

## TEST 1-22B202

**1** It is not good to perform the process of oleation when

- 0 a) the 3 doshas are balanced
- 0 b) we are perfectly healthy
- 1 c) pitta is associated with ama

**2** How many fundamental hypostases does the subtle energy of life (prana) have?

- 0 a) 2
- 1 b) 5
- 0 c) 10

**3** Who rejuvenated the sage Chayavana in the mythological story in the work Mahabharata?

- 0 a) Sage Atreya
- 1 b) the two Ashvini gods
- 0 c) Great God Indra

**4** In rasayana formulas it is recommended

- 0 a) to eat especially the peels and seeds of the fruit
- 1 b) to consume the fruit peel only under certain conditions
- 0 c) the fruit should only be eaten dried

**5** With reference to the four categories of food, what does the Sanskrit term ruksha mean?

- 0 a) ingesting heavy food
- 1 b) eating dry food
- 0 c) ingestion of light food

**6** Among the effects of successfully performing the rasayana process are the following

- 0 a) accumulation of ama
- 1 b) reducing the amount of sleep needed for regeneration
- 0 c) occurrence of drowsiness during actions

**7** What are the "foods that do not spoil" that Krishna speaks of in the Bhagavad-Gita?

- 0 a) those in which tamas predominates
- 0 b) those in which rajas predominate
- 1 c) those in which sattva predominates

**8** For the amplification of the long-lived potential

- 0 a) only food with yang polarity
- 1 b) yin and yang food depending on the situation
- 0 c) only foods with yin polarity

**9** When are amalaki fruits harvested?

- 0 a) after the first frost
- 1 b) at maturity
- 0 c) two days after falling from the tree

**10** What can amalaki fruits be substituted for in rasayana formulas?

- 0 a) bananas
- 0 b) quince
- 1 c) cork trees

**11** Pranakamiya means

- 0 a) ama free
- 1 b) vitality craver
- 0 c) fearless

**12** To enhance the mutual relationship between us and the plants

- 1 a) we can bless them
- 0 b) it is necessary to consider ourselves superior to them
- 0 c) it is necessary to have only the "consumer" hypothesis

**13** In the amalaka-avaleha formula why are the fruits left in alkaline water?

- 0 a) so that the fibers in the peel become stronger
- 1 b) to become more digestible their skin
- 0 c) to be able to consume the pits of the fruit

**14** When amalaka-avaleha is used?

- 1 a) morning
- 0 b) afternoon
- 0 c) night

**15** With what are the clay pots in which rasayana preparations are kept greased?

- 0 a) with plenty of water
- 1 b) with ghee
- 0 c) with a very thick layer of honey

**16** In the vidanga-valeha formula the plants are used

- 0 a) vidanga and amalaki
- 1 b) vidanga and pippali
- 0 c) vidanga and shatavari

**17** Svasthivachana means

- 0 a) the awakening and ascension of Kundalini energy
- 0 b) the dynamization of manipura-chakra
- 1 c) an auspicious invocation

**18** The adaptation of certain rasayana formulas to the season is as follows

- 1 a) in the kapha season less milk is used
- 0 b) in the pitta season use hot milk
- 0 c) in the dry season cold milk is used

**19** The formula called bhallataka-kshira can be made, instead of bhallataka fruit, with

- 1 a) juniper berries
- 0 b) red melons
- 0 c) grapefruit

**20** What is bhallataka?

- 0 a) a shrub
- 0 b) a vine
- 1 c) a tree

**21** What do bhallataka fruits taste like?

- 0 a) sweet, sour and spicy
- 1 b) astringent, bitter and sour
- 0 c) sour, salty and astringent

**22** Rasayana remedies containing bhallataka fruit

- 1 a) boosts intelligence
- 0 b) decrease digestive power
- 0 c) decrease longevity potential

**23** A fruit picked before ripening

- 1 a) has a relatively hotter virya
- 0 b) has a relatively cooler virya
- 0 c) has a higher virya than when ripe