

# PROVISIONAL ANSWER KEY

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Question1:-On a specified day with equal length for day-time and night-time, at what time a healthy person should wake up according to Arunadatta ?

- A:-3 hours before sun rise
- B:-45 minutes before sun rise
- C:-90 minutes before sun rise
- D:-96 minutes before sun rise

Correct Answer:- Option-D

Question2:-Which of the following statements is/are correct about Sandhyacharya as per Bhavaprakasha ?

- i. Sleep, sex, study, and going for walk outside are contra indicated.
- ii. Sleep, food, sex, meditation and going for walk outside are contra indicated.
- iii. Sleep, food, sex, and going for walk outside are contra indicated.

- A:-Only (ii and iii)
- B:-Only (i and ii)
- C:-Only (i and iii)
- D:-All of the above

Correct Answer:- Option-C

Question3:-Which of the following statements is/are correct about the ingredients of Tambula sevana as per Ashtangasangraha ?

- i. Jati, lavanga, ela, kankola, karanja, puga and betel leaves are Tambula sevana ingredients.
- ii. Karpura, khadira, jati, katuka, lavanga and kankola are Tambula sevana ingredients.
- iii. Lavanga, karpura, kankola, khadira, puga and betel leaves are Tambula sevana ingredients.

- A:-Only (ii and iii)
- B:-Only (i and ii)
- C:-All of the above
- D:-Only (i and iii)

Correct Answer:- Option-A

Question4:-Which of the following choices come under 'dasha vidha papa karmas' ?

- i. Himsa, anythakama, paishunya, vyapada, abhidhya
- ii. Himsa, parusha, anrita, sambhinnalapa, drik viparyaya
- iii. Himsa, asteya, anyathakama, vyapada, sambhinnalapa

- A:-Only (ii and iii)
- B:-Only (i and ii)
- C:-All of the above
- D:-Only (i and iii)

Correct Answer:- Option-B

Question5:-Which of the following statements is/are correct about Ritu Haritaki ?

- i. Haritaki is to be used along with Pippali in Shishira ritu.
- ii. Haritaki is to be used along with honey in Hemanta ritu.
- iii. Haritaki is to be used along with jaggery in Sharat ritu

- A:-Only (i)
- B:-Only (i and ii)
- C:-Only (ii and iii)
- D:-Only (i and iii)

Correct Answer:- Option-A

Question6:-Which among the following is/are listed for prevention of Nija and Agantu Rogas by Ashtanga Samgraha but not Ashtanga Hridaya ?

- a. Control over sense organs
- b. Proper memory
- c. Knowledge of place
- d. Worship of grahas
- e. Knowledge of seasons
- f. Measures to ward off bhutas

A:-Both e and f

B:-Both a and b

C:-Both d and f

D:-Both c and f

Correct Answer:- Option-C

Question7:-Which of the following statements is/are correct about Yamadamshttra ?

- i. Period between Kartika and Ashwina
- ii. Period between Kartika and Margashirsha
- iii. Period between Kartika and Agrahayana

A:-Only (i)

B:-Only (i and ii)

C:-Only (ii and iii)

D:-Only (i and iii)

Correct Answer:- Option-C

Question8:-Which of the following statements is/are correct about Ritushodhana ?

- i. Dosh Chaya in Greeshma should be expelled in Varsha.
- ii. Dosh Chaya in Varsha should be expelled in Sharat.
- iii. Dosh Chaya in Shishira should be expelled in Vasanta.

A:-Only (i and iii)

B:-Only (i and ii)

C:-Only (ii and iii)

D:-All the above

Correct Answer:- Option-D

Question9:-Which among the following daily practices has specific indications for a healthy person such as 'pleasant skin, shoulders, neck, face, and chest and will be devoid of wrinkles, premature graying of hair' ?

A:-anjana

B:-nasya

C:-vyayama

D:-none of these

Correct Answer:- Option-B

Question10:-The four basic instincts in human beings described by Bhavaprakasha are

A:-ahara, nidra, brahmacharya, paralokeshana

B:-ahara, nidra, abrahmacharya, paralokeshana

C:-pipasa, bubhuksha, sushupsa, ratispriha

D:-maithuna, nidra, bubhuksha, vishranti

Correct Answer:- Option-C

Question11:-Gulma, hridroga and sammoha are the result of which Vegadharana as per Vagbhata ?

A:-trishna

B:-shramashwasa

C:-udgara

D:-kshavathu

Correct Answer:- Option-B

Question12:-Select the correct statement/statements :

- i. Dadhi can be consumed during varsha ritu.
- ii. Dadhi is not to be taken during vasanta ritu.
- iii. Dadhi can be taken during hemanta ritu.

A:-Only (ii)

B:-Only (i and ii)

C:-Only (ii and iii)

D:-All the above

Correct Answer:- Option-D

Question13:-Which among the following contain food item that is not a nitya sevaniya ahara dravya as per Charaka ?

A:-Shashtika rice, green gram, wheat, gooseberry

B:-Barley, shashtika rice, meat of deer, honey

C:-Rock salt, shashtika rice, meat of pigeon, honey

D:-Honey, shashtika rice, green gram, rock salt

Correct Answer:- Option-A

Question14:-Intake of hot water after consuming Pork meat is an example of which type of viruddha ?

A:-Koshta viruddha

B:-Avastha viruddha

C:-Upachara viruddha

D:-Parihara viruddha

Correct Answer:- Option-D

Question15:-CODEX ALIMENTARIUS is related with

A:-Ethical treatment of intestinal infections

B:-International codes of UN relations

C:-Food standards of International market

D:-Code of Royal college of Physicians

Correct Answer:- Option-C

Question16:-Which of the following statements is/are correct about consumption of Takra preparation in Udara roga ?

i. Takra with pippali and lavana is indicated for kaphodara.

ii. Takra with maricha and sharkara is indicated for pittodara.

iii. Takra with kana and lavana is indicated for vatodara.

A:-Only (ii)

B:-Only (ii and iii)

C:-Only (i and ii)

D:-All the above

Correct Answer:- Option-B

Question17:-RBC glutathione reductase activity stimulated by flavine adenine dinucleotide method is a bio chemical test related with nutritional survey of

A:-Riboflavin

B:-Thiamine

C:-Niacin

D:-Vitamin C

Correct Answer:- Option-A

Question18:-Which of the following statements is/are wrong ?

i. Appetite will be good in children with kwashiorkor.

ii. Children will be irritable and moaning in kwashiorkor.

iii. Plasma/Amino acid ratio will be elevated in kwashiorkor.

A:-Only (i)

B:-Only (i and ii)

C:-Only (i and iii)

D:-All the above

Correct Answer:- Option-A

Question19:-Which among the following groups contains qualities that are not listed under Dwadasha Ashana Pravichara ?

A:-Rooksha, ushna, snigdha

B:-Snigdha, sheeta, hridya

C:-Matraheena, ekakalika, shushka

D:-Dwikalika, oushadhayukta, drava

Correct Answer:- Option-B

Question20:-Which among the following is amla and pitta-kaphakara when not dried ?

A:-draksha

B:-parushaka

C:-karamarda

D:-All these

Correct Answer:- Option-D

Question21:-Active immunity is attained in all the following ways except

A:-After clinical infection

B:-After subclinical infection

C:-After taking immunoglobulin

D:-After taking a vaccine

Correct Answer:- Option-C

Question22:-Which of the following are instructed in the management of Janapadodhwamsa ?

- i. Panchakarma, Rasayana seva, dehasamsakarana
- ii. Satyam, bhutadaya, daanam, bali, pooja
- iii. Following bramacharya

- A:-Only (i)  
B:-Only (i and ii)  
C:-Only (ii and iii)  
D:-All the above

Correct Answer:- Option-D

Question23:-Humoral immunity alone is not efficient in which of the following infections ?

- A:-Microbacterium leprae  
B:-Salmonella typhi  
C:-Microbacterium tuberculosis  
D:-All the above

Correct Answer:- Option-D

Question24:-The human immunoglobulin system is composed of

- A:-IgA, IgD, IgE, IgG, IgM  
B:-IgG, IgM, IgE, IgF, IgA  
C:-IgG, IgM, IgR, IgA, IgM  
D:-IgG, IgA, IgE, IgB, IgM

Correct Answer:- Option-A

Question25:-Which of the following statements is/are correct about Swarnaprashana as per Ashtangahridya ?

- i. hema, vacha, brahmi, kushta, haritaki should be given along with honey and ghee.
- ii. hema and amalaki should be given mixed with honey and ghee.
- iii. hema, amalaki and haridra should be given mixed with honey and ghee.

- A:-Only (i and ii)  
B:-Only (ii and iii)  
C:-Only (i and iii)  
D:-All the above

Correct Answer:- Option-A

Question26:-Which among the following contains a drug that is not an ingredient of Narasimha rasayana ?

- A:-Shimshapa, asana, arushkara  
B:-Gayatri, bala, shimshapa  
C:-Bhallataka, khadira, asana  
D:-Khadira, shimshapa, asana

Correct Answer:- Option-B

Question27:-A person who consumes 1 Pala krishna tila daily along with cold water as anupana will get which of the following benefit ?

- A:-strong sight  
B:-strong teeth  
C:-strong shoulders  
D:-none of these

Correct Answer:- Option-B

Question28:-Prospective genetic counselling can be done as one among the preventive measures of which of the following diseases ?

- A:-Sickle cell anemia  
B:-Thalassemia  
C:-Both (1) and (2)  
D:-None of these

Correct Answer:- Option-C

Question29:-Which of the following statements is/are correct Ayurvedic intervention in Mental Health ?

- A:-Increasing Satva guna improves mental health  
B:-Providing dhi, dhairya atma vijjnanam improves mental health  
C:-Satvavajaya chikitsa improves mental health  
D:-All the above

Correct Answer:- Option-D

Question30:-Which of the following statements is right in Janapadodhwamsa ?

- i. The severity of vitiation increases in the order bhumi, jala, vayu, kaala.
- ii. The severity of vitiation increases in the order vayu, jala, bhumi, kaala.
- iii. The severity of vitiation increases in the order jala, vayu, bhumi, kaala.

- A:-Only (ii)
  - B:-Only (i)
  - C:-Only (iii)
  - D:-None of the above
- Correct Answer:- Option-A

Question31:-Which among the following are notifiable to W.H.O. in Geneva under International Health Regulations (IHR) ?

- i. Cholera, Plague, Yellow fever
- ii. HIV, Hepatitis B, Ebola
- iii. Tuberculosis, Avian flu, Dengue fever

- A:-Only (i)
  - B:-Only (ii and iii)
  - C:-Only (ii)
  - D:-Only (i and iii)
- Correct Answer:- Option-A

Question32:-Carriers by 'portal of exit' may be

- A:-incubatory, convalescent, healthy
- B:-urinary, respiratory, cutaneous
- C:-urinary, intestinal, respiratory
- D:-respiratory, urinary, cardiovascular

Correct Answer:- Option-C

Question33:-Droplet nuclei is a type of

- A:-Direct transmission
- B:-Indirect transmission
- C:-Droplet infection
- D:-All of these

Correct Answer:- Option-B

Question34:-Koplik's spots appear on the buccal mucosa

- A:-opposite to first and second pre molars
- B:-opposite to first and second lower molars
- C:-opposite to second and third upper molars
- D:-opposite to first and second upper molars

Correct Answer:- Option-B

Question35:-Which statement is wrong ?

- i. Incubation period for bubonic plague is 2-7 days.
- ii. Incubation period for septicemic plague is 1-2 days.
- iii. Incubation period for pneumonic plague is 1-3 days.

- A:-Only (i and iii)
- B:-Only (ii and iii)
- C:-Only (ii)
- D:-Only (i and ii)

Correct Answer:- Option-A

Question36:-Which of the following choices contain Sexually Transmitted Disease of a viral origin ?

- i. Chlamydia trachomatis, Mycoplasma hominis, haemophilus ducreyi
- ii. Haemophilus ducreyi, Neisseria gonorrhoeae, Treponema pallidum
- iii. Neisseria gonorrhoeae, Treponema pallidum, Molluscum contagiosum

- A:-Only (i and iii)
- B:-Only (ii and iii)
- C:-Only (iii)
- D:-All the above

Correct Answer:- Option-C

Question37:-Prasanga is a mode transmission of communicable diseases according to Classical Ayurvedic description. Which type of an infection is it ?

- A:-Sexual
- B:-Air borne
- C:-Fomite borne
- D:-Vector borne

Correct Answer:- Option-A

Question38:-The commonly used Ayurvedic formulation Aparajitha dhuma for air purification consists of all except

- A:-dhyama, vacha, nimba
- B:-sarshapa, trijata, kushta
- C:-vacha, arka, agaru

D:-arka, devadaru, guggulu

Correct Answer:- Option-B

Question39:-Which among the following diseases was exotic in India ?

A:-Tuberculosis

B:-Hansen's disease

C:-Syphilis

D:-Cholera

Correct Answer:- Option-C

Question40:-AYUSH 64 is used in COVID-19 management. What are its ingredients ?

A:-katuki, chirayata, kuberaksha, guduchi

B:-saptaparna, chirayata, guduchi, katuki

C:-chirayata, saptaparna, guduchi, katuki

D:-saptaparna, chirayata, kuberaksha, katuki

Correct Answer:- Option-D

Question41:-Nagakesara and Paatala are drugs that are suggested by Sushruta for

A:-Making water fragrant

B:-Purify water

C:-Clarify water

D:-Cool water

Correct Answer:- Option-A

Question42:-Sodium permutit is the important compound formed during the Base Exchange Process. What is it chemically ?

A:- $\text{Na} \text{ Al}_2 \text{ SiO}_3 \text{ H}_2\text{O}$

B:- $\text{NaOH} \text{ SiO}_3 \text{ H}_2\text{O}$

C:-Both (1) and (2)

D:- $\text{Na}_2 \text{ Al}_2 \text{ SiO}_2 \text{ H}_2\text{O}$

Correct Answer:- Option-D

Question43:-Among Air Pollutants which one causes impaired neuropsychological development in children ?

A:-Nitrogen dioxide

B:-Hydrocarbons

C:-Lead

D:-Sulphur dioxide

Correct Answer:- Option-C

Question44:-Simultaneous control of which among the following is mandatory in Air Conditioning ?

A:-temperature, dust, bacteria

B:-temperature, bacteria, humidity

C:-temperature, humidity, air movement

D:-temperature, bacteria, dust

Correct Answer:- Option-C

Question45:-Which among the following is an immediate somatic effect of hazardous radiation ?

A:-Leukemia

B:-Foetal developmental abnormalities

C:-Carcinogenesis

D:-Radiation sickness

Correct Answer:- Option-D

Question46:-Which among the following statements is correct about Vishuchika as per Ashtanga hridaya ?

- i. Patient feels Atisara in vataja vishuchika.
- ii. Patient feels bhrama in vataja vishuchika.
- iii. Patient feels Atisara in pittaja vishuchika.

A:-Only (i and ii)

B:-Only (i and iii)

C:-Only (ii and iii)

D:-All the above

Correct Answer:- Option-C

Question47:-Which of the following statements is correct ?

A:-Sewage consists of more than 99% of fecal matter

B:-Sewage consists of more than 90% of fecal matter

C:-Sewage consists of more than 1% of fecal matter

D:-Sewage consists of 0.1% or less of fecal matter

Correct Answer:- Option-D

Question48:-There are 7 members in a family. How many rooms should they have ideally when they construct a home ?

A:-2

B:-4

C:-5

D:-3

Correct Answer:- Option-B

Question49:-Which statement among the following is correct about Bio Medical Waste Management ?

- i. Human organs, tissues and foetus are to be collected in yellow colored non chlorinated plastic bags.
- ii. Wastes such as IV tubes, bottles, catheters and urine bags are to be collected in red colored non chlorinated plastic bags or containers.
- iii. Broken or discarded and contaminated glass/vials and ampoules except those contaminated with cytotoxic wastes are to be collected in red colored non-chlorinated plastic bags or containers.

A:-Only (i and ii)

B:-Only (i and iii)

C:-Only (ii and iii)

D:-All the above

Correct Answer:- Option-A

Question50:-Which statement is wrong regarding Iatrogenic disease ?

A:-It results from a physician's professional activity

B:-It may cause impairment, handicap or death

C:-Only the doctor is the reason for Iatrogenic disease

D:-It may result from the activity of professionals other than doctor

Correct Answer:- Option-C

Question51:-Which among the following does not come under the group of organizations under Ministry of AYUSH ?

A:-CCRS

B:-CCRAS

C:-CCRUM

D:-NCISM

Correct Answer:- Option-D

Question52:-The 17 goals of the new developmental agenda integrates all three dimensions of Sustainable Development in the country. They are

A:-economic, social and environmental

B:-economic, educational and environmental

C:-educational, social and environmental

D:-economic, developmental and environmental

Correct Answer:- Option-A

Question53:-In 2012, a paradigm shift was made in the Total Sanitation campaign by launching a new mission named

A:-Swachh Bharat Abhiyan

B:-Nirmal Bharat Abhiyan

C:-Sukh Swasthya Abhiyan

D:-Bharat Swachh Abhiyan

Correct Answer:- Option-B

Question54:-The National Health Policy 2017 aims to increase life expectancy in India

A:-from 60 to 65

B:-from 65 to 67.5

C:-from 67.5 to 70

D:-from 65 to 70

Correct Answer:- Option-C

Question55:-Which among the following initiatives are under NRHM ?

- i. Jnani Suraksha Yojana
- ii. National Mobile Medical Units
- iii. National Ambulance Services

A:-only (i and iii)

B:-only (ii and iii)

C:-only (i)

D:-All the above

Correct Answer:- Option-D

Question56:-Prasadam, balamukulam, punarnava and snehadhara are public health projects developed by

A:-Dept. of AYUSH, Govt. of India

B:-Central Council for Research in Ayurveda and Siddha

C:-Dept. of ISM, Kerala

D:-Dept. of Ayurveda Medical Education

Correct Answer:- Option-C

Question57:-Which among the following lists out the ingredients of the Ayurvedic decoction (kadha) for improving immunity during pandemic era, promoted by AYUSH department of India ?

A:-tulsi, cinnamon, black pepper, dry ginger, raisin

B:-tulsi, black pepper, turmeric, dry ginger, vasa

C:-tulsi, long pepper, dry ginger, garlic, turmeric

D:-tulsi, garlic, black pepper, dry ginger, amla

Correct Answer:- Option-A

Question58:-Which among the following provides Ayurvedic care for quarantined people during COVID-19 pandemic in Kerala under State Ayurvedic COVID-19 Response Cell ?

A:-Swasthyam

B:-Amrutham

C:-Punarjani

D:-Bheshajam

Correct Answer:- Option-B

Question59:-"A world free of Tuberculosis – zero death; diseases and suffering due to tuberculosis" is the mission statement of

A:-End TB Strategy

B:-DOTS

C:-RNTCP

D:-TB Drug Resistance Control Programme

Correct Answer:- Option-A

Question60:-Under 'Expanded Programme of Immunization', six killer/preventable diseases were selected for vaccination, internationally. Which among the following choices contain exactly correct diseases ?

i. mumps, measles, rubella

ii. polio, tuberculosis, measles

iii. diphtheria, pertussis, tetanus

A:-only (i and iii)

B:-only (ii and iii)

C:-only (iii)

D:-All the above

Correct Answer:- Option-B

Question61:-Which of the following statements are correct ?

i. India is currently going through the fifth stage of Demographic cycle.

ii. India has a population of over 130 crores.

iii. India is currently going through the third stage of Demographic cycle.

A:-only (i and iii)

B:-only (ii)

C:-only (iii)

D:-only (ii and iii)

Correct Answer:- Option-D

Question62:-Eligible couple means

A:-Currently married couple wherein wife is in the reproductive age between the ages of 15 to 45 yrs

B:-Currently married couple wherein wife is in the reproductive age between the ages of 18 to 36 yrs

C:-Currently married couple wherein wife is in the reproductive age between the ages of 21 to 45 yrs

D:-Currently married couple wherein wife is in the reproductive age between the ages of 21 to 36 yrs

Correct Answer:- Option-A

Question63:-Among the following IUDs, which one has the maximum removal rate as per first year clinical trial experience in parous woman ?

A:-TCu-200

B:-TCu-380 A

C:-Levonorgestrel IUD

D:-Progesterone IUD

Correct Answer:- Option-C

Question64:-For post coital contraception, which option can be used ?

A:-Four pills containing 30 or 35 mcg of ethinyl estradiol within 72 hours of unprotected sex followed by four tablets after 12 hours

B:-Mifepristone 10 mg once within 72 hours

C:-Levonorgestrel 75 mcg within 12 hours of unprotected sex followed by a second dose after 12 hours



D:-All of the above

Correct Answer:- Option-D

Question65:-The suggested schedule for the second visit to an Antenatal clinic during pregnancy is

A:-between 14-26 weeks

B:-between 18-28 weeks

C:-between 24-28 weeks

D:-between 12-20 weeks

Correct Answer:- Option-A

Question66:-Which among the following statements is correct ?

- i. Average secretion of breast milk per-day by Indian mothers under normal condition is 450-600 ml.
- ii. At the stage of 6 months breast milk should be stopped and supplementary foods be given.
- iii. Animal milk, soft cooked mashed vegetables etc can be given from 6 months onwards.

A:-only (i and ii)

B:-only (ii and iii)

C:-only (i and iii)

D:-All the above

Correct Answer:- Option-C

Question67:-Minimum weight a baby should gain in each month of the first three months of its life is

A:-At least 200 g

B:-At least 500 g

C:-Up to 300 g

D:-Up to 400 g

Correct Answer:- Option-B

Question68:-Which of the following combinations is/are correct about oral Contraceptives as per Bhavaprakasha and Yogaratnakara ?

- i. Flowers of japa with kanji
- ii. Powder of pippali, tankana and vidanga
- iii. Rasanjana, shweta vacha, haritaki

A:-only (ii and iii)

B:-only (i and ii)

C:-only (ii)

D:-only (i and iii)

Correct Answer:- Option-B

Question69:-Which statement is/are correct in the perspective of Medical Sociology and School Health ?

- i. Learning is affected by intelligence, motivation and mental health.
- ii. Types of learning are cognitive, affective and psychomotor.
- iii. Students gain knowledge attitude and skill through learning.

A:-only (ii and iii)

B:-only (i and ii)

C:-only (ii)

D:-All the above

Correct Answer:- Option-D

Question70:-Vapya, trivarga tritaya and kshaudra combination is suggested in Dinacharya of Ashtanga Samgraha of Vagbhata. It will improve specifically, which of the following ?

A:-eye health

B:-digestive health

C:-oral health

D:-mental health

Correct Answer:- Option-C

Question71:-Which of the following statements is correct ?

A:-Inhalation of cotton fibre dust causes byssinosis

B:-Inhalation of sugar cane dust causes anthracosis

C:-Inhalation of grain dust causes bagassosis

D:-Inhalation of cotton fibre dust causes farmer's lung

Correct Answer:- Option-A

Question72:-Sickness benefit for an insure employee is

A:-Cash payment of 50% of average daily wages for a maximum period of 101 days in a continuous period of 365 days

B:-Cash payment of 70% of average daily wages for a maximum period of 91 days in a continuous period of 365 days

C:-Cash payment of 60% of average daily wages for a maximum period of 181 days in a continuous period of 365 days

D:-Cash payment of 80% of average daily wages for a maximum period of 91 days in a continuous period of 365 days

Correct Answer:- Option-B

Question73:-COVID-19 preventive care through Ayurveda to geriatric population provided by Kerala Government is known under the name

A:-Punarjani

B:-Amrutham

C:-Sayanthanam

D:-Sukhayushyam

Correct Answer:- Option-D

Question74:-After a major disaster the next immediate activity should be

A:-reconstruction, preparedness and mitigation

B:-preparedness, response and collect funds

C:-announcements, fund collection, rapid force

D:-search, rescue and first aid

Correct Answer:- Option-D

Question75:-Which among the following does not come under the broad areas of work of W.H.O. ?

A:-Prevention and control of specific diseases

B:-Biomedical research

C:-Education fund for children

D:-Environmental health

Correct Answer:- Option-C

Question76:-Which two countries contribute to majority of leprosy cases in the world as of 2019 ?

A:-India and Indonesia

B:-India and Pakistan

C:-India and Bangladesh

D:-India and China

Correct Answer:- Option-A

Question77:-GOBI campaign promoted by UNICEF includes

A:-growth chart, oral hygiene, blindness and immunization

B:-growth chart, oral rehydration, breast feeding and immunization

C:-growth chart, oral hygiene, breast feeding and immunization

D:-growth chart, oral hygiene, blindness and immunity

Correct Answer:- Option-B

Question78:-Huge population of India has been one of the biggest obstacle for development of the country. Which state is the most populous among the following ?

A:-Madhya Pradesh

B:-Bihar

C:-Maharashtra

D:-Rajasthan

Correct Answer:- Option-C

Question79:-Which among the following is used in convalescent care who is tired of medication according to Ayurveda ?

A:-Shali, shashtika, godhuma

B:-Mudga, mamsa, ghrita

C:-Abhyanga, udvarttana, snana

D:-All the above

Correct Answer:- Option-D

Question80:-Infant Mortality Rate of Kerala has caught the attention not only in India but also in the whole world. How much is the IMR in Urban areas of Kerala as per 2018 ?

A:-10

B:-5

C:-15

D:-9

Correct Answer:- Option-B

Question81:-Which among the following is the leading cause of death in the world due to non communicable diseases ?

A:-Cardiovascular diseases

B:-Cancers

C:-Diabetes

D:-Liver disorders

Correct Answer:- Option-A

Question82:-Which of the following is to be avoided in the diet plan of a prameha rogi ?

- i. ragi, barley, wheat, mudga
- ii. neevara, kangu, kodrava, shyamaka
- iii. mamsa of kukuta tittiri and lava

A:-only (ii and iii)

B:-only (ii)

C:-only (iii)

D:-none of these

Correct Answer:- Option-D

Question83:-DASH eating plan is employed in the lifestyle modification of which among the following ?

A:-Cancers

B:-Diabetes

C:-Hypertension

D:-Stroke

Correct Answer:- Option-C

Question84:-Which among the following statements is correct ?

- i. Lacunar infarct, carotid circulation obstruction and Vertebro basilar obstruction are related to Ischemic stroke.
- ii. Lacunar infarct, carotid circulation obstruction and Vertebro basilar obstruction are related to Haemorrhagic stroke.
- iii. Lacunar infarct, carotid circulation obstruction and Vertebro basilar obstruction are related to diabetes melitus.

A:-only (i)

B:-only (i and ii)

C:-only (ii)

D:-All the above

Correct Answer:- Option-A

Question85:-What are Ayurvedic suggestions to ward off lifestyle disorders ?

- i. Rasayana and Vajeekarana
- ii. Pathya ahara-aushadha-vihara
- iii. Dinacharya Ritucharya Sadvritta

A:-Only (ii and iii)

B:-Only (ii)

C:-Only (iii)

D:-All the above

Correct Answer:- Option-D

Question86:-According to WHO statistics, which of the following statements are correct ?

- i. Hepatitis and Human Papillomavirus (HPV), are responsible for approximately 30% of cancer cases in low-and lower-middle-income countries.
- ii. Around one-third of deaths from cancer are due to tobacco use, high body mass index, alcohol use, low fruit and vegetable intake, and lack of physical activity.
- iii. Comprehensive treatment is reportedly available in more than 90% of high-income countries but less than 15% of low-income countries.

A:-Only (ii and iii)

B:-Only (ii)

C:-All three statements

D:-None of the above

Correct Answer:- Option-C

Question87:-'Vis medicatrix naturae' means

A:-The healing power of nature

B:-Morbid matter

C:-Chronic ailments

D:-Acute Ailments

Correct Answer:- Option-A

Question88:-Healing crisis a phenomenon that happens during

A:-Mud therapy

B:-Hydrotherapy

C:-Heliotherapy

D:-Fasting

Correct Answer:- Option-D

Question89:-Kneading, wringing, skin rolling and pick-up-and-squeeze are the movements included in which type of massage technique ?

- A:-Efflurage
- B:-Tapotement
- C:-Petrissage
- D:-Percussion

Correct Answer:- Option-C

Question90:-Select correct statements according to Naturopathy :

- i. Acute diseases are body's attempts to out throw morbid matter.
- ii. Chronic diseases are body's attempts to out throw morbid matter.
- iii. Healing occurs within the body.

- A:-Only (i and ii)
- B:-Only (i and iii)
- C:-Only (iii)
- D:-All the above

Correct Answer:- Option-B

Question91:-Which among the yogic practices takes the least time of complete ?

- A:-Instant relaxation technique
- B:-Quick relaxation technique
- C:-Deep relaxation technique
- D:-Cyclic mediation

Correct Answer:- Option-A

Question92:-While treating a patient with hypertension, which among the following yogic techniques should be avoided ?

- A:-Shirshasana
- B:-Kumbhaka
- C:-Sarvangasana
- D:-All these

Correct Answer:- Option-D

Question93:-Practice of a particular pranayama makes a person as look physically handsome. It may be used in people troubled by sleep and laziness. Which is that pranayama you can use clinically for people with laziness and sleepy nature ?

- A:-Bhastrika
- B:-Shitali
- C:-Sitkari
- D:-Bhramari

Correct Answer:- Option-C

Question94:-Select correct statement/s according to Yoga :

- i. Jalandhara bandha is the chin lock.
- ii. In mulabandha apana is brought down.
- iii. Uddiyana bandha means the process of 'flying up'.

- A:-Only (i and ii)
- B:-Only (i and iii)
- C:-Only (ii and iii)
- D:-All the above

Correct Answer:- Option-B

Question95:-What should be the attitude according to patanjali towards people in stages of sukha, dukkha, punya and apunya activities ?

- A:-harsha, karuna, bhakti, vairagya
- B:-maitri, karuna, mudita and upeksha
- C:-prema, anumkampa, bhakti, vairagya
- D:-ananda, anumkampa, amogha, asmita

Correct Answer:- Option-B

Question96:-Ishwara in Yogashastra is

- A:-Embodiment of pure satva
- B:-Devoid of klesha or karma vipaka
- C:-None of these
- D:-Both (1) and (2)

Correct Answer:- Option-D

Question97:-What is the significance of Yogavasishta in Therapeutic Yoga ?

- A:-Adhi - Vyadhi concept
- B:-Panchakosha concept
- C:-Panchaklesha concept
- D:-All the above

Correct Answer:- Option-A

Question98:-Suggest two asanas that are done after sitting in padmasana.

A:-Matsyasana and Siddhasana

B:-Matsyasana and Kukkutasana

C:-Kukkutasana and Vakrasana

D:-None of these

Correct Answer:- Option-B

Question99:-'tasmin sati shwasa prashwasayor gati vicheda: pranayama:' what does 'tasmin sati' mean ?

A:-before doing asana

B:-before doing shad kriyas

C:-after mastering asanas

D:-after doing dhyana

Correct Answer:- Option-C

Question100:-Which among the following statement is correct ?

- i. Avidya, asmita, moha, dwesha and abhinivesha are Kleshas
- ii. Avidya, asmita, raaga, dwesha and abhinivesha are Kleshas
- iii. Avidya, asmita, asteya, dwesha and abhinivesha are Kleshas

A:-Only (i)

B:-Only (ii)

C:-Only (ii and iii)

D:-Only (i and iii)

Correct Answer:- Option-B