

RASASHASTRA AND BHAISHAJYA KALPANA

SUBJECT CODE: AyUG-RB

PAPER- 2: AYURVEDIYA AUSHADHI PRAYOGA VIGYANA

15. AUSHADI PRAYOGA VIJNANA

Short answer

- 1} Lakshana of Prashasta Bhesaja?
- 2} Explain Aushadha Sevana Kala?
- 3} Explain Aushadha Prayoga Marga?
- 4} Scope of Aushadha Prayoga VigyanA
- 5} Short Note on Pathya-Apathya
- 6} Explain Aushadhi Prayoga Vigyana, including its etymology, scope, and the characteristics of Prashastha Bhesaja Lakshana in Detail

MCQ's

- 1} what is the role of Aushadha in ayurveda?
 - A) To enhance Physical health
 - B) To restore Hemostasis and treat disease
 - C) To improve Mental health
 - D) To provide Nutritional supplement
- 2} What does Pathya in Ayurveda refers to?
 - A) Harmful dietary products
 - B) Beneficiary dietary lifestyle and practice
 - C) Medicine Dosage
 - D) Diagnostic test
- 3} Acc to Sharangdhara how many suitable time periods are identified for Aushadi administration?
 - A)3
 - B)7
 - C)5
 - D)10

4} which of the following is not one of the four essential Health care aspects in Ayurveda?

- A) Bhishak
- B) Bhesaja
- C) Rogi
- D) Pathya

5} Which factor is not considered when determining the appropriate dose of aushadha in ayurveda?

- A) Kala
- B) Agni
- C) Vaya
- D) Patient fav food

16. SINGLE DRUG

Long answer

1. Define Avaleha Kalpana and mention the preparation of Chyavanprasha.
2. Define Sandhana Kalpana and explain Amrutarishta in detail?
3. Write the Pharmacokinetic and Pharmacodynamic action of Triphala Ghrita in detail.
4. Write Matra, Anupana, Patyaapatya and Kalamaryada of Ballataka avaleha in detail.
5. Explain about any 5 formulations of Gairika in detail.

Short answers

1. Note on - Gandhaka Druti
2. Note on -Chyavanprasha
3. Note on -Chandraprabha Vati
4. Note on -Triphala guggulu

MCQs

1. Which of the following is the primary action of Guduchi (*Tinospora cordifolia*)?
 - A) Anti-inflammatory and immunomodulatory
 - B) Antidiabetic and antihypertensive
 - C) Antibacterial and antifungal
 - D) Analgesic and sedative

2. Guduchi (*Tinospora cordifolia*) in Kwath (decoction) form is commonly used for which of the following conditions?
 - A) Fever and infections
 - B) Digestive issues
 - C) Respiratory problems
 - D) Joint pain
3. Which formulation of Triphala (a combination of Haritaki, Amalaki, and Bibhitaki) is most used for general detoxification and digestive health?
 - A) Vati (tablet)
 - B) Churna (powder)
 - C) Lehyam (semi-solid preparation)
 - D) Asava (fermented liquid)
4. Which variety of formulation is typically used for the treatment of Pitta (heat-related) disorders using Amla (*Emblica officinalis*)?
 - A) Asava (fermented liquid)
 - B) Churna (powder)
 - C) Vati (tablet)
 - D) Lehyam (semi-solid preparation)
5. Which of the following preparations of Guduchi (*Tinospora cordifolia*) is primarily used to support the liver and detoxification?
 - A) Kwath (decoction)
 - B) Churna (powder)
 - C) Asava (fermented liquid)
 - D) Vati (tablet)
6. In Ayurveda, Amalaki (*Emblica officinalis*) is commonly used in which of the following formulations to treat Pittadisorders such as acidity and indigestion?
 - A) Asava (fermented liquid)
 - B) Churna (powder)
 - C) Lehyam (semi-solid preparation)
 - D) Vati (tablet)
7. Which formulation of Guduchi (*Tinospora cordifolia*) is used for treating both chronic fever and to boost immunity?
 - A) Vati (tablet)
 - B) Kwath (decoction)
 - C) Asava (fermented liquid)
 - D) Churna (powder)
8. Which formulation of Guduchi (*Tinospora cordifolia*) is typically used for its immune-modulating and detoxifying effects?
 - A) Churna (powder)

- B) Vati (tablet)
- C) Asava (fermented liquid)
- D) Kwath (decoction)

9. For which condition is Amla (*Emblica officinalis*) in Churna (powder) form primarily used?

- A) Skin diseases
- B) Liver detoxification
- C) Pitta imbalance and digestive disorders
- D) Joint pain

10. For which condition is Guduchi (*Tinospora cordifolia*) in Vati (tablet) form commonly used?

- A) To improve cognitive function
- B) For treating chronic fever and infections
- C) To reduce stress and fatigue
- D) For improving skin health

17. SINGLE DRUG

Long answer

1. Explain therapeutic Properties, Dosage, Anupana, Pathyapathya, Duration of Treatment, Sevana Kala, Shelf Life, Important Yogas of Abhraka Bhasma.
2. Explain therapeutic Properties, Dosage, Anupana, Pathyapathya, Duration, Treatment, Sevana Kala, Shelf Life, Important Yogas of Swarna Makshika Bhasma.
3. Explain Therapeutic Properties, Dosage, Anupana, Pathyapathya, Duration, Treatment, Sevana Kala, Shelf Life, Important Yogas of Rajata Bhasma.
4. Explain Therapeutic Properties, Dosage, Anupana, Pathyapathya, Duration, Treatment, Sevana Kala, Shelf Life and write the Important Yogas of Lauha Bhasma
5. Explain Therapeutic Properties, Dosage, Anupana, Pathyapathya, Duration, Treatment, Sevana, write the Important Yogas of Swarna Bhasma.
6. Explain Therapeutic Properties, Dosage, Anupana, Pathyapathya, Duration, Treatment, Sevana Kala, Shelf Life, Important Yogas of Tamra Bhasma.
7. Explain Therapeutic Properties, Dosage, Anupana, Pathyapathya, Duration, Treatment, Sevana Kala, Shelf Life, Important Yogas of Vanga Bhasma.
8. Explain Therapeutic properties, dosage, Anupana, Pathyapathya, duration, treatment, Sevana kala, Shelf life, important Yogas of Naga bhasma.
9. Explain therapeutic properties, dosage, Anupana, Pathyapathya, duration, treatment, Sevana kala, Shelf life, important Yogas of Yashada Bhasma.
10. Explain Therapeutic Properties, Dosage, Anupana, Pathyapathya, Duration, Treatment, Sevana Kala, Shelf Life, Important Yogas of Kashisha Bhasma.
11. Explain Therapeutic properties, dosage, Anupana, Pathyapathya Duration important Yogas of Shuddha Shilajatu.

12. Explain Therapeutic properties, Dosage, Anupana, Pathyapathya, duration, treatment, Sevana kala, Shelf life, important Yogas of Shuddha Gandhaka.
13. Explain Therapeutic properties, Dosage, Anupana, Pathyapathya, duration, treatment, Sevana kala, Shelf life, important Yogas of Shuddha Gairika
14. Explain Therapeutic properties, Dosage, Anupana, Pathyapathya, duration, treatment, Sevana kala, Shelf life, important Yogas of Shuddha Kankshi
15. Explain Therapeutic Properties, Dosage, Anupana, Pathyapathya, Duration, Treatment, Sevana Kala, Shelf Life, Important Yogas Of Mukta Pishti
16. Explain Therapeutic properties, Dosage, Anupana, Pathyapathya, Duration, treatment, Sevana kala, Shelf life, important Yogas of Mukta Bhasma
17. Explain therapeutic properties, Dosage, Anupana, Pathyapathya, Duration, important Yogas of Pravala Pishti
18. Explain Therapeutic Properties, Dosage, Anupana, Pathyapathya, duration, Treatment, Sevana Kala, Shelf Life, Important Yogas of Pravala Bhasma.
19. Explain Therapeutic Properties, Dosage, Anupana, Pathyapathya, Duration, Treatment, Sevana Kala, Shelf Life, Important Yogas of Vajra Bhasma.
20. Explain Therapeutic Properties, Dosage, Anupana, Pathyapathya, Duration, Treatment, Sevana Kala, Shelf Life, Important Yogas of Kaparda Bhasma.
21. Explain Therapeutic Properties, Dosage, Anupana, Pathyapathya, Duration Treatment, Sevana Kala, Shelf Life, Important Yogas of Shanka Bhasma.
22. Explain Therapeutic Properties, Dosage, Anupana, Pathyapathya, Duration, Treatment, Sevana Kala, Shelf Life, Important Yogas Of Godanti Bhasma.
23. Explain Therapeutic Properties, Dosage, Anupana, Pathyapathya, Duration, Treatment, Sevana Kala, Shelf Life, Important Yogas Of Shuddha Tankana.

Short Answers

1. Describe Apakwa, Ashuddha, Avidhi Bhasma Sevanajanya Vyadhi and their Shanti Upaya of Abhraka Bhasma.
2. Explain chemical form/composition, Pharmacodynamics and pharmacokinetics of Abhraka, Loha and Godanti Bhasma.
3. Describe Apakwa, Ashuddha, Avidhi Bhasma Sevanajanya Vyadhi and their Shanti-upaya of swarna makshika bhasma.
4. Describe Apakwa, Ashuddha, Avidhi Bhasma Sevanajanya Vyadhi and their shanti upaya of swarna bhasma
5. Describe Apakwa, Ashuddha, Avidhi Bhasma Sevanajanya Vyadhi and their shanti upaya of Rajata, Lauha bhasma.
6. Describe Apakwa, Ashuddha, Avidhi Bhasma Sevanajanya Vyadhi and their shanti upaya of tamra bhasma.
7. Describe Apakwa Ashuddha, Avidhi Bhasma Sevanajanya Vyadhi and their shanti upaya of naga, vanga and yashada Bhasma.
8. Describe Apakwa Ashuddha, Avidhi Bhasma Sevanajanya Vyadhi and their shanti upaya of shuddha shilajatu bhasma.
9. Describe Apakwa, Ashuddha, Avidhi Bhasma Sevanajanya Vyadhi and their shanti upaya of shuddha gandhaka bhasma.
10. Describe Apakwa, Ashuddha, Avidhi Bhasma Sevanajanya Vyadhi and their shanti upaya of shuddha gairika bhasma.

11. Describe Apakwa, Ashuddha, Avidhi Bhasma Sevajanya Vyadhi and their Shanti Upaya of Kashisha Bhasma.
12. Describe Apakwa, Ashuddha, Avidhi bhasma Sevajanya Vyadhi and their Shanti upaya of Shuddha Kankshi.
13. Describe Apakwa, Ashuddha, Avidhi Bhasma Sevajanya Vyadhi and their Shanti Upaya of Mukta Pishti and Pravala pishti.
14. Describe Apakwa, Ashuddha, Avidhi Bhasma Sevajanya Vyadhi and their Shanti Upaya of of Mukta bhasma and Pravala bhasma.
15. Describe Apakwa, Ashuddha, Avidhi Bhasma Sevajanya Vyadhi and their Shanti Upaya of Kaparda and Shankha bhasma.
16. Describe Apakwa, Ashuddha, Avidhi Bhasma Sevajanya Vyadhi and their Shanti Upaya of Vajra bhasma.
17. Describe Apakwa, Ashuddha, Avidhi Bhasma Sevajanya Vyadhi and their Shanti Upaya of Godanti bhasma.
18. Describe Apakwa, Ashuddha, Avidhi Bhasma Sevajanya Vyadhi and their Shanti Upaya of Shuddha Tankana bhasma.
19. Describe in detail Amayika Prayoga of Abhraka, Swarna Makshika and Swarna bhasma.
20. Describe in detail Amayika Prayoga of Rajata, Lauha and Tamra bhasma.
21. Describe in detail Amayika Prayoga of Naga, Vanga and Yashada bhasma.
22. Describe in detail Amayika Prayoga of Shuddha Shilajatu and Kashisha bhasma.
23. Describe in detail Amayika Prayoga of Shuddha Gairika and Shuddha Gandhaka.
24. Describe in detail Amayika Prayoga of Mukta Pishti and Mukta bhasma.
25. Describe in detail Amayika Prayoga of Pravala pishti and Pravala bhasma.
26. Describe in detail Amayika Prayoga of Vajra bhasma.
27. Describe in detail Amayika Prayoga of Shuddha Tankana.
28. Describe in detail Amayika Prayoga of Kaparda and Shankha bhasma.
29. Describe in detail Amayika Prayoga of Godanti bhasma.
30. Explain research updates and clinical evidence of Swarna Bhasma, Makshika Bhasma and Shankha Bhasma

MCQs

1. What is the primary ingredient used in the preparation of Abhraka bhasma according to Rasaratnatarangini?

- A) Dhayabhraka
- B) Arka
- C) Nyagrodhamula kvatha
- D) Rambha rasa

2. What is the recommended Anupana (adjuvant) for taking Abhraka Bhasma?

- A) Milk
- B) Honey
- C) Water
- D) Lemon juice

3. Which Therapeutic use is NOT mentioned for Rajata bhasma?

- A) Prameha
- B) Madatyaya
- C) Pitta roga
- D) Vata roga

4. What is the proportion of Shuddha Parada in the preparation of Tamra bhasma?

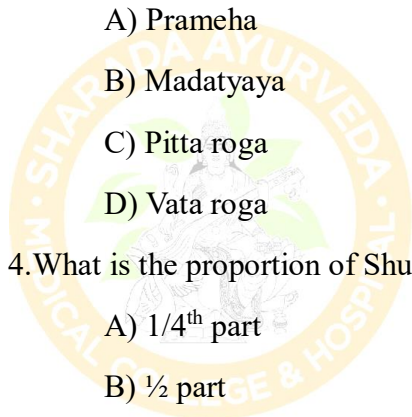
- A) 1/4th part
- B) 1/2 part
- C) 1 part
- D) 1/3rd part

5. What is the recommended dose of Pravala Pishti?

- A) 100 mg
- B) 500 mg
- C) 250mg
- D) 1000 mg

6. Which of the following therapeutic Indications is NOT associated with Pravala Pishti?

- A) Mental weakness
- B) Skin disorders
- C) Heart ailments
- D) Immune deficiency



7. Which Anupana is recommended along with Mukta Pishti to enhance its efficacy?

- A) Milk
- B) Honey
- C) Water
- D) Tea

8. What Precaution should be taken after preparing Kaparda Bhasma?

- A) Keep it exposed to sunlight for 24 hours
- B) Store it in an airtight container
- C) Keep it immersed in water for 24 hours
- D) Consume it immediately

9. What is the primary ingredient of Shuddha Tankana?

- A) Gold
- B) Borax
- C) Copper
- D) Iron

10. What is the recommended dose of Kaparda Bhasma?

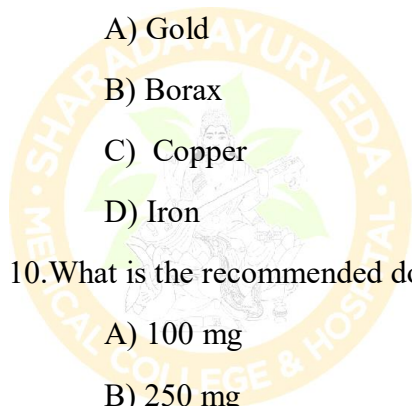
- A) 100 mg
- B) 250 mg
- C) 500 mg
- D) 1000 mg

11. How many times is the Bhavana procedure performed during Shodhana of Kankshi?

- A) Once
- B) Twice
- C) Three times
- D) Four times

12. What is the traditional therapeutic use of Mukta Pishti for bleeding disorders called?

- A) Rasa Rakta
- B) Rakta Pitta



C) Raktaatisara

D) Rakta Shodhana

18. AUSHADI KALPA -1

Long Essay / Short Answer

1. Four rasa yogas used in Jwara
2. Pravala Pishiti
3. Pravala Panchamrtiyha Rasa
4. Rasakarpoora
5. Pravala Pishiti Nirmana
6. Gandhaka Malahara
7. Lakshmivilasa Rasa
8. Navasagara
9. Arogya varthini vati
10. Navagasa lauha
11. Sadaranaa rasa
12. Sutashekara rasa
13. Makaradwaja vati
14. Tribuvana keesrti rasa
15. Chandrodhaya vati
16. Hema garba Pottali
17. Rasamanikya rasa
18. Brihatvata Chinthamani rasa
19. Gagana parpati
20. Sameerapanaga rasa

MCQs

1. Which of the following is NOT a therapeutic indication of Arogyavarddhini Gutika?
 - A) Chronic Fever (Jirnajvara)
 - B) Skin Disorders (Kushtha)
 - C) Respiratory Infections
 - D) Liver Disorders (Yakrit Vikara)



2. What is the primary pharmacodynamic property of Arogyavarddhini Gutika?
- A) Antibacterial
 - B) Detoxification and Purification
 - C) Antihistaminic
 - D) Anticoagulant
3. Which of the following is NOT a component of Arogyavarddhini Gutika?
- A) Haritaki
 - B) Shuddha Parada
 - C) Ginger (Ardaraka)
 - D) Katuki
4. What is the recommended dose range for Arogyavarddhini Gutika?
- A) 100-250 mg
 - B) 500-750 mg
 - C) 250-500 mg
 - D) 1000-1500 mg
5. Which part of the Nimba tree is used in the preparation of Arogyavarddhini Gutika for the process of Mardana?
- A) Bark
 - B) Flowers
 - C) Leaves
 - D) Fruits
6. What is the primary function of Eranda and Katuki roots in Arogyavarddhini Gutika?
- A) Anti-inflammatory
 - B) Liver detoxification
 - C) Metabolic regulation
 - D) Enhancing immune response
7. Which of the following is NOT listed as an indication for Kumara Kalyana Rasa?
- A) Jaundice (Kamala)
 - B) Diabetes (Prameha)
 - C) Cough (Kasa)
 - D) Breathlessness (Shvasa)
8. What is the primary pharmacodynamic property of Kumara Kalyana Rasa?
- A) Antipyretic and Immunomodulatory
 - B) Anticoagulant
 - C) Diuretic
 - D) Hypoglycemic
9. Which component of Kumara Kalyana Rasa contributes to its hepatoprotective properties?

- A) Mauktika Bhasma
- B) Abhraka
- C) Kumari Rasa
- D) Hema Bhasma

10. Which of the following conditions is NOT listed as an indication for Yogendra Rasa?

- A) Insomnia (Unmada)
- B) Hemorrhoids (Arsha)
- C) Jaundice (Kamala)
- D) Epilepsy (Apasmara)

11. Which of the following is NOT an ingredient used in Lakshmilasa Rasa?

- A) Shuddha Gandhaka
- B) Karpura
- C) Atibala Root
- D) Shuddha Parada

12. What is the recommended dose of Laxmilasa Rasa?

- A) 125 mg
- B) 500 mg
- C) 250 mg
- D) 750 mg

13. Which of the following conditions is NOT listed as an indication for Lakshmilasa Rasa?

- A) Kustha (Leucoderma)
- B) Prameha (Diabetes)
- C) Vata Roga (Diseases due to Vata Dosha)
- D) Shula (Colic)

14. Which of the following is NOT an ingredient used in Vasantakusumakara Rasa?

- A) Rajata Bhasma
- B) Naga Bhasma
- C) Lauha Bhasma
- D) Tamra Bhasma

15. What is the recommended dose range of Vasantakusumakara Rasa?

- A) 100-200 mg
- B) 200-300 mg
- C) 300-400 mg
- D) 400-500 mg

16. Which of the following conditions is NOT listed as an indication for Vasantakusumakara Rasa?

- A) Kshaya (Consumption)
- B) Jvara (Fever)
- C) Smriti Bhramsa (Memory Loss)
- D) Karshya (Emaciation)

17. Which of the following is NOT an indication for Vasantamalti Rasa?

- A) Kasa (Cough)
- B) Jvara (Fever)
- C) Netra Roga (Eye Disorders)
- D) Shotha (Inflam- mation)

18. What is the primary pharmacodynamic property of Vasantamalati Rasa?

- A) Antihypertensive
- B) Anticoagulant
- C) Antipyretic
- D) Antidepressant

19. How is Vasantamalati Rasa administered?

- A) With water
- B) With milk
- C) With ghee
- D) With honey

20. Which of the following is NOT an indication for Brihat Vata Chintamani Rasa?

- A) Vata Pittaja Roga
- B) Pralapa
- C) Bhrama
- D) Kasa (Cough)

21. What is the primary pharmacodynamic property of Brihat Vata Chintamani Rasa?

- A) Antipyretic
- B) Antidiabetic
- C) Nervine Tonic
- D) Antihistaminic

19. AUSHADI KALPA -2

Long Answer

1. Write the ingredients, matra, probable mode of action of chitrakadi gutika and it's reasearch updates.

2. Chyavanaprashavaleha.

3. Describe Ingredients, therapeutic importance, Dose, Anupana, Pathyapathya , Duration Of Treatment, Sevana Kala, Shelf life, research updates and clinical evidences of Kutajarishtha.

- 4.Panchagavya ghrita.
- 5.Yogaraja Guggulu.
- 6.Pushyanuga Churna.
- 7.Dashamoola Kwatha.
- 8.Sanjivani vati.
- 9.Simhanada Guggulu.
- 10.Gandhakadya Malahara.
- 11.Ashokarishta.
- 12.Bilvadi Gutika.

Short Answer

- 1.Short note on Panchaguna Taila.
- 2.Dadimavaleha.
- 3.Brahmi Ghrita.

MCQs

1.Which Part of the Mahamanjisatadi kwatha formulation contributes to its blood purifying properties?

- A) Roots.
- B) Fruits
- C) Pericarp.
- D) Stem Bark

2.Which of the following conditions is Mahamanjisthadi kwatha indicated for?

- A) Digestive disorders
- B) Respiratory disorders
- C) Skin disorders
- D) Cardiovascular disorders

3. Which of the following herbs in Sudarshana churna has hepatoprotective properties?

- A) Shunti
- B) Nimba
- C) Katuka.
- D) Daruharidra

4.What is the recommend dosage range of Sudarshana churna ?

- A) 1 to 2 Grams.
- B) 3 to 5 Grams.
- C) 5 to 8 Grams



D) 2 to 4 Grams.

5. Which ingredient in Vyoshadi vati acts as an expectorant?

- A) Shunti.
- B) Maricha
- C) Chavya.
- D) Jiraka

6. What is the role of Tintidika in Vyoshadi vati?

- A) Anti-inflammatory.
- B) Antitussive
- C) Expectorant
- D) Bronchodilator

7. What is the primary indication for Bala Chaturbhadra rasa?

- A) Cardiovascular diseases
- B) Gastrointestinal diseases
- C) Respiratory conditions.
- D) Musculoskeletal diseases

8. How are the active constituents in Bala Chaturbhadra Rasa primarily excreted from the body?

- A) Through the Skin.
- B) Through the Respiratory system.
- C) Via urine and Feces
- D) Through the Kidneys

9. Which of the following herbs is Not included in the composition of Neelabhringadi taila?

- A) Bhringaraja
- B) Amalaki
- C) Tulsi
- D) Shatakratulata

10. Which component of Neelabhringadi taila helps in scalp nourishment and hydration?

- A) Gunja Mula.
- B) Yashti
- C) Narikela kshira.
- D) Daruharidra

11. Which is the primary indication for the use of Aravindasava?

- A. Respiratory infections
- B. Skin disorders
- C. Digestive impairment
- D. cardiovascular diseases

12. Which of the following herbs in Aravindasava contribute to its immunomodulatory effects?

- A) Haritaki, Bibhitaki and Amalaki
- B) Manjishta, Jatamansi and Shweta Sariva
- C) Arjuna, Patola
- D) Kamala, Ushira and Gambhari

13. Which of the following conditions is not listed as an indication for using Kumaryasava?

- A) Udara.
- B) Manyoaroga
- C) Agnimandhya.
- D) Shirashula

14. What is the primary action of Haritaki in Kumaryasava?

- A) Antitussive.
- B) Digestive Stimulant
- C) Antispasmodic.
- D) Anti-Inflammatory

15. Which herb in Kumaryasava contributes to its hepatoprotective properties?

- A) Jatiphala.
- B) Chavya
- C) Eranda.
- D) Kumari

20. DOSAGE FORM & COSMETICS

Long answer

1. Explain about importance, classification, Advantage and disadvantages of different dosage forms?

2. Explain route of administration and its advantages & disadvantages and describe about cosmetic products?
3. Explain the classification of dosage forms and modifications of classical ayurvedic dosage along with research updates.?

Short answer

1. Explain Different Dosage form and write its advantages and disadvantages
2. Write Cosmetic products and its classification.
3. Write Short Note on Route of drug administration.
4. Write the ingredients of Phala Ghrita and its Research Updates.
5. Research updates on modification of Ayurvedic dosage form.

MCQ

1. What is the primary function of enteric-coated tablets?

- A) Enhancing the drug's color
- B) Protecting the drug from degradation by gastric juices
- C) Increasing the palatability of the drug
- D) Expediting the drug's absorption in the stomach.

2. Which dosage form is ideal for drugs that are insoluble or unstable in solvents?

- A) Capsules
- B) Suspensions
- C) Tablets
- D) Solutions

3. Which of the following is not a type of solid Dosage form?

- A) Tablets
- B) Solutions
- C) Capsules
- D) Powders

4. Which semi-solid dosage form is specifically designed for rectal or vaginal administration and melts at body Temperature?

- A) Ointments
- b) Creams
- C) Suppositories
- D) Gels

5. According to the classification based on their use, which category of cosmetics includes products like creams, powders, lotions, deodorants, and antiperspirants?

- A) Nail Care
- B) Eye Care
- C) Skin Care
- D) Oral Care

6. Which classification of cosmetics includes products with medicinal properties like antiperspirants and Certain hair preparations?

- A) Curative or Therapeutic
- B) Protective
- C) Corrective
- D) Decorative

7. Among the physical nature classification of cosmetics, which category includes products such as vanishing cream, cold cream, and cleansing cream?

- A) Oils
- B) Pastes
- C) Emulsions
- D) Powders

8. What is a disadvantage of the Injection route of drug administration?

- A) Precise dosage
- B) By passing first-pass metabolism
- C) Non-invasive procedure
- D) Risk of infection.

9. What physical nature category of cosmetics includes products like lipsticks and deodorant sticks?



- A) Sticks
- B) Soaps
- C) Solutions
- C) Cakes

10. Which route of drug administration provides controlled and sustained release over an extended period?

- A) Topical route
- B) Inhalation route
- C) Rectal route
- D) Transdermal route

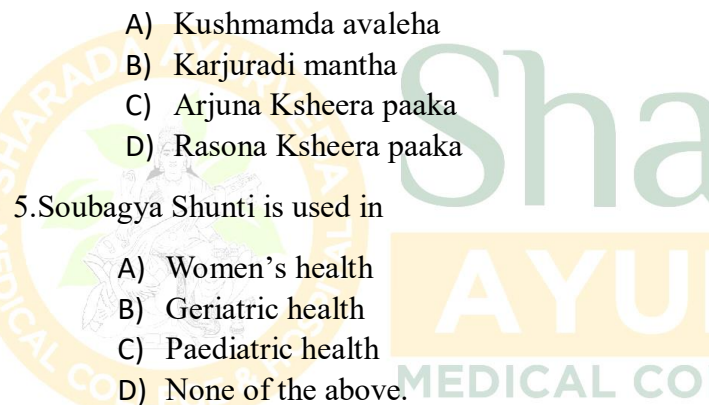
21. NUTRACEUTICALS

1. Define Nutraceuticals and explain the Nutraceutical which can be given for geriatric health with its mode of action and research update. (Chyavanprash is used)
2. Define Nutraceuticals and explain the Nutraceutical which can be given for reproductive health with its mode of action and research update. (Phalagrita is used)
3. Define Nutraceuticals, and explain the Nutraceutical which can be given for sports endeavour with its mode of action and research update (Kharjuradi Mantha used)
4. Define Nutraceuticals and explain the Nutraceutical which can be given for mental health with its mode of action and research update (Brahma Rasayana)
5. Define Nutraceuticals, and explain the Nutraceutical which can be given for paediatric health with its mode of action and research update (Preenana Modaka)
6. Define Nutraceuticals, and explain the Nutraceutical which can be given for general health with its mode of action and research update (Kushmanda Avaleha)
7. Define Nutraceuticals, and explain the Nutraceutical which can be given for women's health with its mode of action and research update (Soubhangya Shunti Paaka, Shatavari Ghrita)
8. Define Nutraceuticals, and explain the Nutraceutical which can be given for cardio Protective with its mode of action and research update (Arjuna Ksheera paaka, Rasona Ksheera paaka)

MCQs

1. Phala Ghrita dosage is

- A) 2 pala
- B) 1 pala

- C) 3 pala
D) 5 pala
2. Brahma Rasayana is used in
- A) Reproductive health
B) Mental health
C) General health
D) Paediatric health
3. Therapeutic use of Karjuradi Mantha is
- A) Madatyaya
B) Prameha
C) Shwasa
D) None of the above
4. which of the following is indicated in general health
- A) Kushmamda avaleha
B) Karjuradi mantha
C) Arjuna Ksheera paaka
D) Rasona Ksheera paaka
5. Soubagya Shunti is used in
- A) Women's health
B) Geriatric health
C) Paediatric health
D) None of the above.
- 

22. ANUPANA PRAYOGA FOR AUSHADHI KALPANA

Short Essay

1. Define Anupana and explain different factors to be considered for the selection of Anupana as per disease and patient.
2. Define and classify Anupana and Sahapana.
3. Define Anupana and explain its functions, benefits and contraindications.
4. Explain Anupana and its importance in detail.
5. Explain Kaishora guggulu w.s.r to the Eka Kalpa Vyadhi Anusara Aneka Anupana.
6. Explain Rasa Parpati w.s.r to the Eka Kalpa Vyadhi Anusara Aneka Anupana.

MCQs

1. How is Kaishora guggulu traditionally administered

- A) With cold water
- B) With honey
- C) With grape juice
- D) With Warm Water, Milk, or Manjishtadi Kwatha

2. What is the recommended Anupana for administering Yogaraja Guggulu

- A) Milk
- B) Triphala Kashaya
- C) Grape juice
- D) Lemon water

1. What is the traditional Anupana for administering Narayana Churna

- A) Milk
- B) Honey
- C) Water
- D) Lemon juice

2. What is the traditional Anupana for administering Rasa Parpati

- A) Water
- B) Honey
- C) Milk, buttermilk, or specific herbal powders
- D) Ghee

3. Which of the following is not an Anupana for administering Kankayana Vati.

- A) Milk
- B) Ghruta
- C) Nimbu Rasa
- D) Vinegar

4. Contraindication for Anupana is

- A) Urdhwajatrugata vikara
- B) Dhatu kshaya
- C) Sthoulya
- D) Agnimandya

5. Anupana for Vataja disease

- A) Snigdha and ruksha
- B) Ruksha and Ushna
- C) Snigdha and Ushna
- D) Ruksha and Sheeta

6. Anupana matra for Kaphaja , Vaataja and Pittaja Roga are

- A) 3,2,1 Pala
B) 1,2,3Pala
C) 2,3,1Pala
D) 1,3,2Pala
7. Shreshta Anupana is
A) Mahendra Jala
B) Nadi Jala
C) Kshoudra
D) Ksheera
8. What is the traditional Anupama for administering Rasa Sindura
A) Milk
B) Ghee
C) Honey
D) Water

23. AUSHADI PRAYOGA MARGA

Long question

1. Write the note on Mukha Kalpana with the example and uses in modern era
2. Describe various types of Aushadi prayoga margas
3. Explain Nasya Kalpana in detail and its dosage forms with the example
4. Explain Akshi Kalpana in detail with types, advantage and disadvantage and its dosage forms with the example.
5. Explain the Twak Kalpana with an example.

Short question

1. Importance of Aushadhi prayoga marga
2. Write short note on Shirodhara
3. Explain Mutra Marga in detail
4. Explain various advantages and disadvantages of each Aushadi Prayoga Marga.
5. Write short note on Guda marga
6. Write the short note on Uttara basti and its dosage forms
7. Write the short note on Yoni marga with benefit

8. Write the short note on Abhayanga and vrana
9. Short note on each of the following with its Pharmacokinetics and Pharmacodynamic action: -
 - a. Kesha ghanata
 - b. Akala lalita
 - c. Indralupta
 - d. Lomashatana

MCQ

1. Which of the following practices involves holding a large quantity of oil or medicated liquid in the mouth for a specific period and then spitting it out?

- A) Kavala
- B) Gandusha
- C) Pratisarana
- D) Nasya

2. Which formulation is used in Akshi Kalpana to nourish and rejuvenate the eyes?

- A) Triphala Ghrita
- B) Bilva Ghrita
- C) Anu Taila
- D) Ajavaina Arka

3. What is the primary therapeutic indication for Hasthi Danta Masi?

- A) Palitya
- B) Romakshata
- C) Khalitya
- D) Manya stambha

4. Which of the following is NOT a dosage form used in Guda Marga aushadha prayoga?

- A) Vartis (Suppositories)
- B) Taila (Medicated Oils)
- C) Churna (Powders)
- D) Tablets (Pills)

5. Which herbal formulation is commonly used for the treatment of hemorrhoids via Guda Marga?

- A) Triphala Churna
- B) Jatyadi Taila
- C) Arshoghni Vati
- D) Mahatiktaka Ghrita

6. What is the main benefit of Uttara Basti in Ayurveda?

- A) Enhancing digestive health

- B) Treating respiratory disorders
- C) Targeted therapy for urinary and reproductive Tract disorders
- D) Balancing mental health

7. Which medicated oil is used in Uttara Basti for conditions such as urinary tractinfections and kidney stones?

- A) Jatyadi Taila
- B) Kshirabala Taila
- C) Mahatiktaka Ghrita
- D) Arsha Kuthara Rasa

8. Which Ayurvedic practice involves applying herbal pastes to the vaginal area?

- A) Yoni Dhavana
- B) Yoni Pichu
- C) Yoni Dharana
- D) Yoni Dhupana

9. What is the primary purpose of Yoni Dhavana in Ayurveda?

- A) Oral administration of herbs
- B) Cleansing and maintaining vaginal hygiene
- C) Balancing mental health
- D) Enhancing skin complexion

10. Which herb is commonly used in Yoni Dhavana for its antimicrobial properties?

- A) Lodhra
- B) Haridra (Turmeric)
- C) Daruharidra
- D) Neem

11. What benefit does Yoni Pichu primarily provide?

- A) Hydration and lubrication of the vaginal tissues
- B) Improving vision
- C) Enhancing respiratory function
- D) Balancing blood sugar levels

12. What is the main use of Yoni Dhupana in postpartum care?

- A) Enhancing lactation
- B) Healing and cleansing the vaginal area
- C) Promoting hair growth
- D) Increasing appetite

13. What is the primary mechanism of action of Jatyadi Taila?

- A) Laxative
- B) Antimicrobial
- C) Antispasmodic
- D) Analgesic

14. Which drug is not used in the preparation of Shankha Bhasma?

- A) Shuddha Shankha
- B) Kumari Svarasa
- C) Nimbu swarasa.
- D) Yashtu

15. What is the primary therapeutic indication of Bhringaraja Taila?

- A) Sandhishotha
- B) Varna
- C) Ajirna
- D) Keshapata

16. What is the primary function of Hasthi Danta Masi?

- A) Promoting hair growth
- B) Laxative effect
- C) Stimulating digestion
- D) Relieving constipation

17. Which condition is NOT treated by Ichchhabhedi Rasa?

- A) Anaha
- B) Udara roga
- C) Khalitya
- D) Netraroga

18. What is the primary Romashatana Lepa? Therapeutic indication of

- A) Udara roga
- B) Khalitya
- C) Kshudra roga
- D) Netraroga

19. Which herb is NOT used in the preparation of Hasthi Danta Masi?

- A) Bala
- B) Haridra
- C) Nagakeshara
- D) Bhringaraja

20. Which metal is not used in the preparation of Ichchhabhedi Rasa?

- A) Parada
- B) Gandhaka
- C) Tankana
- D) Swarna

24. RATIONAL PRESCRIPTION ALONG WITH SAFE DISPENSING OF AYURVEDIC FORMULATIONS

Short essay

1. Write a note on Rational Prescription.
2. Write a note on safe Dispensing of Ayurvedic Formulations.
3. Explain the importance of Rational prescribing of drugs.

MCQ

1. What is the primary goal of rational prescription?

- A) Minimizing the cost of medications
- B) Maximizing the profit for healthcare providers
- C) Ensuring patients receive the most effective treatment while minimizing risks and costs
- D) Increasing the number of medications prescribed

2. Principle emphasizes the use of medications based on scientific evidence?

- A) Patient-Centered Care
- B) Evidence-Based Prescribing
- C) Comprehensive Documentation

D) Regular Review and Monitoring

3. In Ayurveda, what should be considered to tailor prescriptions to individual patients?

- A) Age and gender only
- B) Disease condition and available modern treatments
- C) Dosha imbalance and Prakriti
- D) Cost and availability of medications

4. What is a key aspect of comprehensive documentation in rational prescription?

- A) Using electronic health records only
- B) Documenting dosage, frequency, and duration of prescribed medications
- C) Avoiding documentation to save time
- D) Recording patient satisfaction levels

5. Which of the following is NOT a step in the rational drug use process?

- A) Patient Evaluation
- B) Indication
- C) Random Selection
- D) Monitoring

6. Which step involves educating patients about their medications and potential side effects?

- A) Drug Administration
- B) Patient Counseling
- C) Indication
- D) Drug Provisions

25 & 26. PHARMACOVIGILANCE AND TKDL

1. Explain pharmacovigilance
2. Explain importance of Pharmacovigilance for Ayurvedic drugs?
3. Define ADR and challenges in introducing pharmacovigilance in Ayurveda ?

4. Brief note on TKDL
5. Recognize the possible potential of product development and research based on traditional knowledge.

MCQs

1. Traditional health practices encompass:

- A) Modern surgical techniques
- B) Use of antibiotics
- C) Herbal medicine
- D) Radiation therapy

2. Ayurveda is an ancient system of medicine originating from:

- A) China
- B) India
- C) Egypt
- D) Greece

3. The emphasis of Traditional Chinese Medicine (TCM) is on:

- A) Surgical procedures
- B) Balancing the body's energy
- C) Antibiotic treatments
- D) Radiation therapy

4. Traditional and local health practices are important for:

- A) Being costly and inaccessible
- B) Being culturally irrelevant
- C) Being holistic and accessible
- D) Focusing only on physical health

5. One of the challenges in preserving traditional health practices is:

- A) Lack of scientific validation
- B) Over-regulation
- C) Standardization of practices
- D) Strong intellectual property protection

6. Which government agency in China supports Traditional Chinese Medicine (TCM)?

- A) World Health Organization (WHO)
- B) State Administration of Traditional Chinese Medicine (SATCM)
- C) National Center for Complementary and Integrative Health (NCCIH)
- D) Ministry of AYUSH

7. The Nagoya Protocol on Access and Benefit-Sharing aims to:

- A) Encourage biopiracy

- B) Protect intellectual property rights of traditional knowledge holders
- C) Limit access to traditional knowledge
- D) Exclude traditional knowledge from commercial use

8. What does the National Center for Complementary and Integrative Health (NCCIH) support?

- A) Research on traditional and complementary medicine
- B) Regulation of traditional medicine
- C) Standardization of traditional practices
- D) Promotion of modern surgical techniques

9. Which country's Ministry of AYUSH regulates traditional health systems?

- A) China
- B) United States
- C) India
- D) Brazil

10. What does the Traditional Knowledge Digital Library (TKDL) aim to achieve?

- A) Promote biopiracy
- B) Preserve traditional knowledge and protect from biopiracy
- C) Standardize traditional practices
- D) Exclude traditional knowledge from research use.

11. What is the primary goal of pharmacovigilance?

- A) To develop new drugs
- B) To market pharmaceutical products
- C) To reduce the risk of drug-related harms to patients
- D) To increase drug sales

12. Which organization in India initiated the National Pharmacovigilance Program in 2003?

- A) Indian Medical Association
- B) Central Drug Standards Control Organization (CDSCO)
- C) Ministry of Health and Family Welfare
- D) World Health Organization (WHO)

13. When did India join the WHO Adverse Drug Reaction (ADR) monitoring program?

- A) 1986
- B) 2004
- C) 1997
- D) 2010

14. What does the term 'adverse drug reaction' (ADR) mean?

- A) A positive response to a medicine
- B) Anxious and unintended response to a medicine at normal doses
- C) A minor side effect of a drug

D) Both A and C

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- A) A positive response to a medicine
- B) Anxious and unintended response to a medicine at normal doses
- C) A minor side effect of a drug
- D) Any beneficial effect of a drug

19. Which amendment to the Federal Food, Drug, and Cosmetic Act required both safety and efficacy data for drugs?

- A) 1962
- B) 1964
- C) 1963
- D) 1965

20. What is the role of peripheral pharmacovigilance centers in India?

- A) To develop new drugs
- B) To market pharmaceutical products
- C) To monitor adverse drug reactions
- D) To manufacture Ayurvedic drugs

21. Which traditional medicine systems are included in India's National Pharmacovigilance Programme for ASU Drugs?

- A) Allopathic and Homeopathy
- B) Ayurveda, Siddha, and Unani
- C) Chinese and Tibetan Medicine
- D) Naturopathy and Yoga

22. What is the significance of the "Yellow Cards System" initiated in the UK in 1964?

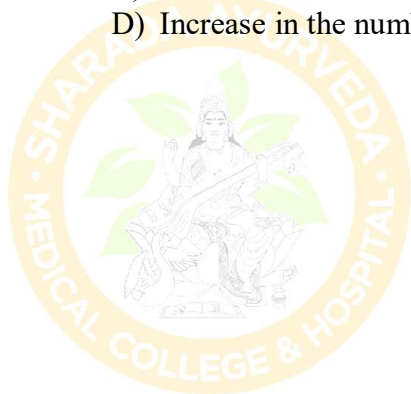
- A) To identify fake medicines
- B) To track drug efficacy
- C) To report adverse drug reactions
- D) To promote new drugs

23. Which adverse drug event led to the withdrawal of Bromfenac (NSAID) from the market in 1998?

- A) Liver necrosis
- B) Cardiovascular issues
- C) Serious hepatotoxic effects
- D) Severe allergic reactions

24. What was the primary outcome of the comprehensive amendment to Schedule Y of the Drugs and Cosmetics Act in 2005?

- A) Reduction in drug prices
- B) Introduction of pharmacovigilance obligations for new drug manufacturers
- C) Ban On certain herbal medicines
- D) Increase in the number of clinical trials



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