



Instructor Examination: Sample Questions

If you can answer these questions competently, you will have no problem on the written test....

From *Encyclopedia of Thai Massage & A Thai Herbal*

1. What is the Thai name for Thai Massage?
2. What is Thai healing based on?
3. How has this art form been handed down?
4. What does a complete Thai massage incorporate?
5. When did Thai Massage arrive in Thailand?
6. How many Sen lines are there?
7. What is the most important function of Thai massage?
8. By what year was Royal medicine established in the capital?
9. When was Buddhism said to have been introduced in Thailand?
10. When was Authhya destroyed? By whom? What happened as a result?
11. What century was Wat Po constructed in?
12. Initially, who practiced massage at Wat Po?
13. When did the Traditional Medicine Hospital emerge? What is it also known as?
14. Who opened the Traditional Medicine Hospital?
15. Describe his ideas.
16. What are the differences between Northern and Southern styles of Thai massage?
17. What is the most basic ethical code practiced in Thailand?
18. What is the moral code practiced by the healer in Thai massage?
19. Who is at the center of the Thai healer's spiritual practice?
20. What is "metta?"

From *Spiritual Healing of Traditional Thailand*

1. What is unique about a statue of the Buddha from the Theravadin tradition?
2. The Mahayana tradition?
3. What is the Buddha a symbol of in the Theravadin tradition?
4. What does "Wai Khru" mean?
5. What is the minimum that you must find on an altar?
6. What are some other items that may be placed there?

7. What is the altar an expression of? How is this shown?
8. Where should the instructor position him/herself with respect to the altar? The students?
9. How should the space surrounding the altar be treated?
10. How should a person sit when near an altar? Why?
11. Should a person ever point to an icon? Why?
12. How does the Wai Khru begin?
13. What does this mean to those that practice it?
14. How must the instructor offer the chant? The students?
15. What is the standard offering for a student?
16. What is the significance of incense as an offering?
17. Why does the healer practice metta-bhavana?
18. What is the significance of the final chant at the end of the Wai Khru?
19. What are the 3 branches of Thai medicine? Explain each.
20. What is an imbalance of body treated with?
21. What is an imbalance of citta treated with?
22. What is an imbalance of energy treated with?
23. When approximately did the Buddha die?
24. Spell the Buddha's given name in Pali and Sanskrit.
25. What year did the Buddha die in?
26. Who was his medical attendant?
27. Who sent emissaries to Southeast Asia to spread Buddhism?
28. Where is Mahayana Buddhism practiced?
29. When did Mahayana travel north?
30. When did Chinese influence arrive in Thailand?
31. Under what dynasty did Chinese influence arrive in Thailand?
32. What occurred as a result of Chinese influence in Thailand?
33. When and how did French influence arrive in Thailand?
34. When and how did American influence arrive in Thailand?
35. Who do all modern Thai healers trace their lineage back to?
36. In what ceremony is he acknowledged?
37. What does the name of the morning ceremony mean?
38. Who was the most renowned lay physician?
39. What did he donate to the Buddhist monks?
40. Who is Shivago said to have been raised by?
41. What does his name mean?
42. What was the vehicle that transported medical knowledge abroad and ensured its preservation in Thailand as we see it today?
43. What are the two systems of medicine that exist in Thailand today?
44. How is the rural tradition passed down?
45. Where does the rural tradition exist?
46. How far does it date back?
47. Where did the royal tradition develop?
48. What was it heavily influenced by?

49. What was the vehicle for the royal tradition's transmission from India?
50. What do the rural practitioners base their medical beliefs upon?
51. What do the royal practitioners base their medical beliefs upon?
52. What temple is pivotal in the identity of the royal tradition?
53. Explain the medical objects on the grounds of this temple.
54. In rural Thailand, who is primarily practicing medicine?
55. In the Pali scriptures, who is Jivaka's teacher?
56. What is the prayer to Jivaka. (write it out)
57. Why is it difficult to tell when the introduction of medical ideas occurred?

From Traditional Thai Medicine

1. By what means was Indian medical theory and practice brought into Thailand?
2. What type of healing was historically practiced among the educated elite healers of Thailand?
3. How does this type of healing differ from the more rural areas of the country?
4. How did the availability of health care among the sangha influence the spread of Buddhism?
5. How is Jivaka Komarabaccha translated among the Buddhist scripture with regard to varying regions?
6. What is the story of Jivaka Komarabaccha?
7. What are the two different traditions of medicine that still exist in Thailand to date?
8. How is the rural tradition passed down through generations? What is it largely dependent on?
9. Where did the royal tradition of medicine develop? What is it heavily influenced by?
10. What temple plays a large role in the Royal tradition of medicine practiced in Thailand?
11. Describe the grounds.
12. In rural Thailand, who practices medicine?
13. Who is Jivaka Komarabaccha said to be a student of?
14. Why is this man so important?
15. What is Thailand's national temple? Where is it located?
16. What is significant about the centrality of the Buddhist shrine at medical institutions?
17. What are traditional doctors known as in Thailand?
18. What is interesting about the similarities between Thai medicine and Ayurveda?
19. How do the typical mo boran claim that medicinal knowledge was handed to them?
20. When is the traditional date for the transmission of this knowledge?
21. What and where is Suvnnabhumi? Why is it significant?

22. Who did King Asoka send here?
23. Thai medicine classifies _____ parts of the human body by their relation to _____.
24. What are these elements?
25. How are these elements made manifest in the body?
26. How can these humors be upset?
27. How can they be therapeutically treated?
28. What is the connection between herbal remedies and the elements?
29. What does the Thai system of massage stimulate? How?
30. How many elements are included in Thai herbalism?
31. How many doshas and what are they known as in the Thai language?
32. Both Indian and Thai systems of healing share a system of classification of pharmacological substances by _____.
33. How many do each tradition employ? What are they?
34. In what text are there several episodes where ailing monks are treated by Jivaka with Ayurvedic ideas? When does this text date back to?
35. The procedures used by Jivaka as recorded in the Pali Vinaya can largely be compared to which Ayurvedic texts? Which one more readily? Why is this significant?
36. What is significant about the story of Jivaka using trepanation to cure a man from disease?
37. Thai medicinal tradition has more in common with _____ than _____.
38. Hatha yoga postures are meant to manipulate _____.
39. When was Pantajali's Yoga Sutra written?
40. Does it specify these yoga postures?
41. When are hatha yoga postures ultimately recorded as being the path to spiritual and energetic balance? Who is this knowledge attributed to?
42. What Tantric technique was used to cultivate the transcendental body?
43. How does this relate to Thai Yoga Massage?
44. Where are the Thai people believed to be from?
45. When did they migrate into China? What happened as a result?
46. Before their arrival into Thailand, who was occupying the region?
47. When are the Thais said to have organized their first kingdom in the region? What was the kingdom known as?
48. What was the dominant cultural influence in Thailand after the establishment of Sukhothai?
49. Why is it safe to assume that the Khmers bridged the gap between India and Thailand?
50. What evidence of Khmer influence was seen on early palm leaf manuscripts?
51. When did the Thai capitol move from Sukhothai to Ayuthaya?
52. What text remained after the devastation of Ayuthaya by the Burmese from 1765-1767?
53. What did this text form the basis of?
54. What other relevant document existed? What did it show?

55. During what century did the reconstruction of traditional Thai medicine take place?
56. When was Wat Po rebuilt? By whom?
57. Which king designated Wat Po as a "democratic university of comprehensive education?"
58. How did Rama V contribute to the gathering of medical knowledge into a compilation of medical texts?
59. There are many texts in the modern Thai corpus that do not correspond with Indian Ayurvedic practices, but instead preserve _____.
60. What is sang?
61. There is a comprehensive undertone in Thailand that suggests that Thais believe that traditional Indic medicine is best for _____ and indigenous shamanic traditions are best for _____.