



## BRAINWARE UNIVERSITY

Brainware University  
398, Ramkrishnapur Road, Barasat  
Kolkata, West Bengal-700125

Term End Examination 2024-2025

Programme – B.Sc.(BT)-Hons-2023/B.Sc.(FND)-Hons-2023

Course Name – Indian Health Sciences

Course Code - BBT30001/BFD30001

( Semester III )

Full Marks : 60

Time : 2:30 Hours

[The figure in the margin indicates full marks. Candidates are required to give their answers in their own words as far as practicable.]

### Group-A

(Multiple Choice Type Question)

1 x 15=15

1. Choose the correct alternative from the following :

(i) Recognize the correct commentator as the author of AYURVEDA DIPIKA.

- |                     |                     |
|---------------------|---------------------|
| a) Charak           | b) Dalhana          |
| c) Chakrapani Dutta | d) Yogindranath Sen |

(ii) Choose the correct PATRA that has been used to write the earliest scripts of Ayurvedic texts.

- |                  |                   |
|------------------|-------------------|
| a) Chandan patra | b) Khajoor patra  |
| c) Bhoja patra   | d) Mahogany patra |

(iii) Identify a correct physiological function of human body for which VATA is responsible.

- |                  |                       |
|------------------|-----------------------|
| a) Digestion     | b) Movement of G.I.T  |
| c) Cell division | d) Muscle development |

(iv) Identify the correct BASIC ELEMENT(S) that act as major constituent(s) of PITTA dosha.

- |                  |                  |
|------------------|------------------|
| a) Fire & Water  | b) Fire & Air    |
| c) Water & Earth | d) Space & Water |

(v) Which of the following PITTA TYPE is responsible for good sight and vision?

- |                  |                   |
|------------------|-------------------|
| a) Sadhaka pitta | b) Alochaka Pitta |
| c) Ranjaka Pitta | d) Pachaka Pitta  |

(vi) Which of the following KAPHAs acts as a lubricating agent for bone joints ?

- |                     |                    |
|---------------------|--------------------|
| a) Avalambaka Kapha | b) Bodhaka Kapha   |
| c) Tarpaka Kapha    | d) Shleshaka Kapha |

(vii) Recognize the correct definition of Basti - a panchkarma technique.

- |  |  |
|--|--|
| a) Administration of medicated oils or herbal mixtures as an enema through the rectum. | b) Oral administration of herbal concoctions to induce vomiting. |
| c) Introduction of herbal laxatives to cleanse GI tract.                               | d) None of these   |

(viii) Match the suitable disorder that is an outcome of Vaikrita Dosha.

- |                 |                        |
|-----------------|------------------------|
| a) Healthy body | b) Mind with integrity |
|-----------------|------------------------|



- c) Dynamic equilibrium d) Birth defect (congenital anomaly)
- (ix) Recall the first recommended activity after waking up in Dinacharya.
- a) Eating breakfast b) Drinking water
- c) Elimination of waste d) Pranayama
- (x) Memorize the recommended time to wake up according to Ayurveda.
- a) 4-5 AM b) 6-7 AM
- c) 7-8 AM d) 8-9 AM
- (xi) Recognize the correct practice used to improve eyesight in Dinacharya.
- a) Nasya b) Kavala
- c) Anjana d) Gandusha
- (xii) Recall the correct time of day during which Kapha Dosha becomes most predominant according to Dinacharya.
- a) Night b) Noon
- c) Morning d) Afternoon
- (xiii) How can modern nutrition benefit from understanding the Ayurvedic classification of Rasas?
- a) By focusing on the taste profile of modern food additives b) By integrating a balance of all six tastes in meals to ensure proper nutrition and dosha balance
- c) By classifying foods based on modern nutrient charts only d) By eliminating certain Rasas from the diet to prevent disease
- (xiv) State the primary focus of the Roganutpadaniya chapter.
- a) Diagnosing complex diseases b) Preventing the occurrence of diseases
- c) Understanding the nature of diseases d) Classification of tastes in food
- (xv) Distinguish the taste that is NOT one of the six tastes in Ayurveda.
- a) Sweet b) Salty
- c) Metallic d) Bitter

### Group-B

(Short Answer Type Questions)

3 x 5=15

2. Summarize the key functions of 5 basic elements (panchmahabhuta) in human body. (3)
3. State the significance of Gaya Das's "Nayachandrika" in the context of Ayurveda. (3)
4. Explain the difference between Prakrita Dosha and Vaikrita Dosha. (3)
5. Determine the eight limbs of Raja Yoga, and how do they relate to Ayurveda. (3)
6. Explain the role of Vyayama (exercise) in Dinacharya and its health benefits. (3)

OR

Evaluate the importance of tongue scraping (Jihva Nirlekhana) in Dinacharya. (3)

### Group-C

(Long Answer Type Questions)

5 x 6=30

7. Discuss Dhatvagni in Ayurveda and its role in the metabolism of tissues. (5)
8. Summarize the definition of Triguna (Sattva, Rajas, and Tamas) in Ayurveda and explain their influence on human behavior and health. (5)
9. Explain Chakra Pani Dutta's contribution to Ayurveda. (5)
10. Illustrate the global acceptance of Ayurveda in Germany, Nepal, and Sri Lanka. (5)
11. Summarize the biological rhythm of the Tridosha (Vata, Pitta, and Kapha) with respect to the day-night cycle and age of an individual. (5)
12. Estimate the methods of food protection and preservation as described in the Annaraksadhyaya and their relevance to maintaining the quality of food. (5)

OR

Summarize the six fundamental tastes (Rasas) in Ayurveda as described in the Rasabhediya (5) Adhyaya and their impact on health and Dosha balance.

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