

Roll No

Institute of Teaching and Research in Ayurveda

Ph.D. Entrance Examination - 2025

(3rd May 2025)

Paper - II

Subject

Panchakarma



**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.

14

Panchakarma

43. नस्तःस्नेहाङ्गुलिं दद्यात् प्रातःनिशि च सर्वदा is mentioned in regards of ----- as per Charaka
 (A) अवपीडन नस्य (B) शमन नस्य
 (C) तर्पण नस्य (D) प्रतिमर्श नस्य
44. Match the following as per Charaka in regards of the treatment of diseases with *Basti Karma*
 (a) प्रमेह (i) शाल्मलिवृन्तानां क्षीरसिद्धो घृतान्विताः
 (b) परिकर्तिका (ii) आत्मगुप्ताफलं माषाः सगोधूमो यवास्तथा
 (c) शुक्रला (iii) कर्बुदारादकी नीपविदुलैः क्षीर साधितै
 (d) प्रवाहिका (iv) तुः कषायः सोम्वल्कजः
 (A) a-iv, b-iii, c-ii, d-i (B) a-i, b-ii, c-iv, d-iii
 (C) a-iv, b-i, c-ii, d-iii (D) a-iii, b-iv, c-ii, d-i
45. अधः कफेल्पे ----- विरेचयेत् ----- वृद्ध कफे तथोर्ध्वम्, complete the statement as per Charaka
 (A) वमनं, विरेचनं (B) विरेचनं, वमनं
 (C) स्नेह, रूक्ष (D) शमनं, शोधनं
46. निहरेद्विधिना सम्यगुदावर्त हरेण च has been mentioned in context of ----- as per Charaka
 (A) अन्नावृत्त स्नेह बस्ति (B) कफावृत्त स्नेह बस्ति
 (C) विट् आवृत्त स्नेह बस्ति (D) पुरीषावृत्त निरुह बस्ति
47. कनीयसा प्रमाणेन has been mentioned as dose of *Snehapana* in context of ----- for *Vamana/Virechana* as per Bhela Samhita
 (A) क्रूर कोष्ठ (B) अपीतपूर्वं वमनं विरेको
 (C) मध्य कोष्ठ (D) मृदु कोष्ठ
48. निरुहं लवणं कुर्यात् श्रेष्ठं ----- भेदनं- complete the statement as per Bhela Samhita
 (A) आध्मान (B) विबन्ध
 (C) आनाह (D) मल
49. As per Sushruta samhita-- स्वेद्यः पूर्व च पश्चात् च is indicated for-----
 (A) भगन्दर (B) नस्य
 (C) बस्ति (D) मूढ गर्भानुपद्रवा
50. यावद्भ्रु प्रवृत्तिः is the endpoint of ----- as per Sushruta
 (A) वैरेचनिक धूम (B) स्नेहिक धूम
 (C) कासघ्न धूम (D) प्रायोगिक धूम

Panchakarma

35. Which of these is to be administered in the case of *Ananta Vata* (अनन्त वात) as per Charaka?
- (A) *Snehana, Svedana, Basti* (स्नेहन , स्वेदन, बस्ति) (B) *Snehana, Svedana, Nasya* (स्नेहन , स्वेदन, नस्य)
 (C) *Vamana, Virechana, Basti* (वमन, विरेचन, बस्ति) (D) *Snehana, Svedana, Matra* (स्नेहन , स्वेदन, मात्रा बस्ति)
36. Which type of *Basti* is contraindicated in *Medasvi, Kushthi* and *Mehi* (मेदस्वी, कुष्ठि, मेही), as per Charaka?
- (A) *Anuvasana Basti* (अनुवासन बस्ति) (B) *Maatra Basti* (मात्रा बस्ति)
 (C) *Brihana Basti* (बृहण बस्ति) (D) *Shodhana Basti* (शोधन बस्ति)
37. What should be the sequence of *Rasa* to be given in *Ahara* after *Samsarjna Krama* as per Charaka?
- (a) अम्ल, लवण रस युक्त आहार (b) स्निग्ध, अम्ल एवं मधुर रस युक्त आहार
 (c) कषाय एवं कटु रस युक्त आहार (d) मधुर एवं तिक्त रस युक्त आहार
 (A) (c) followed by (b) followed by (a) followed by (d) (B) (b) followed by (a) followed by (d) followed by (c)
 (C) (b) followed by (a) followed by (d) followed by (c) (D) (a) followed by (b) followed by (c) followed by (d)
38. बस्त्यः सर्वकालं देयाः is mentioned by Charaka for -----
- (A) मात्रा बस्ति (B) सिद्ध बस्ति
 (C) यापन बस्ति (D) निरुह बस्ति
39. Which of these is **NOT** the indication of *Shiro Virechana* as per Charaka?
- (A) शिर शूल (B) घ्राण नाश
 (C) प्रमोह (D) निद्रानाश
40. जिह्वां खादति निःसंज्ञो दन्तान् किटिकिटापयन् is the characteristics of ----- *Updrava* of *Shodhana* as per Charaka
- (A) परिस्त्राव (B) परिकर्तिका
 (C) विभ्रंश (D) हृदग्रह
41. Fill in the blanks as per Charaka: सर्वक्षमो ह्यसंसर्गो रतियुक्तः स्थिरेंद्रियः बलवान् सत्वसंपन्नो विज्ञेयः ----- गतः
- (A) समः (B) संसर्जन क्रम
 (C) प्राकृत (D) प्रकृतिं
42. अनागच्छन्नुपेक्ष्यस्तु रजनी व्युषितस्य च- is mentioned in regards of ----- as per Charaka
- (A) मात्रा बस्ति (B) उत्तर बस्ति
 (C) अनुवासन बस्ति (D) माधुतैलिक बस्ति

Panchakarma

26. Which type of *Raktamokshana* is to be done when *Dushita Rakta* is affecting *Tvaka* as per *Ashtanga Samgraha*?
- (a) अलाबु (b) शृङ्ग
(c) जलौका (d) घटि
(A) Only b (B) a, b and d
(C) Only a and b (D) Only c
27. In which *Ritu/Kala*, *Snehapana* with *Taila* shall be done as per *Charaka*?
- (A) प्रावृषि (B) शरदि
(C) नात्युष्णशीतं काल (D) माधवे
28. What should be administered in a person who has become *Durbala* but is *Shodhana Yogya* for the purpose of *Shodhana* as per *Sushruta*?
- (A) *Shodhana* drugs that are *Mridu* (B) *Shodhana* drugs in small quantity
(C) To avoid performing *Shodhana* (D) To administer only *Basti*
29. According to *Charaka*, which of these diseases can occur due to यापनात्यर्थं सेवनात्?
- (A) परिकर्तिका: (B) प्रमेहः
(C) ग्रहणी (D) प्रवाहिका
30. आस्थापनमेव तयोः सर्वार्थं कृतुत्तमम् कर्म -This statement has been mentioned by *Charaka*, when comparing the effects of *Asthapana Basti* with -----
- (A) *Virechana* (B) *Anuvasana Basti*
(C) *Matra Basti* (D) *Uttara Basti*
31. Fill in the blanks as per *Charaka*- तदहः स्विन्न गात्रस्तु ----- वर्जयेत्स्नः
- (A) व्यायाम (B) प्राक् वात
(C) रात्रि जागरण (D) दिवास्वप्न
32. Complete the verse as per *Charaka* : वीर्येण -----रादत्ते खस्थोऽर्को भूरसानिव
- (A) नस्य (B) स्नेह बस्ति
(C) बस्ति (D) निरुह बस्ति
33. complete the verse as per *Charaka*: लवणोपहिता ----- स्नेहयन्त्यचिरान्नरम
- (A) वमन (B) विरेचनम
(C) बस्ति (D) स्नेहाः
34. What is the reason for *Urdhava Pravritti* (ऊर्ध्व प्रवृत्ति) of *Dosha* in the case of *Virechana*, as per *Charaka*?
- (A) दुर्गन्धं, बहु, श्लेष्म अनुत्क्लिष्टं (B) अहृदयं, श्लेष्म उत्क्लिष्टं, दुर्गन्धं
(C) तीक्ष्णं, मृदु कोष्ठभ्यां, क्षुधात्ता (D) अतीक्ष्णं, अहृदयं, क्रूर कोष्ठभ्यां

Panchakarma

18. पित्तघ्नास्ते यथापूर्वमितरघ्ना यथोत्तरम् is mentioned in regards of ----- as per Ashtanga Hridaya
 (A) घृत (B) वमन
 (C) स्नेह (D) विरेचन
19. Till how long *Niruha Basti* shall not be administered in a person who has undergone *Virechana Karma* as per Charaka?
 (A) 3 days (B) 6 days
 (C) 7 days (D) 5 days
20. What is the probable complication, if *Vamana* is performed *Rikta Koshta* (रिक्त कोष्ठ) as per Bhela Samhita?
 (A) मूर्च्छा (B) तृष्णा
 (C) प्लीहा प्रचलति स्थानात् (D) अरुचि
21. Treatment of *Pravahika* (प्रवाहिका) as a *Vyapad* (व्यापद्) of *Virechana* or *Vamana* should be similar to _____ *Vyapada* (व्यापद्) as per Sushruta?
 (A) *Parikartika* (परिकर्तिका) (B) *Parisrava* (परिस्राव)
 (C) *Vibandha* (विबन्ध) (D) *Adhamana* (आध्मान)
22. What will the complications, if a *Pitta Pradhana* (पित्त प्रधान) person is administered *Snehapana* in a day of *Ushna Kaala* (उष्ण काल), as per Charaka?
 (A) *Murccha, Unmada, Kamala* (मूर्च्छा, उन्माद, कामला) (B) *Murccha, Pippasa, Pandu* (मूर्च्छा, पिपासा, पाण्डु)
 (C) *Murccha, Atisara, Pandu* (मूर्च्छा, अतिसार, पाण्डु) (D) *Murccha, Pravahika, Kamala* (मूर्च्छा, प्रवाहिका, कामला)
23. Which of these is **NOT** the type of *Nasya* (नस्य) as per Bhela Samhita?
 (A) अवपीड नस्य (B) प्रतिमर्श नस्य
 (C) अनुवासन नस्य (D) धूम नस्य
24. What is the *Maatra* (मात्रा) of *Shiro Vireka Sneha* (शिरोविरेक स्नेह) as per Sushruta?
 (A) 4, 6, or 8 Bindu (B) 2, 4 or 6 Bindu
 (C) 6, 8 or 10 Bindu (D) 8, 10 or 12 Bindu
25. Match the following in regards of *Virechana Dravya* as per Sushruta
 (a) *Mula Virechana* (मूल विरेचन) (i) *Haritaki* (हरीतकी)
 (b) *Svarasa Virechana* (स्वरस विरेचन) (ii) *Tilvaka* (तिल्वक)
 (c) *Phala Virechana* (फल विरेचन) (iii) *Trivritta* (त्रिवृत्त)
 (d) *Tvaka Virechana* (त्वक् विरेचन) (iv) *Karavellaka* (कारवेल्लक)
 (A) a-iii, b-ii, c-i, d-iv (B) a-iii, b-iv, c-i, d-ii
 (C) a-ii, b-iii, c-iv, d-i (D) a-iii, b-i, c-iv, d-ii

Panchakarma


10. As per Charaka, which of these can be administered *Anuvasana Basti* (अनुवासन बस्ति) daily?
- (a) रुक्ष नित्य (b) अदीप्तग्नि
(c) अव्यायामि (d) मारुतामयि
(A) Only a (B) Both a and c
(C) Both a and d (D) Only d
11. After administration of *Vamana Aushadha* (वमन औषध), physician should wait till -----
-- for the initiation of *Vamana Vega*, as per Ashtanga Sangraha
- (A) One Muhuruta (1 मुहूर्त) (B) Two Muhuruta (2 मुहूर्त)
(C) Half Muhuruta (½ मुहूर्त) (D) One and half Muhuruta (1½ मुहूर्त)
12. सायं चासेवितः सुख निद्राप्रबोधं चेति, this statement has been mentioned by Sushruta in context of -----
- (A) प्रधमन नस्य (B) स्नेह नस्य
(C) मर्श नस्य (D) प्रतिमर्श नस्य
13. Fill in the blanks: न चोष्ण विरोधो ----- नश्छर्दन् योगयुक्तस्य अविपक्वप्रत्यागमनादोष निर्हरणाश्चा
(as per Charaka)
- (A) मदनफल (B) वचा
(C) मधु (D) पिप्पली
14. Which of these is **NOT** a type of *Sveda* (स्वेद) as per Ashtanga Sangraha?
- (A) ताप (B) उपनाह
(C) प्रतर (D) द्रव
15. पुनः पुनः स्नेहपानं निरुहाः अनुवासनाः is mentioned for ----- as per Charaka?
- (A) उदावर्त (B) कुष्ठ
(C) गृध्रसी (D) वात गुल्म
16. What is the appropriate time for the administration of *Shamana Sneha* (शमन स्नेह) as per Charaka?
- (A) प्रातः काल (B) अभुक्त
(C) अन्न काले प्रकान्क्षितः (D) आहारे नैशे जीर्ण
17. Which of the *Sneha Matra* (स्नेह मात्रा) is *Doshanukarshini* (दोषानुकर्षिणि) and *Sravamarga Anusarini* (सर्वमार्ग अनुसारिणि) as per Charaka?
- (A) उत्तम मात्रा (B) मध्य मात्रा
(C) ह्रस्व मात्रा (D) ह्रस्वसि मात्रा

Panchakarma

- Fill in the blanks in regards of *Ghrita Pana* (घृतपान) as per Sushruta
----- पैतिके सर्पिर्वातिके -----
(A) शीत, लवणान्वितं (B) केवलं, लवणान्वितं
(C) क्षीरं, व्योष क्षार समायुतम् (D) केवलं, व्योष क्षार समायुतम्
- Which of these are the resultants of *Snehapana* as per Sushruta?
(A) परिशुद्ध कोष्ठ, मन्दजरः, बलवर्ण युक्त (B) परिशुद्ध कोष्ठ, दीप्तजरः, बलवर्णयुक्त
(C) परिशुद्ध कोष्ठ, मन्दज्वर, बलवर्ण युक्त (D) स्निग्धकोष्ठ, दीप्तजरः, बलवर्णयुक्त
- Which of these is *Asamyak Lakshana* (असम्यक् लक्षण) of *Niruha Basti* as per Charaka?
(A) शोफ, कास, श्वास (B) विकर्तिका, हल्लास, श्वास
(C) विकर्तिका, कास, हल्लास (D) अतिसार, शोफ, हल्लास
- Fill in the blanks (as per Sushruta) :
दद्यात् ----- पूर्व मध्ये ----- पुनः। पश्चात् संशमनीय च दद्यात् बस्तिं विचक्षणः
(A) निरुहम्, अनुवासनं (B) दोषहरं, अनुवासनं
(C) उत्क्लेशनम्, दोषहरं (D) तीक्ष्णं, मन्दं
- Which of these is **NOT** a type of *Dhuma* (धूम) as per Sushruta?
(A) कासघ्न (B) वामनीय
(C) शोधन (D) स्नेहिक
- What is advisable if *Niruha Basti Pratyagama* (निरुह बस्ति प्रत्यागम) does not occur in one *Muhurta* (मुहूर्त) as per Sushruta?
(A) *Tikshna Niruha Basti* (तीक्ष्ण निरुह बस्ति)
(B) *Virechana* (विरेचन)
(C) *Svedana* (स्वेदन) (D) *Phalavarti* (फलवर्ति)
- Which of these is indicated in the treatment of *Punaravartaka Jvara* (पुनरावर्तक ज्वर) as per Charaka?
(A) बृंहण नस्य (B) मृदुशोधन एवं दोषहर बस्ति
(C) मृदु शोधन एवं यापन बस्ति (D) माधुतैलिक बस्ति
- Which of these is the *Kaala* (काल) of *Snaihika Nasya* (स्नैहिक नस्य) for *Pitta Roga* in अभुक्तवतो अन्न काले as per Sushruta Samhita?
(A) पूर्वाह्ने (B) मध्याह्ने
(C) अपराह्ने (D) रात्रि
- फलं च विपुलं दृष्टं व्यापदां चाप्यसंभवं has been mentioned in regards of ----- as per Sushruta Samhita
(A) शमन बस्ति (B) मात्रा बस्ति
(C) दोषहर बस्ति (D) माधुतैलिक बस्ति

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 1/4th 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.