

AYURVEDA

HIGH SCHOOL WORK SHEET

History

- 1 What religious-philosophical foundation does Ayurveda have?
- 2 When did Ayurveda start?
- 3 Name the eight divisions of Ayurveda, as they were listed in 800 BC.
- 4 Which surgical techniques were practiced at the University of Benares in 500 BC?
- 5 What was the view of the physician Charaka (100 BC) regarding health and disease?

Diagnosis

- 6 Ayurveda is based on balancing five elements. Explain this.
- 7 Why, according to Ayurveda, does disease occur?
- 8 What methods does the Ayurvedic physician employ to diagnose patterns of imbalance in a patient?

Treatment

- 9 Ayurveda treats each patient differently. Why?
- 10 Name four aspects of treatment that usually feature in Ayurveda.