

TEST 3-22A001

1 About the pitta woman it can be said that

- 1 a) has bright eyes that dominate
- 1 b) is full of passion
- 1 c) loves life and lives intensely

2 Researchers who discovered the "GPS neuron" have said that it plays a role

- 0 a) in the travels of the past
- 0 b) in moving into the future
- 0 c) both in the past and in the future

3 In case of cold, a kapha-type being can use to heal herself

- 1 a) ginger, obligatory and pepper with honey
- 0 b) cold baths
- 0 c) very cold food

4 An average-bodied being who is dynamic, impulsive and efficient in actions has a predominant constitutional type

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

5 In ayurveda they are considered to be detrimental to longevity

- 1 a) fizzy drinks
- 0 b) complete fasting, made only with water
- 0 c) regular enemas

6 Colors can express pairings

- 1 a) hot or cold
- 1 b) approach or departure
- 1 c) intensity or relaxation

7 Which colours are considered cool?

- 1 a) turquoise
- 1 b) purple
- 1 c) blue

8 What is the purpose of practical procedures in ayurveda?

- 1 a) to cure a sick person
- 1 b) to prevent diseases in a healthy person
- 1 c) give harmony to a healthy person

9 A female vata type is characterized by

- 1 a) originality
- 1 b) creative imagination
- 1 c) initiative

10 Which colour is best suited for stimulating intelligence and conscious attention?

- 0 a) blue
- 0 b) turquoise
- 1 c) yellow

11 In Ayurvedic nutrition it is considered that

- 0 a) laboratory tests are indispensable
- 1 b) the complex taste of a food gives nutritional information
- 1 c) food taste is a combination of elemental tastes

12 In ayurveda longevity is achieved by

- 1 a) disease prevention
- 1 b) maintaining physical and cognitive functions at a high level
- 1 c) healthy eating

13 How many hours is a vital predominance interval during a day-night cycle in ayurveda?

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

14 Blue colored eyes are mostly found in the constitutional type

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

15 About ayurveda it can be said that

- 1 a) is an age-old tradition
- 1 b) also has an esoteric dimension
- 0 c) aims only at healing diseases

16 About the kapha type woman can be said that

- 1 a) has a cult of the family and the past
- 0 b) has 'unruly and difficult to comb' hair
- 0 c) has natural red hair

17 In order to have a healthy life, ayurveda recommends fulfilling three fundamental requirements:

- 1 a) rest
- 1 b) nutrition
- 1 c) discipline

18 Harmonious surplus of body weight ensures

- 1 a) better bodily regeneration during illnesses
- 1 b) more reserves that can be used during illnesses
- 1 c) rebalancing in case of mild disturbances

19 About ayurveda it can be said that

- 1 a) is also called "the science of life"
- 0 b) is the allopathic medicine of India
- 1 c) is also a system of healthy education

20 The woman who is courageous and very much attracted to adventure and the unknown is the type

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

21 For beings of the pitta type spices are recommended

- 0 a) chilli pepper
- 0 b) ginger
- 0 c) pepper

22 Healthy excess of body weight

- 0 a) gives less vitality
- 1 b) gives greater vitality
- 0 c) means 30 kg over optimal weight

23 About the vata type woman it can be said that

- 1 a) has a very expressive mimicry
- 0 b) is usually silent
- 1 c) has a vivid imagination