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Institute of Teaching and Research in Ayurveda

Ph.D. Entrance Examination - 2025

(3rd May 2025)

Paper - II

Subject	Kriya Sharira
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**For admission in
Ayurvedyavaridhi (Ph.D.-Ayurveda)**

**Conducted by:
Institute of Teaching and Research in Ayurveda
Jamnagar - 361008
Gujarat, India**

Note:

1. Candidates are instructed to **NOT TO OPEN** the question booklet till said to do so.
2. Candidates are advised to read the instructions provided at last page of this question booklet carefully, before answering the questions.

Kriya Sharira

1. According to Bhela Samhita, how many *Para Prakriti* are there?
 (A) Three (B) Five
 (C) Seven (D) Nine
2. As per Acharya Bhela, *Pramaana* of *Jatharaagni* in *Hrasvakaaya* is ____
 (A) त्रुटी प्रमाणतः (B) यव प्रमाणतः
 (C) अर्ध यव प्रमाणतः (D) वायुमात्र प्रमाण
3. As per Charaka Samhita, सुकुमारावदातगात्राः characteristic feature of *Pitta Prakriti* is due to which *Guna*?
 (A) स्निग्ध (B) उष्ण
 (C) द्रव (D) विस्र
4. As per Acharya Charaka, while considering age; term अनवस्थितसत्त्व is used for which among the below?
 (A) बाल्यावस्था – अपरिपक्व धातु (B) बाल्यावस्था – विवर्धमान धातु
 (C) वृद्धावस्था – भृष्यमान धातु (D) परिहानि काल
5. As per Acharya Charaka अनतिबल is characteristic feature of which of the following?
 (A) रक्त सार (B) त्वक सार
 (C) मेद सार (D) अस्थि सार
6. According to Charaka Samhita, अवदात वर्ण is manifested by which among the below mentioned *Mahaboota*?
 (A) तेज + पृथ्वी + आकाश (B) तेज + जल
 (C) तेज + वायु (D) तेज + जल + आकाश
7. As per Arunadatta commentary on Ashtanga Hridaya, which among the below mentioned pair is **INCORRECT**?
 (A) श्लेष्मणं – खर (B) विशद – पिच्छिल
 (C) सान्द्र - सर (D) मृदु – कठिन
8. According to Bhela Samhita, which among below mentioned is **NOT** considered as *Sthana* of *Oja*?
 (A) त्वचा (B) लसिका
 (C) स्वेद (D) पुरीष
9. Which among the following is a stage of red blood cell genesis?
 (A) Polychromatophil erythroblast (B) Granulo-erythroblast
 (C) Pluripotent stem cell (D) Colony forming erythroblast
10. Fill in the blanks. As per Bhela Samhita, भस्म वर्ण मूत्र is the characteristic feature of ____ व्यापत्तिजन्य व्याधि?
 (A) मूत्र (B) शुक्र
 (C) मज्जा (D) मेद

11. As per Charaka Samhita, which among the below mentioned is **NOT** considered as शरीरवृद्धिकर भाव?
- (A) अविघात (B) बीज संपत
(C) काल (D) स्वभाव संसिद्धि
12. Choose the correct option in context of function of *Ahara Parinamakara Bhava* as per Charaka Samhita.
1. ऊष्मा पचति
2. क्लेदः शोषयति
3. कालः पर्याप्तिमभिनिर्वर्तयति
4. स्नेह शैथिल्यमापादयति
5. समययोगस्त्वेषां परिणामधातुसाम्यकरः
- (A) 1, 2, and 5 are true (B) 1, 3, and 5 are true
(C) 1, 2, and 4 are true (D) 2, 3 and 4 are true
13. As per Charaka Samhita, Which among the below is **NOT** considered as *Pranayatana*?
- (A) रस (B) शोणित
(C) मांस (D) शुक्र
14. As per Acharya Charaka, which among the below mentioned is *Prithvi Mahabhuta* dominant?
- (A) कफ (B) चर्म
(C) वसा (D) स्रोतस
15. As per Charaka Samhita, क्लेशसहः is one of the characteristic feature of below mentioned **EXCEPT** _____
- (A) अस्थिसार (B) सर्वसार
(C) सर्वरस सात्म्याः (D) कफ प्रकृति
16. As per Charaka Samhita, लेखास्थवृत्तं is characteristic feature of _____
- (A) ब्रह्मसत्त्व (B) याम्यसत्त्व
(C) वरुणसत्त्व (D) शाकुन सत्त्व
17. According to Charaka Samhita, which among the below mentioned is correct?
- (A) ग्रीष्म ऋतु - रुक्षतर गुण - कषाय रस (B) ग्रीष्म ऋतु - रुक्षतम गुण - कटु रस अभिवृद्धि अभिवृद्धि
(C) शरद ऋतु - स्निग्धतम गुण - मधुर रस (D) हेमन्त ऋतु - स्निग्ध गुण - मधुर रस अभिवृद्धि अभिवृद्धि

18. Match the column.

A

1. *Mana* (मन)
2. *Atma* (आत्मा)
3. *Paradi Guna* (परादि गुण)
4. *Vishvedeva* (विश्वेदेवा)
5. *Aturya* (आतुर्य)

B

- a. *Kaliyuga* (कलियुग)
- b. *Indriya Artha* (इन्द्रिय अर्थ)
- c. *Chintya* (चिन्त्य)
- d. *Sanyoga* (संयोग)
- e. *Pranapana Pravritti* (प्राणापान प्रवृत्ति)

(A) 1-d, 2-e, 3-c, 4-1, 5-b

(B) 1-c, 2-e, 3-d, 4-b, 5-a

(C) 1-a, 2-e, 3-d, 4-b, 5-c

(D) 1-b, 2-c, 3-a, 4-d, 5-e

19. As per Acharya Charaka, below mentioned are *Sthana* for *Pitta* **EXCEPT** _____

(A) मेद

(B) स्वेद

(C) रस

(D) लसिका

20. As per CSIR research, PGM1 is associated with which of the below mentioned *Prakriti*?

(A) पित्त

(B) वात

(C) कफ

(D) संसृष्ट

21. In context of sleep physiology, which among the below mentioned is the function of Adenosine?

(A) It promotes sleep by dampening arousal system

(B) It promotes sleep pressure

(C) Involved in NREM regulation and initiate sleep

(D) Awakes person as per circadian rhythm

22. According to Ashtanga Hridaya इन्द्रिय भ्रंश and इन्द्रिय ग्लानि are the symptoms of _____ and _____ respectively.

(A) वात वृद्धि – मांस वृद्धि

(B) वात वृद्धि – मांस क्षय

(C) कफ क्षय – मांस क्षय

(D) कफ क्षय – मज्जा क्षय

23. As per Charaka Samhita, which among the below *Dhatu Pradoshaja Vikara*, *Pandutva* is listed?

(A) शुक्र

(B) ओज

(C) रस

(D) मज्जा

24. Which of the below mentioned statement is correct for gastro colic reflex?

(A) It helps to make room in the colon for incoming food by prompting mass movement

(B) It suppress movement after meal to allow digestion proper

(C) It is mediated solely by sympathetic nervous system

(D) It is always pathological phenomena and indicates diseased condition


25. Which of the below mentioned statement is **INCORRECT** in context of function of *Rasa* as per Charaka Samhita?
- (A) मधुरो रसः पित्तविषमारुतघ्न (B) अम्लो रसो भुक्तम् क्लेदयति बलं वर्धयति
(C) तिक्तो रसः अरोचकघ्नो पीडनो रोपणः (D) लवणो रसः पाचनः शोषणः
26. Which among the below mentioned statement is **INCORRECT** for calculating Basal Metabolic Rate?
- (A) Person must have 12 hour fasting (B) Determined after a night of restful sleep
(C) Temperature of air must be $\geq 85^\circ\text{F}$ (D) No physical activity is permitted during the test
27. According to Bhela Samhita, below mentioned are the causes for *Agnimandya* **EXCEPT** _____
- (A) दिवास्वप्न (B) अध्यशन
(C) लोभ (D) विरुद्धाशन
28. According to Bhela Samhita, which among the below mentioned is **NOT** considered as *Abhyantara Mala*?
- (A) पुरीष (B) मूत्र
(C) रक्त (D) स्वेद
29. Below mentioned are the function of spleen, **EXCEPT** _____
- (A) Maturation of Lymphocyte (B) Abnormal erythrocyte destruction
(C) Make lymphocyte immuno-competent (D) Foetal blood cell production
30. Under basal condition, which among the below mentioned organ receives highest percentage of blood with each cardiac cycle?
- (A) Skin (B) Liver
(C) Kidney (D) Muscle
31. Initial stage of bone production is _____
- (A) Secretion of collagen monomers (B) Increase Calcium absorption from gastro intestinal tract
(C) Calcium salts precipitation in blood (D) Osteoprotegerin [OPG] secretion from osteoblast
32. In context of mRNA, in GCG – 'C' stands for what?
- (A) Cytosine (B) Cytidine
(C) Cytarabine (D) Cryptolepine
33. Which among the below mentioned function is correct for Secretin?
- (A) Stimulates insulin release and inhibits gastric acid secretion (B) Stimulates pepsin secretion and growth of exocrine pancreas
(C) Inhibit growth of exocrine pancreas (D) Stimulate gastric acid and inhibit mucosal growth

34. The fat cells of adipose tissue are modified _____
 (A) Osteoblasts (B) Myocyte
 (C) Stem cells (D) Fibroblasts
35. Which among the below mentioned statement is correct about Kupffer cells?
 (A) Found in liver and modulate immune response (B) Found in stomach and prevent it from virus infection
 (C) Found in spleen and clears destroyed RBCs (D) Found in kidney and helps to stimulate RAS
36. Which among the below mentioned is correct about Conn's syndrome?
 (A) Occur due to hyper secretion of mineralo corticoids (B) Occur due to hypo function of pituitary anterior lobe
 (C) Manifests due to tumour at basal ganglia (D) Occur due to hyper function of Ovary
37. Which among the below mentioned equation is correct to calculate vital capacity of lungs?
 (A) Tidal Volume + Inspiratory Reserve Volume + Expiratory Reserve Volume (B) Tidal volume + Inspiratory Reserve Volume - Expiratory Reserve Volume
 (C) Inspiratory Reserve Volume + Expiratory Reserve Volume - Tidal Volume (D) Functional reserved Capacity + Total Residual Volume - Tidal Volume
38. Which of the below mentioned is the function of Baroreceptors?
 (A) Provide information about the position, movement and orientation (B) Monitor and respond to changes in the level of O₂ and CO₂
 (C) Regulate blood pressure (D) Detect changes in temperature
39. A 5 year baby presented with extremely thin and emaciated body with old man face associated with growth retardation shall be a case of _____
 (A) Marasmus (B) Kwashiorkor
 (C) Tropical Sprue (D) Phenylketonuria
40. Which among the below mentioned statement is **IN CORRECT** in context of Schwann cells?
 (A) Helps in nerve repair (B) Found in central and peripheral nervous system
 (C) A type of glial cells (D) Having two types
41. As per Charaka Samhita, to have day sleep immediately after taking lunch is the cause for vitiation of which *Srotasa*?
 (A) रसवह (B) मांसवह
 (C) मज्जावह (D) शुक्रवह

42. As per Charaka Samhita, in context of *Ahara Vidhi Vidhana* below mentioned is correct for उष्णमश्रियात **EXCEPT** _____
- (A) विवृतेषु च स्रोतसां (B) क्षिप्रं जरां गच्छति
(C) वातानुलोमयति (D) श्लेष्माणं च परिहासयति
43. As per Hemadtri, which of these *Guna* is related to मृत्स्नः?
- (A) श्लक्ष्ण (B) स्निग्ध
(C) सर (D) पिच्छिल
44. Which among the below mentioned is **NOT** considered as स्वप्नजनक हेतु by Acharya Charaka?
- (A) उत्सादन (B) चक्षुतर्पण
(C) शिरोलेप (D) अभिष्यन्दि भोजन
45. As per Chakrapani, which among the below mentioned type of sleep has been considered as पापस्यमूल?
- (A) आगन्तुकी (B) मनःशरीरश्रम संभवा
(C) तमोभवा (D) रात्रिस्वभाव प्रभवा
46. As per Bhela Samhita, which among the below are considered as रसव्यापत्तिजन्य व्याधि **EXCEPT** _____
- (A) विसूचिका (B) चतुर्थक ज्वर
(C) लोहित पित्त (D) विचर्चिका
47. As per Sharangadhara Samhita, how many are the *Raktaja Roga*?
- (A) 7 (B) 10
(C) 11 (D) 14
48. As per Sharangdhara Samhita, Adhamalla commentary *Netrajala* is *Mala* of which of the following?
- (A) शुक्र (B) मांस
(C) रस (D) वसा
49. What are the Lead I, II and III in ECG?
- (A) Unipolar limb lead (B) Bipolar Limb lead
(C) Augmented lead (D) Pre-cordial lead
50. Which among the below mentioned is **NOT** the function of Saliva?
- (A) Digests uncooked and cooked starch (B) Lubrication of food
(C) Act as non-specific defence mechanism (D) Helps to perceive the taste properly

Rough Work

GENERAL INSTRUCTIONS
Ph.D. Entrance Exam 2025
Institute of Teaching and Research in Ayurveda
Jamnagar, Gujarat – 361008

1. The written Test for 100 marks is consists of MCQs of one mark each.
2. There will be $1/4^{\text{th}}$ negative marking for incorrect answer.
3. The duration of the entrance test is 90 minutes i.e. 09.30 AM to 11.00 AM
4. The candidates are instructed to fill their Roll no. in the respective columns of OMR sheet and on Question booklet carefully.
5. Candidates are advised to use **black ball pen** for filling the information columns and marking answers.
6. Correct Method for marking answers is 
7. After opening the question booklet; the candidate are instructed to confirm 1 to 50 MCQs in each booklet in a sequence. Any discrepancies in this regard should immediately be reported to the Room Supervisor / Examination Center Superintendent.
8. Candidates will not be allowed with Books, Notes, Bags, Mobiles, Pagers or any other type of electronic device inside the examination center.
9. Don't mark or write anything on the question booklet except on the page given for rough work.
10. If there is any ambiguity against the question, it should be submitted to the Examination Center Superintendent before 05:00 pm on the day of examination (3rd May, 2025); **after that no such complaint will be entertained.**
11. Answer Key, Result and Merit will be displayed on <https://itra.ac.in>. No separate mark sheets or call letter for interview will be posted.
12. Decision of 'Ph.D. Admission Committee' will be final in any discrepancy.