



1. What does the word "Ayurveda" mean?
  - a. Science of Life
  - b. Art of Aging
  - c. Yoga's Sister
  - d. Resilience
2. Which text is not part of the brhat trayi?
  - a. ashtanga hridayam
  - b. charaka samhita
  - c. astangha dosha
  - d. sushruta samhita
3. Which is not a panchamahabhuta (great element)?
  - a. Wind
  - b. Fire
  - c. Earth
  - d. Water
4. Which is not a dosha?
  - a. Pitta
  - b. Agni
  - c. Vata
  - d. Kapha
5. Which dosha governs retirement age and on?
  - a. Pitta
  - b. Kapha
  - c. Vata
  - d. Agni
6. Which is not a quality of Vata?
  - a. Dry
  - b. Light
  - c. Moist
  - d. Rough
7. What does kapha govern?
  - a. Movement
  - b. Transformation
  - c. Stability
  - d. Digestion



Answers:

1. A
2. C
3. A
4. B
5. C
6. C
7. C