

KRIYA SHAREERA SET OF 100 MCQS @M56BOOKSTORE NEXT AYUSH EXAM PREPARATION

1. **Which of the following is the primary function of Prana Vayu?**
 - A) Digestion of food
 - B) Movement of respiratory system
 - C) Circulation of blood
 - D) Excretion of waste

Answer: B) Movement of respiratory system
2. **Which Dosha is predominantly responsible for metabolic activities?**
 - A) Vata
 - B) Pitta
 - C) Kapha
 - D) Rakta

Answer: B) Pitta
3. **What is the chief location of Kapha Dosha according to Ayurveda?**
 - A) Stomach
 - B) Heart
 - C) Liver
 - D) Brain

Answer: A) Stomach
4. **Which of the following Gunas is NOT associated with Vata Dosha?**
 - A) Laghu
 - B) Ruksha
 - C) Snigdha
 - D) Chala

Answer: C) Snigdha
5. **What is the meaning of the term 'Ojas' in Ayurveda?**
 - A) Essence of digestion
 - B) Immune energy
 - C) Waste product
 - D) Bodily humor

Answer: B) Immune energy
6. **How many types of Agni are described in Ayurveda?**
 - A) One
 - B) Two
 - C) Three
 - D) Thirteen

Answer: D) Thirteen

7. Which of the following is NOT a Mala?

- A) Purisha
- B) Mutra
- C) Rakta
- D) Sweda

Answer: C) Rakta

8. In Ayurveda, which type of Srotas is responsible for the transportation of Prana?

- A) Raktavaha Srotas
- B) Pranavaha Srotas
- C) Annavaha Srotas
- D) Mutravaha Srotas

Answer: B) Pranavaha Srotas

9. What is the meaning of the term 'Kriya Shareera'?

- A) Structure of the body
- B) Physiology of the body
- C) Anatomy of the body
- D) Pathology of the body

Answer: B) Physiology of the body

10. Which type of Dhatu is responsible for providing lubrication in the body?

- A) Rasa Dhatu
- B) Rakta Dhatu
- C) Meda Dhatu
- D) Shukra Dhatu

Answer: A) Rasa Dhatu

Dosha Physiology

11. Which Dosha governs all movements in the body?

- A) Vata
- B) Pitta
- C) Kapha
- D) Rakta

Answer: A) Vata

12. What is the main function of Pitta Dosha?

- A) Strength
- B) Digestion and metabolism
- C) Lubrication
- D) Circulation

Answer: B) Digestion and metabolism

13. Kapha Dosha primarily represents which of the following qualities?

- A) Hot and light
- B) Cold and heavy
- C) Dry and mobile
- D) Sharp and penetrating

Answer: B) Cold and heavy

14. Which Dosha is primarily associated with excretion?

- A) Vata
- B) Pitta
- C) Kapha
- D) Rasa

Answer: A) Vata

15. Which of the following is NOT a subtype of Pitta?

- A) Pachaka
- B) Ranjaka
- C) Bhrajaka
- D) Sadhaka

Answer: C) Sadhaka

16. Which subtype of Vata is located in the pelvic region?

- A) Udana Vayu
- B) Vyana Vayu
- C) Apana Vayu
- D) Samana Vayu

Answer: C) Apana Vayu

17. The qualities 'Snigdha' and 'Guru' are specific to which Dosha?

- A) Vata
- B) Pitta
- C) Kapha

- D) None of the above

Answer: C) Kapha

18. In the context of Ayurveda, what does 'Drava Guna' signify?

- A) Hot nature
- B) Liquid nature
- C) Stability
- D) Mobility

Answer: B) Liquid nature

19. Which Dosha governs emotions like anger and courage?

- A) Vata
- B) Pitta
- C) Kapha
- D) Rasa

Answer: B) Pitta

20. What is the meaning of 'Sthira' in Kapha Dosha?

- A) Mobility
- B) Stability
- C) Lightness
- D) Dryness

Answer: B) Stability

Dhatu Physiology

21. How many Dhatus are described in Ayurveda?

- A) Three
- B) Seven
- C) Five
- D) Ten

Answer: B) Seven

22. Which Dhatu is responsible for nourishment?

- A) Rasa Dhatu
- B) Rakta Dhatu
- C) Mamsa Dhatu
- D) Shukra Dhatu

Answer: A) Rasa Dhatu

23. Which Dhatu plays a role in immunity and vigor?

- A) Rakta Dhatu
- B) Mamsa Dhatu
- C) Shukra Dhatu
- D) Ojas

Answer: D) Ojas

24. Which Dhatu is associated with blood formation?

- A) Meda
- B) Rasa
- C) Rakta
- D) Asthi

Answer: C) Rakta

25. Asthi Dhatu provides support to the body in the form of which structure?

- A) Ligaments
- B) Muscles
- C) Bones
- D) Blood vessels

Answer: C) Bones

26. Meda Dhatu is primarily responsible for which function?

- A) Lubrication
- B) Circulation
- C) Providing nourishment to muscles
- D) Energy storage

Answer: D) Energy storage

27. What is the Mala (waste product) of Rakta Dhatu?

- A) Sweda
- B) Mutra
- C) Purisha
- D) Hair

Answer: A) Sweda

28. Which Dhatu is involved in reproductive functions?

- A) Asthi
- B) Meda
- C) Shukra
- D) Rasa

Answer: C) Shukra

29. Which Dhatu directly contributes to the formation of Ojas?

- A) Mamsa
- B) Rakta
- C) Shukra
- D) Asthi

Answer: C) Shukra

30. Which of the following qualities is associated with Rakta Dhatu?

- A) Cold and stable
- B) Hot and mobile
- C) Dry and light
- D) Heavy and sharp

Answer: B) Hot and mobile

Agni and Mala Physiology

31. Jatharagni is primarily located in which organ?

- A) Liver
- B) Small intestine
- C) Stomach
- D) Colon

Answer: C) Stomach

32. The waste product of digestion in the large intestine is known as?

- A) Mutra
- B) Sweda
- C) Purisha
- D) Rakta

Answer: C) Purisha

33. How many Bhutagnis are described in Ayurveda?

- A) Five
- B) Three
- C) Seven
- D) Ten

Answer: A) Five

34. Which Mala is produced as a byproduct of metabolism in the urinary system?

- A) Sweda
- B) Purisha
- C) Mutra
- D) Rasa

Answer: C) Mutra

35. Which is the primary Agni responsible for digestion and assimilation?

- A) Jatharagni
- B) Bhutagni
- C) Dhatwagni
- D) None of the above

Answer: A) Jatharagni

Srotas Physiology

36. What are Srotas in Ayurveda?

- A) Nerves
- B) Pathways of circulation
- C) Bone tissues
- D) Muscles

Answer: B) Pathways of circulation

37. Which Srotas is responsible for carrying nutrients?

- A) Raktavaha Srotas
- B) Annavaha Srotas
- C) Rasavaha Srotas
- D) Mutravaha Srotas

Answer: C) Rasavaha Srotas

38. What is the main function of Mutravaha Srotas?

- A) Digestion
- B) Excretion of sweat
- C) Excretion of urine
- D) Circulation of blood

Answer: C) Excretion of urine

39. Which Srotas carries waste products to the excretory organs?

- A) Swedavaha Srotas
- B) Mutravaha Srotas
- C) Purishavaha Srotas
- D) All of the above

Answer: D) All of the above

Agni (Digestive Fire) and Its Functions

40. Which type of Agni is responsible for tissue metabolism?

- A) Jatharagni
- B) Dhatwagni
- C) Bhutagni
- D) Panchagni

Answer: B) Dhatwagni

41. What is the primary function of Bhutagni?

- A) Digestion of food
- B) Assimilation of nutrients
- C) Metabolism of elements
- D) Formation of Ojas

Answer: C) Metabolism of elements

42. What happens when Jatharagni is in a Vishama (irregular) state?

- A) Loss of appetite
- B) Excess hunger
- C) Indigestion and irregular metabolism
- D) Excessive sweating

Answer: C) Indigestion and irregular metabolism

43. The term 'Tikshna Agni' refers to which of the following?

- A) Slow digestion
- B) Hyperactive digestion
- C) Weak digestive fire
- D) Balanced digestion

Answer: B) Hyperactive digestion

44. Which of the following is a symptom of Manda Agni?

- A) Excess thirst
- B) Slow digestion
- C) Frequent hunger
- D) Excessive heat in the body

Answer: B) Slow digestion

Tridosha Theory in Detail

45. Which Guna is common to both Pitta and Kapha Doshas?

- A) Guru
- B) Snigdha
- C) Laghu
- D) Ruksha

Answer: B) Snigdha

46. Vata Dosha predominantly controls which of the following?

- A) Growth and nourishment
 - B) Circulation and movements
 - C) Digestion and metabolism
 - D) Waste elimination
- Answer:** B) Circulation and movements

47. What is the chief location of Pitta Dosha?

- A) Stomach
- B) Liver and small intestine
- C) Colon
- D) Lungs

Answer: B) Liver and small intestine

48. Which of the following qualities does NOT belong to Pitta Dosha?

- A) Hot
- B) Light
- C) Oily
- D) Stable

Answer: D) Stable

49. Kapha Dosha primarily governs which function?

- A) Nourishment and lubrication
- B) Movement and circulation
- C) Digestion and absorption
- D) Immune responses

Answer: A) Nourishment and lubrication

50. Which type of Pitta governs the intellect and emotional responses?

- A) Pachaka
- B) Bhrajaka
- C) Sadhaka
- D) Ranjaka

Answer: C) Sadhaka

51. What is the primary function of Udana Vayu?

- A) Excretion
- B) Speech and energy circulation
- C) Digestion
- D) Respiration

Answer: B) Speech and energy circulation

52. Which subtype of Kapha is located in the chest?

- A) Avalambaka
- B) Kledaka
- C) Bodhaka
- D) Shleshaka

Answer: A) Avalambaka

53. Which Dosha increases during the rainy season?

- A) Vata
- B) Pitta
- C) Kapha
- D) Rakta

Answer: A) Vata

54. Which Guna is common to Vata and Pitta Doshas?

- A) Ruksha
- B) Laghu
- C) Guru
- D) Snigdha

Answer: B) Laghu

Srotas and Channels of Circulation

55. How many Srotas are described in Ayurveda?

- A) 7
- B) 10
- C) 13
- D) Unlimited

Answer: C) 13

56. Raktavaha Srotas is responsible for carrying which substance?

- A) Nutrients
- B) Blood
- C) Urine
- D) Waste materials

Answer: B) Blood

57. Which of the following Srotas is NOT involved in waste excretion?

- A) Swedavaha
- B) Mutravaha
- C) Purishavaha
- D) Annavaha

Answer: D) Annavaha

58. What is the primary function of Pranavaha Srotas?

- A) Circulation of blood
- B) Transportation of nutrients
- C) Transporting air and oxygen
- D) Lubrication of joints

Answer: C) Transporting air and oxygen

59. Which Srotas is related to the female reproductive system?

- A) Mutravaha Srotas
- B) Annavaha Srotas
- C) Artavavaha Srotas
- D) Rasavaha Srotas

Answer: C) Artavavaha Srotas

60. How many layers (Avartha) are described in the skin (Tvacha) according to Ayurveda?

- A) 3
- B) 5
- C) 6
- D) 7

Answer: D) 7

Clinical Physiology and Concepts

61. Which of the following leads to imbalance in Vata Dosha?

- A) Overeating
- B) Excess physical activity
- C) Excess oil consumption
- D) Sleeping during the day

Answer: B) Excess physical activity

62. What is the meaning of 'Samprapti' in Ayurveda?

- A) Pathogenesis
- B) Treatment
- C) Diagnosis
- D) Prevention

Answer: A) Pathogenesis

63. What is the term used for physiological balance in Ayurveda?

- A) Roganashana
- B) Swasthya
- C) Prakruti
- D) Vikruti

Answer: B) Swasthya

64. The concept of Shat Kriyakala refers to?

- A) Stages of digestion
- B) Pathological stages of disease formation
- C) Steps of diagnosis
- D) Types of Agni

Answer: B) Pathological stages of disease formation

65. Which Dosha imbalance causes dryness in the body?

- A) Kapha
- B) Pitta
- C) Vata
- D) Rakta

Answer: C) Vata

Ojas and Immunity

66. What is Ojas primarily responsible for in the body?

- A) Lubrication
- B) Digestion
- C) Strength and immunity
- D) Movement

Answer: C) Strength and immunity

67. How many types of Ojas are described in Ayurveda?

- A) One
- B) Two
- C) Three
- D) Four

Answer: B) Two

68. Para Ojas is located in which organ?

- A) Brain
- B) Heart
- C) Liver
- D) Kidneys

Answer: B) Heart

69. Which Dosha is primarily responsible for the deterioration of Ojas when imbalanced?

- A) Vata
- B) Pitta
- C) Kapha
- D) None of the above

Answer: B) Pitta

70. What is the main characteristic of Ojas in a healthy person?

- A) Heat and dryness
- B) Stability and vitality
- C) Roughness and mobility
- D) Weakness and fatigue

Answer: B) Stability and vitality

Upadhatus and Malas

71. What is the Upadhatu of Rakta Dhatu?

- A) Sweda
- B) Hair
- C) Kandara and Sira
- D) Purisha

Answer: C) Kandara and Sira

72. Which of the following is NOT considered a Mala in Ayurveda?

- A) Mutra
- B) Purisha
- C) Sweda
- D) Ojas

Answer: D) Ojas

73. Which Mala is derived from Meda Dhatu?

- A) Hair
- B) Sweda
- C) Nails
- D) Stool

Answer: B) Sweda

74. The primary Mala excreted through the urinary system is?

- A) Purisha
- B) Mutra
- C) Sweda
- D) None of the above

Answer: B) Mutra

75. Which Upadhatu is associated with the formation of Stanya (breast milk) and Artava (menstrual blood)?

- A) Rasa Dhatu
- B) Rakta Dhatu
- C) Meda Dhatu
- D) Mamsa Dhatu

Answer: A) Rasa Dhatu

76. Which Dhatu is associated with the production of hair and nails as Upadhatus?

- A) Meda Dhatu
- B) Mamsa Dhatu
- C) Asthi Dhatu
- D) Shukra Dhatu

Answer: C) Asthi Dhatu

Shat Kriyakala (Six Stages of Disease)

77. Which stage in Shat Kriyakala refers to the localization of the disease?

- A) Sanchaya
- B) Prakopa
- C) Sthana Samshraya
- D) Vyakti

Answer: C) Sthana Samshraya

78. At which stage of Shat Kriyakala does clinical manifestation become evident?

- A) Prasara
- B) Sthana Samshraya
- C) Vyakti
- D) Bheda

Answer: C) Vyakti

79. What does 'Bheda' in Shat Kriyakala signify?

- A) Diagnosis
- B) Differentiation of diseases
- C) Balancing Doshas
- D) Initial accumulation of Doshas

Answer: B) Differentiation of diseases

80. What happens during the Prakopa stage of Shat Kriyakala?

- A) Doshas remain stable
- B) Doshas start aggravating
- C) Doshas get expelled from the body
- D) Doshas localize in a specific tissue

Answer: B) Doshas start aggravating

81. Sanchaya, the first stage of Shat Kriyakala, corresponds to which condition?

- A) Disease fully manifests
- B) Initial accumulation of Doshas
- C) Doshas spread to other tissues
- D) Toxins are expelled

Answer: B) Initial accumulation of Doshas

Prakruti and Vikruti

82. Prakruti is determined at which stage of life?

- A) Childhood
- B) Birth
- C) Adulthood
- D) Old age

Answer: B) Birth

83. Which factor primarily influences Prakruti formation?

- A) Diet of the mother
- B) State of Doshas during conception
- C) Postnatal environment
- D) Sleep pattern of the fetus

Answer: B) State of Doshas during conception

84. Which Dosha combination leads to a 'Kapha-Pitta' Prakruti?

- A) Stability and sharpness
- B) Mobility and heat
- C) Lubrication and coolness
- D) Lightness and dryness

Answer: A) Stability and sharpness

85. What is Vikruti?

- A) Natural constitution of a person
- B) State of imbalance in the body
- C) Immune strength of the body
- D) Mental state of the person

Answer: B) State of imbalance in the body

Miscellaneous

86. Which of the following describes a 'Sattvic' personality?

- A) Anger and aggression
- B) Calmness and self-discipline
- C) Greed and possessiveness
- D) Laziness and indulgence

Answer: B) Calmness and self-discipline

87. Tamasic individuals exhibit which qualities?

- A) Alertness and decisiveness
- B) Fearlessness and energy
- C) Laziness and ignorance
- D) Compassion and kindness

Answer: C) Laziness and ignorance

88. Rajas predominates in which type of personality?

- A) Balanced and calm
- B) Aggressive and restless
- C) Creative and patient
- D) Stable and nurturing

Answer: B) Aggressive and restless

89. How many Marma points are described in Ayurveda?

- A) 64
- B) 108
- C) 107

- D) 120
- Answer: C) 107**

90. Which text is primarily referred to for Kriya Shareera?

- A) Charaka Samhita
 - B) Sushruta Samhita
 - C) Ashtanga Hridaya
 - D) Kashyapa Samhita
- Answer: A) Charaka Samhita**
-

Modern Integration of Kriya Shareera

91. Which modern organ corresponds to the Raktavaha Srotas?

- A) Heart and blood vessels
 - B) Lungs
 - C) Liver
 - D) Kidneys
- Answer: A) Heart and blood vessels**

92. Which modern concept relates to Ojas?

- A) Antibodies
 - B) Hormones
 - C) Immune system
 - D) Enzymes
- Answer: C) Immune system**

93. Which Dosha is most affected by seasonal changes?

- A) Vata
 - B) Pitta
 - C) Kapha
 - D) All Doshas equally
- Answer: A) Vata**

94. What is the modern equivalent of Mutravaha Srotas?

- A) Digestive system
 - B) Respiratory system
 - C) Urinary system
 - D) Nervous system
- Answer: C) Urinary system**

95. Which Dosha is most active during the evening (Sandhya Kala)?

- A) Vata
- B) Pitta
- C) Kapha
- D) None

Answer: A) Vata

96. What is the modern counterpart of Jatharagni?

- A) Pancreatic enzymes
- B) Metabolic fire in the cells
- C) Hormones
- D) Digestive enzymes in the stomach

Answer: D) Digestive enzymes in the stomach

97. Which of the following relates to Annavaha Srotas?

- A) Respiratory system
- B) Digestive tract
- C) Circulatory system
- D) Nervous system

Answer: B) Digestive tract

98. Pitta Dosha is analogous to which bodily function in modern terms?

- A) Nerve conduction
- B) Metabolism and enzymatic activity
- C) Structural integrity
- D) Blood circulation

Answer: B) Metabolism and enzymatic activity

99. Kapha Dosha corresponds to which modern concept?

- A) Nervous system
- B) Lubrication and immunity
- C) Circulation and respiration
- D) Waste elimination

Answer: B) Lubrication and immunity

100. Vata Dosha is associated with which modern physiological process?

- A) Movement of neurotransmitters
- B) Hormonal balance
- C) Digestion and metabolism
- D) Structural support

Answer: A) Movement of neurotransmitters