Religion, Health, and the Human Body

World Religions · Practice Test · 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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