Review for Exam 3 (Chapters 11-13)

Homeopathy

- What’s the basic premise of Homeopathy?
- When was it founded and who led its conception?
- Be able to explain The law of Similars, The law of Minimal Dose, Prescribing for the Individual, and Herring’s law of Cure
- List at least two specific reasons why Homeopathy has validity in today’s healthcare setting.

Ayurveda and TCM

- Be able to compare and contrast these two complete medical systems
  - Historical background
  - Major methodology (ie beliefs, activity practices, etc)
- What are the basic principles of Ayurvedic Medicine?
  - What are the five elements?
  - How do they contribute to our Doshas?
  - Why is it important to know your Dosha?
  - Explain Prakruti and Vikruti
- What are the basic principles of Traditional Chinese Medicine?
  - Explain Yin And Yang
  - Describe the two most important energies
  - How has it reached the West and primarily in what form?
  - Briefly explain the therapies of TCM
    - What is the driving force behind the methodology of acupuncture?
    - Explain the role and practice of Tai chi and Qigong

Questions from Presentations

- There will also be some basic questions on the exam from the student presentations
- The questions will be fairly basic and refer to a basic description/methodology, what are the benefits, and how they are used today in our society
- The topics were: Meditation, Massage, Organic Nutrition, Supplementation, Art therapy, Osteopathic, Music therapy, Relaxation Therapy, Pet Therapy, Chiropractic, Reflexology, and Yoga