

## TEST 3-22A013

**1** At the quantum body level there are

- 1 a) the source of our desires
- 1 b) the real needs of the body
- 1 c) in the dormant state healthy intentions

**2** About the three doshas it can be said that in the human body

- 1 a) can grow
- 1 b) can move
- 1 c) can generate disease

**3** The impulsive and uncontrolled nature shows us that an imbalance of

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

**4** All plants that taste predominantly sweet

- 0 a) grow kapha-dosha
- 0 b) decrease kapha-dosha
- 0 c) neither increase nor decrease kapha-dosha

**5** Which statements are correct from the perspective of race-dosha relationship?

- 0 a) a kapha being is "bitter"
- 0 b) a vata being is "sweet"
- 0 c) a pitta being is "sweet-sour"

**6** Who stated that "It is often easier to disintegrate an atom than a human bias"?

- 0 a) sage Atreya
- 0 b) Hippocrates
- 1 c) Einstein

**7** The state of greed

- 0 a) is a sattva state
- 0 b) corresponds to the sweet taste
- 1 c) corresponds to the salty taste

**8** Can we move from sufficiency to fulfillment and contentment?

- 1 a) yes, because they are states of the same energy
- 0 b) no, because they are very different states
- 1 c) yes, by elevating the energy of sweet taste

**9** Love (atmiyata) is the highest form of manifestation of the subtle energy of taste

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

**10** The state of fulfillment

- 1 a) is a sattva state
- 0 b) corresponds to the sweet taste
- 1 c) corresponds to the salty taste

**11** Vata-dosha enters the body of a human being for the first time at the age of

- 0 a) 7 years
- 0 b) 14 years
- 0 c) 2 years

**12** The taste of lemon juice brings us closest to the state of

- 1 a) clarity
- 0 b) love
- 0 c) completeness

**13** Which of the following states correspond to the subtle energy of bitter taste?

- 0 a) insecurity
- 0 b) psychic contraction
- 0 c) anxiety

**14** Among the sattva states corresponding to bitter taste are

- 1 a) state of lucidity
- 1 b) state of honesty
- 1 c) state of purity

**15** Which taste causes a state of fear or anxiety to arise under certain conditions?

- 0 a) sweet
- 0 b) bitter
- 1 c) astringent

**16** The regulation of appetite can be done by

- 1 a) complete fasting, done only with water
- 1 b) food diversity
- 0 c) consumption of more food

**17** The expression 'high desire to eat and low craving' best suits a predominantly

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

**18** During complete fasting for a predominantly pitta-dosha being is indicated

- 0 a) not drinking water at all
- 0 b) drink only carbonated water
- 0 c) after thirst occurs, wait 15 minutes and then drink water

**19** Which constitutional type is advised not to drink water at all during complete fasting?

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

**20** Mint leaves are more suitable for

- 0 a) type of wick, because they are warm
- 1 b) pitta typology, because they are cold
- 0 c) kapha type, because they are cold

**21** They are suitable for reducing an excess of kapha-dosha

- 1 a) mustard seeds
- 1 b) peppercorns
- 1 c) pepper powder

**22** With regard to the nutrition suitable for typologies, it is good to

- 0 a) a kapha person to combine as many heavy foods as possible
- 0 b) a pitta person should eat only at night
- 0 c) a person will eat a very large amount at each meal

**23** To carry out a process of spiritual transformation with great fervour, the most suitable is a tasty herb

- 1 a) pungent
- 0 b) bitter
- 0 c) astringent