

# Ayurvedic Massage Home Study Course

11 CE Hours  
Online Study Guide

Presented by the:  
*Center for Massage Therapy Continuing Education*

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## Center for Massage Therapy Continuing Education

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Published by the Center for Massage Therapy Continuing Education

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It is the responsibility of the practitioner to determine the appropriateness of the principles presented in terms within the scope of practice. This information is in no way meant to diagnose or treat medical conditions. This course is not meant to teach advanced hands-on shiatsu techniques. Written medical opinions are always the best way to resolve any questions regarding contra-indications to Ayurvedic massage therapy.

**PLEASE CAREFULLY READ THE DIRECTIONS ON PAGE 2**

## **Instructions for the Ayurvedic Massage Home Study Course**

Thank you for investing in the Ayurvedic Massage home study course, an 11 CE hour course designed to further your knowledge of Ayurvedic massage and traditional Indian techniques for balancing the body and mind. This guide will contain all of the instructions you will need to complete this course. This is an 11 CE hour course, so that means it should take you approximately 11 hours to read the text, complete the exam and course evaluation. This course is not meant to teach advanced hands on techniques. It is an introductory course meant to introduce you to Ayurvedic massage and its related theories. Please seek advanced training for hands on skills.

### **The following are steps to follow in completing this course:**

- 1. Read the instructions and review the textbook and exam. Your textbook will be mailed to you.**
- 2. Access the online examination by logging in to your account at [www.massagetherapyceu.com](http://www.massagetherapyceu.com). Once there, click on the student login link on the top left and enter your information.**
- 3. Access the online technique demonstration video bank by following this link: <https://www.youtube.com/playlist?list=PLnvS9HaUaKtY91tC4VQ0jEyc62bKKDDEa>. There are approximately 1 hour of online video clips available demonstrating ayurvedic techniques.**
- 4. Complete your examination and print your certificate. The exam is open book and there is no time limit for completion.**

You must pass the exam with a 70% or better to pass this home study course. You are allowed to access and take the online exam up to 3 times if needed. There is no time limit when taking the exam. Feel free to review the textbook while taking the exam. This course uses the textbook “Ayurvedic Massage”, by Harish Johari. There are no trick questions on the exam. All of the answers can be found in the textbook.

It is advised to answer the exam questions in the study guide before testing online. That way, when you are testing you do not have to go back and forth through the online exam and risk losing your answered questions!

Good luck as you complete this course. If you have any question please feel free to contact us at 866-784-5940, 712-490-8245 or by email at [info@massagetherapyceu.com](mailto:info@massagetherapyceu.com). Most state boards require that you keep your “proof of completion” certificates for at least four years in case of audit. Thank you for taking our Ayurvedic Massage home study course.

# Ayurvedic Massage Examination

## Chapter 1

1. Which of the following conditions is massage therapeutically used for?
  - A. Headaches
  - B. Insomnia
  - C. Blood pressure irregularities
  - D. All of the above

## Chapter 2

2. In the term Ayurveda, “veda” stands for:
  - A. Life
  - B. Knowledge
  - C. Energy
  - D. Wind
3. According to the Vedas, life is seen as an evolution of the creative principle, Prakriti, and the formless and attributeless nonbeing, Purusha.
  - A. True
  - B. False
4. What are the doshas?
  - A. They account for three of the five elements in Ayurvedic medicine
  - B. Unique to Ayurveda, the doshas (vata, pita, and kapha) constitute the chemical nature of every living organism
  - C. A concept of Prakriti, (sattva, rajas, and tamas) and from their activity the five elements are formed
  - D. All of the above
5. Which of the following elements form the kapha temperament?
  - A. Ether and air
  - B. Fire and water
  - C. Water and earth
  - D. Ether and earth
6. All of the following are characteristics of the vata temperament EXCEPT:
  - A. Thin, sparse hair
  - B. Dislike cold and cold items
  - C. Relatively short life span
  - D. Angry disposition
7. Ayurveda believes that pains and aches are caused by obstruction of the flow of vayu (wind) through vayu-carrying vessels, or *siras*.
  - A. True
  - B. False

8. In Ayurveda, why is massage described as *jarahar*, the remover of old age?
- A. Because it takes nourishment away from the seven constituents, or *dhatu*s, of the human body
  - B. Because it has the ability to cure certain disorders of the body
  - C. Because it provides nourishment to the seven constituents, or *dhatu*s, of the human body
  - D. Because it allows the therapist to prevent aging in people who receive Ayurvedic massage daily
9. Which of the following is a benefit of Ayurvedic massage found in the *Ashtanga Hridaya* of Vagbhata?
- A. Removes excess wind
  - B. Induces sleep and dreams
  - C. Improves the color and texture of the skin
  - D. All of the above
10. Which of the following oils is recommended for use on the body and feet to induce sleep and dreams?
- A. Kaddu or coconut oil
  - B. Coconut or sesame oil
  - C. Almond or eucalyptus oil
  - D. Grapeseed or coconut oil
11. What is the best time to examine the pulse?
- A. Immediately after exercise, while still perspiring
  - B. Right before lunch, when hunger is at its strongest
  - C. First thing in the morning, after elimination and before eating
  - D. Immediately before and after a massage
12. If the pulse is felt the strongest under the ring finger, which dosha is dominant?
- A. Vata (wind)
  - B. Kapha (mucus)
  - C. Pitta (bile)
  - D. Ren (earth)
13. According to the *Sushruta Samhita*, how many marma's are present in the human body?
- A. 107
  - B. 118
  - C. 127
  - D. 105
14. In Ayurvedic massage, energy flows from a higher level to a lower level.
- A. True
  - B. False

15. Massage works directly and simultaneously with which system of the body?
- A. Vascular
  - B. Nervous
  - C. Lymphatic
  - D. All of the above

### Chapter 3

16. All of the following are roles of oil in Ayurvedic massage EXCEPT:
- A. Oil is a nutrient for the skin, containing proteins, carbohydrates, and other essential ingredients that are absorbed through the openings in the hair follicles
  - B. Oil softens the skin, eliminates friction, and disperses heat evenly throughout the body
  - C. Oil creates dryness, decreases suppleness, and promotes the effects of premature aging
  - D. Oil applied to the navel just before going to sleep cures dryness of the whole body
17. Which of the following is a property of mustard oil?
- A. Bitter
  - B. Pungent
  - C. Sharp
  - D. All of the above
18. All of the following are benefits of oil made from black sesame seeds EXCEPT:
- A. Promotes gout and arthritis
  - B. Cures swelling
  - C. Strengthens the skin
  - D. Nourishes the hair
19. Which of the following oil types is suitable for vata-dominated people?
- A. Coconut oil
  - B. Castor oil
  - C. Almond oil
  - D. All of the above
20. Which of the following oil blends is recommended for women between forty and fifty?
- A. To 4 cups of black sesame oil, add 2 cups of jasmine oil
  - B. To 4 cups of sesame oil, add 2 tablespoons of pumpkin seed oil
  - C. To 4 cups of black sesame oil, add 2 cups of wheat germ oil and 2 tablespoons of almond oil
  - D. To 4 cups of sesame oil, add 2 cups of coconut oil, 2 tablespoons of wheat germ oil and 3 tablespoons of rose oil
21. In autumn \_\_\_\_\_ is dominant.
- A. Vata (wind)
  - B. Kapha (mucus)
  - C. Pitta (bile)
  - D. Vata (wind) and kapha (mucus)

22. Which of the following oils is ideal for relieving a headache?
- A. Almond oil
  - B. Kahu oil
  - C. Mustard oil
  - D. Sandalwood oil

#### Chapter 4

23. According to the *Sushrita Samhita*, a marma should be understood as:
- A. An organ channel in the body which allows the open flow of vayu to the corresponding organ in the body
  - B. A junction or meeting place of the five organic principles: ligaments, vessels, muscles, bones, and joints
  - C. A trigger point located in the belly of a muscle which is activated when pressed or massaged
  - D. All of the above
24. How many marmas are located in the head and neck area?
- A. 22
  - B. 14
  - C. 37
  - D. 12
25. Where are the kukundaraye marmas located?
- A. Sacroiliac joints
  - B. Shoulder blades
  - C. Below the ears
  - D. The temple
26. Which of the following is the proper duration of massage for healthy adults up to 40 years?
- A. 15-20 minutes
  - B. 30-45 minutes
  - C. 45-60 minutes
  - D. Depends on their health
27. All of the following are contraindications to Ayurvedic massage EXCEPT:
- A. A cough or cold
  - B. The first stages of a fever
  - C. After the completion of a full meal
  - D. After relaxing or reading a book
28. Which of the following lists the four types of strokes used in Ayurvedic massage?
- A. Tapping, kneading, rubbing, and squeezing
  - B. Vibration, effleurage, friction, and pressing
  - C. Squeezing, pressing, friction, and effleurage
  - D. Tapping, vibration, friction, and kneading

29. The squeezing technique is performed on what:
- A. The spine
  - B. The limbs, fingers, and toes
  - C. The head and neck
  - D. The entire trunk, front, and back
30. What is the proper direction of massage when treating the collarbone to the fingertips?
- A. From the fingertips to the collarbone
  - B. From the collarbone to the fingertips
  - C. From the elbow toward the collarbone, and then the lower arm
  - D. From the elbow to the fingertips, and then the collarbone
31. In Ayurveda, massage starts with the \_\_\_\_\_ to relax the entire being.
- A. Head
  - B. Upper half of the body
  - C. Lower half of the body
  - D. Spine

## Chapter 5

32. The full body Ayurvedic massage routine described in chapter five focuses on the marmas, which is how the pressure points are known in Ayurveda.
- A. True
  - B. False
33. Which of the following is a general guideline for Ayurvedic massage?
- A. Clap your hands each time you remove them from the recipient's body
  - B. When massaging the marmas, make small concentric circles with your fingertips
  - C. Marmas can be intentionally blocked by pressing or holding the marma point
  - D. All of the above
34. Massage of the upper leg begins by \_\_\_\_\_ the tops and sides of both thighs.
- A. Kneading
  - B. Oiling
  - C. Tapping
  - D. Massaging with concentric circles
35. Which of the following marmas is located behind the knee?
- A. Posterior urvi
  - B. Posterior ani
  - C. Posterior janu
  - D. Gulpha
36. Which of the following marmas is located on the midline of the calf muscle, six fingerwidths down from the knee crease?
- A. Posterior janu
  - B. Indravasti
  - C. Gulpha
  - D. Kshipra



37. The massage of the lower leg and foot ends with:
- A. A squeezing of the leg three times, from knee to toes
  - B. Clapping your hands and then using vibration from the knee to the toes
  - C. A tapping of the leg three times, from knee to toes
  - D. The corpse pose and light stretching
38. The outside of the thigh is known as:
- A. The male or electrical side
  - B. The female or magnetic side
  - C. The weak or lymph node side
  - D. The side which accumulates less tension
39. Which of the following marmas is located on the anterior knee?
- A. Posterior janu
  - B. Indravasti
  - C. Anterior urvi
  - D. Anterior ani
40. What is the proper direction of circular massage on the marma points?
- A. Clockwise with the left hand and counterclockwise with the right
  - B. Clockwise only
  - C. Clockwise with the right hand and counterclockwise with the left
  - D. Counterclockwise only
41. Why are tapping, kneading, and shaking not necessary on the ankle?
- A. Because the ankle is very fragile
  - B. Because there are so few muscles in the ankle
  - C. Because there are no marma points located in the ankle
  - D. All of the above
42. Applying simultaneous pressure to the lateral and medial aspects of the gulpha marma can bring relief to the condition of:
- A. Arthritis
  - B. Sciatica
  - C. Gout
  - D. Plantar Fasciitis
43. According to the ancient system of Tantra, what are the chakras?
- A. Seven centers of subtle (nonphysical) consciousness in the body which are linked to the organs of the physical body
  - B. Five basic elements which are the building blocks of the external world of names and forms
  - C. Pressure points occurring at the firm junctures of the five organic principles which form the seats of the vital life force (prana)
  - D. Primary doshas or temperaments formed by the five basic elements

44. The bottom of the shoulder blades aligns with the \_\_\_\_\_ chakra.
- A. First
  - B. Second
  - C. Third
  - D. Fourth
45. Movements performed on the spine/back are \_\_\_\_\_ made toward the head.
- A. Always
  - B. Sometimes
  - C. Never
  - D. Often
46. Where are the vrihati marma located?
- A. On the top of the shoulders
  - B. Either side of the 7<sup>th</sup> cervical vertebra
  - C. Either side of the 10<sup>th</sup> thoracic vertebra
  - D. The tip of the tailbone
47. In which area does the “upper front of the body” Ayurvedic massage begin?
- A. The chest
  - B. The neck
  - C. The navel
  - D. The xiphoid process
48. Always ask for permission before massaging the chest and breast area of anyone. Men massaging women should skip the breast area and vice versa.
- A. True
  - B. False
49. In Ayurvedic massage, the shoulder girdle and arms, as well as the shoulder blades are treated/massaged in what position?
- A. Client lying prone
  - B. Client lying supine
  - C. Client in a seated position
  - D. Client in a standing position
50. In the upper arm, where is the marma known as kurpara located?
- A. In the armpit
  - B. In the hollow of the elbow
  - C. Four fingerwidths below the shoulder joint
  - D. On the lateral forearm
51. Which of the following marma is located in the middle of the inner arm?
- A. Indravasti
  - B. Kurpara
  - C. Manibandha
  - D. Kurchshira

52. When working on the fingers, what is the benefit of the pulling technique?
- A. It enhances swelling and joint mobility
  - B. It realigns the bones in the fingers
  - C. It induces deep relaxation and enhances circulation
  - D. It enhances circulation and supplies nutrients to the fingers
53. In Ayurvedic massage, why is head massage considered massage of the entire body?
- A. Because the head is the center of the nervous system, head massage calms the entire nervous system and thus the entire body
  - B. Because the fontanelle remains open through adulthood, head massage relaxes and rejuvenates the whole body
  - C. The oil used in head massage is absorbed by the brain, calming and relaxing the body as a whole
  - D. All of the above
54. In Ayurvedic massage, what is the benefit of massage to the temples?
- A. It strengthens the hair and removes dryness
  - B. It calms the system and creates a good feeling in the brain
  - C. It improves eyesight and the power of concentration
  - D. It relaxes the whole body and is beneficial for the eyes
55. Which of the following is a benefit of head massage?
- A. Increases the supply of fresh oxygen and glucose to the brain
  - B. Increases the level of pranic energy inside the brain
  - C. Cures dryness
  - D. All of the above
56. All of the following oils are recommended for head massage EXCEPT:
- A. Castor oil
  - B. Coconut oil
  - C. Mustard oil
  - D. Almond oil
57. Before beginning head massage, it is important to first become familiar with three spots. What are they?
- A. The fontanelle, the occiput, and the temples
  - B. The fontanelle, the part of the skull where the hairs gather (cowlick), and behind the head, near where the neck meets the skull
  - C. The part of the skull where the hairs gather (cowlick), behind the head, near where the neck meets the skull, and the middle of the forehead
  - D. The middle of the forehead, the temples, and behind the head, near where the neck meets the skull
58. In India it is believed that long, hanging earlobes are a sign of what?
- A. Strength and power
  - B. Shame and guilt
  - C. Divinity and long life
  - D. Confidence and power

59. Which of the following marmas is located on the midpoint of the forehead?  
A. Sringataka  
B. Shankh  
C. Utkshepa  
D. Sthapni

60. Massage of the cheeks is done with a generous amount of oil.  
A. True  
B. False

61. Which of the following signals the completion of the massage?  
A. Gentle vibration strokes  
B. Clapping of your hands  
C. Pressing on the chin  
D. Tapping on the fontanelle

## Chapter 6

62. While massage does not provide a complete therapeutic cure, it does help the organism receive nutrient material from within the body and expel toxins.  
A. True  
B. False

63. Before performing massage on a person with a dislocated joint:  
A. Apply a cold lotion which has been stored in a green bottle for at least forty days  
B. Shake the joint gently to reset the bone  
C. The bone/joint must be reset or returned to its proper place by a trained professional such as a physician  
D. All of the above

64. Which of the following disorders is considered a vata disease/disorder?  
A. Arthritis  
B. Rheumatism  
C. Neurasthenia  
D. All of the above

65. Which of the following oil blends is recommended for people with high blood pressure?  
A. Almond or black sesame seed oil from a yellow bottle, mixed with an equal portion of mustard or olive oil  
B. ¼ teaspoon of finely grated and charred nutmeg to ¼ cup of cured massage oil from a yellow bottle  
C. ¼ cup of mustard oil mixed with ½ teaspoon of iodex from a green bottle  
D. Almond or black sesame seed oil from a red bottle, mixed with an equal portion of mustard or olive oil

66. People with \_\_\_\_\_ should never have the head massaged.  
A. Sciatica  
B. Insomnia  
C. High or low blood pressure  
D. Bronchitis

67. Which of the following practices nurtures sleep?
- A. Massaging the feet before going to sleep
  - B. Anointing the body
  - C. Massaging the head with pumpkin seed oil
  - D. All of the above
68. Self massage in insomnia cases is strongly recommended and is very helpful.
- A. True
  - B. False

## Chapter 7

69. In Ayurvedic medicine, what is recommended in the first three months of pregnancy to strengthen the abdominal muscles?
- A. Massage
  - B. Specific asanas (yogic poses)
  - C. Pranayama (breathing) exercises
  - D. All of the above
70. What area of massage is emphasized in the last six months of pregnancy?
- A. Massage of the head, neck, and shoulder blades
  - B. Massage of the pelvis, spine, and back muscles
  - C. Massage of the lower and upper extremities
  - D. Massage of the navel, chest, and back
71. During the first and second month of pregnancy, oil should not be directly applied onto the client's body. Instead, the practitioner's hands should be lubricated just enough to allow smooth rubbing, pressing, kneading, and squeezing.
- A. True
  - B. False
72. The abdominal region of the mother should not be massaged after the \_\_\_\_\_ month.
- A. Third
  - B. Fourth
  - C. Fifth
  - D. Sixth
73. Which of the following is a purpose of performing massage during labor?
- A. For relaxation to reduce fear
  - B. To reduce the tensions and blockages caused by fear
  - C. To reduce the tension felt in giving birth
  - D. All of the above
74. In Ayurvedic massage, what area should not be massaged during labor?
- A. Shoulders and neck
  - B. Back and waist
  - C. Legs and calves
  - D. Pelvis

## Chapter 8

75. According to *Sushruta Samhita*, a cleansing massage is recommended for the newborn just after birth. What is this massage performed with?
- A. The mother's hands
  - B. A massage practitioner's hands
  - C. A dough ball
  - D. A lemon
76. Which of the following types of massage oil is recommended for use on an infant (one month or older)?
- A. Mustard oil
  - B. Coconut oil
  - C. Sesame oil
  - D. All of the above
77. In Ayurvedic massage, how often is infant massage given?
- A. Daily for eighteen months
  - B. Weekly for eighteen months
  - C. Monthly for eighteen months
  - D. Every other day for two years

## Chapter 9

78. The beauty massage described in the textbook is recommended for people of what age?
- A. Forty and over
  - B. All ages
  - C. Under forty
  - D. Ages twenty to forty
79. The beauty massage treatment is a \_\_\_\_\_ day course.
- A. 10
  - B. 20
  - C. 30
  - D. 40
80. In the beauty massage sequence, how long is massage performed on the face?
- A. 5 minutes
  - B. 15 minutes
  - C. 30 minutes
  - D. 45 minutes
81. Synthetic cosmetics, moisturizers and sprays should \_\_\_\_\_ be used during the beauty massage sequence.
- A. Always
  - B. Sometimes
  - C. Never
  - D. Often

82. What is ubtan?
- A. A type of wet clay used in clay baths
  - B. A paste made from nuts or flour to which ingredients are added
  - C. A type of beeswax cream used on the face
  - D. A paste of made of flour and water used on a newborn
83. Which of the following formulas is recommended to cleanse the face and reduce wrinkles?
- A.  $\frac{1}{4}$  cup yellow or white mustard seeds mixed with 2 cups milk
  - B.  $\frac{1}{2}$  cup red lentils mixed with 2 cups of milk
  - C. 1 cup raw milk,  $\frac{1}{2}$  teaspoon almond oil, and  $\frac{1}{2}$  teaspoon wheat germ oil
  - D. 1 lemon, juiced, 1 tablespoon wheat germ oil, and  $\frac{1}{4}$  cup whole wheat flour
84. Which of the following is a popular eye remedy often made in the Indian countryside?
- A. Kajal
  - B. Clay baths
  - C. Ubtan
  - D. Janu

This completes the Ayurvedic Massage exam.