

**INSTITUTE OF TEACHING AND RESEARCH IN AYURVEDA**  
[INSTITUTE OF NATIONAL IMPORTANCE]

MINISTRY OF AYUSH, GOVERNMENT OF INDIA

**B. PHARM. (AYU.) I YEAR**

**FUNDAMENTALS OF AYURVEDA AND SWASTHAVRITTA**

**Question Bank**

**Part A**

**10 marks**

1. Define Ayurveda, what are its aims. Explain in detail the Ashtanga Ayurveda
2. Describe Pratyaksha Pramana and its importance in Ayurveda
3. Describe Anumana Pramana and its importance in Ayurveda
4. Explain Shabda/Aptopadesha Pramana and its importance in Ayurveda
5. Define Yukti and write its importance in Ayurveda
6. Write in detail about Dravya
7. Define Dravya. Write its importance. Briefly describe Karana Dravya
8. What are the Shatpadarthas. Explain each in Brief and write their utility in Pharmaceutical science
9. Write the definition, types and importance of Padarthas in detail
10. Explain Panchabhutas and their utility in pharmaceutical science
11. Write an account on Brihatrayi
12. Write an account on Laghutrayi
13. Write the contribution of Brihatrayi in pharmaceutical science
14. Define Pramana. How many Pramanas accepted by Charaka. Write about Yukti Pramana
15. Define Pramana. How many Pramanas accepted by Charaka and Sushruta. Write about Pratyaksha Pramana and its importance in pharmaceutical science
16. Define Pramana and give its types. Write about Anumana Pramana and its importance in pharmaceutical science
17. Define Pramana and give its types. Write about Aptopadesha/Shabda Pramana and its importance in pharmaceutical science
18. Describe Charaka Samhita and its importance pharmaceutical science
19. Describe Sushruta Samhita and its importance pharmaceutical science
20. Describe Vagbhata Samhita and its importance pharmaceutical science
21. Define Guna. Enumerate Guna described in Ayurveda along with its types. Describe Adhyatmika Guna

22. Define Guna. Write its types. Give an account of Gurvadi Guna and their importance.
23. Give an account on Paradi Gunas with their utility in pharmaceutical science.
24. Give an account on Samanya Vishesha Siddhanta with their utility in pharmaceutical science.
25. Define Karma. Explain its types. Write utility of Karma in Ayurveda/Pharmaceutical science.

### **5 marks**

1. Ashtanga Ayurveda
2. Aims of Ayurveda
3. Write the characteristics of Atma
4. Characteristics of Manas
5. Describe Kala and its importance
6. Describe Dik/Disha and its importance
7. Describe Samanya and its importance
8. Describe Vishesha and its importance
9. Define Guna and its utility in Ayurveda
10. Tulyarthatahi samanyam
11. Aptopadesha
12. Shabda Pramana
13. Anumana
14. Pratyaksha
15. Yukti
16. Dravya
17. Panchabhutas and their origin
18. Karana Dravyas
19. Karana and Karya Dravyas
20. Guna
21. Explain Sartha Guna
22. Gurvadi gunas
23. Guru Guna **(study each Guna and its action)**
24. Adhyatmika Guna
25. Explain Vaisheshika Guna
26. Sharira Guna
27. Describe Paradi Gunas and their importance
28. Karma and its types
29. Samanya
30. Vishesha
31. Samavaya

32. Utility of Kala and Disha/Dik in Ayurveda
33. Utility of Pruthvi mahabhuta in Ayurveda
34. Utility of Akasha mahabhuta in Ayurveda
35. Utility of Agni mahabhuta in Ayurveda
36. Utility of jala Mahabhuta in Ayurveda
37. Utility of Vayu Mahabhuta in Ayurveda
38. Charaka Samhita
39. Sushruta Samhita
40. Vagbhatacharya
41. Ashtanga Hrudaya
42. Ashtanga Sangraha
43. Characteristics of Panchamahabhutas
44. Write the Guna and Karma of Akasha Mahabhuta
45. Write the Guna and Karma of Vayu Mahabhuta
46. Write the Guna and Karma of Teja Mahabhuta
47. Write the Guna and Karma of Aap/Jala Mahabhuta
48. Write the Guna and Karma of Pruthvi Mahabhuta
49. Write the Guna and Karma of Manas
50. Write the Guna and Karma of Atma

**2 marks:**

1. Define Ayu
2. Define Ayurveda
3. Four types of Ayu
4. Enlist the components of Ayu
5. Enlist Ashtanga Ayurveda
6. Kayachikitsa
7. Bala Chikitsa/ Koumarabrutya
8. Graha Chikitsa/ Bhutavidya
9. Urdvanga Chikitsa/ Shalakya Tantra
10. Shalya Tantra
11. Agada Tantra/ damshtra Chikitsa
12. Vajikarana Tantra
13. Rasayana Chikitsa/ Jara Chikitsa
14. Enlist Shatpadartha
15. Define Padartha
16. Padarthas accepted in Ayurveda
17. Bhava Padartha/sat Padartha
18. Abhava Padartha/Asat Padartha
19. Types of Abhava

20. Define Dravya
21. Types of jangama Dravya
22. Types of Chetana Dravya
23. Types of Bahiantahchetana Dravya
24. Types of Antahchetana Dravya
25. Define Karma
26. Name the Karana Dravyas
27. Chetana dravya
28. Achetana Dravya
29. Navakarana Dravya
30. Enumerate Panchabhutas
31. Characteristics of Pruthvi
32. Characteristics of Akasha
33. Characteristics of Vayu
34. Characteristics of Jala
35. Characteristics of Agni
36. Characteristics of Kala
37. Characteristics of dik
38. Enlist any four properties of Dik
39. Define Guna
40. Classification of Guna
41. Enlist sharirika Guna
42. Maha Gunas
43. Enumerate Paradi Gunas
44. Enlist Vaisheshika Guna
45. Enumerate Guna as per Ayurveda
46. Define Karma
47. Types of Karma
48. Define Samanya
49. Define Vishsha
50. Define samavaya
51. Define Pramana
52. Define Pratyaksha
53. Define Anumana
54. Define Shabda/ Aptopadesha
55. Define Apta /Apta Purusha
56. Define Yukti
57. Types of Anumana
58. What are Brihatrayi/ enumerate with author the text included in Bruhatrayi
59. What are Laghutrayi/ enumerate with author the text included in Laghutrayi

60. Author of Charaka Samhita and Sushruta Samhita
61. Author of Bhavaprakasha and Madhava Nidana
62. Name the Paradi Gunas
63. Name Gurvadi gunas
64. Name sartha Guna
65. Samskara
66. Abhyasa
67. Para – Aparā
68. Parimana
69. Samyoga
70. Vibhaga
71. Pruthaktva
72. Hitayu

## **Part B**

### **10 marks**

1. Define Swastha, write the importance of Swasthavrutta
2. Describe Dinacharya with its importance in health
3. Write in brief on Rutucharya and its importance
4. Describe Sadvrutta and its importance
5. Explain dharaniya Vega with its utility in maintenance of health
6. Describe Adharaniya Veda and its importance
7. Define Ahara. Write its importance in maintain of health. Describe Ashtavidha Ahara vishesha Ayatana
8. Write on Adana / Uttarayana Kala and their importance
9. Describe Visarga/ Dakshinayana Kala and its importance in health
10. What is Rutusandhi? Name the six seasons. Describe hemanta and Greeshma Ritu charya.
11. Define Kala and its importance. Describe the regimens of Vasanta Ritu.
12. Define Kala and its importance. Describe the regimens of Varsha Ritu.
13. Define Rutucharya. Describe the regimens of Shishira Ritu.
14. Define Rutucharya. Mention the classification of Kala. Describe the regimens of Sharad Ritu.
15. Define Dinacharya. Write its utility in maintaining the health.

### **5 marks**

1. Characters of Swastha Purusha
2. Write about Swastha and Rogi
3. Vyayama and its importance

4. Nasya and its importance
5. Anjana and its benefits
6. Describe Abhyanga and its importance
7. Sadvrutta and its utility
8. Swasthavrutta and its utility
9. Vasanta Ritu charya
10. Shishira Ritu charya
11. Greeshma Ritu charya
12. Varsha Ritu charya
13. Sharad Ritu charya
14. Hemanta Ritu charya
15. Dantadhavana
16. Dharaneeya Vega
17. Sources and function of Carbohydrate
18. Sources and function of Protein
19. Sources and function of Fat
20. Sources and function of Vitamin
21. Industrial and Occupational health hazards
22. Factory Act
23. Vector born diseases
24. Reproductive and child health
25. Revised National tuberculosis control Program
26. National STD Control program
27. National Vector born disease control program
28. Describe dharaneeya Vegas
29. Describe Adharaneeya Vegas
30. Importance of Ahara
31. Viruddhahara
32. Ashtavidha Ahara Vidhi Vishesha Ayatana
33. Ahara Vidhi Vidhana

**2 mark**

1. Define Swastha
2. Define Swastha according to Acharya Sushruta
3. Define Rogi
4. Define Swasthya
5. Define Dinacharya
6. Define Rutucharya
7. Ritu Sandhi

8. Hamsodaka
9. Yamadamsashtra Kala
10. Brahmi Muhurtha
11. Kavala
12. Gandusha
13. Anjana
14. Types of Anjana
15. Malatyaga
16. Benefits of Snana
17. Benefits of Abhyanga
18. Benefits of Karna purana
19. Difference between Kavala and Gandusha
20. Difference between Udvartana and Udgharshana
21. Benefits Udvartana
22. Benefits Padatra Dharana
23. Benefits of Nasya
24. Benefits of anjana
25. Types of Dhoomapana
26. Types of Nasya
27. Mention Adharaneeya Vegas
28. Quote the Dharaneeya Vegas
29. Enlist any four dharaneeya Vegas
30. Definition of Ahara
31. Define Viruddhahara
32. Desha Viruddha
33. Kala Viruddha
34. Samyoga Viruddha
35. Rashi viruddha
36. Quote ashtavidhi Ahara Visheshha Ayatana
37. What are Ahara Vidhi Vidhana
38. Upayokta
39. Rashi
40. Prakruti
41. Karana
42. Upayoga Samstha
43. Fats
44. Proteins
45. Carbohydrates
46. Vitamin A
47. Vitamin C

48. Vitamin D
49. Diseases due to Viruddhahara
50. What mean by Occupational health hazard
51. Enlist any four Hazardous occupations
52. Full form of WHO
53. Define health according to WHO
54. What is the condition of Dosha during Shishira Rutu?
55. What is the condition of Dosha during Vasanta Rutu?
56. What is the condition of Dosha during Greeshma Rutu?
57. What is the condition of Dosha during Varsha Rutu?
58. What is the condition of Dosha during Sharad Rutu?
59. What is the condition of Dosha during Hemanta Rutu?
60. Enlist the diseases due to Vata Vegadharana (**Similarly Diseases of other**)
61. Treatment for Mutra Vegadharana (**Similarly for others**)
62. Enlist types of Viruddhara