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38	A	B	C	D	E
39	A	B	C	D	E

PRACTICE QUESTIONS

Dubai Health Authority (DHA)

PAYU

Ayurveda Practitioner

EDITION

Demo

QUESTIONS

9

FORMAT

Limited Edition PDF

Before you begin

What this is

9 practice questions for Dubai Health Authority (DHA) **PAYU**, each with its answer key and an explanation. Answer a question before you read its key — the explanation is worth more once you have committed.

If something looks wrong

Send us three things and we will check it:

- the exam code, **PAYU**
- the question number
- the email address on your order

Write to **support@mometrix.net**. We reply within one business day.

QUESTION 1

SINGLE CHOICE

According to Ayurvedic principles, which of the following represents the three fundamental bodily humors (Doshas) that govern physiological and psychological functions?

- ☒ **A** Vata, Pitta, Kapha
- ☐ **B** Rasa, Rakta, Mamsa
- ☐ **C** Satva, Rajas, Tamas
- ☐ **D** Prithvi, Jala, Agni

ANSWER A

WHY The Tridosha theory in Ayurveda identifies Vata (air/ether), Pitta (fire/water) and Kapha (earth/water) as the three fundamental bio-humors responsible for all bodily functions. Rasa, Rakta and Mamsa are Dhatus (tissues), Satva/Rajas/Tamas are Manasika Gunas, and Prithvi/Jala are Mahabhutas, not Doshas.

QUESTION 2

SINGLE CHOICE

In Ayurvedic diagnosis, the 'Ashtasthana Pariksha' (eight-fold examination) includes Nadi Pariksha, Jihva Pariksha, Mala Pariksha, Mutra Pariksha and four others. Which of the following pairs correctly completes this classical assessment framework?

- ☒ **A** Shabda, Sparsha, Druk, Akriti
- ☐ **B** Netra, Karna, Nasika, Mukha
- ☐ **C** Ahara, Nidra, Brahmacharya, Sattvavajaya
- ☐ **D** Kaya, Vacha, Manas, Chetana

ANSWER A

WHY Ashtasthana Pariksha comprises Nadi (pulse), Jihva (tongue), Mala (stool), Mutra (urine), Shabda (voice/speech), Sparsha (touch/skin), Druk (eyes/vision) and Akriti (body build). The other options describe different Ayurvedic frameworks such as the four pillars of treatment (Ahara, Nidra, Brahmacharya, Sattvavajaya).

QUESTION 3

SINGLE CHOICE

Which Ayurvedic herb is classically described as 'Medhya Rasayana' and is most widely indicated for cognitive enhancement, memory support and as a brain tonic?

- ☒ **A** Bacopa monnieri (Brahmi)
- ☐ **B** Curcuma longa (Haridra)
- ☐ **C** Withania somnifera (Ashwagandha)
- ☐ **D** Azadirachta indica (Neem)

ANSWER A

WHY Brahmi (Bacopa monnieri) is the classical Medhya Rasayana (nootropic rejuvenator) used in Ayurveda for enhancing cognition, memory and intelligence. Ashwagandha is primarily a Balya/General Rasayana, Haridra is mainly for skin and inflammation, and Neem is known for its blood-purifying and antimicrobial properties.

QUESTION 4

SINGLE CHOICE

Which of the following Panchakarma procedures is specifically indicated for the elimination of vitiated Kapha dosha from the upper respiratory and gastrointestinal tract through medically induced emesis?

- ☒ **A** Vamana
- ☐ **B** Virechana
- ☐ **C** Basti
- ☐ **D** Nasya

ANSWER A

WHY Vamana (therapeutic emesis) is the Panchakarma procedure used to expel vitiated Kapha from the stomach and respiratory tract. Virechana is therapeutic purgation for Pitta, Basti is medicated enema mainly for Vata, and Nasya is nasal administration for disorders above the clavicle.

QUESTION 5 SINGLE CHOICE

In Ayurvedic pharmacology, which of the following pairs of Madhura Rasa (sweet taste) effects on Dosha is correctly described?

- ☒ **A** Pacifies Vata and Pitta, aggravates Kapha
- ☐ **B** Pacifies Pitta and Kapha, aggravates Vata
- ☐ **C** Pacifies Vata and Kapha, aggravates Pitta
- ☐ **D** Pacifies all three Doshas

ANSWER A

WHY According to classical Ayurvedic texts, Madhura (sweet) Rasa has the properties of being heavy, cooling and unctuous, hence it pacifies Vata and Pitta doshas but aggravates Kapha due to its heavy and oily qualities. It does not pacify all three Doshas.

QUESTION 6 SINGLE CHOICE

According to the classical Ayurvedic daily regimen (Dinacharya), which of the following practices is recommended first thing in the morning for proper elimination of wastes and maintenance of health?

- ☒ **A** Brahmuhurta Jagarana (waking during Brahma Muhurta)
- ☐ **B** Abhyanga (oil massage)
- ☐ **C** Vyayama (exercise)
- ☐ **D** Snana (bathing)

ANSWER A

WHY Brahmuhurta Jagarana, which means waking up during Brahma Muhurta (approximately 96 minutes before sunrise), is classically considered the first and most important practice of Dinacharya. It promotes Sattva, supports natural urges of elimination, and aligns the body with the circadian rhythms recognized in Ayurveda.

QUESTION 7

SINGLE CHOICE

Under DHA regulations, an Ayurveda Practitioner holding a valid DHA license is permitted to perform which of the following clinical activities within their defined scope of practice?

- ☒ **A** Diagnose conditions using Ayurvedic methods and administer Panchakarma therapies as per classical indications
- ☐ **B** Prescribe modern allopathic antibiotics and perform minor surgical procedures
- ☐ **C** Conduct advanced radiological imaging such as CT and MRI independently
- ☐ **D** Practice allopathic general medicine independently without supervision

ANSWER A

WHY DHA-licensed Ayurveda Practitioners are authorized to practice Ayurvedic diagnosis, prescribe classical Ayurvedic formulations, and administer Panchakarma and allied therapies within their scope. They are not licensed to prescribe allopathic medications, perform surgeries, or conduct radiological imaging as defined by UAE healthcare regulatory scope of practice.

QUESTION 8

SINGLE CHOICE

Which classical Ayurvedic text is the primary source that systematically describes the 13 types of Srotas (body channels), their origins, and the signs of their vitiation?

- ☒ **A** Charaka Samhita
- ☐ **B** Sushruta Samhita
- ☐ **C** Ashtanga Hridaya
- ☐ **D** Madhava Nidana

ANSWER A

WHY The detailed description of the 13 Srotas, including their Mula (origins) and the lakshanas of their vitiation, is found in Charaka Samhita (Vimana Sthana, Chapter 5). While Sushruta Samhita also discusses Srotas, Charaka's systematic classification is considered the most authoritative reference.

QUESTION 9

MULTIPLE CHOICE

Which of the following are correctly identified as Pathya (wholesome/do's) in classical Ayurvedic management of Amavata (rheumatoid arthritis)? (Choose two.)

- ☒ **A** Laghu Anna (light and easily digestible food)
- ☐ **B** Dadhi (curd/yogurt) at night
- ☐ **C** Ruksha Swedana (dry fomentation)
- ☒ **D** Vyayama (mild regular exercise)

ANSWER **A • D**

WHY In Amavata management, Laghu Anna (light diet) and Vyayama (mild exercise) are classical Pathya recommendations. Dadhi (curd) is contraindicated as it is Abhishyandi and aggravates Ama, and Ruksha Swedana alone is not the primary Pathya — rather, Ruksha Swedana may be used in some contexts but the classical Pathya emphasises light food and exercise.