Module 1: Questionnaire

1. Provide a short-written response: Who were the *Boreas ancestri?* What did they do? 5 points.

Answer: Click or tap here to enter text.

1. What are the two main reasons why it is so important to understand how a healthy body functions? 2 points.

Answer: Click or tap here to enter text.

1. Fill in the blank with one word, based on the equation given in the lecture: There is balance, unbalance, \_\_\_\_\_\_\_\_, and the method to balance. 1 point.

Answer:Click or tap here to enter text.

1. What are the three poisons? 3 points.

Answer: Click or tap here to enter text.

1. Because the universe exists it must have an origination point therefore the subject witnessing it must have an origination point Because there is an origination point, there must be a \_\_\_\_\_\_\_\_\_\_\_\_\_\_ of its operation. Fill in the blank with one of the following words: mechanism, origin, essence, or totality. 2 points

Answer: Click or tap here to enter text.

1. What two fundamental aspects is Brahma composed of? 2 points

Answer: Click or tap here to enter text.

1. What is Mahat tattava, Aham tattva and Citta tattva and which Guna does each of them represent? Fill in the answers bellow. 6 points.

Answer:

* Maha tattva is: Click or tap here to enter text.
* What Guna is Maha tattva associated with: Click or tap here to enter text.
* Aham tattva is: Click or tap here to enter text.
* What Guna is Aham tattva associated with: Click or tap here to enter text.
* Chitta tattva is: Click or tap here to enter text.
* What Guna is Chitta tattva associated with: Click or tap here to enter text.

1. What source of being witness the Mahat, Aham, and Chitta tattvas? 1 point.

Answer: Click or tap here to enter text.

1. What does the solar and lunar essence represent. Answer with one word. 2 points.

Answer: Click or tap here to enter text.

1. Give two different examples of anything that represents a trinity relationship. Several examples are given in the manual and lecture, for example, Vatta Pitta and Kapha in Ayurveda. 4 points.

Answer 1: Click or tap here to enter text.

Answer 2: Click or tap here to enter text.

1. What are the three principal energies? Answer in English, 3 points

Answer: Click or tap here to enter text.

1. Which one of the principal energies is like a chieftain? 1 point.

Answer: Click or tap here to enter text.

1. What Principal energy is at the root of most disorders? 1 point.

Answer:Click or tap here to enter text.

1. Which Principal energy is afflictive, disruptive, destabilizing, and rough dry and cool in nature? 1 point.

Answer: Click or tap here to enter text.

1. The metabolic system of the body is associated with what Principal energy? 1 point

Answer: Click or tap here to enter text.

1. What Principal energy best tolerates overall stress? 1point.

Answer: Click or tap here to enter text.

1. The Principal energies primary locations or those areas which the energies are directed into or have influence is called what? 1 point.

Answer: Click or tap here to enter text.

1. What is the approximation of the total number of channels within the body? 1 point.

Answer: Click or tap here to enter text.

1. List the quality or names of the three channels and which poison each one is associated with. 6 points.

Answer:

* Channel 1 name and poison: Click or tap here to enter text.
* Channel 2 name and poison:Click or tap here to enter text.
* Channel 3 name and poison:Click or tap here to enter text.

1. Which nostril is associated to the solar nature on what part of the foot and which foot does this channel start? Further what animal does it represent? 3 points.

Answer: Click or tap here to enter text.

1. Out of the seven bodily constituents which ones are associated with the fundamental elements Earth and Water? 2 points

Answer: Click or tap here to enter text.

1. The three primary waste products are what ? 3 points

Answer: Click or tap here to enter text.

1. By what five means are the solid organs, the hollow organs, and sense organs connected to each other by? 5 points

Answer: Click or tap here to enter text.

1. What are the five sense organs? 5 points

Answer: Click or tap here to enter text.

1. The solid organ of the spleen is associated to what hollow organ, senses organ and element? 3 points

Answer: Click or tap here to enter text.

1. The lymph, gall bladder, liver are the pathways for what Principal energy? 1 point

Answer: Click or tap here to enter text.

1. Describe the anatomical locations of the Phlegmatic pathways: 3 points

Answer: Click or tap here to enter text.

1. What are the four groupings of the pathways? 4 points

Answer: Click or tap here to enter text.

1. List the seven bodily constituents. 7 points

Answer: Click or tap here to enter text.

1. Choose one of the following that best describes the three Principal Energies. 4 points.

* it is the anatomical structure of the body
* the three principal energies is the basis of biology
* it is related to the thermodynamics of the body and is the root of or influencer of most disorders
* the principal energies only work according to undefined laws and hence are only considered occasionally

Total out of 84 points:

Submit your answers by [email here](mailto:kevala108@protonmail.com?subject=Module%201)