

Ayurvedic Practitioner Practice Test Questions and Answers

1. What are the three doshas in Ayurveda?

- A) Vata, Pitta, Kapha
- B) Ojas, Tejas, Prana
- C) Sattva, Rajas, Tamas
- D) Agni, Ama, Soma

2. Which dosha is associated with movement and the nervous system?

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

3. What is Agni in Ayurvedic medicine?

- A) A type of meditation
- B) Digestive fire or metabolic energy
- C) A healing herb
- D) A massage technique

4. Which pulse diagnosis technique is fundamental in Ayurveda?

- A) Taking pulse at the ankle
- B) Nadi Pariksha (pulse examination at the wrist)
- C) Checking pulse at the temple
- D) Using electronic pulse monitors

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

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