# Religion, Health, and the Human Body

World Religions · Answer Key · 8 Questions

**1. In Islamic jurisprudence, which physical condition commonly provides a medical exemption from the fasting requirements of Ramadan?**

A) Migraine headaches
**B) Chronic diabetes**
C) Seasonal allergies
D) Temporary insomnia

**2. The Jewish practice of 'Kashrut' or kosher dietary laws specifically prohibits the consumption of which animal organ or tissue due to health and ritual concerns?**

A) Liver
**B) Blood**
C) Kidney
D) Heart

**3. In Hindu tradition, the concept of 'Prana' is frequently associated with which physiological process essential for sustaining life?**

A) Digestion
**B) Respiration**
C) Circulation
D) Thermoregulation

**4. Buddhist 'Vipassana' meditation techniques often focus on 'Anapana-sati', which requires the practitioner to observe which specific bodily function?**

A) Heart rate
B) Muscle tension
**C) Breathing**
D) Saliva production

**5. Which religious tradition historically encourages the 'Lent' fasting period, which modern medical studies have linked to temporary metabolic shifts in glucose processing?**

**A) Christianity**
B) Sikhism
C) Jainism
D) Shinto

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**6. Jainism promotes 'Ahimsa', which in a dietary context typically results in a lacto-vegetarian diet to avoid the intake of what type of organisms?**

A) Complex proteins
B) Root vegetables
**C) Microorganisms**
D) Synthetic fats

**7. The Sikh practice of 'Kesh' involves maintaining hair as a natural extension of the body; scientifically, human hair is primarily composed of which protein?**

A) Collagen
**B) Keratin**
C) Elastin
D) Myosin

**8. In traditional Taoist 'Qigong' practices, the concept of 'Dantian' is anatomically localized to which area of the human body?**

A) The thoracic cavity
B) The cranial vault
**C) The abdominal area**
D) The lower extremities

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