# Module Four

# The Yoga Of Herbs - Questions 2016

## Chapter 1 - Herbology: East and West

Ayurveda is such a fully developed system because it is?

Why do Ayurvedic Herbalists believe that spiritual and psychological approach must be incorporated into a healing treatment?

## Chapter 2  - The Manifestation of Consciousness into Plants

1. Why do Ayurvedic physicians believe that every living thing is sentient?

2. According to Ayurveda, our nervous system could be related to a tree in what way?

3. According to Ayurveda, life forms are stations for what?

4. According to Ayurveda, the Earth functions to do what?

5. Plants bring us love, which is the same energy as what?

6. According to Ayurveda, plants exist to do what?

7. What is Purusha or Atman?

8. Establishing a proper link between the outer plant and inner plant completes what circuit?

9. The force of a plant’s healing is not simply received through ingesting, but in our total communion with it. Why?

## Chapter 3 – The Background of Ayurvedic Medicine

1. What are the two fundamental principles behind existence?

2. What is Mahat?

3. What is Buddhi?

4. What is Ahamkara?

5. What is Manas?

6. What is Chitta?

7. What is Vikruti? What does is arise from?

8. What are the three Gunas and their qualities?

9. What are the Five Elements?

10. What are the three Doshas, please briefly describe some of their qualities?

11. Where do each of the three Doshas primarily accumulate?

12. How would one describe a Vata plant in terms of appearances?

13. What is Ojas?

14. Where are the Five Pranas located in the body?

15. What are the three primary Srotas?

16. What are the seven Dhatus?

17. What is Agni?

## Chapter 4 – Herbal Energetics

1. Please define the meaning of Rasa and the importance of taste:

2. What is Virya?

3. What effect can heating herbs have?

4. What effects can cooling herbs have?

5. Describe the two groups of flavours:

6. What is the heaviest taste?

7. What is Vipaka and the three  categories of it?

8. How is Vipaka and please describe the post digestive effect:

9. Please describe what effect the vipaka has on the doshas and sexual excretions (ojas).

10. What is Prabhava?

11. Please describe the 6 tastes as listed from page 28 onward:

12. Please outline what tastes stimulate which emotions:

## Chapter 5 – Management of Individual Constitution

1. How might increasing a dosha help to treat a dosha imbalance?

2. Please summarize the main ways to manage Kapha dosha:

3. Please summarize the main ways to manage Pitta dosha

4. Please summarize the main ways to manage Vata dosha:

5. How do blocked Vata, Pitta, and Kapha each contribute to Ama?

6. How do emotions contribute to Ama accumulation?

7. What is the main attribute of Ama and how is it primarily treated?

8. Please describe the difference between Sama and Nirmana and how the condition manifests differently, lease provide a couple of examples:

## Chapter 6 – Yoga of Herbs Questions Page 49 onward – Herbal Therapeutics

1. What are alterative herbs and the 6 things they do?

2. What categories are there for alterative herbs and an example of a herb for each category?

3. What are anti parasitical anthelmintic herbs and some examples?

4. What are astringent herbs good for and few examples?

5. What are some examples of hemostatic herbs and how they work?

6. What are some typical anti-diarrheal herbs?

7. What are typical anti-vulnerary herbs and what do they do?

8. What are astringent herbs and what are they good for?

9. What is a bitter tonic and what does it do?

10. And what is an anti-pyretic herb?

11. What are some examples of bitter tonic herbs and anti-pyretic?

12. What are carminative herbs and what do they do?

13. What are some examples of carminative herbs?

14. What do diaphoretic herbs do and some herbal examples?

15. What do diuretics do and what are some herbal examples?

16. Describe some of the different kinds of emmenagogues and some herbal examples?

17. What are the different kinds of expectorants and some examples of each?

18. What are laxative and purgative herbs? Please list a few examples?

19. What do nervine and anti-spasmodic herbs do and what role does Vata play a role in nervous system problems?

20. What do stimulant and digestive herbs do? What are some examples of such herbs?

21. Describe nutritive tonics and what they do?

22. What does the word rasayana mean?

23. What do aphrodisiacs do and what are some herbal examples?

24. What are five main methods of herbal preparation according to Ayurveda?

25. Describe the best vessels for each dosha?

26. What are gugguls?

27. What are medicated oils?

28. What are the benefits of medicated ghee?

29. According the Ayurveda is there a place for smoke inhaling?

30. What does Ayurveda say about times of administration of medicine?

31. What is a mantra and a yantra?

32. What is meditation according to this text?