

Q.1. Who expounded the science of life to the sage Bharadvāja?

Ans: Lord Indra.

Q.2. How many Sthānas are there in the 'Charak Samhitā'?

Ans: There are eight Sthānas in the Charak Samhitā.

These are: Sūtra, Nidāna, Vimāna, Śārīra, Bhūti, Nīchikīrṇa, Kōpa and Siddhīrthāna.

Q.3. Who was the original propounder of the science of life?

Ans: Brahmā.

Q.4. What is the meaning of the word 'Dīrghāyurīrma'?

Ans: Longevity.

Q.5. Name six disciples of Atreya.

Ans: Amalīnśa, Śrēṇi, Anūkarṇa, Pādaśāra, Śāśīta and Śāradpāṇi.

Q.6. Who brought Āyurveda from heaven to earth?

Ans: Bharadvāja.

Q.7. What is the meaning of the word Āyurveda?

Ans: 'Āyur' means conjunction of body, sense organs, mind and self and which 'veda' deals with āyur: that is age is called Āyurveda.

Q.8. What are the ~~triling~~ trisūtra?

Ans: Daita, ~~triling~~ <sup>triling</sup> and Aṅgāra.