The following Home Study Guide is designed to prepare you for your midterm exam. Complete each question as indicated. You will receive the study guide key 4-5 days before your test. Show your completed guide to the teacher.

Sankhya Philosophy

1. What is the literal translation of the word Ayurveda?
   __________________________________________________________________________
   __________________________________________________________________________

2. Ancient Ayurvedic texts are written in ________________ language.

3. Name the 4 Vedas: ________________, ________________, ________________, ________________.

4. Amongst the 4 Vedas Ayurveda is a part of ________________ Veda.

5. Define Samhita in one line:
   __________________________________________________________________________
   __________________________________________________________________________

6. Name the Brihat Trai, The Great Trio:
   __________________________________________________________________________
   __________________________________________________________________________

7. Kayachikitsa which involves diagnosis, treatment and management of a disease is described in ________________ Samhita. This is also the most important of all the Samhitas.

8. An important aspect of Ayurveda that makes it special is that it considers various levels of an individual. Those levels are ________________, ________________, ________________.

9. Ayurveda is strikingly different from other medical sciences because:
   a. It focuses on the uniqueness of each individual
   b. It focuses only the mental and emotional aspect of a person
   c. It treats a person by suggesting healthy foods only
   d. It never diagnoses a disease.

10. Ayurveda suggests everyone to take the responsibility of their own health. True or False

11. Name the 2 major Ayurvedic schools that developed in 1000 – 700 BC.
    __________________________________________________________________________

12. Define Marmas in one line:
    __________________________________________________________________________
    __________________________________________________________________________

13. Sushruta Samhita represents ________________ School.

14. Internal Medicine and the basic concepts of Ayurveda are described in the ________________ Samhita.

15. The first plastic surgery is described in ________________ Samhita.

16. Rasayana deals with
   a. Natural herbs to treat diseases
   b. Herbs for pre-natal care only
c. Rejuvenation for preventing diseases and promoting healthy living.
   d. Herbs for achieving healthy and intelligent progeny.

17. Sushruta emphasizes that along with our hands all the surgical tools are of utmost importance for a surgeon. True or False

18. Ashtanga Hridaya is written by ___________________.

19. Kayachikitsa or Internal Medicine is a part that focuses on
   a. Ear, nose, Throat and eye diseases
   b. Etiology, prognosis and management of diseases
   c. All surgical diseases
   d. Toxicology

20. Name the Ashtanga Ayurveda: _______________, _______________, _______________, _______________, _______________, _______________, _______________ and _______________.

21. Shatdarshana, or the six philosophies, are derived from the ___________ System.

22. Define Sankhya in one line: ____________________________________________

23. Knowledge, clarity and purity are the attributes of ____________ Guna.

24. The connection of the inner and the outer world is performed by the
   a. Mind or Manas
   b. Ego or Ahankar
   c. The five organs of action
   d. 3 Gunas

25. The inborn Intelligence of each and every cell of our body is called _________________.

26. Diversity in the universe is due to:
   a. Mahat
   b. Prakriti
   c. Mind
   d. Ahankara

27. Purusha is:
   a. Passive in action
   b. Is the cosmic intelligence
   c. Active in action
   d. Holds the female energy

28. Write the three major qualities of Tamas Guna: _______________, _______________, _______________, and/or _______________.

29. Mahat is the first manifestation of:
   a. Mind
   b. Purusha
   c. Prakriti
   d. Senses
30. Creation begins with the combination of
   a. The five elements
   b. Purusha and Mahat
   c. Prakriti and Mahat
   d. Prakriti and Purusha

31. Ahankara can manifest as Sattvic, Rajasic and or Tamasic. True or False

32. Kriya Shakti means:
   a. Rajas, as organs of action
   b. Tamas, as organs of manifestation
   c. Causal elements
   d. Ahankar

33. Nyaya Philosophy describes all of the following except
   a. Pratyaksha or direct perception
   b. Anumana or inference
   c. Absence or non-existence
   d. Upamana or Analogy

34. Unity in the universe is due to:
   a. Purusha
   b. Mahat
   c. Prakriti
   d. Mind

35. Action mobility and stimulus is due to ____________________ Guna.

36. Rajas Ahankar gives rise to:
   a. The Five sense organs
   b. The five organs of action
   c. Tanmatra
   d. Panchamahabhutas

37. The five great elements are all except:
   a. Akash
   b. Rasa
   c. Aap
   d. Prithvi

38. The unmanifested forms of the five elements are:
   a. The Panchamahabhutas
   b. The Tanmatras or causal elements
   c. The five organs of action
   d. Ahankar

39. The “pure consciousness” which also provides a conscious ground for creation is __________

40. Name the Panchakarmendriyas or five organs of action: ________________, ________________,
    ________________, ________________ and ________________.

41. Name the five Tanmatras; the five causal elements: ________________, ________________,
    ________________, ________________, and ________________

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42. Name the 5 gyanendriyas or five sense organs: _______________, _______________, ________________, _______________ and _______________.

43. Triguna means:
   a. Vata, Pitta, Kapha
   b. Sattva, Raja, Tama
   c. Prana, Teja, Oja
   d. All of the above

44. Everything in the universe is made up of different combination of :
   a. Five elements – five Mahabhutas
   b. Five causal elements
   c. Pancha Karmendriyas
   d. Purusha

45. Who was the founder of Nyaya Philosophy? ______________________

46. Dravya Shakti (the power of substance) is ______ in nature.
   a. Sattva
   b. Raja
   c. Mahabhutas
   d. The mind
   e. Tamas

47. The 5 sense organs are derived from _______________ Ahankar.

48. Vajikarana Herbs also act as rejuvenatives. True or False

49. Write one example of Upamana in Nyaya Philosophy: ______________________________________

50. Ayurveda is becoming popular around the world because (use a few words to briefly state your opinion): _______________________________________________________________________

Vata

51. The bhoutic composition of Vata is ___________ and ___________.

52. In nature, Vata most closely resembles:
   a. Clear expanses of empty space
   b. Inhalation, exhalation
   c. The wind
   d. A cheetah
   e. All of the above
   f. None of the above

53. Virechana is a good way of managing Vata Dosha. True or False

54. Dry skin and lips and dandruff are signs of the ______ quality of Vata is aggravated

55. A person may feel lightheaded when light quality of Vata gets aggravated. True or False

56. The ___________ quality of Vata helps reach the microscopic (very narrow) channels of the body.

57. The following is/are action/s or function/s of Vata:
a. Absorbing nutrients  
b. Circulation of blood  
c. Removal of wastes  
d. **All of the above**  
e. None of the above

58. The following actions aggravate Vata:  
a. Loud noise  
b. Sexual overindulgence  
c. Excessive bleeding  
d. All of the above  
e. None of the above

59. Vata-predominant constitutions are generally known for their communicative nature. True or False

60. The following is the main location of Vata  
a. Brain  
b. Nervous system  
c. Colon and lower abdominal cavity  
d. Vocal chords and lungs  
e. Legs and thighs

**Pitta**

61. The bhoutic composition of Pitta is ________ and ________.

62. In nature, Pitta most closely resembles:  
a. Lava  
b. A hot spring  
c. The heat from the sun  
d. A wildfire  
e. All of the above

63. Vertigo and dizziness are signs that tell ________ quality of Pitta is aggravated.

64. Dry is an attribute of Pitta. True or False

65. The ________ quality of Pitta keeps us alive.

66. The ________ quality of Pitta illuminates the mind.

67. The following is an action or function of Pitta:  
a. Gives strength and stamina  
b. Speech  
c. Clarity of vision  
d. All of the above  
e. None of the above
68. ________ Dhatu is the main Dhatu location of Pitta.

69. The following actions aggravate Pitta:
   a. Eating ice cream
   b. **Competition**
   c. Excessive sleeping
   d. All of the above
   e. None of the above

70. The ________ quality of Pitta helps in planning and gives confidence.

**Kapha**

71. The bhoutic composition of Kapha is ________ and ________.

72. In nature, Kapha most closely resembles:
   a. Water
   b. breeze
   c. trees
   d. Soil
   e. All of the above

73. The ________ quality of Kapha maintains the alkaline medium.

74. The ________ quality of Kapha provides insulation against the sharpness of Pitta.

75. The following is an action or function of Kapha:
   a. Maintaining the luster of the skin
   b. Strengthens the tissues
   c. Absorbs nutrients
   d. All of the above
   e. None of the above

76. Among Rasa, Rakta, Mamsa, Meda, Asthi, Majja, Shukra dhatus, ________, ________, ________, ________ and ________ Dhatus are related to Kapha.

77. ________ mahabhuta helps to carry nutrients to the different tissues and carry waste from the body.

78. Vigorous Snehana is a good way of managing Kapha Dosha. True or False

79. The following functions **are not** related to Kapha at the subtle level:
   a. Forgiveness
   b. Intelligence
   c. Love
   d. Peace
   e. Happiness
80. All of the following are locations of Kapha except:
   a. Mucus membranes
   b. Lungs
   c. Peritoneal cavities
   d. Small intestine
   e. Brain and spinal cord

**The Tridoshas**

81. The following constitution has a mind like a bull. Once they decide on a goal, it is near impossible to budge them:
   a. Vata
   b. Pitta
   c. Kapha

82. The following constitution prefers to rely on others and is more prone to daydream.
   a. Vata
   b. Pitta
   c. Kapha

83. The following constitution is often looking at the future, rather than the present moment:
   a. Vata
   b. Pitta
   c. Kapha

84. (Short answer) Vata is called the *King of the Doshas* because ____________________________

85. ____________ Dosha helps us identify the taste of our food.

86. ____________ Dosha governs the development and delivery of the fetus.

87. ____________ Dosha is easily aggravated in early spring.

88. ____________ Dosha is responsible for the pumping of the heart.

89. ____________ Dosha is responsible for the creation of thirst.

90. ____________ Dosha is aggravated by eating spicy food.

**The Qualities (Tattvas)**

91. Food, herbs and Ayurvedic treatments are all based on qualities. True or False

92. Mahabhoutic composition creates qualities. True or False

93. The bhoutic composition of Picchila (Cloudy) is ____________ and ____________.

94. The bhoutic composition of Mrudu (Soft) is ____________ and ____________.

95. ____________ quality causes looseness and suppleness of the tissues.

96. ____________ quality helps to reduce weight and increase energy.
97. The heavy quality decreases Pitta. True or False

98. Hot can decrease Kapha. True or False

99. Soft is a balancing quality of dense. True or False

100. Emphasize ________ quality to balance oiliness.

101. Of the following qualities, __________ are balancing to Vata (Select all that apply)
   a. Soft
   b. Warm
   c. Clear
   d. Mobile
   e. Gross

102. Of the following qualities, __________ are balancing to Pitta (Select all that apply)
   a. Dull
   b. Liquid
   c. Soft
   d. Cold
   e. Clear

103. Of the following qualities, __________ are balancing to Kapha (Select all that apply)
   a. Light
   b. Smooth
   c. Soft
   d. Clear
   e. Liquid

104. __________ quality helps to break down and digest food.

105. __________ quality increases Agni and perspiration.

106. __________ quality creates bulkiness.

107. __________ quality is found in foods such as grains, cheese and red meat.

108. Which selection of qualities will increase Kapha?
   a. Heavy, rough, dull, gross, cloudy
   b. Liquid, hard, static, soft, oily
   c. Dense, smooth, hard, heavy, cold
   d. Cold, heavy, gross, cloudy, soft
   e. Oily, cold, heavy, dense, hard

109. Which selection of qualities will decrease Pitta?
   a. Cloudy, hard, rough, oily, dull
   b. Cold, dry, static, subtle, light
   c. Rough, cold, soft, mobile, cloudy
   d. Smooth, static, heavy, liquid, subtle
e. Dull, heavy, hard, static, cloudy

110. Which selection of qualities will increase Vata?
   a. Dry, clear, cloudy, rough, hard
   b. Light, clear, cold, subtle, hard
   c. Soft, static, rough, dry, mobile
   d. Mobile, clear, subtle, hot, rough
   e. Dull, cold, subtle, clear, mobile

The Panchamahabhutas

111. The sense organ for Akash is smell. True or False
112. Water is the basic principle of movement in the body. True or False
113. The sense of touch arises from Vayu. True or False
114. Agni is associated with the sense of sight. True or False
115. Water element gives us the ability to speak. True or False
116. The Bhoutic Composition of Earth contains all 5 elements. True or False
117. The only Bhoutic composition of Vayu is Akasha. True or False
118. Organ of action for Vayu is feet. True or False
119. The sense organ of Water is the eyes. True or False
120. Do we use the sense of taste in diagnosis? Yes or No
121. All natural things are comprised of Pancha Mahabhutas. True or False
122. Which element governs shape and structure?
   a. Vayu
   b. Prithvi
   c. Aap
   d. Agni or Tejas

123. Is the fire element present in steam? Yes or No
124. Subtle vibrations create Vayu. True or False
125. The Tanmatras are
   a. Shabda, sparsha, marsha, rasa and rhakta
   b. Shadbala, sparsha, marsha, rasa and ghanda
   c. Shadba, sparsha, rupa, rasa and ghanda
   d. Shabda, sparsha, rupa, rhonda and gandhi

126. The sense of sight is related to fire and light because
   a. Light and fire allow us to see form
   b. We can detect degrees of shade and shadow when there is light
   c. Light or fire give us color
127. Water gives us the sense of
   a. Speech
   b. Taste
   c. Urination
   d. Relative humidity

128. Sound is related to the ear and hearing because of what element and why?
   a. Space; Sound is the most subtle sense and space is the most subtle element
   b. Vayu; Without the movement of air you couldn’t hear
   c. Space; the ear has space and is hollow, containing thin bones that transmit sound to our nervous system.
   d. a, c
   e. a, b, c

129. _____ is related to the sense of touch because _______.
   a. Skin; it can detect movement.
   b. Agni; fire is hot and we will be burned if we touch it
   c. Earth; we can’t touch anything unless it has form and we therefore feel it.

130. _____ is related to taste because _______.
   a. Fire; when we are hungry are digestive Agni is strong and we desire tasty food.
   b. Water; the ability to taste is dependent on the liquid that exists in the mouth (saliva).
   c. Earth; taste satisfies our need for nourishment and makes us grow.

131. The definition of Tanmatra is:
   a. Causal elements
   b. The qualities of earth
   c. 10 pairs of opposites
   d. All the above

132. Mahabhutas is defined as
   a. Great elements
   b. 5 great elements
   c. 5 earth elements

133. The sense organs we use as a diagnostic tool are:
   a. Sight, sound, touch, taste
   b. Sight, sound, touch, smell
   c. Smell, touch, taste, common sense
   d. Taste, sound, smell, sight and sense of humor

134. Organ of action for Earth is
   a. Feet
b. Anus  
c. Large Intestines  
d. Thighs

135. The organ of action for Aap is  
a. The urogenital system  
b. Taste  
c. Anus  
d. Skin

136. The organ of action for Air is.  
a. Touch  
b. Hands  
c. Skin  
d. Ears

137. The organ of action for Agni is.  
a. Feet  
b. Eyes  
c. Temperature  
d. Sight

138. Match the elements with objects from nature  
a. Akash  Dirt  
b. Vayu  Space  
c. Agni  Breeze  
d. Aap  Sun  
e. Prithvi  Rain

139. Match the elements with our bodies  
a. Space  Muscle  
b. Air  Respiration  
c. Fire  Saliva  
d. Water  Temperature  
e. Earth  Ear Canal

140. Match the elements in our food  
a. Space  Lettuce  
b. Air  Carrots  
c. Fire  Sprouts  
d. Water  Jalapeno Peppers  
e. Earth  Melon
141. Which element serves as the medium in which other elements are able to manifest?
   a. Earth
   b. Space
   c. Water
   d. Fire

142. Fire’s role in creation is
   a. Conversion
   b. Creating ash thereby making soil more fertile
   c. Manifestation
   d. Condensation

143. Match the elements in a bowl of Soup
   a. Earth   Broth
   b. Water   Temperature
   c. Fire    Vegetables
   d. Air     Empty bowl
   e. Space   Steam

144. The element composition of Fire
   a. Space, Air, Earth
   b. Space, Air, Fire
   c. Air, Fire Water
   d. Air, Fire, Earth

145. Nothingness is a quality of Space. True or False

146. Non-resistance is a quality of Space. True or False

147. The qualities of Fire are
   a. Hot and soft
   b. Hot and dry
   c. Hot and clear
   d. Hot and sharp

148. The qualities of Air are
   a. Rough, dry, light, mobile and smooth
   b. Flowing, dull, rough, clear, hard
   c. Rough, dry, light, cold, mobile
   d. Static, rough, dry, cold, hard

149. Ether has the qualities of subtle, soft, clear, smooth and expanding. True or False

150. Earth has the qualities of wet, dull, soft and cloudy. True or False