

Name: _____

Date: _____

AyurPuzzle2

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| 1. non-violence | A. ahimsa |
| 2. truthfulness | B. samadhi |
| 3. non-stealing | C. heal sick & maintain healthy |
| 4. sensual responsibility | D. dharana |
| 5. non-covetness | E. brahmicharya |
| 6. sauca | F. taste |
| 7. santosha | G. touch |
| 8. tapas | H. vedanta |
| 9. swadhiyaya | I. form |
| 10. isvara pranidhana | J. sound |
| 11. control of vital life force | K. dhyana |
| 12. control of body & posture | L. discipline |
| 13. internalisation of senses | M. asteya |
| 14. concentration | N. fine elements of perception |
| 15. meditation | O. odor |
| 16. spiritual bliss | P. asana |
| 17. non-dualism | Q. purity |
| 18. tanmatras | R. self-study |
| 19. shabda | S. stay |
| 20. sparsha | T. surrender to god |
| 21. rupa | U. pranayama |
| 22. rasa | V. aparigraha |
| 23. ghanda | W. sariram+sattvam+atman |
| 24. Ayurvedic definition of life? | X. pratayahara |
| 25. purpose of Ayurveda as medical science | Y. contentment |