

Model Test Papers – Kriya Sarira

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(1) Who has given Ayurveda Practical Definition –

(A) Charaka

(B) Sushruta

(C) Hareet

(D) Bhava Prakasha

(2) Who has described Bhutavidya As “Graha”

(A) Charaka

(B) Sushruta

(C) Vagbhata

(D) Bhava Prakasha

(3) Ayu is a combination of –

(A) Sareera and Indriya

(B) Satva, Atma and Indriya

(C) Prana, Tejas and Kapha

(D) Sareera, Indriya, Satva, and Atma

(4) “Vata Pitta Sleshma ava deh sambhava hetva” – it is statement of -

(A) Charaka

(B) Sushruta

(C) Vagbhata

(D) Kashyapa

(5) Who has described Ashti –Majja as sheat of Vata dosha ?

(A) Charaka

(B) Sushruta

(C) Vagbhata

(D) Kashyapa

(6) “Bhutebhyohi param yasman nasti chinta chikitse” is a principle mentioned in -

(A) Caraka samhita

(B) Susruta samhita

(C) Ashtanga samgraham

(D) Ashtanga hridayam

(7) “Best ras for Pitta Saman is -

(A) Madhura

(B) Amla

(C) Thikta

(D) Kashaya

(8) Kamashoka bhavad Vayu Krodhat Pittam Lobhatat Kapham – it is statement of -

(A) Charaka

(B) Sushruta

(C) Hareet

(D) Madhava

(9) “How many numbers of Guna are same in Oja & Kapha -

(A) 7

(B) 4

(C) 1

(D) None

(10) “Vata Present in Puppusa is called -

(A) Vyana

(B) Prana

(C) Udana

(D) Samana

- (11) Vayu responsible for Jrimbha -
(A) Vyana (B) Prana
(C) Udana (D) Samana
- (12) "Vatada rite nasti ruja" is said by -
(A) Charaka (B) Sushruta
(C) Vagbhata (D) Sarngadhra
- (13) "Chakshuvaiseshikam and Buddhirvaiseshikam" are the varieties of
(A) Prana vata (B) Alochaka Pitta
(C) Sadhaka pitta (D) Vyana vata
- (14) Mayu is -
(A) Vata (B) Pitta
(C) Kapha (D) Oja
- (15) Krodha (Anger) vitiates mainly
(A) Pitta (B) Vata & Pitta
(C) Vata, Pitta & Kapha (D) Pitta & Rakta
- (16) Dosha predominant in early morning -
(A) Vata (B) Pitta
(C) Kapha (D) Tridosha
- (17) Ksheera dadhi nyaya is the contribution of -
(A) Cakrapani (B) Aruna datta
(C) Dridhabala (D) Dalhana
- (18) Achapitta is produced during -
(A) Madhura vipaka (B) Amla vipaka
(C) Katu vipaka (D) Nishtapaka
- (19) The site of bhutagnipaka according to Dwarakanath is -
(A) Kloma (B) Yakrit
(C) Pleeha (D) Vrikka
- (20) Number of agni according to charaka
(A) 5 (B) 6
(C) 7 (D) 13
- (21) "Rasa Nimittajameva sthaulyam karsyam cha " was said by -
(A) Charaka (B) Sushruta
(C) Vagbhata (D) Cakrapani
- (22) Who has said rakta as a dosha -
(A) Charaka (B) Sushruta
(C) Vagbhata (D) Cakrapani

- (23) Dhamani saithilyam is due to ----- dhatu kshaya
(A) Rasa (B) Rakta
(C) Mamsa (D) Medo
- (24) Ashti saushirya is due to
(A) Ashti dhatu kshaya (B) Asthi dhatu vridhi
(C) Majja dhatu kshaya (D) Medo dhatu kshaya
- (25) Mala of sukra dhatu as per Sarngadhara -
(A) Smasru (B) Ojus
(C) Kapha (D) Pitta
- (26) Ojus and Sadhaka pitta are one and the same as per
(A) Hemdri (B) Aruna datta
(C) Cakrapani datta (D) Dalhana
- (27) Gaurava is met in -
(A) Ojakshaya (B) Ojovyapath
(C) Ojovisramsas (D) None of these
- (28) According to Charaka, Artava is -
(A) Upadhatu of Rasa (B) Upadhatu of Rakta
(C) Upadhatu of Sukra (D) Upadhatu of Meda
- (29) God of Mana is -
(A) Brahma (B) Indra
(C) Chandra (D) Soorya
- (30) Alpa nidra is due to -
(A) Vata (B) Pitta
(C) Kapha (D) Tridosha
- (31) Sharngadhara has mentioned 'Dheemaan' as a symptom of which prakriti -
(A) Vata (B) Pitta
(C) Kapha (D) Sama
- (32) According to Charak, which type of vata is situated in svedavaha srotas
(A) Prana (B) Udana
(C) Vyana (D) Samana
- (33) Which one of the following plays an important role in digestion of fat
(A) Bile salt (B) Amylase
(C) Trypsinogen (D) Rennin
- (34) According to Charak, Vamana is produced by which type of vata
(A) Prana (B) Udana
(C) Vyana (D) Samana

- (35) How many Saara are described by Charaka
(A) 5 (B) 7
(C) 8 (D) 12
- (36) One of the following is NOT a karma attributed to rakta dhatu according to Sushrutha
(A) Varna prasada (B) Jeevana
(C) Mamsaposhana (D) Chyavana
- (37) Types of deha prakriti according to Sushrutha
(A) 3 (B) 7
(C) 5 (D) 1
- (38) According to Sushrutha 'Vayu and Agnidharana' is the karma of
(A) Vata (B) Purisha
(C) Pitta (D) Rasa
- (39) The 'rasa' of 'rakta dhatu' according to Ashtanga Hridaya
(A) Madhura (B) Madhura lavana
(C) Madhura amla (D) Amla
- (40) The characteristic gandh of the ojus according to charaka
(A) Visra gandh (B) Laja gandh
(C) Madhu (D) None
- (41) Shleshma is balam in
(A) Prakrita state (B) Vikrita state
(C) Chaya avastha (D) Vyakt avastha
- (42) Nindya prakriti as explained in Ashtanga Hrudaya is
(A) Ekadoshaja (B) Dwidoshaja
(C) Tridoshaja (D) Saptadhatuja
- (43) Dhatwagnimandya leads to
(A) Dhatu vriddhi (B) Dhatu kshaya
(C) Dosha vriddhi (D) Dosha kshaya
- (44) Chayavan is the karma of
(A) Rasa (B) Rakta
(C) Majja (D) Sukra
- (45) Purvaroop is in which stage of shadkriyakaal
(A) 2nd (B) 3rd
(C) 4th (D) 5th
- (46) 'Tantrayantradhara' is the karma of
(A) Akash (B) Vayu
(C) Agni (D) Pruthvi

- (47) According to Sushruta length of intestine in males, according to Susruta is -
- (A) 3 vyoma (B) 3 ½ vyoma
(C) 6 meter (D) 1.5 meter
- (48) The quantity of pureesh as per Astanga Hridaya is
- (A) 5 Anjalies (B) 6 Anjalies
(C) 7 Anjalies (D) None
- (49) Sushruta has mentioned Krodhi as a symptom of which prakriti
- (A) Vata (B) Pitta
(C) Kapha (D) Sama
- (50) The Cakrapani has said amasaya as
- (A) Rasasaya (B) Medasaya
(C) Mamsasaya (D) Majjasaya
- (51) Shakti hina dravyas are -
- (A) Sapta dhatu (B) Vata, pitta & kapha
(C) Pureesha, Mutra, Sweda (D) None of the above
- (52) Dharana & Poshana of the body is due to -
- (A) Sakti hina dravyas (Malas) (B) Shakti rupa dravyas (Doshas)
(C) Shakti yukta dravyas (Dhatu) (D) None of the above
- (53) Gati & Gandhana are due to -
- (A) Vata, pitta & kapha (B) Vata, kapha
(C) Vata (D) None of the above
- (54) According to Vagbhata Hridaya is the seat of -
- (A) Vyana vata (B) Sadhaka pitta & Ojas
(C) Avalambaka shleshma (D) All the above
- (55) Smriti, Bala, Prayatna, Urja are the functions of -
- (A) Prana vata (B) Vyana vata
(C) Udana vata (D) Samana vata
- (56) Dosha responsible for 'Abhipretardha sadhana' -
- (A) Pachaka pitta (B) Bhrajaka pitta
(C) Ranjaka pitta (D) Sadhaka pitta
- (57) Types of Alochaka pitta as per Bhela -
- (A) Chakshushya vaisheshikam & Bhuddhi vaisheshikam
(B) Prana vaisheshikam & Gyana vaisheshikam
(C) Karma vaisheshikam & Mano vaisheshikam
(D) None of the above

- (58) Twak & Vasa are the upadhatus of –
- (A) Medo dhatu
(B) Majja dhatu
(C) Mamsa dhatu
(D) B & C both
- (59) The function of Vyana vata is -
- (A) Rasa samvahana & gamana
(B) Apaksepana & Utksepana
(C) Nimesha & Unmesha
(D) All the above
- (60) The seat of Ranjaka pitta as per Vagbhata -
- (A) Rakta & Mamsa
(B) Yakrit & Pleeha
(C) Amashaya
(D) Hridaya & Puppasa
- (61) According to Charaka Sweda is the mala of –
- (A) Rakta dhatu
(B) Mamsa dhatu
(C) Medo dhatu
(D) None of the above
- (62) The type of pitta present in ‘Sparshanendriya’ –
- (A) Pachaka pitta
(B) Bhrajaka pitta
(C) Alochaka pitta
(D) Sadaka pitta
- (63) According to Vagbhata Siras is the seat of
- (A) Avalambaka kapha
(B) Sadhaka pitta
(C) Vyana vata
(D) Tarpaka kapha
- (64) Alpa sukrata is due to
- (A) Rasa dhatu kshaya
(B) Rasa dhatu vriddhi
(C) Majja dhatu kshaya
(D) Medo dhatu kshaya
- (65) The dhatu responsible for dharana of the body -
- (A) Asthi dhatu
(B) Mamsa dhatu
(C) Medo dhatu
(D) Majja dhatu
- (66) According to Sushruta sweating is due to –
- (A) Prana vata
(B) Vyana vata
(C) Udana vata
(D) Apana vata
- (67) The following are having half anjali pramana -
- (A) Mastishka, Para ojas & Shukra
(B) Mastishka, Apra ojas & Shukra
(C) Mastishka, Apra ojas & Vasa
(D) Mastishka, Apra ojas & Majja
- (68) Artava as per Sushruta is -
- (A) Upadhatu of Rasa
(B) Upadhatu of Rakta
(C) Upadhatu of Majja
(D) Upadhatu of mamsa
- (69) Mridu koshta persons belongs to -
- (A) Vata pitta prakriti
(B) Pitta kapha prakriti
(C) Vata pitta kapha prakriti
(D) Pitta prakriti

- (70) Which of the following is occur in Grishmaritu -
- (A) Vata sanchaya & pitta prashamana
 (B) Vata sanchaya & kapha prashamana
 (C) Vata prakopa & kapha prashamana
 (C) Vata prashamana & pitta prakopa
- (71) One of the following circulates throughout the body like wave of sound, light & water -
- (A) Shukra dhatu
 (B) Sapta dhatu saram
 (C) Rakta dhatu
 (D) Rasa dhatu
- (72) Samshru is the mala of -
- (A) Rasa dhatu
 (B) Rakta dhatu
 (C) Majja dhatu
 (D) Sukra dhatu
- (73) The type of kapha was introduced for the first time by -
- (A) Acharya Charaka
 (B) Acharya Sushruta
 (C) Acharya Vagbhatta
 (D) Yogratnakar
- (74) Factors responsible for digestion -
- (A) Vayu, Kleda & Ushma
 (B) Vayu, kleda & Sneha
 (C) Vayu, Ushma & Guru
 (D) All the above
- (75) All of the following are Mamsa dhatu malas except -
- (A) Karna mala & netra mala
 (B) Asya mala & Nasa mala
 (C) Romakupa mala & Prajanana mala
 (D) Carma sneha mala & Pureesha sneha mala
- (76) Asthi saushirya, Bhrama, Timira darshana are due to -
- (A) Mamsa dhatu kshaya
 (B) Medo dhatu kshaya
 (C) Majja dhatu kshaya
 (D) Asthi dhatu kshaya
- (77) Kriyanam aprachuryam (inefficiency & noncoherence in functions) is found in -
- (A) Ojo kshaya
 (B) Ojo vyapada
 (C) Ojo visramsas
 (D) Ojo vriddhi
- (78) All of the following are due to Rakta kshaya except -
- (A) Amla shishir priti
 (B) Sira shaithilya
 (C) Rukshatwa
 (D) None of the above
- (79) Sandhi shunyata as per Sushruta is due to -
- (A) Majja dhatu kshaya
 (B) Mamsa dhatu kshaya
 (C) Medo dhatu kshaya
 (D) Rasa & Rakta dhatu kshaya
- (80) According to Charaka, Sukra kshaya leads to -
- (A) Daurbalya
 (B) Mukha soshas
 (C) Klaibya
 (D) All the above

- (81) According to Charaka Vimarga gamana is a type of
- (A) Sukra dhatu dushti (B) Majja dhatu dushti
(C) Raktaja dushti (D) Sroto dushti
- (82) Osha, Chosha, Paridaha & Dhumayana are seen in -
- (A) Pitta sanchaya state (B) Pitta prakopa state
(C) Pitta prasara state (D) None of the above
- (83) Stabda purna koshta is due to -
- (A) Vata sanchaya state (B) Vata prakopa state
(C) Vata prasara state (D) Vata prakrita state
- (84) Kapha prakopa lakshanas are -
- (A) Koshta toda sancharana (B) Amlika, Pipasa & Paridaham
(C) Annadwesa & Hridayotkleda (D) All the above
- (85) Murcha, Mamsa kshaya, Moha, pralapa & Agyana are
- (A) Ojo visramsa lakshanas (B) Ojo vyapad lakshanas
(C) Ojo kshaya lakshanas (D) Apra ojas lakshana
- (86) The 1st substance formed from the mother's Rasa dhatu in the foetus is -
- (A) Rasa dhatu (B) Rakta & Mamsa dhatu
(C) Majja & Medo dhatu (D) Ojas
- (87) Kesha & Nakha are considered as
- (A) Majja dhatu mala (B) Medo dhatu mala
(C) Rasa dhatu mala (D) Asthi dhatu mala
- (88) Factor responsible for Bhrama -
- (A) Kapha kshaya (B) Majja dhatu vriddhi
(C) Vata prakopa (D) All the above
- (89) Visramsa, Vyapad & Kshaya are -
- (A) Rasadhātu dosha (B) Rakta dhatu dosha
(C) Ojo dosha (D) Ojo dosha & Vasa dosha
- (90) Pliha vriddhi is mainly found in
- (A) Rakta dhatu kshaya (B) Medo dhatu kshaya
(C) Mamsa dhatu kshaya (D) Rasa dhatu kshaya
- (91) The colour of blood (Rakta) resembles with -
- (A) Indragopa Pratikasham (B) Padma alakta sannibhama
(C) Gunja phala savarnam (D) All the above
- (92) According to Charaka, Hridaya is the seat of -
- (A) Manas (B) Ojas
(C) Chitta (D) All the above

- (93) All the dhatus are nourished simultaneously without any gap in the time , suggested by -
(A) Khalekapota nyaya (B) Ekakala dhatu poshana siddhanta
(C) Samanvaya siddhanta (D) None of the above
- (94) Ekakala dhatu poshana siddhanta was propounded by -
(A) Dalhana & Chakrapani (B) Arunadatta & Charaka
(C) Hemadri & Indu (D) Sushruta & Dalhana
- (95) Kedarakulya nyaya denotes -
(A) Nutrition of dhatus by transportation process (B) Nutrition of dhatus by pre dhatu
(C) Nutrition to dhatus (D) None of the above
- (96) Drishti, Agni, Balahani are due to -
(A) Vasa visramsas (B) Vasa vyapad
(C) Vasa kshaya (D) None of the above
- (97) Tandra is due to -
(A) Vitiation of vata & shleshma (B) Vitiation of shleshma & tamoguna
(C) Vitiation of vata, shleshma & tamoguna (D) Vitiation of tridoshas
- (98) Doshas involved in Nidra
(A) Shleshma & Tamoguna (B) Shleshma & Satwa guna
(C) Shleshma & Rajoguna (D) None of the above
- (99) Which of the following is true in case of Bala -
(A) Vata is considered as bala in normal state
(B) Pitta is considered as bala in normal state
(C) Kapha is considered as bala in normal state
(D) Vata & kapha is considered as bala in normal state
- (100) All the following contents & their quantities are true as per Charaka except -
(A) Purisha - 7 anjali (B) Pitta - 5 anjali
(C) Mutra - 4 anjali (D) Vasa- 3 anjali

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Model Test Paper – Kriya Sarira

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Answer sheet – Kriya Sharira				
1. D	21. B	41. A	61. C	81. D
2. C	22. B	42. B	62. B	82. C
3. D	23. C	43. A	63. D	83. A
4. B	24. C	44. D	64. C	84. C
5. D	25. B	45. C	65. A	85. C
6. B	26. D	46. B	66. B	86. D
7. C	27. B	47. B	67. B	87. D
8. D	28. A	48. C	68. B	88. D
9. A	29. A	49. A	69. D	89. D
10. C	30. B	50. C	70. B	90. B
11. A	31. B	51. C	71. D	91. D
12. B	32. D	52. C	72. D	92. D
13. B	33. A	53. C	73. C	93. B
14. B	34. B	54. D	74. A	94- B
15. A	35. C	55. C	75. D	95. A
16. C	36. D	56. D	76. C	96. B
17. C	37. B	57. A	77. C	97. C
18. B	38. B	58. C	78. D	98. A
19. B	39. B	59. D	79. B	99. C
20. D	40. B	60. C	80. D	100. D