

**Ayurved Seva Sangh**  
**Ayurved Mahavidyalaya, Nashik**



**Classical way of Ayurveda learning**

**Assessment of Students-2023-2024**

1. For assessment of students, at the beginning of each term Questionnaire containing 10 questions related to Ayurved Samhita was distributed amongst the students and asks to solve them. At the end of term, same Questionnaire was distributed to the students and assessment was done by comparing marks obtained by each student in pre and post test.
2. Sanskrit Samhita shloka writing tests of students are conducted by Sanskrit Samhita Department of institute by every 6 months to enhance the grammatically precise quality writing of Sanskrit and Ayurvedic shloka. Assessment made on the basis of handwriting and grammatically correct shloka writing.

  
HOD

**Samhita Siddhant Department**  
**Ayurved Mahavidyalaya Nashik**



INTERNAL ASSESSMENT PRACTICAL / PERIODIC EXAMINATION ANSWER BOOK

NAME OF STUDENT: Kanchan Gorakshnath Dhage SEAT / ROLL NO.: 16  
 NAME OF EXAMINATION: FIRST/SECOND/THIRD/FOURTH H.A.M.S. FIRST/SECOND/THIRD TERM EXAM  
 SUBJECT: Padarth Vigyan

DATE OF EXAM: 18/7/2024

Dhage  
Signature of Student

Signature of Supervisor with date

S. No.	Head of Examination	Out of	Obtained mark
1	सूत्र पाठान्तर	15	15
2			
3			
4			
5			
6			
7			
TOTAL MARKS		50	50

TOTAL MARKS OBTAINED IN WORDS: 15

Dhage

SIGNATURE OF EXAMINER

(Start writing from here)

Slok recitation

अथ यत्राश्रिताः कर्मगुणाः कारणं समवायि यत्नः  
 तद् प्रत्यम् ।

तत्र सत्वबहुलमाकाशं रजोबहुलं वायुः शत्रुबहुलं पृथ्वीति ।  
 सत्वतमो बहुलो आपः, तमबहुला पृथ्वीति ।

पित्तं ज्वरं पंगु कफः शूलं पंगु पिंगवो मलघातवर्जितं  
 वायुना यत्र नियन्ते तत्रा वर्षन्ति मधुवत् ॥

४) वायुस्तंत्रयंत्रधरः प्राणोदानसमानत्यानपानात्मा  
 प्रवर्तकश्चेष्टानामुच्चावचानां निगन्तां प्रणेता च मनसः  
 सर्वेन्द्रियाणामुद्योतकः सर्वेन्द्रियार्थानामभिवोदा  
 सर्वशरीरघातुव्युत्फरः सन्धानकरः शरीरस्य  
 प्रवर्तको वाचः प्रकृतिः स्वर्गशक्तयोः श्रोत्रस्पर्शनयोर्मुखं  
 हृषोत्सारयोनिः शमीरणोडग्नेः दोषसंशोधनः  
 श्वेता बहिर्गणानां श्युत्वाणु रजोतयां भेत्ता  
 कर्ता गर्भकृतीनां आयुषोडनुकृत्ति प्रत्ययश्रुतो  
 भवत्यकुपितः ।

५) स सुष्माम् अपि कर्मा न लिखते इति कालः ।

६) संकल्पयति कालयति वा श्रुताति इति कालः ।

७) अतीतादि व्यवहारहेतुः काल स चैको विभुर्नित्यस्य ।

८) कालार्थकर्मणां योगो हीनमिथ्यातिमात्रकः ।  
 सम्यग् योगश्च विज्ञेयो रोगारोग्यैककारणम् ॥

९) प्राण्यादि व्यवहार हेतुर्दिकः । सा च एका नित्या  
 विभ्वी च ॥

१०) कालस्य परिणामेन जरा मृत्यु निमित्तजाः ।  
 रोगाः स्वाभाविक इष्टाः स्वभावो निष्प्रतिक्रियः ।

११) अपरास्मिन्नपरं युगपरिपरं निष्प्रमिति कालविगानि

१२) कालो हि नित्यगः च आवस्थिक  
 तत्रावस्थिको विकारम् अपेक्षते नित्यगस्तु  
 स्वत्वतु सात्मापेक्षः ॥

१३) निर्विकारः परस्वात्मा सत्वभूतगुणैन्द्रियैः ।  
 चैतन्य कारणं नित्यो द्रष्टा पश्यति हि किञ्चि

१४) सत्त्वमात्मा शरीरं च त्रयमेतत् त्रिदण्डवत् ।  
लोकस्तिष्ठति संयोगात् तत्र सर्वं प्रतिष्ठितम् ॥

१५) प्राणापानो निमेषाद्यः जीवनं मनसो गतिः  
इन्द्रियान्तरसंचारः प्रेरणं धारणं च यत्  
देशान्तरगतिः स्वप्ने पंचत्वग्रहणं तथा  
दृष्टस्य दक्षिणेनाङ्गा सव सत्येनावगमस्तथा  
इच्छा द्वेषः सुखं दुःखं प्रयत्नश्च श्रेयसा धृतिः  
बुद्धिः स्मृतिः अहंकारो मिदुर्गानि परमात्मनः च

१६) सुखादि उपलब्धि साधनं इन्द्रियं मनः  
सतिल्यात्मेन्द्रियार्थानाम् सन्निकर्षे न वर्तते ॥

१७) भक्षणं मनसो ज्ञानस्याभावोऽभाव एव च ।  
यत् किञ्चित् मनसो ज्ञेयं तत् सर्वं ह्यर्थसंज्ञकम् ॥

१८) आत्मेन्द्रियार्थसन्निकर्षे ज्ञानस्य भावोऽभावश्च मनसः लिंगम् ।

१९) चिन्त्य विचार्य उच्यं च ह्येयं संकल्प्यमेव च ।  
यत्

२०) सुखादि उपलब्धि साधनं इन्द्रियं मनः । तच्च  
प्रति आत्मनियत्वाद् अनन्तं परमाणुस्वरूपं  
नित्यम् च ।

२१) भक्षणं मनसो ज्ञानस्याभावोऽभाव एव च ।  
सतिल्यात्मेन्द्रियार्थानाम् सन्निकर्षे न वर्तते ॥

२२) आत्मेन्द्रियार्थसन्निकर्षे ज्ञानस्य भावोऽभावश्च मनसः  
लिंगम् ।

२३) चिन्त्य विचार्य उच्यं च ह्येयं संकल्प्यमेव च ।  
यत् किञ्चित् मनसो ज्ञेयं तत् सर्वं ह्यर्थसंज्ञकम्

२७) इंद्रियाग्निग्रहः कर्म मनसः स्वस्थानिग्रहः ।  
ऊहो विचारश्च ततः परं बुद्धिः प्रवर्तते ॥

२९) यथाशानुभवः प्रमा । तत्रायाधनश्च प्रमाणम् ।

२२) आत्मेन्द्रियम्

२२) आत्मेन्द्रियमनोऽर्थीनाम् सन्निकर्षात् प्रवर्तते ।  
त्यक्ता तदात्वे या बुद्धिः प्रत्यक्ष सा निश्चयते

२३) समवायी तु निश्चेष्टः कारणं गुणः ।

२४) प्रत्याश्रय अगुणवान् संयोगविभागेषु अकारणम्  
अनिपेक्ष रतिगुणभ्रमणम् ।

२५) किञ्चित् दोषप्रशमनं किञ्चित् धातुप्रदुषणम् ।  
स्वस्थवृत्तौ मितं किञ्चित् त्रिविधं प्रत्यमुच्यते ॥



MAHAVIDYALAYA NASHIK-03. (P4)

**INTERNAL ASSESMENT PRACTICAL / PERIODIC  
EXAMINATION ANSWER BOOK**

NAME OF STUDENT: Rutuja Pralhad Gadhare SEAT / ROLL NO.: 17

NAME OF EXAMINATION: FIRST/SECOND/THIRD/FOURTH. B.A.M.S. FIRST/SECOND/THIRD TERM EXAM

SUBJECT: Padaarth vidyan

DATE OF EXAM: 12/07/2020

Rutuja  
Signature of Student

Signature of Supervisor with date

S. No.	Head of Examination	out of	Obtained mark
1	<u>सुत्रावली</u>	<u>15</u>	<u>14.5</u>
2			
3			
4			
5			
6			
7			
		<b>TOTAL MARKS</b> ⇨	

TOTAL MARKS OBTAINED IN WORDS

Rutuja

SIGNATURE OF EXAMINER

(Start writing from here)

Blank lined area for writing the answer.

1) यत्राश्रिताः कर्मगुणाः कारणं समावागी यन् ।

तद् देवी ॥  
क्रियागुणवत् समावागी कारणम् इति द्रव्यलक्षणे ॥

2) तत्र सत्त्वबहुलमाकाशी, रजोबहुला वायुः, सत्त्वसोबहुला अग्निः  
सत्त्वतमोस्तुला आपः तमोबहुला पृथ्वी ॥

3) पित्तं पिंगु काफं पिंगु पिंगु मलखातवः  
वायुना यत्र शीयन्ते, तत्र वर्षन्ति मेघवत् ॥

4) वायुः तन्त्रः यत्र धरुः प्राणापानोव्यानसमानापानात्माः  
प्रवर्तको घेषानाम् उच्चावचानां नियन्ता प्रणताच्च  
अनसुः सर्वक्रियानाम् उद्योजकः सर्वक्रियार्थानाम्  
अभिबोधा, सर्प वारीर्यातुल्युत्कारः संधानकरः शरीरस्य  
प्रवर्तको वचः प्रकृति स्पर्शशब्दयोः श्रोत्रस्पर्शनिधोर्मुक्तं  
समीरणोद्भवे दोषसंशोधनः क्षीण वृद्धिर्मलानां स्थुलाणु-  
स्त्रोतसां भेत्ता कर्ता गर्भोद्भूतानां आयुषोऽनुवृत्ति  
प्रत्यक्षभूता भवति अकुपितः ।

5) सूक्ष्माम अपि कलां न लीयते इति कालः ।  
संकलयति कालयति वा भूताति इति कालः ॥

6) कालस्य परिणामेन जरामृत्यु निमित्तजाः  
रोगाः स्वाभाविक दृष्टाः स्वभावो निष्प्रतिक्रियाः ॥

7) कालार्थकर्मणां योगो हीनमित्यपतिमात्रकः ।  
सम्यग्योगश्च विश्रेयो योगारोग्यैककारणम् ॥

8) कालो काली हि नित्यगश्चावस्थिक, तत्रावस्थिको  
विकारमपेक्षते नित्यगस्तु यत्त्वृत्तुसात्मापेक्षा ॥

9) अतीतादिव्यवहारहेतु कालः स च एको विभु नित्यस्य ।  
प्रात्यादिव्यवहारहेतु दिक् । सा च एका नित्या विष्वी

10) मत्तमात्मा शरीरं च त्रयोमेतन् त्रिदण्डवत् ।  
लोकस्तिष्ठति संयोगान्न सर्वं प्रतिष्ठितम् ॥

11) किञ्चित् दोषप्रशमनं, किञ्चित् धातुप्रदुषणं ।  
स्वस्थवृत्तौ मतं किञ्चित् त्रिविधं द्रव्यमुच्यते ॥

12) समवायी तु निश्चेष्टः कारणं गुणः ।  
अपरास्मिन् अपरं गुणपत् चिरं क्षिप्रं इति काकलिंगानि ॥

13) द्रव्य आश्रय अगुणवान् संयोगविष्णोषु अकारणम्  
अनेपेक्ष इति गुणलक्षणम् ॥

14) प्राणापानौ निमेषाद्या जीवनं मनसो गतिः ।  
इन्द्रियान्तरसंचार प्रेरणं धारणं च यत् ॥  
देशान्तरगति स्वप्ने पंचत्वग्रहणं तथा ।  
दृष्टस्य दक्षिणेनार्द्धेण सव्येनावगमस्तथा ॥  
इच्छा लेषः सुखं दुःखं प्रयत्नश्चेतनं धृतिः ।  
बुद्धिः स्मृतिरहंकारो लिंगानि परमात्मनः ॥

15) लक्षणं मनसो ज्ञानस्याभावोऽयम्

15) लक्षणं मनसो ज्ञानस्याभावोऽभाव एव च ।  
स्ततिह्यत्मेन्द्रियार्थानां सन्निकर्षे न वर्तते ॥

15) इन्द्रियाभिग्रहः कर्म मनसः स्वस्थनिग्रहः ।  
उहा विचारश्च ततः परं बुद्धि प्रवर्तते ॥

# Samhita vachan- pre test

2/12  
m/f

Full Name of the student \*

Vaishnavi Shinde

Roll no. of the student \*

63

Contact No. And email ID of the student \*

6239025068

Educational year \*

- 1st year  
 2nd year  
 3rd year



1) How many types of doshaj prakruti are there? \*

- 4  
 6  
 7  
 8

2) which dosha is associated with the elements air and space? \*

- Vata  
 Pitta  
 Kapha

3) rakta dhatu is originated from which dhatu? \*

- Ras dhatu  
 Shukra dhatu  
 Maams dhatu  
 Medh dhatu



4) Ayurveda is the part of which of the following veda ? \*

- Yajurveda
- Samveda
- Rigveda
- Atharvaveda

5) which of the following is not a major samhita? \*

- Charak Samhita
- Sharangdhar samhita
- Ashtang Sangraha
- Sushrut Samhita

6) How many parts are there in ayurveda \*

- 7
- 9
- 8
- 6



7) which of the following is not a manas dosh \*

- Satva
- Rajas
- Tama

8) According to ayurveda, what is the primary cause of diseases? \*

- Genetic factors
- Environmental factors
- Low immunity
- Imbalance of doshas

9) which of the following is not a major karm of panchakarma \*

- Nasya
- Vaman
- Agni-karm
- Basti



10) How many types of doshas are there \*

- 6
- 3
- 4
- 5

11) Which ayurvedic practice involves application of medicated oils on the body? \*

- Nasya
- Shirodhara
- Abhyanga
- Virechan

12) Which dosha is associated with the qualities of sharpness, hotness and oily? \*

- Pitta
- Kapha
- Vata

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# Samhita vachan- pre test

3/12 mof

Full Name of the student \*

Vedshri joshi

Roll no. of the student \*

28

Contact No. And email ID of the student \*

joshivedshri@gmail.com

Educational year \*

1st year

2nd year

3rd year



1) How many types of doshaj prakruti are there? \*

- 4
- 6
- 7
- 8

2) which dosha is associated with the elements air and space? \*

- Vata
- Pitta
- Kapha

3) rakta dhatu is originated from which dhatu? \*

- Ras dhatu
- Shukra dhatu
- Maams dhatu
- Medh dhatu



4) Ayurveda is the part of which of the following veda ? \*

- Yajurveda
- Samveda
- Rigveda
- Atharvaveda

5) which of the following is not a major samhita? \*

- Charak Samhita
- Sharangdhar samhita
- Ashtang Sangraha
- Sushrut Samhita

6) How many parts are there in ayurveda \*

- 7
- 9
- 8
- 6



7) which of the following is not a manas dosh \*

- Satva
- Rajas
- Tama

8) According to ayurveda, what is the primary cause of diseases? \*

- Genetic factors
- Environmental factors
- Low immunity
- Imbalance of doshas

9) which of the following is not a major karm of panchakarma \*

- Nasya
- Vaman
- Agni-karm
- Basti



10) How many types of doshas are there \*

- 6
- 3
- 4
- 5

11) Which ayurvedic practice involves application of medicated oils on the body? \*

- Nasya
- Shirodhara
- Abhyanga
- Virechan

12) which dosha is associated with the qualities of sharpness, hotness and oily? \*

- Pitta
- Kapha
- Vata

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# Samhita vachan-post test

ID  
15  
msb

Full Name of the student \*

Gayatri Sanjay Hajare

Roll no. of the student \*

20

Contact No. of the student \*

8552017991

Email ID of the student \*

hajaregayatri14@gmail.com

BAMS Educational year \*

- 1st year  
 2nd year  
 3rd year



1) How many types of doshaj prakruti are there? \*

4

6

7

8

2) which dosha is associated with the elements air and space? \*

Vata

Pitta

Kapha

3) Rakta dhatu is originated from which dhatu? \*

Ras dhatu

Shukra dhatu

Maams dhatu

Medh dhatu



4) Ayurveda is the part of which of the following veda \*

- Yajurveda
- Samveda
- Rigveda
- Atharvaveda

5) which of the following is not a Bruthattrai samhita? \*

- Charak Samhita
- Sharangdhar samhita
- Ashtang Sangraha
- Sushrut samhita

6) which of the following is an anga(part) of ayurveda? \*

- Shalya tantra
- Rasayan shashtra
- Bhautik shashtra
- Jiva shashtra



7) which of the following is not a manas dosh ? \*

- Satva
- Rajas
- Tama

8) According to ayurveda, what is the general cause of diseases? \*

- Genetic factors
- Environmental factors
- Low immunity
- Prakupit doshas

9) which of the following karma is not included in panchakarma? \*

- Nasya
- Vaman
- Agni-karm
- Basti



10) How many types of sharirik doshas are there? \*

- 6
- 3
- 4
- 5

11) which karma is included in pachakarma \*

- Agni karma
- Shirodhara
- Abhyanga
- Virechan

12) Snigdha, tikshna, ushna are characteristics of which dosha? \*

- Pitta
- Kapha
- Vata



13) Sushrut samhita is related to which specialisation?

- Kaya Chikitsa
- Shalya tantra
- Bala roga
- Panchakarma

14) which of the following is not an important stambh of ayurveda?

- Hetu
- Linga
- Rogi
- Aushad

15) How many types of rasa are there?

- 5
- 6
- 7
- 8

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# Samhita vachan-post test

12/15  
M/S

Full Name of the student \*

Rajnandini Gajanan Sakhare

Roll no. of the student \*

58

Contact No. of the student \*

9699787430

Email ID of the student \*

rajnandinigsakhare@gmail.com

BAMS Educational year \*

- 1st year  
 2nd year  
 3rd year



1) How many types of doshaj prakruti are there? \*

- 4
- 6
- 7
- 8

2) which dosha is associated with the elements air and space? \*

- Vata
- Pitta
- Kapha

3) Rakta dhatu is originated from which dhatu? \*

- Ras dhatu
- Shukra dhatu
- Maams dhatu
- Medh dhatu



4) Ayurveda is the part of which of the following veda \*

- Yajurveda
- Samveda
- Rigveda
- Atharvaveda

5) which of the following is not a Bruthattrai samhita? \*

- Charak Samhita
- Sharangdhar samhita
- Ashtang Sangraha
- Sushrut samhita

6) which of the following is an anga(part) of ayurveda? \*

- Shalya tantra
- Rasayan shashtra
- Bhautik shashtra
- Jiva shashtra



7) which of the following is not a manas dosh ? \*

- Satva
- Rajas
- Tama

8) According to ayurveda, what is the general cause of diseases? \*

- Genetic factors
- Environmental factors
- Low immunity
- Prakupit doshas

9) which of the following karma is not included in panchakarma? \*

- Nasya
- Vaman
- Agni-karm
- Basti



10) How many types of sharirik doshas are there? \*

6

3

4

5

11) which karma is included in pachakarma \*

Agni karma

Shirodhara

Abhyanga

Virechan

12) Snigdha, tikshna, ushna are characteristics of which dosha? \*

Pitta

Kapha

Vata



13) Sushrut samhita is related to which specialisation?

- Kaya Chikitsa
- Shalya tantra
- Bala roga
- Panchakarma

14) which of the following is not an important stambh of ayurveda?

- Hetu
- Linga
- Rogi
- Aaushad

15) How many types of rasa are there?

- 5
- 6
- 7
- 8

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## Feedback Form - Samhita Adhayan

Name \*

Pratham Kadam

Email-id \*

kadampratham13@gmail.com

Roll no. \*

30

1) At what level, do you think Samhita Pathan has helped you understanding the samhitas? \*

- Good
- Better
- Best
- Excellent



2) At what level, do you think your confidence is, after following the schedule for Pathan? \*

- Good
- Better
- Best
- Excellent

3) After samhita pathan, at what level you have gained the accuracy in sutra writing? \*

- Good
- Better
- Best
- Excellent

4) How much interest has developed in curriculum after sutra pathan from Samhita, Nighantu? \*

- Good
- Better
- Best
- Excellent



5) Are you satisfied with the teaching adopted by the teachers for ongoing programme? \*

Yes

No

6) Is the schedule, time and duration of this learning programme suitable for better understanding? \*

Yes

No

7) what modification do you expect in this programme for learning Sanskrit and Ayurveda Sutra? \*

Yes

Nothing

8) Does the current learning programme proves to be helpful in understanding and learning the other academic subjects also? \*

Yes

No

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# Feedback Form - Samhita Adhayan

Name \*

VISHAL UGALE

Email-id \*

vishaldj645@gmail.com

Roll no. \*

71

1) At what level, do you think Samhita Pathan has helped you understanding the samhitas? \*

- Good
- Better
- Best
- Excellent



2) At what level, do you think your confidence is, after following the schedule for Pathan? \*

- Good
- Better
- Best
- Excellent

3) After samhita pathan, at what level you have gained the accuracy in sutra writing? \*

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No

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Yes

Nothing

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Yes

No

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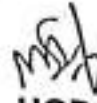
**Ayurved Seva Sangh**  
**Ayurved Mahavidyalaya, Nashik**



**Outcomes of Classical way of Ayurveda learning**

- Self confidence was build up amongst the students regarding reading the Sanskrit and Ayurvedic Samhita or literature,
- Quality improvement among students in Sanskrit words or shloka pronunciations.
- Basic meaning of the Sanskrit words was understood by the students thoroughly.
- Students were able to explain the exact meaning of the Sanskrit shloka because of the Sanskrit sandhi vishleshan and samhita vachan & Pathan.
- Improvement in grammatically correct Sarnhita Shloka writing.
- Students were made aware regarding Ayurveda and it's principles.
- Students were made aware regarding importance of Ayurveda in day to day life.

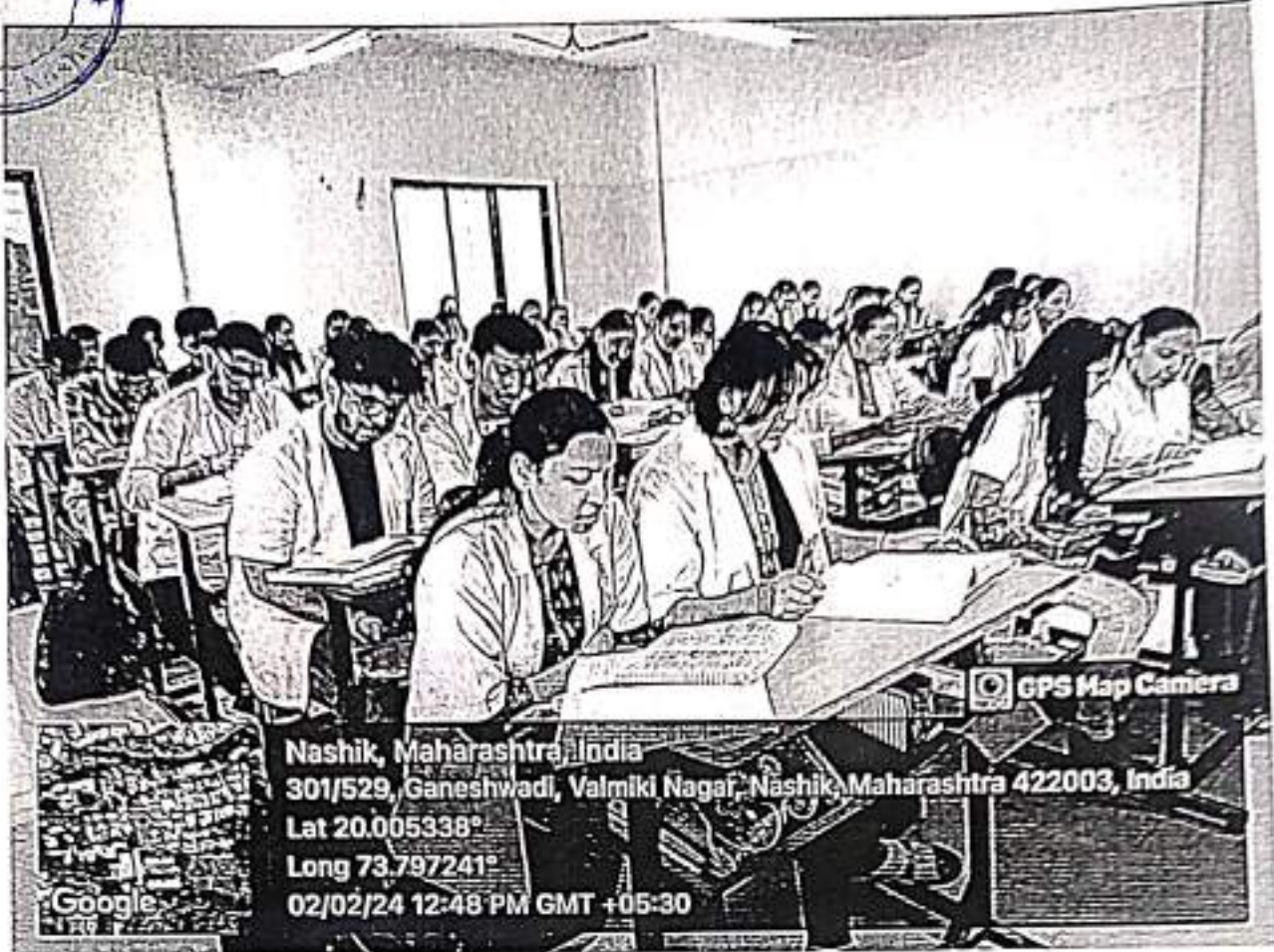
  
Teacher's Sign.

  
HOD

Sanskrit Samhita Department  
Ayurved Mahavidyalaya Nashik

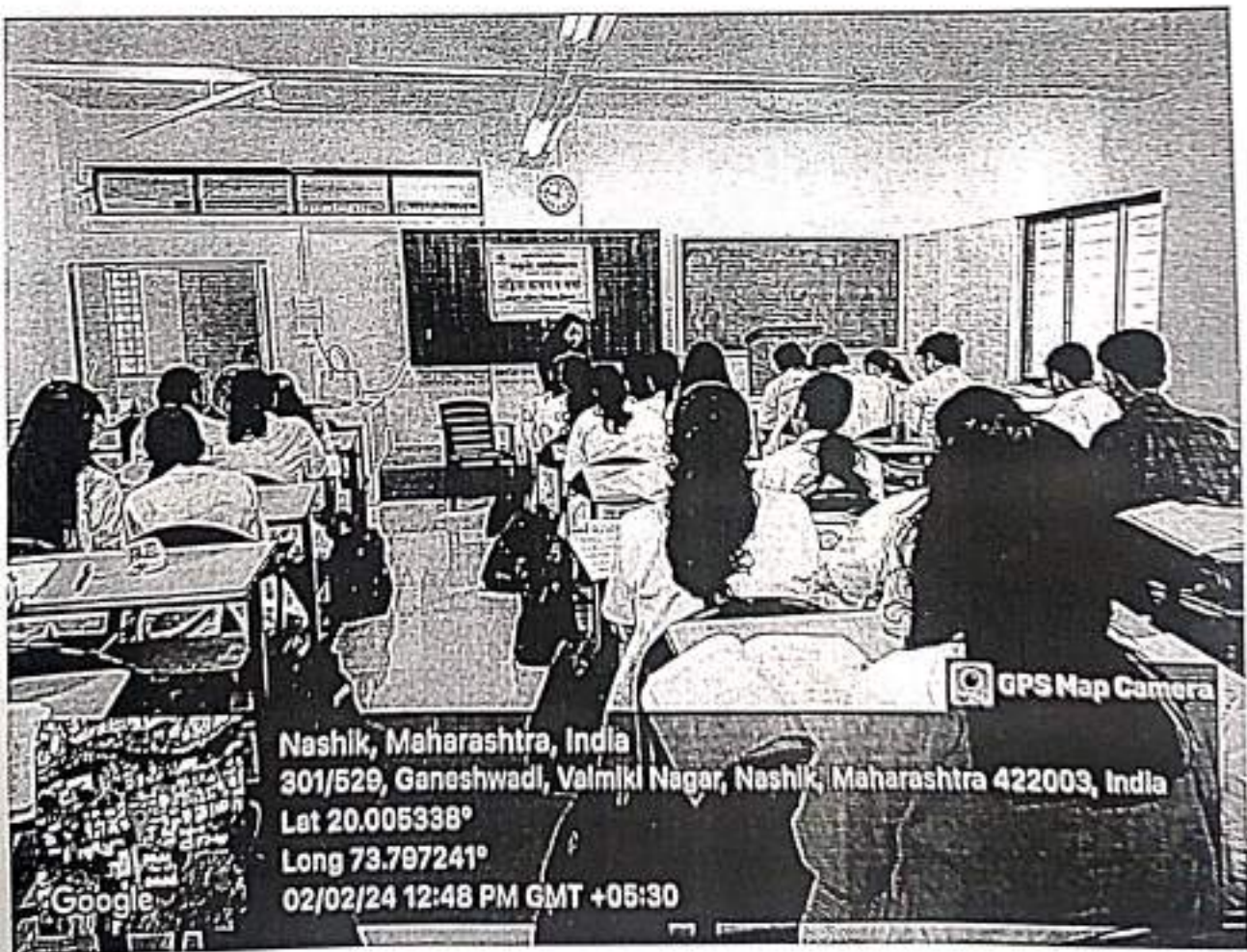


# SAMHITA PARAYAN.



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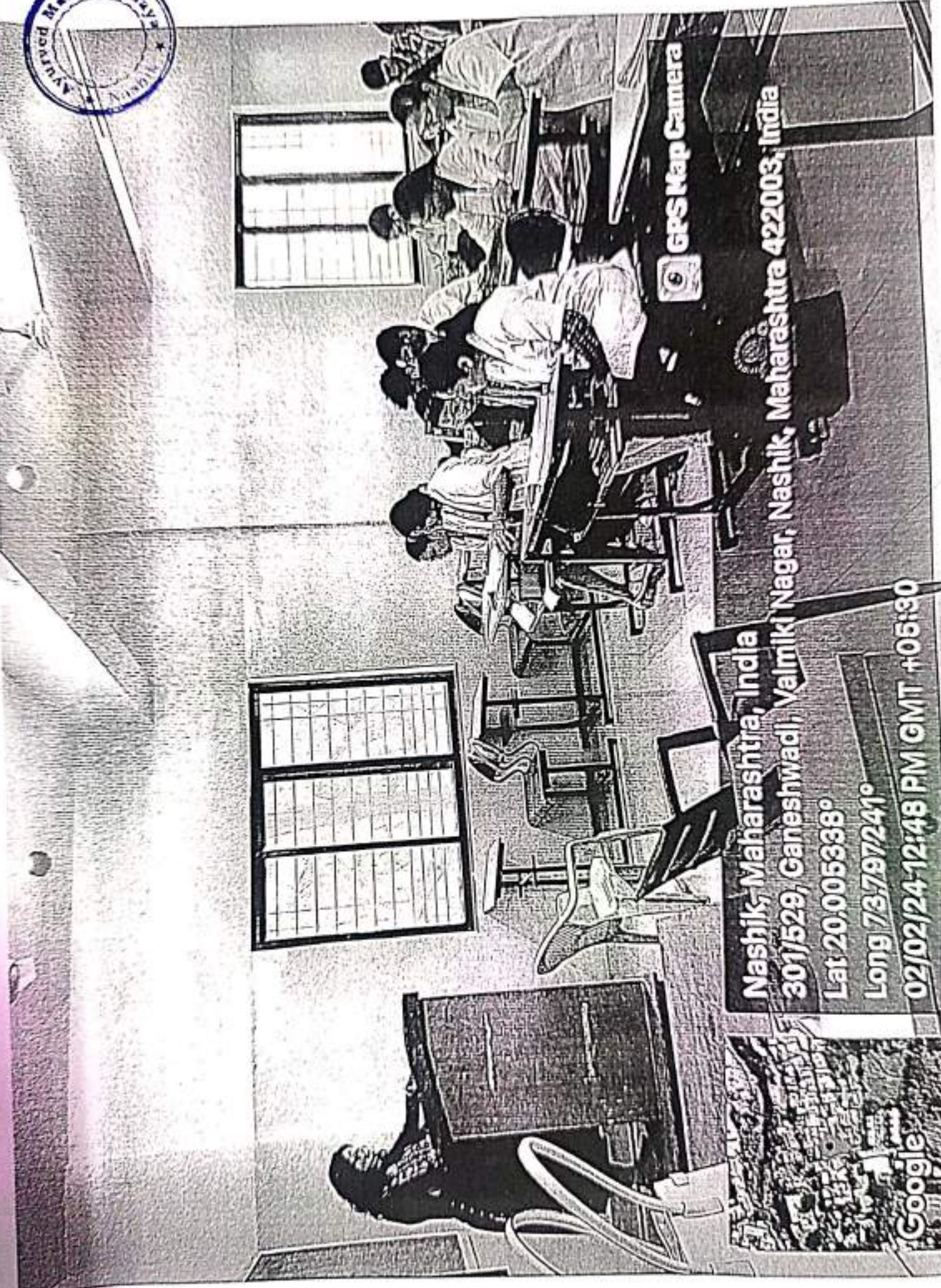
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