The following Home Study Guide is designed to prepare you for your final exam. Complete each question as indicated. The Home Study Guide will be collected in your next class, graded and returned with a comprehensive answer key.

**Dravya**

1. What is the importance of learning Dravyas? Can one practice Ayurveda without learning about them?
   
   **They aid in the maintenance of health and alleviation of disease.**

2. Dravyas include the study of dosage, compatibility and **processing** of herbs.

3. What is the elemental composition of the Dravyas?

   **They are Panchabhoutic, meaning they contain different combinations of all five elements.**

4. The book where the herbs are described is called **Nighantu**.

5. Write down the 7 categories of Dravyas.

   1. **Dravya** (Substance, Herb)
   2. **Guna** (Property or Quality)
   3. **Rasa** (Taste)
   4. **Vipaka** (Post-Digestive Effect)
   5. **Veerya** (Potency)
   6. **Prabhava** (Unique Property)
   7. **Karma** (Action or Effect)

6. What is Tridosha Siddhanta of any given herb?

   **How the concept of Tridosha is involved in the study of herbology and disease management.**

7. Name the principle of action behind every Dravya: **Karma**

8. Our **sense** organs help us understand Dravyas.

9. The quality of Dravya is called **guna**.

10. a. Write down the 5 Bhoutic Gunas and their related Bhutas. For example: Shabda (Sound) relates to Ether.

    | Guna          | Related Bhuta   |
    |---------------|-----------------|
    | Shabda (Sound)| Akasha (Ether)  |
    | Sparsha (Touch)| Vayu (Air)    |
    | Roopa (Sight) | Teja (Fire)    |
    | Rasa (Taste)  | Aap (Water)    |
    | Gandha (Smell)| Prithvi (Earth)|

11. Peter has severe congestion. To decongest, you will use an herb with which of the following elements?

    1. Ether
    2. Air
    3. Fire
    4. Water & Earth
    5. **Fire & Air**

12. Jason is suffering from extreme weakness, muscular dystrophy and thinness. Which of the following bhoutic guna(s) will you use to treat him?

    1. Ether
    2. Air
    3. **Fire**
    4. **Water & Earth** *(either answer correct)*
    5. Fire & Air
13. Sheila has severe diarrhea which is not stopping. She needs what elemental qualities to absorb the excess water coming into her gut?
   1. Ether
   2. Air
   3. Fire
   4. Water & Earth
   5. Fire & Air

14. John has lots of ama (undigested food material) which is causing him heaviness in the stomach region. Fire bhoutic guna should be used to manage this condition.

15. For clogged arteries herbs with the fire and air bhoutic gunas should be used.

Karma

16. Name the twelve karmas of the Dravyas.
   1. Deepana 7. Anuloman
   2. Pachana 8. Sramsan
   5. Stambhan 11. Lekhana

17. Karmas have no relationship to the Dravyas. True or False

18. All Deepana herbs have to be Pachana too. True or False

19. For any Dravya to be Pachana bitter, pungent and sour Rasas have to be present.

20. In addition to the two common Rasas (pungent and sour), salty Rasa in Deepana herbs and bitter Rasa in Pachana makes them either Deepana or Pachana herbs respectively.

21. What is the most significant purpose of Shamana Karma?
   To maintain the balance of the Doshas internally without removing them from the body.

22. Atapa Seva (walking in the sun) helps to reduce Kapha and ama whereas ________ Seva (walking in the breeze) helps to decrease Pitta.

23. Paul has edema and water retention. What shaman would you suggest he use? Deepana or Pachana.

24. Herbs like Ajwan and Trikatu act like deepana Dravyas.

25. Name four Ama Pachana herbs.
   Musta, kutaja, garlic and ginger.

26. Madanaphala is a good herb with Shodhana karma that is commonly used for Vamana procedures.

27. Mary is experiencing loose motions and ama in her digestive organs. In this situation one should use which type of herb?
   a. Stambhana
   b. Grahi

28. The heating Veerya in Grahi karma helps to solidify the stool in the colon.

29. The qualities of Stambhana herbs are dry, astringent and cold.

30. Warm milk in ghee is an example of anuloman karma.

31. Give two examples of Stambhana herbs:
   1. Kutaja
   2. Nagakeshara

32. What is the difference between Sramsan and Virechan?
   Sramsan purgatives are mild, while Virechan are strong.
33. When are Bhedana herbs recommended?  
   To break stony, hard stool.
34. Jot down three signs of a good bowel movement:
   1. Lightness in the body
   2. Feeling energetic, hungry and happy
   3. Sharp sense organs
35. What is the main dhatu removed by Lekhana herbs? Meda
36. What is the main dosha removed by Lekhana herbs? Kapha
37. Name three Bhedana herbs.  
   Aloe, kutki and chitrak.
38. Name some Lekhana herbs. 
   Guggulu, haridra, vacha and daruhaladi.

Shad Rasa
39. Name the Six Rasas.  
   Sweet (Madhura), Sour (Amla), Salty (Lavana), Pungent (Katu), Astringent (Kashaya), Bitter (Tikta)
40. Aap (water) mahabhuta is crucial for the tongue to taste a given substance.
41. Rasa has several meanings. Write two other meanings of the word “Rasa,” beside taste: 
   Juice, the first dhatu or mercury.
42. The karma of each Rasa depends upon the combination of its mahabhutas. True or False
43. How/where is each taste perceived on the tongue?  
   Sweet and salty are perceived at the tip of the tongue, sour on the sides and bitter at the back. The pungent taste irritates the mucus membrane while the astringent taste pulls the mucus membrane.
44. According to bhoutic composition, the worst taste for Vata is bitter, Pitta is salty and Kapha is sweet.
45. A Bruhana Dravya, which has a dhatu-building effect, has Prithvi (earth) and Aap (water) mahabhutas.
46. A Kapha Vardhana Dravya has sweet, sour and salty Rasas.
47. Pittashamaka Dravyas have cooling effects, as well as sweet, astringent and bitter Rasas.
48. Vatashamaka Dravyas with a salty taste have both a hot and moist effect on the body.
49. Just like Akash, which has a Shodhana effect on the body, Vayu has a(n) absorbing effect on the body.
50. For the scraping action of the dhatus, Vayu (air) and Tejas (fire) Mahabhutas are needed.

Vipaka
51. Vipaka is the property or potency of a substance. True or False
52. One definition of Vipaka is the ultimate result of the process of digestion, or the final reaction of food on the body. True or False.
53. According to Charak Samhita, Vipaka is divided into three types.  
   1. Sweet, Salty, Sour
   2. Sweet, Sour, Pungent
   3. Sweet, Bitter, Sour
   4. Sour, Bitter, Pungent
   5. Vipaka is responsible for the action of the herb in question. True or False
Veerya

55. Veerya is the potency of an herb. True or False
56. Veerya is divided into which two types?
   a. Cooling and Heating
   b. Moistening and Drying
   c. Sweet and Sour
   d. Cleansing or Strengthening
57. Among the six tastes, three have Sheeta and three have Ushna Veerya. True or False
58. Sheeta (cooling) increases Vata and Kapha. True or False
59. Ushna (heating) Decreases Rakta Dhatu. True or False.
60. Ushna (heating) causes agni deepana and ama pachana. True or False
61. This Veerya increases urination, creates feeling of refreshment, tones dhatus and increases moistness. Is it Ushna or Sheeta? Sheeta.
62. Sweet, Bitter, Salty and Astringent are examples of Sheeta Veerya. True or False
63. Dry ginger, pippali and aloe are all examples of Sheeta Veerya. True or False
64. Prabhava is the special effect of a substance that cannot be explained by Rasa, Veerya or Vipaka. True or False
65. Match the word with the definition
   a. Veerya 1. Special property that can’t be easily explained d
   b. Vipaka 2. The potency of an herb a
   c. Rasa 3. Post digestive effect b
   d. Prabhava 4. Carrier e
   e. Anupana 5. Taste c
66. In terms of herb usage, Rasa is of primary importance and Veerya is secondary. True or False
67. Ushna (heating) dries stools and urine. True or False

Oushadha Dravyas

68. When choosing medicinal herbs, any part of the plant may be used with the same result. True or False
69. A diet rich in Rasa helps nutrition. True or False.
70. Which of the following statements is not true?
   a. The dose of a medicine should relate to the degree of dosha imbalance.
   b. Reduce the dose of a medicine for strong patients.
   c. It is important to factor in the age and gender of a client when determining dosage.
71. Match the following forms of medicinals with their definition.
   1. Swarasa 1. Decoction c
   2. Kalka 2. Hot Infusion e
   3. Kwatha 3. Cold Infusion d
   5. Fanta 5. Wine Made with Cold Infusion or Juice f
   6. Asava 6. Wine from Decoction g
   7. Arishta 7. Fresh Juice a
72. Dashmoola is a gum. True or False
73. The pulp of the Aloe plant is the part used. True or False
74. The dosage is never standard when using medicinals. True or False
75. For Kapha condition or when the patient is strong, take herbs early in the morning on an empty stomach. True or False
Home Study Guide Key
KAA 106: Dravya Guna Karma Shastra

76. Taking herbs before mealtime is best for Vata conditions and the stimulation of Apana Vayu. True or False.
77. Taking herbs during mealtime stimulates Samana Vayu as well as liver and pancreatic enzymes. True or False.
78. Basti is best for Kapha diseases. True or False. 
79. Anupana also refers to the quality of an herb responsible for increasing Agni. True or False.
80. Three Anupanas for Pitta are:
   a. Milk, honey and ghee.
   b. Sesame oil, milk and warm water.
   c. Milk, ghee and cool water.
   d. Milk, ghee and sesame oil.
81. The best Anupana for Shukra Dhatu is milk. True or False.
82. One of the properties of an Anupana is its ability to target specific organs. True or False.
83. Anupanas can make the medicine taste better. True or False.
84. Two Anupanas for Kapha are:
   1. Honey and ghee.
   2. Milk and honey.
   3. Warm water and honey.
   4. Lemon and hot water.
85. Two Anupanas for Vata are:
   1. Sesame oil and warm water.
   2. Honey and ghee.
   3. Milk and honey.
86. Milk and Bone soup are good Anupana for what dhatu?
   1. Meda
   2. Asthi
   3. Shukra
   4. Mamsa
87. Herbal wines help what two dhatus?
   1. Rasa and Rakta
   2. Mamsa and Meda
   3. Meda and Majja
   4. Shukra and Asthi

The Herbs in Detail
88. Two herbs useful for strengthening and toning are:
   1. Amalaki and Bibhitaki
   2. Bala and Ashwagandha
   3. Guduchi and Aloe
   4. Brahmi and Neem
   5. Pippali and Manjishtha
89. The best nervine herb for student minds:
   1. Brahmi
   2. Guggulu
   3. Ashwagandha
   4. Aloe
   5. Punarnava
90. If you had a burning sensation in your hands, feet or body, what herb would you look to use?
   1. Bala
   2. Pippali
   3. **Guduchi**
   4. Yashtimadhu
   5. Shatavari

91. Which herb would you look to alleviate nerve pain?
   1. Brahmi
   2. Neem
   3. Punarnava
   4. **Ashwagandha**
   5. Amla

92. Of the many uses for Amalaki, it also can treat ulcers in the digestive tract (ulcerative colitis). True or False

93. A paste of ginger powder can be applied locally for headaches caused by sinus congestion. True or False

94. If a client came to you with a wide variety of Pitta imbalances what would be the first herb you recommend?
   1. Bala
   2. **Amla**
   3. Brahmi
   4. Ginger
   5. Neem

95. Which herb is called *Vishvabhesha* (remedy for almost all diseases)?
   1. Castor (Eranda)
   2. **Ginger (Shunthi)**
   3. Amla
   4. Ashwagandha

96. The herb of choice for acid reflux and ulcers is:
   1. **Amla**
   2. Bibhitaki
   3. Nagarmotha
   4. Neem

97. Amla strengthens the lungs. True or False

98. What herb would you choose to treat diabetes, obesity and reduce cholesterol?
   1. Manjishtha
   2. Neem
   3. **Guggulu**
   4. Shatavari

99. Amla pacifies all doshas, especially Vata. True or False

100. Which of the following herbs is often used to treat live problems?
    1. Haritaki
    2. Amla
    3. Eranda
    4. **Katuka**
    5. Yashtimadhu
101. One of the best herbs for skin conditions:
   1. Aloe Vera
   2. Amla
   3. Manjishtha
   4. Neem
   5. Guggulu

102. Useful for treating loss of appetite and worms:
   1. Pippali
   2. Kumari
   3. Haritaki
   4. Bala
   5. Guggulu

103. Amla is composed of all tastes except salty.

104. A powerful herbal eliminator that also helps open the channels or srotas is called haritaki.

105. Yashtimadhu (licorice) strengthens the blood vessels and stops bleeding.

106. Neem (Nimba) is often used to treat fevers and malaria.

107. The best deepana, pachana and grahi:
   1. Aloe Vera
   2. Nagarmotha
   3. Brahmi
   4. Bala
   5. Katuka

108. Tulsi (Basil) acts as an insecticidal and deodorant.

109. Which of the following is a common use of Punarnava?
   1. To strengthen Rakta agni
   2. To reduce inflammation
   3. To lose weight
   4. To balance the three doshas
   5. To treat Rheumatism

110. Ashwagandha is useful when decreasing Vata and Kapha. True or False

111. Amla is mainly sour in taste with a heating Veerya. True or False

112. Dry and heavy gunas characterize Bibhitaki.

113. Shatavari is beneficial when treating respiratory ailments such as cough, chronic fevers or lung abscess.

114. Match the herb with its associated function:
   1. Punarnava
      1. Applied locally to reduce heat. d
   2. Bala
      2. The seeds are used to treat insomnia. c
   3. Bibhitaki
      3. Calms the mind. e
   4. Kumari
      4. Used to treat swelling. a
   5. Brahmi
      5. Strengthens the lungs. b

115. The following herb is used to treat anemia:
   1. Guggulu
   2. Haritaki
   3. Kumari
   4. Manjishtha
   5. Nagarmotha
116. Explain how Manjishta is beneficial when treating conditions related to menstruation:

*Works to purify the blood, improve circulation, stop bleeding and reduce inflammation.*

117. Which of the following is not an attribute of Brahmi?
   1. Nervine
   2. Diuretic
   3. Brain tonic
   4. **Rough leaves**
   5. Relieves inflammation

118. **Guduchi (Amrita, Gulwel)** is effective when treating cardiac debility.

119. What are a few common forms of Neem that are used?

   **Oil, powder, swarasa (juice)**

120. The leaves of this herb are useful for stimulating the liver and treating obstructive or hemolytic jaundice:
   1. Guggulu
   2. Amla
   3. Ashwagandha
   4. Guduchi
   5. **Eranda**

121. **Haritaki** is excellent for treating eye problems as part of a tea.

122. Describe the effects of Shatavari on the doshas:

   **Balances Pitta and Vata and increases Kapha if used in excess**

123. **Guduchi** is the best Rasayana herb.

124. The oil of **Neem (Nimba)** is beneficial when treating chronic or diabetic ulcers.

125. The main part of ginger that is used is the **root**.

126. The white type of Punarnava is **light** and **dry** in quality.

127. The seeds of Holy Basil are **cooling** while the leaves are **heating**.

128. The rasas of Neem are **bitter**, astringent and **pungent**.

129. The oil of **Bibhitaki** can be used to treat premature graying of the hair and as a hair tonic.

130. The juice of Aloe Vera is used to treat loss of appetite, **abdominal colic** and worm infestations.

131. Haritaki can be used in the spring with **honey**, in the summer with **ghee** and in the winter with **raw sugar**.

132. Which of the following improves agni, treats cough, asthma and fever:
   1. Kumari
   2. **Katuka**
   3. Neem
   4. Pippali
   5. Ginger

133. Why is Aloe Vera so commonly used to treat burns and other heat-related ailments?

   **Its Veerya is cooling.**

134. **Shatavari** increases breast milk and is considered one of the best herbs for female reproductive health.

135. The main actions of Pippali are as an **expectorant**, **carminative** and analgesic.
136. What quality of Pippali makes it useful when treating Amavata and sciatica?
   
   **It digests ama.**

137. **Abhaya** is an action of Haritaki that makes the person fearless.

138. **Pathya** is an action of Haritaki that removes blockages from the srotas and channels.

139. Manjishta is used on the skin as an alterative and **haemostatic**.

140. Katuka **decreases** Pitta and Kapha Dosha.

141. **Yashtimadhu (Licorice)** builds the dhatu and slows aging.

142. **Punarnava** improves Agni and absorbs fluids.

143. Nagarmotha decreases **Kapha** and **Pitta** dosha.

**Ayurvedic Formulations**

144. **Sitopaladi** includes Pippali, Cinnamon, **Vanshalochana**, Cardamom and Rock Sugar.

145. **Lavang (Clove)** is believed to enhance circulation and improve Agni.

146. **Avipattikar Churna** is used for all of the following except:
   1. Constipation
   2. **Inflammation**
   3. Acidity
   4. Improving Agni
   5. Headache

147. **Triphala Guggul** is used to treat sciatica.

148. Which of the following formulations is used to treat Rheumatoid Arthritis?
   1. Triphala Guggul
   2. Punarnava Guggul
   3. Triphala Churna
   4. Sitopaladi Churna
   5. **Amrutadi Guggul**

149. **Avipattikar Churna** includes Bibhitaki, Nishottar, Vidanga and Nagarmotha.

150. Describe a few differences between Triphala Churna and Triphala Guggul:
   
   **Triphala Guggul** includes Pippali & Guggul in addition to the primary ingredients of Triphala to help treat arthritis, sciatica and excess weight loss. **Triphala Churna** is mainly good for **Constipation, vision problems, digestive problems, skin problems and as a Rasayana.**