

TILAK MAHARASHTRAVIDYAPEETH, PUNE

M.A. YOGA

EXAMINATION : APRIL 2023

SECOND SEMESTER

Sub. : Basics of Ayurveda - II (203)

Date: 20/4/2023

Total marks: 60

Time: 2.00 pm to 4.30 pm

Q. 1 Multiple choice questions. (10)

1. Ear is having predominance of _____ Mahabhoot
a) Aakash b) Jala
c) Vayu d) Pruthvi
2. Length of toothtwig (Toothbrush) for cleaning the teeth should be of _____ angula.
a) 12 b) 13
c) 14 d) 15
3. _____ is a treatment for aggravated Pitta in Sharad Rutu.
a) Vaman b) Virechan
c) Raktamokshan d) Both b & c
4. _____ Chakra is present in umbilical region.
a) Manipur b) Vishuddha
c) Anaahat d) Muladhar
5. Uhya is karma of _____.
a) Aatma b) Mana
c) Indriya d) Purush
6. Vishuddha dant is characteristic of _____ Prakruti.
a) Kapha b) Pitta
c) Vata d) All of these
7. Varsha rutu comes in _____ kala.
a) Visarg b) Aadan
c) Ratusandhi d) None of above
8. Udavartan helps to decrease _____.
a) Kapha & Meda b) Meda & Pitta
c) Asthi & twacha d) Meda & Rakta
9. Nasya Karma is contraindicated in _____.
a) Menstruating woman b) Rainy season
c) Both a & b d) None of above
10. Types of Prakruti are _____.
a) 12 b) 13
c) 14 d) 15

Q. 2 Short Answer questions (Any Four) (20)

1. Properties of Aatma
2. Varsha Rutucharya
3. Abhyanga
4. Ghranendriya
5. Vata Prakruti
6. Prakruti Nirmankar bhav

Q. 3 Long answer question (Any Two) (30)

1. Write practical aspect of Prakruti Parikshan.
2. Importance of Rutucharya while performing Yoga sadhana.
3. Write in detail about Dinacharya & its individual benefit.

प्र.३. कोणत्याही दोन प्रश्नांची उत्तरे लिहा.

(३०)

१. प्रकृती परीक्षणाची व्यावहारिक उपयोगिता सांगा.
 २. योगाभ्यासामध्ये ऋतुचर्येच्या अध्ययनाचे महत्त्व स्पष्ट करा.
 ३. दिनचर्या फायद्यांसह सविस्तर वर्णन करा.
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