

1 Introduction to Indian head massage

Multiple-choice self-assessment questions answer guide

Answers given in bold are correct.

1. Indian head massage has evolved from
 - a. Sanskrit texts dating from 2,500 years ago
 - b. the sacred book of Ayur-Veda dating from 1800 BC
 - c. an Indian family tradition**
 - d. the ancient system of Indian medicine, Ayurveda.

2. The Ayurvedic principle is that health is maintained by
 - a. having a regular Indian head massage
 - b. balancing of the three doshas**
 - c. eating the correct diet
 - d. using special oils on the hair.

3. In Ayurveda the five elements that make up an individual are
 - a. ether, air, food, water and earth
 - b. ether, air, fire, water and earth**
 - c. earth, water, fire, wind and space
 - d. earth, cells, fire, water and space.

4. In Ayurveda, which of the following is a unique characteristic of the dosha kapha?
 - a. Dry
 - b. Light
 - c. Rough
 - d. Heavy**

5. One of the unique characteristics of the dosha pitta is
- a. cold
 - b. heat**
 - c. dry
 - d. soft.
6. Which of the following statements is *true* in relation to the dosha vata?
- a. Vata is a combination of the elements fire and water.
 - b. Vata is responsible for physical stability and fluid balance.
 - c. Vata is the driving force and is responsible for all movements of the mind, body, senses and the process of elimination.**
 - d. Excess vata causes heat-related disorders.
7. Which of the following statements is *incorrect*?
- a. Imbalances in the doshas can lead to ill health.
 - b. Each individual is made of the same proportions of vata, pitta and kapha.**
 - c. Life and all its forces and influences can cause the doshas to become unbalanced.
 - d. Each individual's constitution is determined by the state of their parents' doshas at the time of conception.
8. Which of the following statements is *incorrect*?
- a. Indian head massage helps reduce stress and anxiety.
 - b. Indian head massage decreases the release of endorphins from the brain.**
 - c. Indian head massage increases the blood flow to the head, neck and shoulders.
 - d. Indian head massage helps relieve tired eyes and eyestrain.
9. Increased lymphatic flow to the head, neck and shoulders from an Indian head massage can
- a. increase blood pressure
 - b. increase oedema
 - c. aid the elimination of accumulated toxins**
 - d. deepen breathing.

10. Indian head massage has the following effect on the skin:
- a. **increases desquamation**
 - b. increases sweat
 - c. increases vasoconstriction of blood vessels
 - d. increases skin density.