3) Ayurveda wellness and Medical value travel.
- (4) Central Sector Scheme for Promotion of Information, Education and Communication (IEC) in AYUSH and Ayurveda Wellness.

Correct Answer : (2) AYUSH & Public Health and Centre of Excellence.

Solution :

The **"AYURSWASTHYA Yojana"** launched by the Ministry of AYUSH focuses on integrating AYUSH (Ayurveda, Yoga, Unani, Siddha, and Homeopathy) with public health initiatives and establishing Centres of Excellence. This scheme aims to promote traditional medicine practices and enhance public health outcomes.

Thus, the correct answer is **(2) AYUSH & Public Health and Centre of Excellence**.

Quick Tip

The AYURSWASTHYA Yojana is designed to integrate traditional medicine with public health and establish excellence in AYUSH practices.

120. National Commission of Indian System of Medicine in collaboration with which of the following institutions has launched 'SMART' (Scope for Mainstreaming Ayurveda

Research in Teaching Professionals) program aimed to boost scientific research in priority healthcare research areas through Ayurveda colleges and hospitals.

- (1) Indian Council of Medical Research
- (2) All India Institute of Medical Sciences, Rishikesh
- (3) Central Council of Research in Ayurvedic Sciences
- (4) National Medicinal Plants Board

Correct Answer : (3) Central Council of Research in Ayurvedic Sciences

Solution :

The **SMART** (Scope for Mainstreaming Ayurveda Research in Teaching Professionals) program is a collaborative initiative between the **National Commission of Indian System of Medicine** and the **Central Council of Research in Ayurvedic Sciences (CCRAS)**. This program aims to boost scientific research in priority healthcare areas through Ayurveda colleges and hospitals.

Thus, the correct answer is **(3) Central Council of Research in Ayurvedic Sciences**.

Quick Tip

The SMART program is a key initiative to promote scientific research in Ayurveda and integrate it with modern healthcare practices.