

TEST 3-22A011

1 Which statements are correct?

- 1 **a)** Ayurveda is called "the science of life"
 0 **b)** Hippocrates is the father of Ayurveda
 1 **c)** Hippocrates knows Ayurveda

2 The 3 doshas are called

- 1 **a)** subtle primary vital forces
 1 **b)** fundamental factors of health or disease
 0 **c)** fundamental tendencies of nature

3 A predominantly vata constitutional type is distinguished by a body

- 1 **a)** thinner
 1 **b)** which seems less developed
 0 **c)** with a sporting aspect

4 Pitta-dosha manifests as

- 0 **a)** movement of food in the digestive tract
 1 **b)** digestive fire
 1 **c)** gastric secretions

5 Inclination to dominate shows

- 0 **a)** a sattva-ic mental nature
 1 **b)** a rajasic mental nature
 1 **c)** a predominance of pitta-dosha

6 The predominance of vata-dosha shows the repeated gestures of

- 1 **a)** biting of the lips
 1 **b)** clenching of the jaw
 0 **c)** aggressiveness

7 Persons of predominantly pitta type with tamas mental nature are often

- 0 **a)** depressed
 1 **b)** violent
 1 **c)** hateful

8 Ears of the vata type are

- 1 **a)** small and thin
 1 **b)** those too close to the head
 1 **c)** those too far from the head

9 The body of a predominantly kapha constitutional type is

- 0 **a)** slightly
 0 **b)** dry
 1 **c)** hard

10 A vata type person tends

- 1 **a)** to have a short life
 1 **b)** to consume prematurely
 0 **c)** live very long

11 The forehead of a kapha person is

- 0 **a)** too small compared to head size
 1 **b)** large
 1 **c)** well-proportioned

12 Discernment is especially manifest in a predominantly

- 1 **a)** pitta
 0 **b)** rajas
 1 **c)** sattva

13 In Ayurveda constitutional types are differentiated according to

- 1 **a)** vata, pitta and kapha
 1 **b)** the 3 doshas
 0 **c)** zodiac

14 Persons of predominantly kapha type with sattva mental nature are usually

- 1 **a)** patient
 1 **b)** consistent
 1 **c)** compassionate

15 A person of vata type in whom sattva predominates is mostly

- 0 **a)** graduate
 0 **b)** patient
 0 **c)** tenacious

16 The kapha type breath is

- 0 **a)** accelerated
 0 **b)** hot
 0 **c)** predominantly thoracic

17 A vata type person is most bothered by

- 1 **a)** cold accompanied by wind
 0 **b)** the cold wet
 1 **c)** dry cold

18 In a living being the 3 doshas manifest themselves

- 1 **a)** simultaneously
 1 **b)** usually in different proportions
 0 **c)** only in turns

19 Hyperactivity accompanied by agitation and restlessness occurs mostly in a predominantly

- 0 **a)** pitta with mental nature rajas
 0 **b)** kapha with rajas mental nature
 0 **c)** pitta with tamas mental nature

20 The state of indecisiveness appears especially in the predominant type

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

21 A predominantly clavicular breathing

- 1 **a)** vata-dosha grows
 1 **b)** is superficial
 0 **c)** kapha-dosha increases

22 Dreams of a predominantly vata person are often

- 0 **a)** passionate
 0 **b)** full of radiance
 1 **c)** dominated by the state of fear

23 Which statement is correct?

- 0 **a)** the best dosha is vata
 0 **b)** the best dosha is pitta
 0 **c)** the best dosha is kapha