

## TEST 1-22A011

### 1 Ayurveda originated in

- 0 a) Japan  
1 b) India  
0 c) China

### 2 The expression "that which moves" refers to

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

### 3 We have a state of health only when

- 1 a) the 3 doshas are in balance  
0 b) the 3 doshas are equal  
0 c) pitta predominates

### 4 A face that expresses firmness and authority is of the type

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

### 5 Has the aptitude to be a good leader the predominant one

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

### 6 A pulse that resembles the movement of a snake is of type

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

### 7 Ayurveda is ancient

- 0 a) 1000 years  
0 b) 2000 years  
1 c) over 5000 years

### 8 Synthesis of new substances at the cellular level is governed by

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

### 9 Thin, fine and elegant genes show the predominance of

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

### 10 When the limbs appear to be of a size out of proportion to the rest of the body shows the manifestation of

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

### 11 A pitta-type person in whom tamas predominates is especially

- 1 a) destructive  
0 b) self-destructive  
0 c) depressed

### 12 The ability to initiate new beneficial actions is specific to a person of the type

- 1 a) wicker  
0 b) pitta  
0 c) kapha

### 13 The middle period of a person's life has characteristics

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

### 14 An overall bony and gnarled appearance shows his predominance

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

### 15 Tidy character is specific especially to persons of predominant type

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

### 16 Pitta-dosha rules

- 0 a) blood circulation  
1 b) food processing during digestion  
0 c) muscle training

### 17 Who is most resistant to demanding and long-lasting work?

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

### 18 The feline-like gait is of the

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

### 19 Liveliness and sense of humour are especially found in the predominant type

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

### 20 Blue eyes are the

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

### 21 The movements of the wattled type are

- 1 a) often pointless  
0 b) sudden and powerful  
0 c) precise, purposeful

### 22 The pointed, medium-sized nose is of type

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

### 23 A face that expresses calmness, tranquility and contentment is of type

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