

Unit 6.1. MCQs Set 1

Results



#1. Q1. Disease in a general context is best defined as

- (A). Complete physical, mental, and social well-being
- (B). An abnormal condition that negatively affects the structure or function of part or all of an organism
- (C). Always caused by pathogens
- (D). Strictly mental distress

Disease typically implies a deviation from normal physiology or function, which can have various etiologies (infectious, genetic, etc.).

#2. Q2. Etiology refers to

- (A). The morphological changes in tissues
- (B). The cause or origin of a disease
- (C). The final outcome of the disease process
- (D). Only the diet regime

Etiology identifies underlying factors (biological, environmental) that initiate disease.

#3. Q3. Pathology generally involves

- (A). The statistical incidence of disease
- (B). Mechanisms by which a disease progresses, including structural and functional alterations
- (C). Strictly mental illusions
- (D). None of doṣas



Pathology studies the morphological, biochemical, and physiological changes associated with disease.

#4. Q4. Which statement is accurate about congenital diseases?

- (A). They are always genetic
- (B). They are present at or before birth, possibly due to genetics or intrauterine factors
- (C). They can never be inherited
- (D). They only arise after infancy

Congenital disorders may result from inherited genes, prenatal infections, or environmental influences in utero.

#5. Q5. Acquired diseases typically

- (A). Develop after birth due to various causes (infection, lifestyle, environment)
- (B). Are always inherited
- (C). Are confined to the prenatal stage
- (D). Have no link to environment

Acquired diseases result from exposures, infections, lifestyle, or accidents after birth.

#6. Q6. Fill in the blank: Communicable diseases are those that _____.

- (A). Arise spontaneously without pathogens
- (B). Can spread from an infected person/animal to another via pathogens
- (C). Are exclusively genetic
- (D). Have no external cause

Communicable (infectious) diseases are transmitted by pathogens between individuals.

#7. Q7. Non-communicable diseases (NCDs) generally

- (A). Spread via direct contact
- (B). Are lifestyle or chronic disorders not transmitted person-to-person
- (C). Are always caused by bacteria
- (D). All have short duration

NCDs include chronic conditions such as diabetes or heart disease that are not contagious.

#8. Q8. Genetic factors in health/disease typically revolve around

- (A). Infectious microbes only
- (B). Inherited genes, polymorphisms, and potential mutations that predispose or cause diseases
-



- (C). None of doṣas
-
- (D). No role in chronic conditions

Inherited genetic factors can predispose individuals to certain diseases.

#9. Q9. Epigenetic factors imply

-
- (A). Permanent, unchangeable gene sequences
-
- (B). Reversible modifications (e.g., DNA methylation, histone acetylation) that affect gene expression without altering the DNA sequence
-
- (C). Pure illusions
-
- (D). Infectious agent synergy

Epigenetics involves reversible modifications that regulate gene activity without altering the underlying DNA code.

#10. Q10. Reasoning: Why is epigenetics crucial in understanding diseases?

-
- (A). It's irrelevant
-
- (B). Environmental and lifestyle factors can switch genes on or off via epigenetic marks, influencing disease susceptibility
-
- (C). Minimizes synergy
-
- (D). Genes alone suffice

Epigenetics provides a link between external influences and gene expression, affecting disease risk.

#11. Q11. Autoimmune diseases are characterized by

-
- (A). Immune tolerance to self
-
- (B). The immune system mistakenly attacking the body's own cells and tissues
-
- (C). Exclusive inheritance from the father
-
- (D). None

Autoimmune diseases occur when the immune system fails to recognize self, attacking its own tissues.

#12. Q12. Lifestyle disorders typically include

-
- (A). Infectious fevers
-
- (B). Conditions like obesity, type 2 diabetes, and hypertension, often linked to sedentary habits and poor diet
-
- (C). Congenital heart defects
-
- (D). None

Unhealthy lifestyle choices contribute to the development of chronic disorders.



#13. Q13. Deficiency diseases occur primarily due to

- (A). Overnutrition
- (B). Lack of essential nutrients (vitamins, minerals, proteins) leading to conditions like rickets and scurvy
- (C). Infectious pathogens
- (D). Genetic doping

A shortage of essential nutrients can lead to deficiency diseases such as scurvy and rickets.

#14. Q14. Metabolic diseases often revolve around

- (A). Infectious cycles
- (B). Errors or dysfunctions in metabolic pathways (e.g., lipid, carbohydrate, or protein metabolism)
- (C). None of doṣas
- (D). Environmental toxins only

Metabolic diseases involve abnormalities in metabolic pathways.

#15. Q15. Psychological disorders can be

- (A). Always due to pathogens
- (B). Related to disruptions in mental function (such as anxiety, depression, or psychoses) influenced by genetics, environment, and stress
- (C). None
- (D). Only ephemeral illusions

Psychological disorders are multifactorial, influenced by genetic, environmental, and neurochemical factors.

#16. Q16. A benign tumor is typically

- (A). A non-cancerous growth that does not extensively invade neighboring tissues
- (B). A malignant, unstoppable mass
- (C). Infectious in nature
- (D). None of the above

Benign tumors are generally encapsulated and non-metastatic.

#17. Q17. Malignant tumors differ from benign tumors by

- (A). Slow growth and well-defined boundaries
- (B). The potential for rapid, invasive growth and metastasis to distant sites
- (C). Always stable cell structure
-



(D). Minimal synergy

Malignant tumors can invade surrounding tissues and metastasize.

#18. Q18. Fill in the blank: Congenital disease examples include _____.

- (A). Type 2 diabetes from obesity
- (B). Down syndrome or congenital heart defects
- (C). Mumps
- (D). Chronic bronchitis

Congenital diseases like Down syndrome are present at birth due to genetic or intrauterine factors.

#19. Q19. Acquired disease example

- (A). Turner's syndrome
- (B). Sickle cell anemia
- (C). Hypertension from poor diet/sedentary lifestyle
- (D). All are congenital

Hypertension is typically acquired, often as a result of lifestyle factors.

#20. Q20. Communicable diseases (like tuberculosis or influenza) require

- (A). Vector or direct/indirect contact for transmission
- (B). Strictly mental illusions
- (C). No microbe involvement
- (D). None

Communicable diseases are transmitted through vectors, direct, or indirect contact.

#21. Q21. Non-communicable disease example is

- (A). Pneumonia
- (B). Malaria
- (C). Coronary artery disease
- (D). Typhoid fever

Coronary artery disease is a classic example of a non-communicable, chronic condition.

#22. Q22. Reasoning: Why do genetic factors alone not guarantee disease?

- (A). Genes always cause the disease fully



- (B). Environmental triggers, lifestyle, epigenetics modulate gene expression
- (C). Diseases are caused by virus, bacteria not genes
- (D). Genes have no disease link

Genetic predisposition plus external influences lead to actual manifestation.

#23. Q23. An example of epigenetic influence in disease might be

- (A). Bacterial spore formation
- (B). Methylation changes leading to cancer predisposition
- (C). None
- (D). Miraculous illusions

Changes such as DNA methylation can alter gene expression, influencing cancer risk.

#24. Q24. Autoimmune disease occurs when

- (A). The body remains tolerant to self-antigens
- (B). The immune system cannot differentiate self from non-self, attacking the body's own tissues
- (C). A pathogen invades RBCs exclusively
- (D). None

Autoimmune diseases result from the immune system mistakenly attacking self-tissues.

#25. Q25. Lifestyle disorders strongly correlate with

- (A). Infectious cycles
- (B). Poor diet, physical inactivity, and stress leading to conditions such as obesity, diabetes, and hypertension
- (C). Genetic doping
- (D). None

Unhealthy lifestyle choices are a major contributor to chronic diseases.

#26. Q26. Deficiency diseases: Scurvy results from

- (A). Vitamin C deficiency
- (B). Vitamin B12 deficiency
- (C). Iodine deficiency
- (D). Vitamin K deficiency

Scurvy is caused by a deficiency of vitamin C.



#27. Q27. Metabolic disease example

- (A). Influenza
- (B). Phenylketonuria
- (C). Rabies
- (D). Aortic aneurysm

Phenylketonuria is a metabolic disorder caused by a deficiency in the enzyme phenylalanine hydroxylase.

#28. Q28. Psychological disorder that is primarily mood-based

- (A). Bipolar disorder
- (B). Influenza
- (C). Osteoporosis
- (D). Diarrhea

Bipolar disorder is characterized by episodes of mania and depression.

#29. Q29. Benign tumors commonly show

- (A). Rapid metastatic spread
- (B). Encapsulation, well-differentiation, and slower growth
- (C). Always produce toxins
- (D). None

Benign tumors are generally well-differentiated and do not metastasize.

#30. Q30. Types of cancers can be broadly grouped as

- (A). Carcinomas (epithelial), sarcomas (connective), leukemias/lymphomas (blood), etc.
- (B). None
- (C). Infectious-based
- (D). Only a single type

Cancers are classified based on their tissue of origin.

#31. Q31. Definition of disease from an Ayurvedic perspective might add

- (A). Strictly morphological changes
- (B). Doṣa-dhātu-mala imbalance leading to discomfort
- (C). None
- (D). Infectious agent only



Ayurveda views disease as a disturbance in the balance of doṣa, dhātu, and mala that results in discomfort.

#32. Q32. Congenital disease in Ayurveda might relate to

- (A). A genetic defect alone
- (B). Garbha vikṛti due to maternal doṣa imbalance or other intrauterine factors
- (C). None
- (D). An infectious cause always

Ayurvedic texts describe congenital disorders as arising from disturbances (vikṛti) during fetal development.

#33. Q33. Communicable disease in Ayurveda text references

- (A). They ignore contagion
- (B). The janapadodhvasa concept or sankramika roga, describing epidemic/infectious diseases
- (C). None
- (D). Infections considered illusions

Ayurveda does describe epidemic conditions (janapadodhvasa or sankramika roga).

#34. Q34. Non-communicable “anukta” roga parallels modern

- (A). Infectious ailments
- (B). Genetic or metabolic diseases not explicitly described in ancient texts
- (C). None
- (D). Short, acute illnesses

Non-communicable disorders include chronic conditions that do not spread person-to-person.

#35. Q35. Genetic factor mention in Ayurveda might parallel

- (A). Bījadoṣa concept (seed defect)
- (B). None
- (C). Just the father’s pathology
- (D). Infectious prions

The concept of bījadoṣa (seed defect) parallels genetic predisposition.

#36. Q36. Epigenetic viewpoint: in Ayurveda, “rutu, kṣetra, ambu, bīja” can be somewhat akin to

- (A). None
-



- (B). Environmental factors, maternal conditions, nutrition, and the genetic seed influencing fetal outcome
- (C). Infectious cycles
- (D). No link

These factors reflect how external and maternal influences combine with genetic factors to affect fetal development.

#37. Q37. Autoimmune diseases might correspond to which Ayurvedic concept?

-
- (A). Sādhyā roga only
- (B). Ojākṣaya or doṣa attacking dhātu erroneously
- (C). None
- (D). Exclusive genetic doping

Autoimmune conditions may be viewed as a misdirected attack of doṣa on the body's own tissues.

#38. Q38. Lifestyle disorder in Ayurveda often arises from

-
- (A). Overuse of guru, snigdha, or viṣama diet and lack of exercise leading to kapha-medovaha srotas imbalance
- (B). Infectious pathogens
- (C). None
- (D). Overly short acute disease

An imbalanced, heavy diet coupled with inactivity can lead to kapha and meda accumulation.

#39. Q39. Deficiency diseases in Ayurveda might be compared to

-
- (A). Āhāra dūṣaṇa or nutritional rasakṣaya leading to dhātu malnourishment
- (B). None
- (C). Infectious doṣa infiltration
- (D). Raktaja bhāv

Inadequate or poor-quality nutrition (āhāra dūṣaṇa) leads to undernourishment of tissues (dhātu).

#40. Q40. Metabolic ailments can be viewed as

-
- (A). Panchakarma illusions
- (B). Agni vikṛti (disturbance in digestive/metabolic fire) or doṣa infiltration
- (C). None
- (D). Infectious roga

A disturbance in agni (digestive/metabolic fire) leads to improper metabolism and related disorders.



#41. Q41. Psychological disorders might correspond to

- (A). Manasika doṣa (excess rajas and tamas)
 (B). Purely kapha diseases
 (C). None
 (D). All purely illusions

An imbalance in the mind (manasika doṣa) is often linked to psychological disorders.

#42. Q42. Benign tumor from an Ayurvedic angle might be called

- (A). Alpa-doṣa upasarg
 (B). Manda granthi or arbuda (if non-ulcerative and slow growing)
 (C). Sankramika sthana
 (D). None

Benign tumors are generally slow growing and encapsulated, often termed manda granthi or arbuda.

#43. Q43. Malignant tumors or “various types of cancers” might be recognized as

- (A). Karkaṭa arbuda or advanced granthi with doṣa infiltration
 (B). None
 (C). Infectious infiltration
 (D). Pure mental illusions

Advanced arbuda with aggressive features may correspond to malignant tumors.

#44. Q44. Fill in the blank: Genetic disorders with epigenetic triggers might appear as _____ in Ayurveda if doṣa is aggravated from parental influence plus lifestyle.

- (A). None
 (B). Sahaja roga (congenital) plus jātaprakṛti vitiation
 (C). An infectious cause
 (D). Only mental illusions

Congenital (sahaja) rogas with altered prakṛti reflect the combined impact of genetics and parental influences.

#45. Q45. Communicable disease example in Ayurveda:

- (A). Jvara from external infiltration (maṇḍala jvara or epidemic)
 (B). Prameha from diet
 (C). Vāta vyādhi from dryness



- (D). None

Ayurvedic texts describe jvara (fever) due to external infections or epidemics.

#46. Q46. Non-communicable disease examples in classical texts might group under

- (A). Janapadodhvansa

(B). Madhumeha, śoṭha, and sthaulya (obesity), which do not spread person-to-person

(C). None

(D). Pathogens only

Chronic conditions like madhumeha and sthaulya are non-transmissible.

#47. Q47. Genetic factor for hemophilia (clotting factor deficiency) is

- (A). Infectious

(B). X-linked recessive inheritance

(C). None

(D). Mitochondrial

Hemophilia is classically inherited via an X-linked recessive pattern.

#48. Q48. Epigenetic effect can be reversed sometimes by

- (A). Changing environment, diet, and stress levels (e.g., reversing certain methylation patterns)

(B). None

(C). Genes alone can't be reversed

(D). Infectious prophylaxis

Lifestyle modifications can sometimes reverse adverse epigenetic changes.

#49. Q49. Autoimmune like rheumatoid arthritis typically involves

- (A). An overactive immune system producing autoantibodies targeting joint tissues

(B). An infectious virus always

(C). None

(D). A congenital short-limbed defect

Autoimmune diseases involve the immune system attacking the body's own tissues.

#50. Q50. Psychological disorders in Ayurveda might be managed by

- (A). None



-
- (B). Satvavajaya chikitsā (counseling, mind training), doṣa balancing, and supportive herbs for manas
-
- (C). Infectious prophylaxis
-
- (D). Genetic doping

Ayurvedic management of psychological disorders involves counseling, doṣa balancing, and supportive herbal therapy.

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