

Ayurveda Practice Test Questions and Answers

1. How many doshas are there in Ayurveda?

- A) 2
- B) 3
- C) 4
- D) 5

2. Which dosha is associated with fire and transformation?

- A) Vata
- B) Pitta
- C) Kapha
- D) Agni

3. What does "Ojas" represent in Ayurveda?

- A) Digestive fire
- B) Life force or vital essence
- C) Body waste products
- D) Mental clarity

4. Which taste (rasa) is said to increase Kapha dosha?

- A) Bitter
- B) Pungent
- C) Sweet
- D) Astringent

Answers: 1-B 2-B 3-B 4-C

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