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Institute of Teaching and Research in Ayurveda

Ph.D. Entrance Examination - 2025

(3rd May 2025)

Paper - II

Subject

Swasthavritta



**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.

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- Which of following is correct about *Masha* (black gram) according to Charaka Samhita?
 (A) *Nityam Prayunjita* (नित्यं प्रयुञ्जीत) (B) *Naivopayojayet* (नैवोपयोजयेत्)
 (C) *Na shilayet* (न शीलयेत्) (D) *Naktam na Upayojayet* (नक्तं न उपयोजयेत्)
- According to Bhavaprakasha, which of following *Dantapavana* produces good odour in mouth (मुख सौगन्ध्यम्)?
 (A) *Khadira* (खदिर) (B) *Karanja* (करञ्ज)
 (C) *Vata* (वट) (D) *Udumbara* (उदुम्बर)
- Combination of which of following three is known as *Sanyama* (संयम) according to Patanjali Yoga Sutra?
 (A) *Yana-Niyama-Asana* (B) *Pranayama-Pratyahara-Dharana*
 (C) *Pratyahara-Dharana-Dhyana* (D) *Dharana-Dhyana-Samadhi*
- What is U-WIN?
 (A) Mental Health Helpline in India (B) Digital Vaccination Platform of India
 (C) National Program for sports (D) National Program for Blindness control person health
- Which of following is correct for *Grishma Ritu* as per Charaka Samhita?
 (A) वर्जयेदन्नपानानि वातलानि लघूनि च (B) गुर्वम्लस्निग्धमधुरं दिवास्वप्नं च वर्जयेत्
 (C) लवणाम्लकटूष्णानि व्यायामं च विवर्जयेत् (D) क्षारं दधि दिवास्वप्नं प्राग्वातं चात्र वर्जयेत्
- According to Charaka Samhita, use of *Pramathi Annapana* (प्रमाथी अन्नपान) is indicated for the treatment of diseases occurring due to suppression of which *Vega*?
 (A) *Purisha* (पुरीष) (B) *Shukra* (शुक्र)
 (C) *Chhardi* (छर्दि) (D) *Kshudha* (क्षुधा)
- Palandu* (पलाण्डु) is described in which *Ahara Varga* of Charaka Samhita?
 (A) *Aharayogi Varga* (आहारयोगी वर्ग) (B) *Shakavarga* (शाक वर्ग)
 (C) *Haritavarga* (हरित वर्ग) (D) *Phalavarga* (फल वर्ग)
- As per the Sample Registration System (SRS), what was the Maternal Mortality Ratio (MMR) of India in 2018-20?
 (A) 221 per lakh live births (B) 174 per lakh live births
 (C) 130 per lakh live births (D) 97 per lakh live births
- वातपित्तकफानपीडयदायुरेव विवर्धयति केवलं....is said in context to which of following according to Charaka Samhita?
 (A) उष्णमश्रीयात् (B) मात्रावदश्रीयात्
 (C) जीर्णेऽश्रीयात् (D) नातिद्रुतमश्रीयात्
- Who has described the concept of UPAS TREE for diseases in Naturopathy?
 (A) Henry Lindlahr (B) Louis Kunhe
 (C) Adolf Just (D) Benedict Lust

11. In which context, Sushruta has mentioned that विरुद्धमपि भोजनम् विदग्धमविदग्धं वा निर्दोषं परिपच्यते?
 (A) *Shitambu Snana* (शिताम्बु स्नान) (B) *Udgharshana* (उद्धर्षण)
 (C) *Nidra* (निद्रा) (D) *Vyayama* (व्यायाम)
12. Taking food without having proper appetite is which type of *Viruddha* according to Charaka Samhita?
 (A) *Avastha Viruddha* (अवस्था विरुद्ध) (B) *Kala Viruddha* (काल विरुद्ध)
 (C) *Krama Viruddha* (क्रम विरुद्ध) (D) *Parihara Viruddha* (परिहार विरुद्ध)
13. Which of following is said *Hita* (हित) for *Drushti Prasadana* (दृष्टि प्रसादन) according to Charaka Samhita?
 (A) *Tridosahara Karma* (त्रिदोषहर कर्म) (B) *Vata-Pittahara Karma* (वातपित्तहर कर्म)
 (C) *Vatahara Karma* (वातहर कर्म) (D) *Shleshmahara Karma* (श्लेष्महर कर्म)
14. The number of new cases occurring in a defined population, during a specified period of time is
 (A) Incidence (B) Prevalence
 (C) Frequency (D) Notification
15. दधिमस्त्वम्लसिद्धस्तु यूषः is according to Sushruta Samhita.
 (A) *Kambalika* (काम्बलिक) (B) *Khada* (खड)
 (C) *Shadava* (षाडव) (D) *Rasala* (रसाला)
16. Match the *Rashi* and *Ritu* according to Sharangadhara Samhita
- | A | B |
|---------------|-----------|
| 1 मेषवृषौ | a वर्षा |
| 2 सिंहकन्या | b वसंत |
| 3 तुलावृश्चिक | c ग्रीष्म |
| 4 कुम्भमीन | d शरद |
- (A) 1-d, 2-c, 3-b, 4-a (B) 1-b, 2-d, 3-a, 4-c
 (C) 1-a, 2-b, 3-c, 4-d (D) 1-c, 2-a, 3-d, 4-b
17. Which from following is the live attenuated vaccine?
 (A) Plague (B) Pertussis
 (C) Rabies (D) BCG
18. According to Shiva Samhita, how many petals (दल) are there in the *Anahata Chakra*?
 (A) 06 (B) 10
 (C) 12 (D) 16
19. According to Bhavaprakasha, which type of *Ahara* is most *Guru*?
 (A) *Lehyam* (लेह्यम्) (B) *Chrvyam* (चर्व्यम्)
 (C) *Bhakshyam* (भक्ष्यम्) (D) *Bhojyam* (भोज्यम्)
20. Which index shows the sum of the years of life lost due to premature mortality and the years lived with a disability?
 (A) QALY (B) HALE
 (C) DALY (D) SULLIVAN'S INDEX


21. Which type of *Bhakta* (भक्त) is said to be *Glanikara* (ग्लानिकर) by Yoga Ratnakar?
 (A) *Ati Ushna* (अति उष्ण) (B) *Ati Klinnam* (अति क्लिन्नम्)
 (C) *Shushkam* (शुष्कम्) (D) *Ati Drava* (अति द्रव)
22. In which year, the prevention of food adulteration (PFA) act was enacted by Indian parliament?
 (A) 1944 (B) 1954
 (C) 1964 (D) 1974
23. सुस्पृशोपचिताङ्गश्च बलवान् प्रियदर्शनः is said for which of following as per Charaka Samhita?
 (A) *Vyayama* (व्यायाम) (B) *Abhyanga* (अभ्यङ्ग)
 (C) *Udvardhana* (उद्वर्तन) (D) *Utsadana* (उत्सादन)
24. Weight for height < -2 standard deviation (SD) from the median of the WHO Child Growth Standards among children under 5 years of age is termed as.....?
 (A) Underweight (B) Stunting
 (C) Overweight (D) Wasting
25. According to Sushruta Samhita, which food is लघु, वातपित्तहर, बल्य and दृष्टिप्रसादन?
 (A) कपाल-अङ्गार पक्व (B) तिलमाषोपसंस्कृत
 (C) घृतपाचित (D) तैलकृत
26. According to Gheranda Samhita, which among following produces *Sthirata* (स्थिरता)?
 (A) *Asana* (आसन) (B) *Mudra* (मुद्रा)
 (C) *Dhyana* (ध्यान) (D) *Shatkarma* (षट् कर्म)
27. Which among following is correct for *Saktu* (सक्तु) according to Bhavaprakasha ?
 (A) Should be eaten after taking meals (B) Should not be chewed or cut by teeth
 (C) Should be consumed at night only (D) Always should be consumed with milk
28. Which of following mosquito is responsible for chikungunya hemorrhagic fever?
 (A) Anopheles (B) Culex
 (C) Aedes (D) Mansonoides
29. According to Sushruta Samhita, *Amla-Lavana Rasadvandva* (अम्ल-लवण रसद्वन्द्व) is *Viruddha* by which of following?
 (A) *Rasa* (रस) (B) *Rasa-Vipaka* (रस-विपाक)
 (C) *Rasa-Virya* (रस-वीर्य) (D) *Sarvatah* (सर्वतः)
30. Fill in the blanks: चतुर्गुणे तु संसिद्धा _____ घनसिक्थका ।
 (A) विलेपी (B) कृशरा
 (C) यवागू (D) पेया
31. Which of following is contraindicated at *Sandhyakala* (संध्याकाल) according to Bhavaprakasha?
 (A) *Snana* (स्नान) (B) *Vyayama* (व्यायाम)
 (C) *Bhashanam* (भाषणम्) (D) *Sampatham* (संपाठम्)

32. Which among following is **NOT** true for ICD – 11?
 (A) Currently providing access to 17000 diagnostic catagories
 (B) Designed for use in a digital world
 (C) Was officially launched and came in to effect in year 2024
 (D) Has 26 chapters
33. देशबन्ध चित्तस्य is the definition of which of following according to Patanjala Yoga Sutra?
 (A) *Pratyahara* (प्रत्याहार) (B) *Dharana* (धारणा)
 (C) *Dhyana* (ध्यान) (D) *Samadhi* (समाधि)
34. Wind from which direction is said as दोषाणां चाप्रकोपणम् by Sushruta Samhita?
 (A) *Purva* (पूर्व) (B) *Pashchima* (पश्चिम)
 (C) *Uttara* (उत्तर) (D) *Dakshina* (दक्षिण)
35. Which type of diseases has been defined as 'पीडितजनसमीपोत्यन्ना ज्वरादयः' by Dalhana while commenting on *Vyadhisamuddeshiya Adhyaya*?
 (A) *Upasargaja* (उपसर्गजा) (B) *Sansargaja* (संसर्गजा)
 (C) *Samkramaka* (संक्रामका) (D) *Akasmika* (आकस्मिका)
36. According to Sushruta Samhita, 'सर्वतोऽसारवृक्षा' is the characteristic of which kind of land?
 (A) *Vayugunabhuyishta* (वायुगुण भुयिष्ठ) (B) *Agnigunabhuyishta* (अग्निगुण भुयिष्ठ)
 (C) *Akashgunabhuyishta* (आकाशगुण भुयिष्ठ) (D) *Pruthvigunabhuyishta* (पृथ्वीगुण भुयिष्ठ)
37. Which of the following biomedical waste is to be collected in cardboard boxes with blue coloured marking?
 (A) Metallic body implants (B) Recyclable contaminated waste
 (C) Discarded linen with blood or body fluied (D) Expired medicine
38. While describing *Mamsa Varga* (मांस वर्ग) how many types of *Anupa Varga* (आनुप वर्ग) has been described in Sushruta Samhita?
 (A) 04 (B) 05
 (C) 08 (D) 10
39. Which among following is said as *Kshetra* (क्षेत्र) for other types of *Klesha* (क्लेश) by Patanjala Yoga Sutra?
 (A) *Avidya* (अविद्या) (B) *Asmita* (अस्मिता)
 (C) *Raga* (राग) (D) *Dwesha* (द्वेष)
40. Intake value of Folate recommended by ICMR for healthy adult is.....
 (A) 80 – 120 mcg (B) 200 mcg
 (C) 300 mcg (D) 500 mcg
41. Which of following text has chapter named as '*Rituvimana*' (ऋतुविमान)?
 (A) *Kashyapa Samhita* (B) *Harita Samhita*
 (C) *Sushruta Samhita* (D) *Bhela Samhita*

42. What is the maximum permissible level of occupational exposure of ionizing radiation set by International Commission of Radiological Protection?
 (A) 5 rem/year (B) 10 rem/year
 (C) 15 rem/year (D) 25 rem/year
43. Which of following is mentioned as one of the factor for successful performance of yoga (योग: प्रसिद्ध्यति) by Hatha Yoga Pradipika ?
 (A) *Prayasa* (प्रयास) (B) *Niyamagraha* (नियमाग्रह)
 (C) *Prajalpa* (प्रजल्प) (D) *Sahasa* (साहस)
44. अम्लानि रसतः पाके गुरुण्युष्णानि वीर्यतः । पित्तलान्यनिलघ्नानि कफोत्क्लेशकराणि च ॥ These are common properties of which *Varga* according to Sushruta Samhita?
 (A) *Takravarga* (तक्रवर्ग) (B) *Madyavarga* (मद्यवर्ग)
 (C) *Phalavarga* (फलवर्ग) (D) *Kandavarga* (कन्दवर्ग)
45. Which of following is one of the “*Shitikaranani*” (शीतीकरणानि) described by Sushruta Samhita?
 (A) *Vastrani* (वस्त्राणि) (B) *Munja Valaya* (मुञ्ज वलय)
 (C) *Udaka manchika* (उदक मञ्चिका) (D) *Valuka Prakshepana* (वालुका प्रक्षेपणम्)
46. How many *Sutras* are there in *Kaivalyapada* of Patanjala Yoga Sutra?
 (A) 195 (B) 55
 (C) 51 (D) 34
47. Sushruta Samhita has commended consumption of which fruit in beginning, middle or at the end of the meals?
 (A) *Draksha* (द्राक्षा) (B) *Dadima* (दाडिम)
 (C) *Matulunga* (मातुलुङ्ग) (D) *Amalaka* (आमलक)
48. Which of following is said *Ojaskaram Param* (ओजस्करो परम्) by Charaka Samhita?
 (A) *Snana* (B) *Gandhamalya Nishevanam*
 (C) *Sharira Pramarnjanam* (D) *Ratnabharanadharanam*
49. According to Naturopathy, which of following is defined as an acute reaction resulting from the ascendancy of Nature’s healing forces over disease conditions?
 (A) Healing Crisis (B) Disease Crisis
 (C) Ignorance (D) Indifference
50. According to Charaka Samhita, *Ashta Kala* (अष्ट काल) for *Prayogika Dhumapana* (प्रायोगिक धूमपान) are the *Kala* of
 (A) *Vatapitta Utklesha* (B) *Vatashleshma Utklesha*
 (C) *Pittashleshma Utklesha* (D) *Shleshma Utklesha*

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.