

TEST 1-22A001

1 Which female constitutional type best fits the description "next to her you're never bored, but you can't make plans either"

- 1 **a)** vata
0 **b)** pitta
0 **c)** kapha

2 How many elemental tastes are operated with in ayurveda?

- 0 **a)** 5
1 **b)** 6
0 **c)** 4

3 In the Ayurvedic tradition how many intervals are the 24 hours of a day and night divided into?

- 1 **a)** 3 day and 3 night
0 **b)** 4 diurnal and 4 nocturnal
0 **c)** 3 diurnal and 4 nocturnal

4 The woman full of fantasy, enthusiasm, exuberance and communicative is the type

- 1 **a)** vata
0 **b)** pitta
0 **c)** kapha

5 The esoteric side of Ayurveda

- 1 **a)** makes it a spiritual science
0 **b)** none
0 **c)** is present only in Ayurveda texts of recent years

6 A being who is robust, calm and patient has a predominant constitutional type

- 0 **a)** vata
0 **b)** pitta
1 **c)** kapha

7 For kapha beings the most unfavourable periods are

- 1 **a)** the cold and wet ones
0 **b)** hot ones
0 **c)** the dry and cool ones

8 Ayurveda is a holistic science because

- 1 **a)** treats the being as a whole
0 **b)** study the being separately from its environment
0 **c)** a disease is cured only by considering the affected organ

9 Ayurveda originates from

- 0 **a)** America
1 **b)** India
0 **c)** Japan

10 The fact that "it is wiser to keep out of the mud than it is necessary to wash it off" is analogous in Ayurveda to

- 0 **a)** better to cure disease than to prevent it
1 **b)** better to prevent than to cure
0 **c)** better to overeat than to be hungry

11 Current fashion is almost exclusively oriented towards the type

- 1 **a)** vata
0 **b)** pitta
0 **c)** kapha

12 In ayurveda longevity is seen

- 0 **a)** only as a great length of life
1 **b)** as a great duration of a healthy life
0 **c)** as an unattainable ideal

13 Regarding longevity, in ayurveda it is considered that

- 1 **a)** refined white sugar is harmful
0 **b)** preservatives in food are favorable
0 **c)** it doesn't matter how we combine foods

14 The woman who has a deep voice with tender inflections, a calm and tame speech is of type

- 0 **a)** vata
0 **b)** pitta
1 **c)** kapha

15 For beings of the vata type are recommended

- 0 **a)** cold foods
0 **b)** cold baths
1 **c)** sesame seeds

16 Emerald eyes are found especially in the constitutional type

- 0 **a)** vata
1 **b)** pitta
0 **c)** kapha

17 In the scientific study on longevity-promoting factors, people were chosen who had at the beginning of the experiment

- 0 **a)** age 40
0 **b)** age 80 years
1 **c)** age 10

18 When predominant in a room, we can say about the colour blue that

- 1 **a)** gives the sensation of extreme cold
0 **b)** gives the sensation of extreme heat
0 **c)** makes the room smaller

19 In what year was the "GPS neuron" discovered?

- 0 **a)** 1990
1 **b)** 2017
0 **c)** 2021

20 The following effects belong to the colour blue

- 0 **a)** is stimulating
1 **b)** is relaxing
0 **c)** we externalize

21 British studies have shown that longevity is greater if we have

- 0 **a)** an optimal body weight according to standards
1 **b)** a little overweight
0 **c)** a much lower than optimal weight

22 The woman who is more always calm, relaxed and gentle has a constitutional type

- 0 **a)** vata
0 **b)** pitta
1 **c)** kapha

23 Which colours are considered to be warm?

- 0 **a)** blue
1 **b)** orange
0 **c)** turquoise