



**Final Exam**

**GB 410E The Lord Buddha's Approach to Good Health**

**The 2nd Semester of the Academic Year 2011**

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Select an answer to each question by putting an x on the space provided in the answer sheet.

1. In which Sutta can be found the knowledge about the caring for one's own health?
  - a. The Jara Sutta.
  - b. The Kutadanta Sutta.
  - c. The Girimananda Sutta.
  - d. The Samannaphala Sutta.
  - e. The Mahasatipatthana Sutta.
  
2. Which of the following is **not** the role of water?
  - a. Water facilitates the waste removal system of the body.
  - b. Water helps maintain the body temperature.
  - c. Water facilitates the respiratory function of the body.
  - d. Water reduces the external impact on the body.
  - e. None of the above.
  
3. Which of the following is **not** the result of water deprivation in the body?
  - a. Fever.
  - b. Nose itch.
  - c. Headache.
  - d. The internal organs have to work harder.
  - e. None of the above.
  
4. Which of the following is **not** the cause of water deprivation in the body?
  - a. Drinking cold water.
  - b. No regular exercise.
  - c. Not knowing how important water is to the body's working mechanism.
  - d. Not drinking enough water after one has perspired profusely.
  - e. None of the above.
  
5. Which of the following is the most correct way to drink water?
  - a. Drink it cold.
  - b. Drink it very hot.
  - c. Drink it warm and a little at a time but often.
  - d. Drink a copious amount of it at a time but only a few times a day.
  - e. Drink a copious amount of it at a time and often.
  
6. Which of the following statements is correct?
  - a. Water is medicine.
  - b. Food is medicine.
  - c. Air is medicine.
  - d. All of the above.
  - e. None of the above.

7. Which of the following herbs gives the body the most long lasting heat?
  - a. Ginger.
  - b. Bird chilies.
  - c. Pepper.
  - d. Basil.
  - e. Garlic.
  
8. Which of the following is **not** the real purpose for using herbs in cooking?
  - a. To facilitate gas elimination from the body.
  - b. To increase the fire element in the body.
  - c. To make food delicious.
  - d. To provide warmth to the body.
  - e. To prevent indigestion.
  
9. Which of the following dishes contains the most nutrition?
  - a. Soup.
  - b. Soft boiled rice.
  - c. Stewed beef.
  - d. Fish in Tom Yum soup.
  - e. All of the above.
  
10. Which Buddhist Text mentions the drinking of urine?
  - a. Dighanikayapatikavaga.
  - b. Mahavibhanga.
  - c. Majjhimanikayamulapannaska.
  - d. Sanyuttanikayamahavaravaga.
  - e. Anguttaranikayapancakanipata.
  
11. What is the basis for drinking urine as medicine?
  - a. It is based on the same principle as vaccines.
  - b. Once it is drunk, the body will quickly eliminate it such that the body temperature can be lowered.
  - c. When foreign matters invade the body, the body will produce white blood cells to combat them.
  - d. a & c.
  - e. All of the above.
  
12. What shouldn't we do during our travel?
  - a. Drinking warm water.
  - b. Drinking a lot of water.
  - c. Visiting the restroom frequently.
  - d. Having a big meal.
  - e. All of the above.
  
13. How can we make sure that there is enough moisture in the room where we sleep?
  - a. By opening the windows.
  - b. By turning on the fan.
  - c. By turning on the air-conditioner.
  - d. By putting a bowl of water in the room.
  - e. All of the above.

14. How does the habit of sucking on hard candy produce tooth caries?
- Oral bacteria come out to feed on the sugar which coats the teeth.
  - Oral bacteria convert sugar into acids which corrode the tooth enamel.
  - Oral bacteria feed on the sugar-coated tooth enamel.
  - a & b.
  - None of the above.
15. Which of the following statements is correct?
- The ability to ignore the urge to urinate for a long time is an indication of good health.
  - Ignoring the urge to urinate is not a problem but it does cause one to develop body odor.
  - Ignoring the urge to urinate on a regular basis has deleterious effects on the body.
  - a & b.
  - None of the above.
16. What is the root cause of urinary difficulty?
- Ignoring the urge to urinate.
  - Infection of the urethra.
  - Bladder infection.
  - Bacteria in the urethra.
  - Re-absorption of urine.
17. Which of the following scenarios causes blood problems?
- Inflammation of the kidney.
  - Inflammation of the liver.
  - Ignoring the urge to urinate.
  - Bladder infection.
  - Re-absorption of urine.
18. How can we relieve the problem of bladder constriction?
- By sipping water frequently.
  - By regular exercise.
  - By not ignoring the urge to urinate.
  - By not ignoring the urge to defecate.
  - By getting enough rest.
19. What should be the properties of normal feces?
- Normal feces smell good and have the consistency of a liquid.
  - Normal feces smell bad and are hard.
  - Normal feces smell rotten and have the consistency of a semi-solid.
  - Normal feces smell bad and have the consistency of a semi-solid.
  - None of the above.
20. Which of the following is **not** the general cause of constipation?
- Drinking hot water.
  - Drinking very cold water.
  - Ignoring for long periods the urge to defecate.
  - Infrequent exercise.
  - a & b.

21. What causes hemorrhoids?
  - a. Constipation.
  - b. Chronic constipation.
  - c. Frequent diarrhea.
  - d. Alternating between constipation and diarrhea.
  - e. None of the above.
  
22. Which of the following is **not** the meaning of the word 'balance'?
  - a. A state of equilibrium.
  - b. Equality of distribution.
  - c. The use of preventive maintenance to keep the body healthy.
  - d. a & b.
  - e. None of the above.
  
23. In which Sutta can we find the causes of an illness as taught by the Lord Buddha?
  - a. The Jara Sutta.
  - b. The Putta Sutta.
  - c. The Bayathi Sutta.
  - d. The Mahasatipatthana Sutta.
  - e. All of the above.
  
24. What did the Lord Buddha do for physical exercise?
  - a. He practiced the art of contortion.
  - b. He practiced Yoga exercise.
  - c. He went on an alms-round.
  - d. He changed His posture regularly.
  - e. All of the above.
  
25. Which Sutta mentions the way our Lord Buddha did physical exercise?
  - a. The Jara Sutta.
  - b. The Cankama Sutta.
  - c. The Mulapariyaya Sutta.
  - d. The Pariharadham Sutta.
  - e. All of the above.
  
26. Where can we find the mention of the use of the art of contortion to alleviate achiness?
  - a. In the Jara Sutta.
  - b. In the Cankama Sutta.
  - c. In the Vinaya Pitaka.
  - d. In the Mulapariyaya Sutta.
  - e. All of the above.
  
27. According to the balanced approach, what is the recommended sleeping position?
  - a. Lying on one's stomach.
  - b. Lying on one's back.
  - c. Lying on one's right side.
  - d. Lying on one's left side.
  - e. All of the above.

28. What can be regarded as the normal body condition?
- When it is not sick.
  - When it does not need sleep.
  - When it gets sick sometimes.
  - When it is constantly alert.
  - All of the above.
29. What situation best describes the body when it becomes ill?
- A situation where the mind is weak.
  - A situation where the body is weak.
  - A situation where the internal organs are no longer in a balanced state.
  - A situation where both body and mind are weak.
  - A situation where the body cannot function properly.
30. What plays the most important role in causing the body to get sick?
- Food.
  - Air.
  - Germs.
  - The breakdown of the body's working mechanism.
  - a, b & c.
31. What is **not** the cause of an illness?
- Food.
  - Air.
  - Germs.
  - The body's working mechanism.
  - None of the above.
32. What do we need to know most in regards to our body?
- How to control the new strains of virus.
  - How to control a pandemic.
  - Germ protection.
  - Better forms of exercise.
  - The mechanism by which the body keeps itself healthy.
33. Which of the following is **not** the main component of a healthy body?
- Water.
  - Oxygen.
  - Nutrients.
  - The body's waste removal system.
  - None of the above.
34. How are the body's metabolic wastes removed?
- Through rest.
  - Through exercise.
  - Through the different cells and organs.
  - a & b.
  - All of the above.

35. How does our body maintain its normal working condition?
- Through the huge number of cells in the body.
  - Through the proper functioning of each cell in the body.
  - Through the working mechanism of factors external to the body.
  - Through the harmonious working of the different organs in the body.
  - a & b.
36. Which of the following is **not** the main component of the body?
- Water.
  - Food.
  - The body's waste removal system.
  - The communication system which exists among the different organs.
  - coli.

**Choose the following answers for questions 37 – 39.**

- Hormones.
  - Nerves.
  - The lymphatic system.
  - The arteries.
  - None of the above.
37. What is the body's waste removal system?
38. Which system does the job of transporting nutrients?
39. Which system does the job of transporting oxygen?
40. Which of the following is **not** the main transport system of the body?
- The intestines.
  - The nerves.
  - The veins.
  - The arteries.
  - None of the above.
41. Waste removal of the body **cannot** occur properly in the absence of...
- Water.
  - Blood.
  - Food.
  - Hormones.
  - Oxygen.
42. Which of the following is **not** involved in the body's transport of signals?
- Blood.
  - Hormones.
  - The lymphatic system.
  - Nerves.
  - None of the above.

43. What is connective tissue?
- It is muscle mass.
  - It is the tendons in the body
  - It is an organ that connects, supports, or surrounds other tissues, organs, etc.
  - It refers to the bones in the body.
  - None of the above.
44. How many bones does the human skeleton consist of?
- 200.
  - 206.
  - 306.
  - 316.
  - 365.
45. What gives structure to the body?
- Connective tissue.
  - Bones.
  - Tendons.
  - Muscles.
  - All of the above.
46. What holds the bones together?
- The joints.
  - The muscles, the tendons, and the connective tissue.
  - The tendons.
  - The muscles.
  - The connective tissue.
47. Which of the following health problems is **not** caused by the loss of balance in the body structure?
- Allergies.
  - Arthritis.
  - Parkinson's disease.
  - Headache.
  - None of the above.
48. What causes pain in the body?
- Pain is caused by poor blood circulation in the effected area.
  - Pain is caused by the accumulation of deoxygenated blood in the effected area.
  - Pain is caused by too much blood in the effected area.
  - Pain is caused by impaired nerves in the effected area.
  - None of the above.
49. Which of the following is correct about how the autonomic nervous system works to control the internal organs?
- The Sympathetic division stimulates the production of gall.
  - The Sympathetic division stimulates the production of mucus.
  - The Parasympathetic division stops the flow of acids.
  - The Sympathetic division stimulates urine production.
  - The Parasympathetic division causes the heart to beat hard and fast.

50. Which of the following is **incorrect** in regards to what happens when the body structure loses its balance?
- There are stress and strain in the muscle, tendon, and connective tissue.
  - Certain muscles tense up.
  - The skeleton is skewed to one side of the body.
  - There is blockage of circulation in the arteries, veins, and the lymphatic system.
  - All of the above.
51. Which of the following statements is **incorrect**?
- Concave lens causes the narrowing of the light-beam.
  - Far-sightedness can be corrected by using convex lenses.
  - Short-sightedness can be corrected by using concave lenses.
  - Short-sightedness occurs because the 'accommodative process' is impaired.
  - The crystalline lens focuses light on the retina.
52. What happens to a muscle if its nerve **cannot** receive any nerve signals?
- It tenses up.
  - It cannot move.
  - It contracts.
  - b & c.
  - None of the above.
53. What is the main cause of eyesight problems?
- Reading in a place where there is poor lighting.
  - Watching television at close range.
  - Poor nutrition.
  - The accommodative process does not work properly.
  - All of the above.
54. What produces a ringing in the ear?
- Listening to loud music on a regular basis.
  - Being exposed regularly to noise pollution.
  - A bad cold.
  - Trapped air inside the air-vent.
  - All of the above.
55. What causes dizziness?
- Tense ear muscles.
  - Tense neck muscles.
  - Tense back muscles.
  - Tense head muscles.
  - None of the above.
56. What happens when there is a loss of equilibrium in the inner ear fluids?
- Earache.
  - Allergies.
  - Asthma.
  - Dizziness.
  - All of the above.

57. How are allergies caused by the loss of balance in the body structure?
- The loss of balance in the body structure causes the inner ear fluids to lose equilibrium.
  - The loss of balance in the body structure causes the Sympathetic division to work non-stop.
  - The loss of balance in the body structure causes the Parasympathetic division to work improperly.
  - The loss of balance in the body structure causes the autonomic Sympathetic division which controls mucus secretion through the neck and the back of the skull to be blocked.
  - All of the above.
58. What happens when the Sympathetic division is impaired?
- Partial loss of hearing.
  - Pain in the joints.
  - Dizziness.
  - A runny nose.
  - None of the above.
59. What illness is caused by tense spinal muscles?
- Partial loss of hearing.
  - Allergies.
  - Asthma.
  - Dizziness.
  - None of the above.
60. Which of the following illnesses is **not** caused by tense spinal muscles?
- Arthritis.
  - Asthma.
  - A curved back.
  - Inflammation of the stomach.
  - None of the above.
61. How should pain in the joints be treated?
- Through regular exercise.
  - Through exercising the surrounding muscles.
  - Through making sure that all four health factors are present.
  - Through diet and rest.
  - a & d.
62. What causes a curved back?
- It is caused by the tense muscles, tendons, and connective tissue at the front of the body.
  - It is caused by the tense muscles, tendons, and connective tissue at the back of the body.
  - It is caused by the tense muscles, tendons, and connective tissue on the left side of the body.
  - It is caused by the tense muscles, tendons, and connective tissue on the right side of the body.
  - c & d.

63. What causes an arched back?
- It is caused by the tense muscles, tendons, and connective tissue at the front of the body.
  - It is caused by the tense muscles, tendons, and connective tissue at the back of the body.
  - It is caused by the tense muscles, tendons, and connective tissue on the left side of the body.
  - It is caused by the tense muscles, tendons, and connective tissue on the right side of the body.
  - c & d.
64. What causes a back to be arched to one side?
- It is caused by the tense muscles, tendons, and connective tissue at the front of the body.
  - It is caused by the tense muscles, tendons, and connective tissue at the back of the body.
  - It is caused by the tense muscles, tendons, and connective tissue on the left side of the body.
  - It is caused by the tense muscles, tendons, and connective tissue on the right side of the body.
  - c & d.
65. Which of the following does **not** cause the body structure to lose its balance?
- The weather.
  - The self.
  - External impact.
  - a & b.
  - None of the above.
66. What plays a major role in causing the body structure to lose its balance?
- The weather.
  - The individual self.
  - External impact.
  - a & b.
  - None of the above.
67. When a person's body structure loses its balance as a result of an external reason, why is sitting with a back slightly bent feel comfortable for him?
- Because the posture helps restore the body's balance.
  - Because it is the way that the brain restores the body's balance.
  - Because the person is compensating for the problem by adopting a poor posture.
  - a & b.
  - None of the above.
68. Which of the following is **incorrect**?
- We must maintain a correct posture when we stand.
  - We must maintain a correct posture when we sit.
  - We must maintain a correct posture at all times except when we sleep.
  - We should keep our muscles and tendons relaxed.
  - None of the above.

69. Which of the following has **nothing** to do with the balanced approach?
- Keeping our self healthy through the adjustment of our body structure.
  - Treating illnesses with the use of the latest drugs.
  - Treating illnesses through the adjustment of our body structure.
  - Using basic knowledge about our physiology and anatomy to treat our illnesses.
  - None of the above.
70. Which of the following is **not** part of the balanced approach?
- Addressing the root cause of an illness.
  - Physical exercise.
  - Adjustment of the body structure in order to keep it balanced.
  - Using antibiotics and herbs.
  - None of the above.
71. What is the practice involved in the balanced approach?
- Keeping a balanced structure at all times.
  - Keeping the muscles and tendons relaxed.
  - Keeping the body structure balanced.
  - Performing a series of physical exercises that enhance the body's balance.
  - All of the above.
72. How should we take care of our spinal column?
- By keeping it properly aligned and extended.
  - By practicing the art of contortion.
  - By using massages.
  - By using sauna.
  - All of the above.

**Choose the following answers for questions 73-75:**

- 7 cervical vertebrae.
  - 7 thoracic vertebrae.
  - 12 thoracic vertebrae.
  - 12 lumbar vertebrae.
  - 5 lumbar vertebrae.
73. The upper region of the spinal column consists of...
74. The middle region of the spinal column consists of...
75. The lower region of the spinal column consists of...

**Choose the following answers for questions 76-78:**

- This posture helps the neck muscles to extend the upper part of the spinal column.
  - This posture keeps the middle region of the spinal column upright.
  - This posture helps the spinal column to be in correct alignment.
  - All of the above.
  - None of the above.
76. What happens when we tuck our chin in?
77. What happens when we tighten our stomach muscles?
78. What happens when we pull our shoulder blades close together?

79. Which of the following describes the basic posture?
- Standing straight with the stomach muscles tightened and the chin tucked in.
  - Stomach muscles tightened, shoulder blades pulled close together and the chin tucked in.
  - Shoulder blades pulled close together, the face upturned.
  - Stomach muscles tightened, face upturned.
  - None of the above.
80. Which of the following is **incorrect**?
- We should form the habit of keeping the basic posture.
  - We should keep the basic posture at all times.
  - We should keep the basic posture at all times.
  - a & c.
  - None of the above.
81. In the meditation posture, what can one do if one's arms are too short?
- One can place a cushion on one's lap.
  - One can rest one's arms by one's side.
  - One can rest on one's elbows.
  - One can learn to fully extend one's arms.
  - None of the above.
82. Which of the following is **not** the right thing to do when sitting on a chair?
- Placing our bottom near the edge of the chair.
  - Placing our feet squarely on the floor.
  - Resting our weight on our feet and our bottom.
  - Continuing to keep our basic posture.
  - None is incorrect.
83. What should **not** be done when we sit with our back against the backrest of a chair?
- Placing our bottom near the edge of the chair.
  - Leaning all the way back against the backrest.
  - Choosing a chair with a straight backrest.
  - Continuing to keep our basic posture.
  - None is incorrect.
84. Which of the following is **incorrect**?
- While driving, one should sit with the bottom flush against the backrest.
  - While driving, one should lean one's back fully against the backrest.
  - While driving, one should hold the steering wheel at the 6 and 12 o'clock positions.
  - While driving, one should adjust the seat so that one's foot can reach the accelerator and the brake pedal while the knee is kept slightly bent.
  - None of the above is incorrect.
85. Which of the following is correct?
- While lifting something off the floor, one should bend at the waist to lift it up.
  - While lifting something off the floor, one should sit on one's haunches to lift it up.
  - While lifting something off the floor, one should be sure to keep the spinal column aligned and balanced.
  - While lifting something off the floor, one should get down on one knee to lift it up.
  - None of the above is incorrect.

86. Which of the following is **incorrect**?
- We should sleep by lying on our back.
  - We should sleep on a soft and comfortable bed.
  - When we sleep, we should rest our head on a pillow to keep the head and neck aligned.
  - When we sleep, we should place a pillow under our legs just below the knees.
  - None of the above is incorrect.
87. To keep our body structure balanced, how often should we perform the different exercises?
- Once a day.
  - 2-3 times a day.
  - Once a week.
  - 2-3 times a week.
  - 5 times a week.
88. Which of the following is **incorrect**?
- The main objective of physical exercise is to keep our body young and attractive.
  - The main objective of physical exercise is to increase endurance in the muscles.
  - The main objective of physical exercise is to promote flexibility in the muscles and joints.
  - The main objective of physical exercise is to increase strength in the muscles and internal organs.
  - None of the above.
89. According to Dr. Tavorn, what is the best form of physical exercise?
- Running.
  - Playing sports.
  - Weight-lifting.
  - A slow walk
  - A fast walk.
90. How long a period should we exercise each time?
- 15 minutes.
  - 30 minutes.
  - 45 minutes.
  - 60 minutes.
  - 20 minutes.
91. How often should we exercise?
- Daily.
  - Every other day.
  - Three days a week.
  - Once a week.
  - As often as we like.
92. How should we treat muscle-strains?
- They should be allowed to heal themselves.
  - We should apply ice to effected area and massage it gently.
  - We should first massage the muscles on both sides of the spinal column.
  - We should massage the strained muscles directly.
  - None of the above.

93. What should first be done in the case of a backache?
- Take a muscle relaxant.
  - Massage the groin and pelvis area.
  - Massage the effected area with a breast-shape support.
  - Massage the muscles and connective tissue in the abdomen.
  - None of the above.
94. Which of the following is **incorrect**?
- Habit means usual behavior.
  - Habit means a thing we do often and almost without thinking.
  - Habit can be developed.
  - Habit is like a personal programming.
  - None of the above is incorrect.
95. Which Scripture contains the Lord Buddha's teaching on the forming of good habits through the consideration of the four requisites?
- The Agganna Sutta.
  - The Mulapariyaya Sutta.
  - The Paccavekadhana Sutta.
  - The Mahasatipatthana Sutta.
  - Sariputtasuttaniddesa.
96. Which of the following is correct?
- The forming of good habits does not require conscientious effort.
  - There are three areas in life where good habits must be formed.
  - To develop good habits, we need to choose to do often only good things while at the same time break any bad habit that has already been formed.
  - All of the above.
  - None of the above.
97. In developing good habits, which area should we address first?
- In the area of personal consumption.
  - In the area of personal finances.
  - In the area of personal relationships.
  - In the area of personal routine.
  - None of the above.
98. Which practice helps us form lasting good habits?
- Associating with the sages.
  - Staying away from fools.
  - Keeping the company of virtuous friends.
  - Practicing meditation regularly.
  - All of the above.
99. Which of the following is **incorrect**?
- Good habits make it easier for us to resist the dictate of our defilements.
  - Good habits help us to enjoy good health.
  - Keeping a balanced posture at all times is a good habit.
  - Good habits keep us healthy in both body and mind.
  - Good habits make our body impervious to the aging process.

100. Which of the following Pali phrases is correct?
- a. Cittesankilittesugatipatikankha.
  - b. Citteasankilittesugatipatikankha.
  - c. Cittesankilittedugatipatikankha.
  - d. Citteasankilittedugatipatikankha.
  - e. None of the above.