

**BACHELOR OF PHYSIOTHERAPY
SEVENTH SEMESTER (SPECIAL REPEAT)
ALTERNATIVE MEDICINES
BPT-704**

(Use separate answer scripts for Objective & Descriptive)

Duration : 3 hrs.

Full Marks : 70

(PART-A: Objective)

Time : 20 min.

Marks : 20

Choose the correct answer from the following:

1X20=20

1. A logical process of mental purification through self-observation is called as:
 - a. Taichii
 - b. Pranic healing
 - c. Vipassana
 - d. Reiki
2. According to the ayurvedic medicine, the pitta Dosha controls which parts of the body?
 - a. Metabolism
 - b. Muscle growth
 - c. All basic body function
 - d. All of the above
3. Eka Pada Utthanasana is a pose in supine lying for:
 - a. Both legs raised
 - b. Single leg raised
 - c. Leg rotation
 - d. Leg cycling
4. The low-impact moving meditations include standing and balancing is known as:
 - a. Reiki
 - b. Taiichi
 - c. Yoga
 - d. All of the above
5. Which among these is not a benefit of Sujok therapy?
 - a. Heals injuries
 - b. Help treat mental disorders
 - c. Weight loss
 - d. Treat brain stroke
6. Vipassana is an ancient meditation technique of which country?
 - a. China
 - b. Myanmar
 - c. India
 - d. Japan
7. An energy with "no-touch" healing system based on the fundamental principle that the body has the innate ability to heal itself is:
 - a. Vipassana
 - b. Pranic healing
 - c. Sujok therapy
 - d. Reflexology
8. What are the causes of disease in persons according to naturopathy
 - a. MANUFACTURING DEFECT
 - b. ACCIDENTAL DEFECT
 - c. MAINTAINANCE DEFECT
 - d. ALL OF THE ABOVE
9. There are _____ meridians in acupuncture.
 - a. 10
 - b. 12
 - c. 14
 - d. 16
10. 'Needle Dystocia', is a _____ of acupuncture.
 - a. Indication
 - b. Contraindication
 - c. Therapeutic effect
 - d. Complication
11. Ardha halasana posture in yoga is similar to _____ in exercise therapy.
 - a. Lower back stretching
 - b. Supine lying
 - c. SLR
 - d. Prone lying

12. Relaxation of entire nervous system, body and mind occurs in:
a. Makarasana
b. Dhanurasana
c. Bhujangasana
d. None
13. Remedial properties of mud are all except:
a. Thermal effect
b. Chemical effect
c. Magnetic effect
d. Psychological effect
14. According to principle of naturopathy, _____ is medicine.
a. Food
b. Air
c. Mind
d. Time
15. The word Yoga is derived from the word _____.
a. Yog
b. Yuj
c. Yin
d. Yan
16. Right Attitude towards work refers to:
a. Gyana Yoga
b. Bhakti Yoga
c. Raja Yoga
d. Karma yoga
17. Asanas assists in acquiring:
a. Physical Control
b. Mental Control
c. Social Control
d. Emotional Control
18. _____ refers to total Exhalation of Air.
a. Puraka
b. Kumbhaka
c. Rechaka
d. All of the above
19. Throat Lock is also known as:
a. Jalandhara Bandha
b. Uddiyan Bandha
c. Moola Bandha
d. Jeeva Bandha
20. Which of these is meditative posture?
a. Padmasana
b. Vajrasana
c. Siddhasana
d. All of the above

-- --- --

(PART-B : Descriptive)

Time : 2 hrs. 40 min.

Marks : 50

[Answer question no.1 & any four (4) from the rest]

- | | |
|---|----------|
| 1. a. What is Yoga? What are the rules for doing Yoga? | 5+5=10 |
| b. Describe briefly Astanga Yoga. | |
| 2. a. Define and write the basic principles of acupressure. | 6+4=10 |
| b. Mention the contraindications of acupuncture. | |
| 3. a. What is Magnetotherapy? | 5+5=10 |
| b. Write down all the effect of magneto therapy on the body. | |
| 4. Write down all the three energy of the Ayurvedic medicine in details: | 10 |
| Or | |
| What is Pranayama? What is the Physiological basis of Pranayama? | 2+2+6=10 |
| Mention its types and describe any 1 in details. | |
| 5. a. Explain the various diseases that can be cured by Yoga and asanas. | 5+5=10 |
| b. What are the basic elements of Yoga? | |
| 6. What are the various complications seen in Accupuncture. | 10 |
| Mention the specialised needles that is used in accupunture. | |
| 7. Explain Mud Therapy for different parts of the body along with its remedial properties | 10 |
| 8. Explain Bhastrika and Bhramari Pranayam in details with its physiological benifit. | 5+5=10 |

= = *** = =