

## TEST 1-22A013

**1** The main location of vata-dosha is

- 1 **a)** in the lower body
- 0 **b)** in the middle part of the body
- 0 **c)** in the upper body

**2** About pitta-dosha it can be said that at the level of the body

- 1 **a)** has a specific area where it tends to accumulate
- 0 **b)** can only accumulate in the head area
- 0 **c)** cannot accumulate in the body because it is subtle

**3** The state of excessive worry shows an imbalance of

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

**4** About bitter-tasting plants it can be said that

- 0 **a)** all decrease pitta-dosha
- 0 **b)** most grow pitta-dosha
- 1 **c)** most grow vata-dosha

**5** About a pitta being it can be said that it is

- 0 **a)** bitter
- 0 **b)** sweet
- 1 **c)** sour

**6** If in a being the subtle energies of sweet, sour and salty tastes predominate, then it has a predominance

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

**7** Which of the following states correspond to the subtle energy of spicy taste?

- 0 **a)** discernment
- 1 **b)** sharp intelligence
- 0 **c)** criticism

**8** The expression "I'm hungry for wolf" best fits a predominantly

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

**9** The energies of the elemental tastes combined with the tendencies of nature generate

- 0 **a)** 20 possible situations
- 0 **b)** 19 possible situations
- 1 **c)** 18 possible situations

**10** The practice of santosha puts us in resonance with the subtle energy of taste

- 1 **a)** sweet
- 0 **b)** bitter
- 0 **c)** pungent

**11** In order to achieve the state of discernment we will amplify in us the subtle energy of taste

- 0 **a)** sweet
- 1 **b)** acru
- 0 **c)** love

**12** The state of hedonism corresponds to taste

- 0 **a)** pungent
- 0 **b)** sour
- 1 **c)** salty

**13** Which of the followings correspond to the energy of astringent taste?

- 1 **a)** withdrawal of the senses
- 0 **b)** disillusionment
- 0 **c)** lucidity

**14** What similarities exist between the state of heroism and the state of liveliness?

- 0 **a)** belong to the subtle energy of sweet taste
- 0 **b)** are tamas-ic states
- 1 **c)** belong to the subtle energy of spicy taste

**15** The states of sorrow and sadness show

- 0 **a)** an accumulation of the energy of sweet taste
- 0 **b)** the transition from rajas to sattva tendency
- 1 **c)** a tamas tendency

**16** If we want to achieve a successful introspection, we can prepare ourselves by using a herb with an taste

- 0 **a)** pungent
- 0 **b)** salty
- 1 **c)** astringent

**17** A variable appetite is specific to a predominant being

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

**18** The state of laziness is an inertial aspect (tamas) of the subtle energy of taste

- 0 **a)** salty
- 0 **b)** spicy
- 1 **c)** sweet

**19** For a predominantly vata-dosha being it is advisable to keep a complete fast

- 0 **a)** with cold water
- 1 **b)** with warm water
- 0 **c)** without drinking any water

**20** During complete fasting for a predominantly pitta-dosha being it is best

- 0 **a)** drink water from the refrigerator
- 1 **b)** drink cool but not very cold water
- 0 **c)** to drink warm water

**21** The shank-prakshalana purification process is used in ayurveda especially for harmonizing the

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

**22** Chilli pepper used for seasoning food

- 0 **a)** is suitable for pitta typology
- 0 **b)** is unsuitable for kapha typology
- 1 **c)** is suitable for the vata tipologia

**23** If we are preparing for an exam and we are afraid, we can boost a state of courage by using a tasty herb

- 0 **a)** sweet
- 0 **b)** sour
- 1 **c)** pungent