

TEST 3-22B202

1 Are plants with medhya-rasayana properties

- 1 a) obligeana
- 1 b) mint
- 1 c) rosemary

2 Which Sanskrit term means "striving for an exemplary state of vitality"?

- 0 a) rasayana
- 1 b) pranakamiya
- 0 c) niramaya

3 Which essential hypostasis of life is intimately related to transmigration?

- 0 a) dhari-prakara
- 0 b) nityada-prakara
- 1 c) anubandha-prakara

4 When did the sage Chayavana live?

- 1 a) about 7000 years ago
- 0 b) 200 years ago
- 0 c) 1000 years ago

5 Bhallataka fruits are indicated in cases of

- 1 a) constipation
- 1 b) hemorrhoids
- 1 c) gastritis

6 In the formula called amalaghrita the preparation that is obtained

- 1 a) is an unctuous, sweetened syrup
- 0 b) is a dry mixture of plant powders
- 0 c) consists of plants that grow vata-dosha

7 For rasayana formula it is recommended to harvest the nagabala plant from a place

- 0 a) with salty soil
- 0 b) where there are many ants
- 0 c) where the wind blows long

8 What does the Sanskrit term gramya refer to?

- 0 a) using a healthy diet
- 1 b) ingestion of nutrient-poor foods
- 1 c) the use of sour, salty or spicy foods

9 Is the raw food diet favourable in the long run for vata people?

- 0 a) Yes, it is best for them that the food is 100% raw.
- 1 b) only if the raw food is 60-70%
- 1 c) only if you add food cooked over fire

10 In the formula called amalaghrita the following ingredients are used

- 1 a) ghee
- 1 b) amalaki fruit juice
- 1 c) punarnava powder

11 Vriksha-ayurveda is a branch of Ayurveda that refers to the care of

- 0 a) birds
- 0 b) bees
- 1 c) trees and shrubs

12 The essential preparatory condition for performing the rasayana procedures in Chapter 2 of the Rasayana section is

- 0 a) be at least 70 years old
- 1 b) to be "desirous of vitality"
- 0 c) to be a child

13 In rasayana formulas vidari root can be replaced with

- 1 a) parsnip root
- 1 b) burdock root
- 0 c) horseradish root

14 They are plants that have medhya-rasayana properties

- 1 a) jyotishmati
- 1 b) brahmi
- 1 c) gotu-kola

15 In the preparation of the rasayana formula called amalaka-avaleha the ingredients are used

- 1 a) amalaki fruit
- 1 b) pippali fruit
- 1 c) a liquid with alkaline properties

16 Fruits which are used in amalaka-avaleha formula

- 0 a) only half submerges in alkaline water
- 1 b) completely immersed in alkaline water
- 0 c) are left to float on the surface

17 In amalaka-churna formula how long is the amalaki powder impregnated with amalaki juice?

- 0 a) 108 days
- 0 b) 3 months
- 1 c) 21 nights

18 Fruits of bhallataka

- 0 a) are refreshing
- 1 b) are drying
- 1 c) have caustic effect

19 For the plants we harvest to be suitable for rasayana it is good if

- 1 a) we bless them
- 1 b) practice saucha (purity)
- 1 c) we fix our attention on a state of state

20 After ingesting a rasayana remedy it is good that

- 1 a) let the first meal be sattva-ic
- 0 b) the second meal to be rajas-ic
- 0 c) the third mass to be tamas-ic

21 The bhallataka fruits suitable for the formula called bhallataka-kshira

- 0 a) may be pecked by birds
- 0 b) can be harvested before baking
- 0 c) can sit too long in the sun

22 Bhallataka fruits are indicated in cases of

- 0 a) deficiency of kapha-dosha
- 1 b) excess of kapha-dosha
- 1 c) excess of vata-dosha

23 What does the Sanskrit term satmya refer to?

- 1 a) suitability
- 1 b) adaptability
- 0 c) rigid adherence to certain steps