

TEST 3-22B023

1 Therapeutic formulas belonging to the sage Nagarjuna

- 1 a) are famous
0 b) are no longer useful today
1 c) show his areas of concern

2 What is required to successfully appeal to sage Sushruta?

- 0 a) strong intellect
1 b) devotion
1 c) trust

3 The Sanskrit phrase "kumara-sira"

- 1 a) means "child's head"
1 b) is the name of a wise man
0 c) is the name of a god

4 The Sanskrit term charaka was used to designate the

- 1 a) healers on the move
1 b) the sage Jivaka
0 c) all those who studied Ayurveda

5 One of the direct disciples of the great sage Atreya was called

- 0 a) Homa
0 b) Haridra
1 c) Harita

6 The sage Jatukarna is known as

- 1 a) was an authority on ayurveda
0 b) wrote the ayurvedic treatise Charaka-Samhita
1 c) was a specialist in the knowledge of medicinal plants

7 In Ayurvedic tradition it is said that at the age of five the sage Jivaka

- 1 a) has transformed into an adult being
1 b) he successfully debated with other sages some of the topics of Ayurveda
0 c) turned into an elephant

8 They experienced a transfer of knowledge similar to cognitronics

- 1 a) Mozart
1 b) Einstein
1 c) some advanced yogis

9 From the chapters on diseases in the Ayurvedic work Charaka-Samhita, we learn that the great sage Atreya

- 1 a) offered spiritual ways to heal diseases
0 b) told Chakrapani what comments to add to the work
1 c) explained how diseases are formed

10 The work of Vrikshayurveda

- 0 a) belongs to Jatukarna
1 b) includes herbal
1 c) belongs to Parashara

11 In the work Agnivesha-Tantra the teachings of

- 0 a) Bharadvaja
1 b) Atreya
0 c) Charaka

12 Marichiasana

- 1 a) offers supramental energization
1 b) offers a deepening of self-knowledge
1 c) is attributed to the sage Marichi

13 The umbilical area is important because

- 0 a) is the middle zone of being
1 b) is the gateway to nutrients
0 c) is and will remain until death the supreme center of being.

14 For daytime sleep to be healthy

- 1 a) not to exceed half the duration of sleep night
0 b) be equal to the length of sleep lost at night
0 c) to be greater than the length of sleep lost at night

15 Sage Chakrapani was guided in the study and practice of Ayurveda by

- 1 a) his father (Narayana-Datta)
1 b) the sage Nara-Datta
1 c) Great Avatar Krishna

16 Sage Chakrapani's commentaries on the Charaka-Samhita work include aspects of

- 1 a) measuring food intake
1 b) types of food recipes
1 c) methods of food processing

17 In what year was the Charaka-Samhita with Chakrapani's comments published?

- 1 a) 1892
0 b) 1000
0 c) 500

18 Bhadra-Kapya was

- 1 a) a history of ayurvedic writings
1 b) an archivist of ayurvedic writings
0 c) a supervisor of a royal kitchen

19 The Sanskrit term kapila refers to

- 1 a) Indian aloe plant
1 b) reddish-brown colour
1 c) the colour of a common species of cow in India

20 In sage Bhadra-Kapya's view, the absence of an elemental taste in a remedy

- 0 a) has no importance in physiological shaping
1 b) is a relevant signal
1 c) is reflected in the structure and functioning of the body

21 In the informational transfer that takes place from a remedy to the body a great importance has

- 1 a) the sense of taste
1 b) apas-tattva
1 c) language

22 Bhadra-Kapya participated in the debate of the sages on

- 1 a) tastes
1 b) factors causing diseases
0 c) inclusion of Chakrapani's comments in the Charaka-Samhita work

23 The debates of the Ayurvedic sages were aimed at

- 0 a) to determine who knew Ayurveda
1 b) to value the different perspectives on the topics discussed
1 c) to understand as deeply as possible the topics discussed